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### WHAT IS APSA?

APSA is a non-profit student association, led and run by pharmacy students. With the help of our sponsors, our goal at APSA is to provide students with a well-rounded selection of social, sporting and educational events to help you get the most from your Pharmacy experience. We believe pharmacy is what you make of it - the more you put in, the more you get out!

Look forward to our annual social and sporting events such as the pharmacy ball, pub-crawl, stein, Rx-Factor, futsal and netball. Besides our social events, we also organize academic seminars and workshops. We hope you enjoy your university experience as pharmacy students!



# CIES CESTA



### Jessica Kim

The camp was packed with fun games, sports and grassroots activities that exposed crazy competitive streaks amongst both freshers and execs. Camp tends to be the start of every solid pharmacy friendship, and it was heart-warming to see the new bonds forming over the three days. Dear Freshers, if any of you are reading this, we hope that you feel welcomed – every single one of you is now a loved member of the pharmily.

PUB CRAWL 2021, what a hit! Starting off our night at the domain (funnelling) and ending off the night at Cassette with teapots. Boy, our 4th years are going to miss our legendary pub-crawls. Thank you to our amazing social representatives (Andrew, Ayaka and Soo), what a night to remember.

### Hello Campus Life (finally)!

CONGRATULATIONS TO EVERYONE FOR MAKING IT THROUGH SEMESTER I

The semester kicked off at orientation meeting our passionate and bright Freshers. Even with Covid-19 disruptions, orientation was a huge success celebrating the entry of our future pharmacists with our classic White Coat Ceremony.

Due to Covid-19 the annual pharmacy camp was postponed, but no one could put a break on our fun and rowdy spirits. It was amazing meeting all of you guys and I look forward to getting to know you guys even better as the year progresses.



APSA x AUSA presented Pizza and Games night, OUR FIRST EVER COLLAB WITH AUSA. Thank you to our amazing APSA team as well as all the people who came to help set up/clean up. This night was a huge success, we could not have asked for a better turn out. To all of you who came to support this event, hope you guys had a blast!

THE FIRST SPORTS EVENT IN 2 YEARS!!! Thank you to our incredible sports representatives (Sam and Ini) who made this event possible. I've never been much of a sports person but I loved every moment of it. I'd like to say a big thank you to our amazing sponsors, staff and students who participated, THE COMPETITION WAS FIERCE. +10pts to the staff team, you guys absolutely smashed it.

Today I want to use this opportunity to say a huge thank you to our amazing APSA team. Thank you; Daniel, Michael, Bianca, Lynette, Vasu, Andrew, Ayaka, Soo, Sam, Ini, Kevin, Monica, Hemin, Melody, Rhea, Ana, Ben, Laura and Faith. All these events would not have been possible without your dedicated hard work. I am very grateful to have you guys as part of the team.

Lastly, I would like to thank all the School of Pharmacy staff and our wonderful 2021 sponsors: Greencross Health, Pharmacy Guild New Zealand, Propharma, Viatris, RxOne and PSNZ. Thank you for all the support you provide us. Without you supporting us, APSA would not be able to achieve any of these amazing events we have organised this semester!

If there are any students who have not yet signed up to APSA, would like to suggest ideas for future events, want a bit of support, or have any questions at all, please do not hesitate to email apsaexec@gmail.com!

Thank you everyone for taking the time to read this (if you've made it this far hahaha). See you guys soon, hope you are looking forward to all our APSA events we have brewing for y'all.

Your President and Friend, Jessica Kim







The names Dan the Man. Firstly, I'd like to acknowledge that I know it hasn't been an easy transition, shifting from an online-learning environment back to in-person classes, workshops and labs . For that I want to applaud each and everyone of you for being able to adapt to the new 'normal' learning environment. Gud job . Now let's reflect back on the journey we've been through so far for the semester!

We kick started the year off in an oddly fashion with Pubcrawl being our first main event of the year!!! It was great to see students from different years mix and mingle with each other as well as their drinky la las. It was deemed a successful night as no one " 'd it early like last year (Aka. Melody).

Following the pursuit of Pubcrawl was the very much delayed freshers camp which provided the opportunity for the second year recruits to meet their fellow cohort and future colleagues in a relaxed, non-professional, and dusty manner! Coming up to the event, I was worried that friendship groups had already been solidified and no one was going to mix and mingle. But without fail, the second years proved their worth and it was heart-warming to observe new bonds forming over the three days, and the different traits each and everyone of you bring to our pharmacy cohort .







