



ACMA NEWSLETTER



APRIL 2026



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ACMA PRESIDENTIAL ADDRESS

Dear Members,

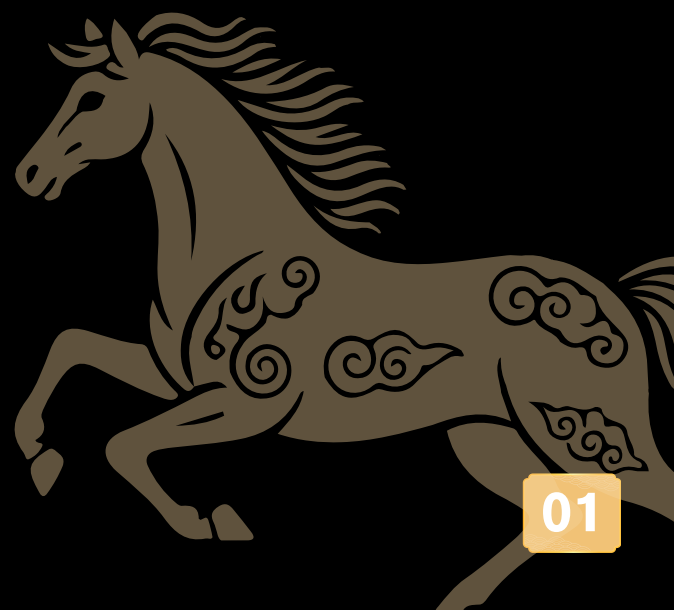
I hope everyone enjoyed the recent CME dinner held at Mr Lobster Private Kitchen. It was wonderful to see members come together for an evening of learning, networking, and collegiality in such a pleasant setting.

In addition to our educational activities, ACMA has also been promoting wellness and social connection among members. We recently had two very enjoyable and healthy walks at Tawharanui Regional Park on 31 January 2026 and Hayley Lane Reserve on 7 February 2026. These walks provided a great opportunity for members and their families to spend time outdoors and connect in a relaxed environment. I would like to extend my sincere thanks to Dr Young Lee for organising these wonderful walk events.

Looking ahead, we are planning more social activities for our members, including a movie night and badminton sessions. We hope these events will go ahead as planned and provide further opportunities for members to unwind, stay active, and strengthen our community.

Thank you for your continued support and participation in ACMA activities. I look forward to seeing many of you at our upcoming events.

Warm regards,
Dr Albert Low
President, ACMA



YACMA PRESIDENTIAL ADDRESS

Hello everyone!

We are Joy and Carolyn, and we are so excited to be your co-presidents this year! We hope you've all had an amazing summer holiday and are ready to jump into another year jam packed with lots of events. We'd like to first welcome all new and returning members to the club. Whether you're here to meet new friends, for the academic events, or just for the free food (which is totally understandable), we are truly so grateful you're here, and we hope you will all love YACMA as much as we do.

After an incredible last year with record high numbers of signs up, the executive team will work hard to carry the momentum into this year and continue to deliver fun events to both YACMA and ACMA. Although it is still early in the year, we have started off strong with a plethora of events already. Many of the 2nd years would have met our amazing preclinical representatives and wider executive team at freshers, and some may have even braved the heat of the spicy noodle challenge. Many would have enjoyed the free dumplings from lecture crash, or snacks from clubs expo. To those who recently attended our board games night event, we hope you all had fun leashing your competitive spirit and bonding with the YACMA community.

If you've missed any of these events so far, fear not as we have a lineup of exciting events planned. Our most anticipated event YACMA Yum Cha is coming up early May and not only do you get to feast on all the yumcha classics for FREE, coming along to our pre-games means you get to bond with more members and experience some guaranteed chaos and fun! We are also planning our winter social so you can look forward to more good vibes and good food along with an opportunity to show off your dumpling folding skills as we plan to bring back dumpling night.

Don't worry we are not neglecting our academics and physical health around here, as we are planning MULTIPLE badminton/sports days and will have our annual careers evening and mock workshops in the second half of the year. Additionally, to continue strengthening our bond with ACMA we have planned a few collaborative events with them to bridge the gap between our associations. Just a heads up one of our badminton sessions will be with ACMA so start practicing and get ready to go up against some of the doctors!

