



APSA General Council Meeting
March 13th, 2023 @5:00pm, in-person meeting, ECHA 2-420

1. **Call to order (5:03pm)**
2. **Roll call (2 min):** Alyna, Veronica, Angela, Justin, Theresa, Justine, Cassandra, Mankirat, Jazzi, Naomi, Karanvir, Analise, Zach, Prerna, Dr. Hall, Cassidy, Hubert, Callum, Tamara, Christy, Shanil, Sarah, John
 - a. **Regrets:** Ruhee, Bojana
3. **Additions to the agenda (1 min)**
Motion: To approve the agenda
First: Jazzi Second: Analise
4. **Minutes of the last meeting (1 min)**
Motion: To approve the previous meeting minutes
First: Karanvir Second: Zach

New Business:

5. **New APSA Affiliated Club Application - Alyna (5 mins)**
 - **Alyna:** Okay, so the first thing on the agenda is a new committee application that we got, for a club called Pharmacy Students for Mental Health. I sent this in the email this morning and hopefully everyone got a chance to review this prior to the meeting. Do we want 5 minutes to look this over or was everyone able to review it prior to the meeting? If we're all good then, does anyone have any questions or concerns? If not, we can make a motion to approve their application.
 - **Zach:** What is the difference between Space and Wellness and this club?
 - **Alyna:** This exact question came up in our executive council meeting and from my perspective, I think that this group is more so to provide peer support to students and to host lunch and learns on how to navigate topics such as burnout, anxiety, etc. which is different than what the current Space and Wellness committee does, right now. Further, I feel like APSA can't gatekeep mental health and I personally think that the more mental health initiatives that we have, the better.
 - **Prerna:** I think this club wants to focus on lunch and learns on different aspects of mental health and student productivity.
 - **Hubert:** I went to the first meeting for this club and one of the things we talked about was that this is meant to be more of a peer support for students as well because pharmacy school can be very

academically challenging. This is meant to be a safe space for students to talk and get support from one another. I think that the Space and Wellness committee does a lot and not to undermine their hard work but I don't think that I have experienced this with the Wellness Committee. One of the things we wanted to do was to meet with Dylan Moultonon how to handle situations in community pharmacy that can become intense and how to shield themselves. I think that especially in second year, school is very challenging and I think that having a club like this would make a really positive impact on students. I can even read some of the ideas that we have, if you want. I really do think and I hope that we vouch for this club because in terms of pharmacy, it's always good to have peer support. We want to give students the environment to speak freely in a safe space and to give students the space to let that out and have it separate from the Wellness Committee. I am personally not that involved in the Wellness Committee and I don't know that much about it so if someone part of the Wellness Committee can speak on it and can say if it is the same or different that would be greatly appreciated.

- **Cassandra:** As someone on the Wellness Committee, I think that the Wellness Committee hosts events that give students a sliver of happiness but it doesn't actually address students mental health concerns. And as Hubert mentioned, in second year it seems like there's not as much support as there should be based on how heavy the course load is and it seems as though a lot of students would benefit from it.
- **Mankirat:** I think that this group will be super good at offering support, like Hubert and Cassandra mentioned. I also think like Alyna said, we can't limit mental health to one area of APSA and rather we should expand it and offer it if another source wants to provide it. One thing that was new to my portfolio this year was the mental health doc put on APSA Members Corner and this was a good first step and I think that this club would be another good addition.
- **Hubert:** I know in undergrad, I was a part of a student support group offered by the students union and it was very similar to this. It is a safe place where you can speak with other like-minded individuals and offer each other support and resources. The main objective of it is to have a space and talk about issues and stressors and put pharmacy school aside. I can answer any other questions that you have about it.
- **Analise:** I just wanted to say that I agree with Hubert. I think that this will be very beneficial for students.
- **Dr. Hall:** I just have a question- is there still an APSA led peer support from an academic perspective?
- **Tamara:** Yes. We have the APSA peer mentorship program that Mankirat runs where first year students are matched with upper year students.
- **Dr Hall:** It sounds like this might be a physical space where they might be connecting with people? It sounds like a peer support group where you have people trained or interested and have a hub of folks that can support it. I think this is a good idea for students.
- **Tamara:** Yes, I think that is the point of it.
- **Hubert:** One idea that we had was to have coffee house chit chat. The point is for people to be open about how they're feeling and express it with like-minded people.
- **Analise:** In support of this club, I think that there is value in it. As students, I know that it is hard to access mental health resources and I know it does sound similar to the Space and Wellness Committee but I think because it is specialized for pharmacy students and focused on their mental health, it will be very beneficial for students. I can also personally vouch for it because I had good experiences with the students union mental health club that Hubert mentioned and it made my undergraduate experience very fulfilling and it is definitely necessary for some students who require more mental health support.
- **Cassandra:** Although this might be similar to the Space and Wellness Committee or the duties of the VP

Student Services, it also gives opportunities to collaborate with other student groups to enhance the student experience. I am in support of this club.