Most importantly, I want to congratulate each and everyone of you on what you've achieved this semester. The second years have just completed their first of many courses of the degree as well as good old 212! The third years are still alive from the heart attack and shortness of breath they experienced in their respiratory exit test (what a stitch up), and the fourth years didn't develop cancer from the oncology test!! The light is at the end of the tunnel and we're almost outta here!!



Carry on chugging everyone!!



## and Fear

### HEY TEAM !!

What a semester it has been! A rollercoaster of emotions filled with caffeinated all-nighters and drunken post(pre)-test celebrations. The year started off rough (Covid sends its regards) with Fresher's being cancelled (love that for us) and everything being moved online... but here we are, one step closer to becoming full-fledged pharmacists! So much has happened but let's see if we can capture all the highlights!



Pubcrawl, with the help of some tequila, served as a great ice breaker to meet our new friends. The momentum didn't stop there with the new and improved Fresher's 2.0 quickly approaching. Onions, fruit bursts, sardines and toothpaste fueled our days as we engaged in some exciting team-bonding activities in the spirit of grassroots. We arrived at Fresher's as friends but left as one, happy Pharmily!

Our brilliant lecturers prepared us with all the knowledge necessary to begin our pharmacy journey. They went above and beyond, even going as far as turning some lectures into art classes;) In-person tests meant that it was time to get to work. Running into each other in Philson quickly became a part of our daily routines but that served as a great opportunity to form study (and therapy) groups. The time and effort paid off as before we knew it, the semester had come and gone!





Thank you to all the staff, lecturers, APSA team and of course, students for making this bright start to our pharmacy journey possible!

Brendan & Cindy











Board games night 2021







### What's up Third Years!

Believe it or not, we've actually reached the end of Semester One, so congrats everyone!!!! While we didn't really start the semester as we would have wanted to, we sure ended up getting right into the groove of things. We just want to say that everyone did an absolutely fabulous job of picking up from where we all left off from last year, despite lockdowns, false alarms (our bad ahah...), and absolutely f a n t a s t i c assessments

We think that it isn't an exaggeration to say that we hit the ground running absolutely sprinting this sem, with resp, cardio, law, hep + renal and integrated being thrown at us faster than the speed of light. Despite all of this, it was amazing to see that we didn't lose our touch when it came to being the cohort that got the most turnt, with there being no better evidence than pub crawl this semester (ty youtubers + chimney).

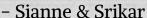




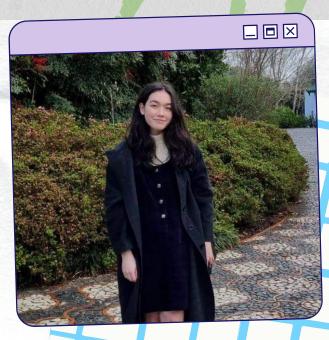


Moving from theory and assignments, this semester we got a true taste of what 'placements' are, many of us leaving Auckland to experience what pharmacy is really like across New Zealand. We left the sense of "normal" that we have developed over the course of this semester to go work a 9-to-5 for two straight weeks. Despite the prospect of placements sounding so daunting, we all managed to pull through, with most of us coming back with a whole host of stories that we could share and laugh about with each other. Ah, we also came back with skills... almost forgot about those whoops...

You guys are forever proving how resilient and amazing you are and we couldn't be prouder to represent such a crazy wonderful cohort Can't wait to see you all next sem for another round!!













### 4TH YEARS,

Can you believe it? Our Journey is nearly ending. ONE MORE semester left to go! Last year was tough, with Covid 19 leaving a big impact on our cohort. BUT WE STAYED STRONG and became closer as a result.

We can all agree that calling on Zoom isn't the same as studying with your peers on a table and using the whiteboards to make elaborate calculations (that Einstein would be proud of) to predict cases that would show up on our exit test.

This year, we were able to reconnect with our pharmacy friends and teachers and work together in groups again to develop essential practical skills. You could say last year's lockdown made us realise just how valuable our pharmacy community is. We started to go back to normal 'uni-life' such as getting coffee together after lectures, having a blast at pub-crawl and cheering for our year group at the sports event. All these simple things we took for granted, became much more meaningful.