We're so excited for what's ahead, and we can't wait to see you at our upcoming events!

Best wishes,
Joy and Carolyn

INTRODUCING THE 2026 ACMA EXEC TEAM

DR KWAN LENG (ALBERT) LOW – PRESIDENT

General Practitioner // MBChB (Auckland), PGCertWHlth, Dip Obs, FRNZCGP

Albert is a Malaysian Chinese, graduated from University of Auckland in 2008. He joined ACMA in 2019 and has been in the ACMA committee for several years. He is currently working as a General Practitioner and has his own medical centre in West Auckland that was opened in 2020. He enjoys his general practice work which develops long term relationship with patients and promoting preventative medicine. He is also interested in minor surgeries and women's health. Outside medicine, Albert enjoys outdoor activities such as tramping & cycling, spending quality time with family & friends and reading.



Dr Jessie Liu - Immediate Past President

General Practitioner // MBChB (Otago), BCom

Jessie is Director and CEO of Windsor Medical Centre and Director and Co-founder of Caring Clinic Doctors. After coming to New Zealand at age 15, she gained double degrees in Medicine (Otago) and Commerce (University of Auckland). She worked in different hospitals and clinics prior to becoming the chief operating doctor at two large medical groups. She joined Windsor Medical Centre, the largest Asian-focused medical centre in the Northshore, as one of two partners in 2011. After five years of hands-on experience in operational management, she and her husband founded Caring Clinic Doctors group on Queen Street in Auckland in 2016.



Dr Ming Han Lim - Vice President

Gastroenterologist // MBChB (Otago), FRACP

Ming Han is a Gastroenterologist at Middlemore Hospital who also consults privately at Greenlane Medical Specialists. He is a Malaysian born Chinese who migrated to New Zealand at 16. After completing his Physician and Gastroenterology training in New Zealand, he undertook a fellowship in Inflammatory Bowel Disease at the Royal Brisbane and Women's Hospital before returning to Auckland. He enjoys playing competitive tennis, travelling and eating. Apart from English, he also speaks Mandarin, Cantonese, Hokkien and Teo Chew.





Danny Seto – Treasurer

BCom (University of Auckland), CA (CAANZ)

Danny is a New Zealand born Chinese, and grew up on a market garden in Mangere, Auckland. He studied at University of Auckland, and began his career in auditing. He now has a role in finance, accounting and information technology at Mitsubishi New Zealand Ltd, an investment company. His connection with ACMA began in 1990 when his partner, Dr Belinda Luey, first joined the ACMA committee. He spends as much time as possible with his partner and they enjoy cycling, good food, travelling, movies and music together.



Dr Jessie Liu - Secretary

Senior House Officer // MbChB (Auckland)

Jessie is a PGY3 registrar currently working at Invercargill. She went to medical school at The University of Auckland and has been on the executive team for five years.

Jessie enjoys squash, hiking, cooking and playing board games in her spare time.



Chloe Chow - Membership Secretary

Chloe is a 4th-year medical student based in Waikato Hospital. Although she was born in Auckland, she moved to Malaysia at the age of 5, before returning to Auckland to embark on her medical journey.

Growing up in a country that takes pride in its multicultural, multilingual and diverse society, she is passionate about embracing her Chinese heritage and connecting with people from different backgrounds. Fluent in English, Cantonese, and somewhat coherent in Mandarin, Chloe enjoys travelling around Asia and learning about different cultures and traditions, which have shaped her perspective on healthcare.

This is Chloe's second consecutive year serving as the ACMA/YACMA Membership Secretary, and she is excited to work alongside both new and familiar faces across the two committees. Beyond her studies, she enjoys painting, playing badminton, making her own matcha and spending time with her loved ones.



Nick Ngu - General Committee

Nick is a Postgraduate Medical Student from the University of Auckland, who had completed a degree specialising in immunology before beginning his endeavour into the art of medicine. He was a past YACMA President, and now is part of ACMA with a vision of bringing ACMA to the new generation of future doctors.