- **Zach:** Are the executives looking for this to be combined onto APSA's executive council?
- **Alyna:** It would be an APSA affiliated club, rather than part of APSA's executive council. So it would be similar to the Pharmacy Undergraduate Journal Club (PUJC) or the Pharmacy Women in Sports Club (PWS). So these would be registered under APSA under Student Group Services and they would be their own club but just under APSA's umbrella. So they would be under APSA's roster under Bearsden and then the next VP Admin would book their rooms for them. They would also be required to apply for status next year for the next council to approve and will need to provide an annual general report to the VP Admin. Does that help?
- **Zach:** Yeah, that makes sense, thanks.
- **Alyna:** Does anyone else have any other discussion topics or do we want to move into a vote?
- **Perna:** I think we're good to move to a motion.

Motion: BIRT that APSA General Council approves the APSA affiliation status to Pharmacy Students for Mental Health for the 2022-2023 academic year.

First: Cassandra Second: Cassidy

All in favour.

None opposed.

Perna abstains.

6. Update on the Transition Period and Transition Documents- Alyna (10 mins)

- **Alyna:** During our last constitution and policy meeting, the council made a proposal that our transition periods should be from May 1st to May 1st of the following year. I'm just going to read to you all the proposed amendments that we have in regards to the transition period. In the period between Spring Changeover to May 1st, incoming councilors are in their elect positions to enable smooth transition. Outgoing councilors must submit their transition plans including their transition documents to the President, Bojana, and President-Elect, Perna, for approval within 7 days after the Spring Changeover Meeting. And then for officers, the terms of office shall be from May 1st to May 1st of the following year. And their constitution amendments would be that outgoing officers must complete their transition meeting and submit their transition plan and documents for approval by the President, President-Elect, and VP Admin before and including May 1st. I am assuming that this will be approved during the AGM and I just wanted to give y'all a heads up since I originally said that the transition documents were due on March 20th. This means that for councilors your transition documents and plans will be due a week after the Springchange over meeting on Monday, April 3rd. Does anyone have any questions or concerns about that? I feel like that was very confusing and wordy so I'm just going to say that one more time. For any APSA councilor, this includes general and executive councilors, your transition plan including the transition document will be due 1 week after Spring Changeover. Spring Changeover is on Monday, March 27th, therefore, your plan needs to be finalized by Monday, April 3rd. You will need to email this information to Bojana and Perna for approval. On the other hand, if you are an officer, you will need to have your transition plan including your transition document completed and sent to Bojana, Perna, and myself before and including May 1st. We have set an official hand-over or transition date for May 1st and decided to give officers a bit more lee-way than councilors have. Does that make sense? I am very open to questions or if anyone needs clarification, please feel free to ask.
- **Perna:** It makes sense. So April 3rd for all of the councilors and May 1st for officers with an official

transition date of May 1st.

- **Alyna:** Yeah, exactly.

7. [Blue and Gold Expectations](#) - Justin (10 mins)

- **Justin:** So basically, I just wanted to give an update on what's happening with Blue and Gold so that we're all on the same page. Basically for the itinerary, we're at the Mirage Banquet Hall. I know some of you were at the viewing as well, over the summer. As a brief rough run down, this is generally what you can expect, but a very rough draft. So in terms of menu, a survey was sent out to students upon each ticket purchase, however, it was not sent out to Faculty or Sponsors. About 60% of students voted in this poll and this is the general meal plan. I'm not going to run through it in a lot of detail, but we had a clear majority vote and had to make some slight tweaks for dietary restrictions. For guests that requested accommodations, there are over 30 dietary restrictions. All of their automatic doors are open, however, there are none on the washrooms which is a bit of an issue but they said that there was nothing that they can do about it. They also serve alcohol which can be purchased by drink tickets. I could not accommodate every single allergy, so one person can only have 1 thing and it is really hard to make a menu on it. We also have a prayer room and a low sensory room, however, they both smell like perfume, so we're going to have to try our best to manage this. In terms of ticket sales, we have 462 tickets sold and from that money we made around \$13000. We also gave away some free tickets to contest winners and out of those, 16 were free to accommodate prizes, awards, things like that. We also sold 2 tickets for caretakers. Out of the total tickets sold, around 300 were to APSA members and $\frac{1}{3}$ were non-APSA members, which is pretty in line with previous years. Most of our expenses are from food costs. The venue cost was \$10,000 from the cost of the hall booking, and also food made up a huge chunk of this. A lot of it is inflated because we had got a big sponsorship so we spent a lot more of the budget on more expensive food. We also got quite a large discount on the DJ and photobooth which is something that the students requested for last year and some of the feedback that we got. For the decor, I have not gotten an invoice but this is the approximate price I am expecting. I am hoping that they invoice us soon so I can update you all on that cost. We also budgeted \$100 per year per punch bowl. As I previously mentioned, we did receive quite a large sponsorship from a few sources which has helped cushion us financially, quite a bit. Our earnings including sponsors was \$25k so we're out \$10k which is the same amount that they were out last year but we also did have a lot cheaper ticket prices in comparison to last year. In terms of general expectations, any inappropriate behavior from guests does cost us a lot of money. They will charge us anytime security is called, therefore, if you see any inappropriate behavior, please report it to me or step in to provide conflict resolution, if you feel comfy. If you see any reports of alcohol intoxication please report that to me, Justine, or the bartenders because they are licensed in handling these types of situations and we are expected to intervene. The plan to make sure no one goes home drunk. Just a reminder that each and every one of you will be representing APSA so please be as professional as possible. We also have soft-cutoffs for time. I personally don't care if the opening speeches run late. However, the stage is inaccessible to us at 10pm for safety reasons which is a non-negotiable. We have just over 2 hours for the buffet to be open and after that, the venue will literally take the food away. 1:30am is when the party will be shut down and closed and if you exceed that they will be charging us \$400. I ask that you are all aware of timelines, and help us with enforcing them unless you're willing to pay \$400 out of pocket. To be honest, for next year's Blue and Gold or any large function, I will not be using or recommending the Mirage Banquet Hall. In my opinion, they are not accommodating, and they only contact me if they need something, despite the countless emails they have yet to reply to me. For next year, I also recommend planning this earlier and selling tickets as soon as possible. I know that there was a month for our selling window, but I can see this being a challenge which is why I propose selling tickets earlier. This year we had a lot of people that bought tickets way past the deadline, so I think in the future having a tiered section to encourage students to buy their tickets early will help a lot. Students buying their tickets past the deadline was a big headache. I would consider charging people more if it is past the deadline in the future.