Fourth year definitely isn't easy. Juggling between placement, literature review, integrated assignment, case resolution, tests, dissertation and finding internships has left us all in tears at some point. However, we all cried, faced our challenges and grew together.

With help from our tutors and preceptors, we survived through OSCEs and dissertation. We also had Amy's amazing pharmacology lectures to study (..or cram) for the exit test. The staff believed in our potential and with their guidance our cohort is on their way to become future pharmacists.

Even though at the end of the year our current pharmacy journey may end, it will be the start for a new journey to begin. There is no better way to begin this new journey, than with peers and friends that will last for a lifetime, which is the one thing our cohort has for sure!

TOGETHER our fourth years are more than ready to battle their last semester!

- From your favorite fourth year class reps! (Gwen & Kishona)

















## SPORTS REPS Sam & Ini

Unfortunately with a Level 3 lockdown being announced the day before the Round the Bays our annual pharmacy fun run was cancelled... but that didn't stop us from having freshers camp sports and APSA Netball and Futsal night!

The new 2nd year students had an exclusive first first taste of sports in pharmacy for 2021 at the annual freshers camp. With the sun shining on a beautiful day in Martins Bay sports activities were the first thing on the freshers timetable as the different coloured teams waged war against each other playing touch rugby, tug of war and ultimate frisbee. Ultimately, the blue team won overall and also earned the right to skip cooking and cleaning duties the whole camp!







With COVID now seemingly being a thing of the past (thanks to our strong NZ defence) APSA Sports Reps had a GOAL of having our first APSA Sports event in 2 years! The netball and futsal event on 11th June was a great success, with the three pharmacy years and staff + interns kicking, shooting, sweating and smiling on the courts. That night experience reigned supreme over youth as the staff + interns took out the event, with the 2nd years as runner ups, and 3rd & 4th years evenly matched at 3rd equal. A special thank you to everyone who attended the night, if you missed the event or are keen for another round of sports, be on the lookout for more action in semester 2;)

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### SOCIAL REPS

Ayaka, Soo & Andrew



Hey PHARMILY! It's been one hectic semester! We hope you are all doing amazing so far!!

We started the year with a bang at our annual Pub Crawl! We danced the night away as astronauts, flight attendants & ballerinas, you name it! Every profession OTHER THAN pharmacists. As tradition, we held our pre-drinks at the domain with our 9-5 workers devouring the pizza and drinks. Martha had unfortunately retired, however, Martha's little sister made sure to keep us company in her place! In the midst of it, the party buses arrived to start off a night full of poledancing, bull-riding and more drinking of course



After a long and tiring semester, we ventured off to the iconic "Fresher's Camp" with the second years. Not even COVID could stop us this time, with our days filled with a ridiculous amount of drinking, drinking... and team bonding of course. Continuing tradition, The Amazing Race was one of our first events, but with a bit of a twist... in pitch darkness. Whilst flashing our torches, our (soon to be) 8-**Star Pharmacists** were faced with many alcoholic and non-alcoholic stations. Our favourites include sculling long whites, soju and running across the beach, with many falling over multiple times. We definitely could not wrap up camp without our iconic "Toga Party"! With Martha's little sister tagging along, played multiple games, ate an unhealthy amount of snacks (AND HOT POT) and boogeyed the night away! But alas, all good things must come to an end. With us all leaving the campsite hungover and insanely tired. Luckily, it was not by an ambulance this time.

Last but not least, we held our first ever Board Games night with AUSA! During wellness week, students and lecturers gathered together for a competitive night of monopoly, uno and pizza! Although it was intended to be night to relieve stress, it may have done the latter with many losing their voices at the end of the night! It has been an amazing year so far and we can't wait to party with everyone more this year!!



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This is our promise.



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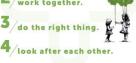






#### our values

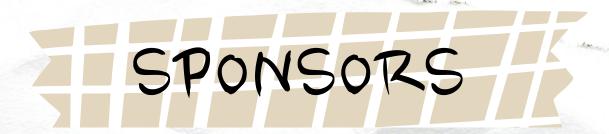
- f 1 care for our community. **2**/work together.
- $\mathbf{3}/\mathsf{do}$  the right thing.





#### The story behind **Green Cross Health**

Since the 12th century hilt of a sword, used by the Hospitallers of St Lazarus in Freece. Widely recognised in Europe and the USA as identifying a place to find health care and advice, we are proud to embrace this legacy in our company name and the icon we use to identify ourselves.



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