Outside of medicine, Nick is a home barista, has a keen eye for baking bread and desserts (and eating them), and plays table tennis recreationally (although competitively)

Dr Vincent Yiu - General Committee

General Practitioner // MBChB (Otago), FRNZCGP, Dip. Advances in Medicine (CUHK)



Dr. Vincent Yiu is a General Practitioner and Family Physician with over 20 years of experience in medical anesthetics, surgery, and family medicine. A University of Otago graduate, he trained as a surgical and trauma registrar in Melbourne and Mildura before transitioning to primary care in 2008, serving communities in New Zealand and Australia. He became a Fellow of the Royal New Zealand College of General Practitioners (FRNZCGP) in 2012. Dr. Yiu also spent eight years in Hong Kong, practicing as a Family Physician and mentoring future practitioners as a tutor for the Hong Kong College of Family Physicians, contributing to training programs in both Hong Kong and China. As the Founder and Director of Veca Medical Health Centre, he is committed to providing culturally sensitive care in English, Cantonese, and Mandarin.

Dr Gary Wu - General Committee

General Practitioner // MBChB (Otago), FRNZCGP



Gary graduated from the University of Otago in 2003. He worked in Sydney, Royal Prince Alfred Hospital before returning to Hamilton for his GP training and work in Auckland as a general practitioner. He is currently the clinical director and company director at The Doctors New Lynn. Gary has special interests in minor surgery, chronic conditions and health/wellbeing promotion. He moved from Taiwan to New Zealand with his family when he was 15.

Dr Quoa Young Lee - General Committee

General Practitioner // MBChB (Otago), FRNZCGP



Dr. Quoa Young Lee is a GP that works out at Mission Bay. He is a dying breed of GPs who works solo to avoid arguments.

Now that his children are teenagers and ignoring him, he's happy to help out with ACMA and finally get some attention. Aside from his interest in promoting the Chinese medical community - he likes middle-aged men activities like walking, gardening and pickleball - in between using the massage chair.

Dr Joanna Lan - General Committee & Website Administrator

General Practitioner // MBChB (Auckland), FRNZCGP




Dr. Joanna Lan is a dedicated GP with a strong focus on women's and children's health. Locally trained at Auckland Medical School, she brings a deep understanding of the healthcare needs of New Zealand communities.

As a proud mum of three, Dr. Lan combines her professional expertise with personal insight to provide compassionate care. Outside of her medical practice, she enjoys exploring new recipes and having fun outings with her family.


INTRODUCING THE 2026 YACMA EXEC TEAM

Carolyn Lin - Co-President

A circular portrait of Carolyn Lin, a young woman with long dark hair, wearing a black jacket. She is standing in front of a wall with a mural that includes the text 'Welcome Cheng & Jing City' and 'Down'. The portrait is framed with a decorative yellow and red border.

Carolyn is a 4th-year medical student currently based in Hamilton for placement. She is a born-and-bred Aucklander who, thankfully, has always been connected to her Chinese roots through various Chinese committees and now YACMA, growing up. She is honoured to serve the Chinese community with her solid Mandarin speaking but broken reading skills for another year with focus on bridging the doctors, the students and the community. She continues to be in a “very Chinese time of her life,” with her main hobbies being binge-watching the latest popular C-drama, cooking Chinese home-cooked meals for her flatmates, and planning her next China trip once she saves up the money.

Joy Shi - Co-President

A circular portrait of Joy Shi, a young woman with long dark hair, wearing a white jacket. She is standing outdoors in a field with mountains in the background under a sunset sky. The portrait is framed with a decorative yellow and red border.

Joy is a 4th-year medical student currently based in Waitemata. Although her whole family is from Fuzhou, she was born and raised entirely in Auckland, but remains well connected to her Chinese roots.

As a pre-clinical representative in 2025, she is excited to use this experience to guide another successful year of creating fun events and fostering a sense of community within YACMA, ACMA and the wider society.

She is also determined to continue strengthening the bond between YACMA and ACMA by acting as a bridge between the two associations, along with ensuring there are plenty of collaboration events so that the members have opportunities to connect with one another.

In her free time, she enjoys binging the latest C-dramas, going to the newest Asian restaurants with her friends, and travelling whenever she can.