- **Cassandra:** Are we allowed in and out of the venue?
- **Justin:** You are, however, if I am concerned that you may have done something bad, I may not be able to let you back into the venue.
- **Cassandra:** I was just asking because I have an APSA photography shift early on and then I would want to change into my gala dress after my photography shift.
- **Justin:** There are change rooms at the venue as well that you can use. A lot of weddings happen there so for the bride and groom there is a changeroom. It also has a shower too but I don't recommend that you use it, I'm not sure how to clean it.
- **Tamara:** Can you clarify the 1:30am cut-off?
- **Justin:** So it ends at 1:30am but the booking is until 2:00am. However, I want to have a bit of lee-way for us to clean up for 20 mins. At 1:30am the DJ will stop the music and will begin ushering people out.
- **Tamara:** I know last year at the beginning for food there was a long line. Are you going to be calling out tables or will it be free for all?
- **Justin:** The DJ will be calling tables out. I also have also got volunteers to manage the food tables so it will hopefully be more organized this year.
- **Dr. Hall:** Are we only allowed to arrive at a certain time point?
- **Justin:** So the opening speeches start at 5:40pm. You can arrive later if you want however, there will only be 1 person manning doors until 6:30pm. If you come after dinner, you will have to wait outside and call me and I will come get you eventually when I see my phone.
- **Zach:** Are all of the tickets sold out or are there still some available?
- **Justin:** I still have tickets if you're looking for them. Just message me after this.
- **Tamara:** For my own interest, do you know how the stage is set-up?
- **Justin:** The way the venue is layed out, we have booked the whole hall. The stage we will be using has a projector on the wall, then the stage, the DJ, and then kitchen and buffet tables will be set up beside that. The stage also has a ramp but haven't told me how it works yet.
- **Tamara:** Okay, thank you.
- **Shanil:** What order is the punchbowl?
- **Justin:** We haven't decided yet. I am not super picky about that but probably year 1,2,3,4.
- **Analise:** Was it mentioned anywhere that no one is allowed on the stage after 10pm or is there a plan to keep them off the stage just to make sure?
- **Justin:** There is a plan to take away the ramp attached to the stage and I will be there for health and safety. I think we can also get volunteers to help keep people away.
- **Shanil:** I know that a lot of students don't know what the punchbowl is and because it is very early in the timeline, I think it might be good if you send out some information on what the punchbowl is and what to

expect. I don't know if you want to make a post on what the punchbowl is but I think that will be super helpful.

- **Justin:** I disseminated this information to the social reps and I asked them to pass out this information to their respective classes. I can remind people though in the Blue and Gold Facebook event page because it has been a while and I can send out a package to remind people or Justine can, whatever works. Anything else? If not, that's it from me.

8. APSA Bear - Tamara (5 mins)

- **Tamara:** So I have had the pleasure of holding onto this for the past 2 weeks and it was very hard to pick one person because so many people are doing so many amazing and great things right now. However, because the term is coming to an end and because of how many questions I have been asking this individual over the last 2 months, and all of their hard work in planning Blue and Gold, I am going to give the APSA Bear to Justin.
- **Justin:** I appreciate that, thank you Tamara.

9. Additions to the Agenda:

10. APSA Locker and Office Update:

Motion: To move into camera

First: Jazzi Second: Karanvir

Motion: To move out of camera

First: Karanvir Second: John

11. Adjournment (5:53pm)

Motion: To adjourn

First: John Second: Analise