Bobby Tao - Vice-President

A circular portrait of Bobby Tao, a young man with short dark hair, wearing a blue shirt. He is smiling and standing in front of a background of pink and white flowers. The portrait is framed with a decorative yellow and red border.

Bobby is a Part V medical student currently based in RMIP Wellsford. Having been born and lived in China for almost half his life before moving to New Zealand, he's passionate about re-connecting with his culture and sharing it.

Throughout his journey in NZ he's been avidly exploring avenues of leadership and the cross-over they have with Chinese culture. During his tenure as a YACMA Mentorship Officer in 2025, he learnt many values and facets of leadership, and hopes to put these to use as the 2025 Vice President.

This year, He aims to lead collaborations between ACMA and YACMA, strengthening the bonds within the Chinese medical community, and supporting the other members in their journey to discover the role of Chinese culture in their lives. In his spare time he can be found in the badminton courts, eating laoganma or cheap chinese restaurants.

Michelle Zhang - Pre-Clinical Rep



Michelle is a third-year medical student who spent the first 11 years of her life in Shanghai before moving to Auckland. Growing up between two cultures, she's learned to appreciate both her Chinese roots and life in New Zealand. She has a very on-brand ginger cat named Mooncake, who she would probably prioritise over most things in life. Michelle loves spending time with friends and family, and unwinding with (arguably too much) Chinese TikTok. She also has a passion for travelling and is always looking forward to her next trip. As a pre-clinical representative, Michelle is excited to help create a fun and welcoming YACMA community, and to organise events that bring people together.

Will Guo - Pre-Clinical Rep

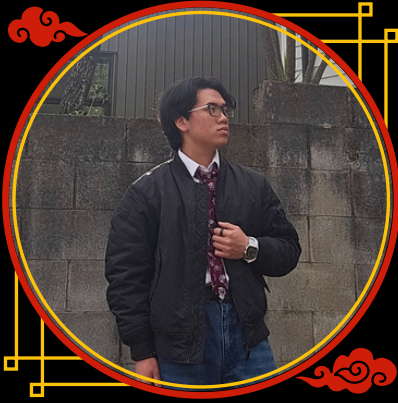


Will is a 3rd year medical student originally from Christchurch. Growing up surrounded by Chinese culture, most notably being a student of ShaoLin Kungfu, Will was always immersed in the culture but was not particularly interested. However, since his trip back to China during Covid, Will has unlocked a passion for Chinese culture and has found every opportunity to travel back and explore as much as he can.

Being fluent in spoken Chinese, Will's next goal is to learn how to read and write better so he can more effectively navigate all of the delicious Chinese menus.

Apart from Will's studies he also enjoys being active including kickboxing and weightlifting. Will also dabbles in sewing with him beginning to make his own clothes. Will has become a YACMA pre-clinical representative this year to bring culture and joy through our events and hopefully give people a place to belong.

Jeffrey You - Pre-Clinical Rep



Jeffrey is a current 3rd year medical student and one of the YACMA Pre-clinical Representatives for 2026.

Originally hailing from the cultural metropolis of Hong Kong, he moved to the Land of the Long White Cloud in 2009 to be closer with his grandparents (he's still trying to figure out if he's first-gen or third-gen). Claiming to be multilingual, he speaks English, Cantonese and enough Chinese to almost get by at a Chinese restaurant. One of his goals for the year however, is to improve his Chinese reading and writing skills (and maybe even read a Chinese menu someday!).

When he's not cramming his flashcards, he's either at the gym or lazing around, doomscrolling on his phone and watching TV shows.

Being part of the YACMA exec team, he's excited for the opportunity to share his culture, all while planning some awesome events for his peers to enjoy.

Nathan Jin - Pre-Clinical Rep




Nathan is a third-year medical student from Auckland. His family hails from the far north, the ice city of Harbin. He's been told that the northerness shows. Nathan grew up in a very Chinese household and has therefore learned enough Mandarin to fulfil the duties of a YACMA Pre-clinical Representative, and more.

The two biggest sectors of Nathan's life are medicine and music. Since the age of seven, he has been annoying his neighbours with the drums, and added the piano to that list of disturbances since age nine. Nathan has very blessed neighbours. He has participated in several bands and orchestras throughout high school and is currently the drummer for the Queen City Big Band.


Being immersed in Chinese culture and clubs is nothing new to Nathan, and is something that he really enjoys. China is his favourite holiday destination, and that love for Chinese culture translates into an equal passion for promoting YACMA amongst medical students. Nathan hopes to bring high-quality events to the YACMA community this year and showcase the brilliance of Chinese culture.

Chloe Chow - Pre-Clinical Rep

A circular portrait of Chloe Chow, a young woman with long blonde hair, wearing a light pink dress, standing outdoors in front of greenery.


Chloe is a 4th-year medical student based in Waikato Hospital. Although she was born in Auckland, she moved to Malaysia at the age of 5, before returning to Auckland to embark on her medical journey. Growing up in a country that takes pride in its multicultural, multilingual and diverse society, she is passionate about embracing her Chinese heritage and connecting with people from different backgrounds. Fluent in English, Cantonese, and somewhat coherent in Mandarin, Chloe enjoys travelling around Asia and learning about different cultures and traditions, which have shaped her perspective on healthcare. This is Chloe's second consecutive year serving as the ACMA/YACMA Membership Secretary, and she is excited to work alongside both new and familiar faces across the two committees. Beyond her studies, she enjoys painting, playing badminton, making her own matcha and spending time with her loved ones.

Xuan An - Administrative Manager

A circular portrait of Xuan An, a young woman with long dark hair, wearing a black top, standing indoors.


Xuan is a 3rd-year medical student. Her family had lived in Tianjin for five generations before her mother fell in love with New Zealand and moved the family here a decade ago. She had dabbled in a range of sports and hobbies such as figure skating, horse riding, archery, and badminton... but has ultimately decided that binge-watching C-dramas, variety shows, and anime is more her thing than staying active. Xuan is grateful for the opportunity to serve YACMA as the Admin Manager this year, and is committed to helping support the team and ensure things run smoothly and efficiently.

Raphael Wang - Treasurer

A circular portrait of Raphael Wang, a young man with short dark hair, wearing a dark t-shirt, sitting at a table with food and a drink.

Raphael is a third year medical student who was born and raised in Rotorua. He is very excited to connect with his culture following his recent trip to China. He was inspired by the people there as well as the amazing food and history. With roots in Hangzhou, Raphael enjoys tea and a traditional Chinese breakfast. He likes to eat noodles, malatang and drink milk tea, especially the ones from ChaGee. Raphael is fluent in Mandarin and is learning how to read and write better. Raphael is passionate about exercise and sports. He likes to go for runs, go to the gym and play sports like football, basketball and futsal and is finding time this year to explore more sports like pickleball, table tennis and badminton again. As the treasurer, Raphael is making sure YACMA events are well funded and affordable for all.

Serena Chen - Membership Officer

A circular portrait of Serena Chen, a young woman with long dark hair, wearing a light-colored top, standing outdoors near a body of water.

Serena is a 4th-year medical student, currently placed at Waitematā. While she has grown up in Auckland, she has always maintained a strong connection to her cultural heritage. She enjoys eating traditional Chinese food, celebrating Chinese festivals, and travelling back to visit her family's hometown in Shanghai. Serena has always had a deep appreciation for Chinese culture, and through her involvement in YACMA, she's been able to share this connection with others. As the Mentorship Officer in 2026, she hopes to foster meaningful connections through the mentorship program and events such as the careers evening. In her spare time, Serena enjoys making her own matcha, trying out new brunch spots, going for walks along the beach and exploring local markets.



Cynthia Zhang - Fifth Year Clinical Rep

Cynthia is a fifth-year medical student based at Waitematā this year. Born in China, she moved to New Zealand at the age of one. After serving as the 4th Year Representative for YACMA last year, she is excited to take on the role of 5th Year Representative, continuing to promote Chinese culture and strengthen connections with the wider community. In her spare time, Cynthia loves exploring new places, eating good food, watching C-dramas, and spending time with family and friends. She looks forward to being involved with YACMA again and supporting students throughout the year!



Angel Li - TI Representative

Angel is a Training Intern placed at Waitematā this year. Born and raised in Auckland, she grew up in a Chinese household, though despite this, has an unbearably low spice tolerance. She stays connected to her roots through food, music, and family traditions, and looks forward each year to celebrating Chinese festivals in New Zealand.

She is honoured to serve the Chinese community through YACMA, with a focus on strengthening connections within the Chinese medical community and supporting students as they navigate their journey through medical school.

Currently deep in a “quarter-life crisis,” Angel is training for a half marathon, climbing random mountains, and intensively planning a trip to Japan this year. She is also set on visiting as many cities as possible in China for her grad trip.



Raeanne Leow - Fourth Year Clinical Rep

Raeanne is a fourth-year medical student currently based in Waikato Hospital. She was born and raised in Malaysia for the majority of her childhood years, before migrating to New Zealand in primary school. Having grown up in two multicultural countries, she can speak a mix of Mandarin, English and Cantonese.

In her spare time, Raeanne enjoys playing netball and badminton, listening to music, exploring local food spots and travelling when she has the funds! Raeanne has thoroughly enjoyed being a part of the YACMA community for the past two years and is excited to contribute back to the club as 4th Year Rep this year! She hopes to help foster a supportive and inclusive network for all medical students, where people can form lasting friendships and make meaningful memories.

Shia Dunning - Editor

Shia is a third-year medical student with half Chinese and half New Zealander heritage. She spent the first eight years of her life in Shanghai before moving to Hamilton, where she went through high school. She's managed to stay connected to her Chinese roots through Chinese video games and practicing her limited Shanghainese with her grandparents whenever she visits them. When she isn't completely overwhelmed by medical school, she loves karaoke, hunting for cute cafés, and cuddling her stereotypical Asian-family small white dog, Fudgie. She's honoured to be able to creatively unleash herself as an editor of YACMA, especially with her passion for making everything just a little more aesthetically pleasing.

Claudia Song - Editor

Claudia is a third-year medical student who grew up in Matamata and has since moved around the North Island, eventually settling on the North Shore. During her early years, she found it challenging to connect with her Chinese heritage. Now, she is actively seeking to deepen her understanding and embrace its richness. While she is fluent in Mandarin, despite years of classes her parents had put her through, she is not yet confident in reading and writing. Through YACMA, Claudia hopes to support other students who feel similarly disconnected from their roots, helping them explore and appreciate the depth of Chinese culture. Outside of lectures, Claudia enjoys immersing herself in diverse food cultures and planning her next travel adventure. She also loves exploring new music on the piano and violin, and staying active by trying out new sports at her university's rec centre.

Victoria Guo - Editor

Victoria is a third year medical student, born and raised in New Zealand. After migrating from China in the early 2000s, her parents seemed to have left a lot of culture behind so she is a tad white-washed. Despite this, she has been reconnecting with her ancestry via duolingo, spotify, and of course, YACMA. As Victoria was still brought up in an asian household, along with an acceptable career in line, she has also been tossed into a range of extra-curricula's that she has come to enjoy such as badminton, flute, and table tennis. Although she has specialised in an indoor sport for most of her life, Victoria tries to balance this with an occasional outdoor pursuit like hiking or surfing. As an editor for YACMA, Victoria is thrilled to have a respectable outlet for creative freedom - much preferable to graffiti on walls. She will do her best to make everything YACMA (people, plans, posters) nice and pretty :3

Ashley Lee - Editor

Ashley is a third-year medical student who was born and raised in Auckland. She's Korean and stays connected to her culture, whether that's through food, family, or the communities she's part of. Outside of medical school, she enjoys baking, café hopping with friends and travelling. This year, she joins the YACMA executive team for the first time as one of the editors, and is looking forward to contributing behind the scenes, collaborating with the team, and helping bring everything together.

The background features a traditional Chinese landscape illustration. At the top, there are large, stylized, swirling clouds in shades of teal, maroon, and grey. Below the clouds, a large, gnarled tree with reddish-brown branches and small flowers stands on a grey hill. To the right, a traditional Chinese pavilion with a yellow roof and red pillars is visible. The overall style is flat and graphic.

YACMA & ACMA EVENTS

**NATURE WALK SERIES
CNY HEALTH STALL
MARCH CME
EXEC RETREAT
BOARD GAMES NIGHT**

NATURE WALK SERIES

Our YACMA and ACMA members came together on the 31st of January at Tawharanui Regional Park and on 7th February at Hayley Lane Reserve to partake in the Mangemangemoa reserve walk. The beautiful summer weather was in their favour on both occasions as they connected with each other, promoted physical wellbeing, and made the most of New Zealand's sights.

ACMA EVENTS



CNY HEALTH STALL

On February 14th, ACMA launched its first official event of 2026 with a health stall at the ACCC Chinese New Year Market, offering free essential health checks to the local community.

These included BMI and blood pressure measurements, blood glucose testing, and general health advice.

ACMA EVENTS



This initiative highlights ACMA's commitment to supporting the community and promoting overall wellbeing. The event would not have been possible without our dedicated volunteers, and ACMA extends its sincere appreciation for their time and effort.



ACMA MARCH CME

ACMA hosted its first CME of the year on the 28th of March at Mr Lobster Private Kitchen. This was generously sponsored by Auckland Eye and Canopy Cancer Care.

Dr Choi Foong Kew kicked off the evening with a passionate introduction about how we can provide Culturally and Linguistically Diverse (CALD) patients with high quality care. Dr Yvonne Ng followed this up with an informative update on the latest treatments for myopia, specifically for children. To wrap up the evening, Dr Simon Fu presented us with a few clinical pearls about genitourinary cancer in primary care.

ACMA EVENTS



YACMA EXEC RETREAT

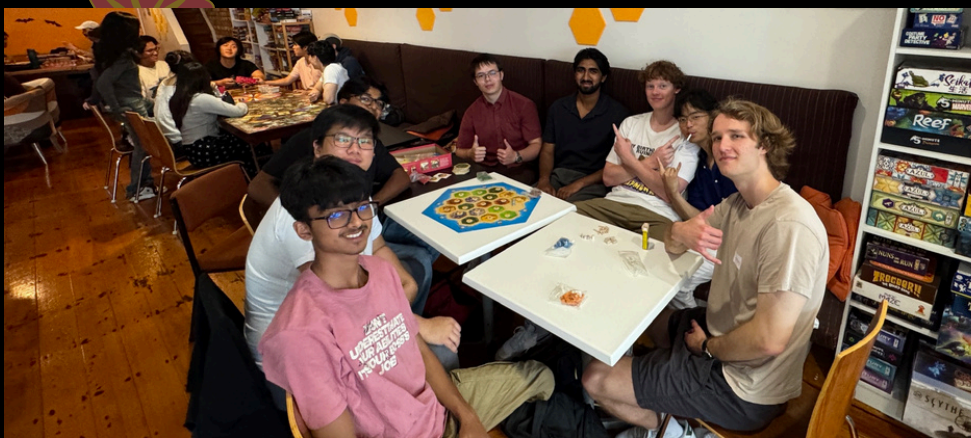
On 28th February, YACMA's executive members united for the first time to get to know each other. We bonded with various activities ranging from the chaos of blind-deaf-mute cake-making to the tranquil atmosphere of sharing our life lessons and personal perceptions

ACMA EVENTS



YACMA BOARD GAMES NIGHT

YACMA EVENTS



On March 29th, YACMA launched its first event of the year with a board games night. The evening began with a fun pre-event session featuring a push-up challenge, trivia rounds, and a Weet-Bix triathlon that helped members break the ice. We then migrated to the main location, Cake n' Ladders, where everyone partook in a broad selection of board games with a generous sprinkle of good conversation.



EDITORS' ADDRESS

Thank you for joining us for the very first edition of our 2025 newsletter. We're thrilled to be part of the YACMA/ACMA Executive Team and to help showcase the energy, dedication, and heart of our community. As editors, we hope to highlight the projects, successes, and stories that make this association so special. We're excited for the year ahead and can't wait to connect with you at future events.

**Warm regards.
Ashley, Claudia, Victoria, Shia**

