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ACMLA

NEWSLETTER

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ACMA Presidential Address

WELCOME

Welcome to the fourth and final newsletter for ACMA 2020.

What an unusual year this has been with all the COVID-19 disruptions to the ACMA Calendar. For those of you who attended the AGM, you would have learnt that fortunately ACMA still has been able to participate in multiple events and had a relatively busy calendar, utilizing Zoom for our 3rd CME for example, despite cancellations and postponements of our usual events. I would like to take this opportunity to thank all our sponsors and partner organizations who have supported and involved us despite COVID-19. Also a big thanks to our own members who have taken time out of their busy lives to facilitate or speak at some of these events and ensure that ACMA is still fulfilling its mission as an advocate for better health literacy by educating the wider Chinese community on matters of health concern.

I hope some of us are taking a bit of a breather over the Xmas and the New Year to hopefully relax and reflect on what has been a very challenging year. For those of us who are working or doing research over this period, I wish you the best in your work and endeavours and hope that your efforts improve the health of our patients. I am optimistic that 2021 will be a much better year and with the introduction of the COVID-19 vaccine, it should hopefully make COVID-19 more manageable without going back into inconvenient lockdowns.

Next year will see a new chapter in ACMA as we have returning President Dr Linda Lum lead the team into a Conference year. As we will no longer be tied to the RNZCGP for CME endorsement, we will have a lot more freedom with sponsorship and talk content so be prepared for a wider variety of talks from various speakers. We hope that this Conference will be the highlight of 2021 and we hope that you all keep Sat 8 May free for this exciting educational and networking event.

I would also like to congratulate Drs Linda Lum and Gary Wu as the joint recipients of the ACMA Shield 2020 after a 14-year hiatus. Their hard work, regular meeting attendance, involvement with our partner organizations, fresh ideas, general enthusiasm and “can do it” attitude has kept the ACMA ship sailing through this year’s COVID-affected stormy waters.

Finally, I would like to say thank-you to the ACMA and YACMA team who have supported me over the last two years; both to the recently departed and current committee members. A lot of things would not have gone ahead if it was not for the behind-the-scenes work from these individuals so I would like to show my appreciation to them in my last address. It has been a very worthwhile and at times challenging experience being your President and I hope I have met your expectations. I will be back next year though as your Secretary and Conference co-ordinator so it won't be the last you see of me haha! We would also love to have more specialist colleagues join our committee so if you are interested please email Linda at president@acma.org.nz.

Kind regards
Carlos Lam

YACMA Presidential Address

Hi YACMA & ACMA Members!

What a whirlwind of a year it has been. Time has passed so quickly and our first COVID lockdown now seems like a lifetime ago. I feel grateful to be in New Zealand and to have such stability and freedom in these COVID times whilst other countries are still battling it out (sending my support). We have been through a lot together this year, but I am proud and happy that we have stuck together as such a supportive community and now is the perfect time to celebrate all our small and big successes.

In between our last newsletter in October and now, YACMA has had two very successful events. Firstly, we still held our AGM around the same time in late October which was at our traditional Korean BBQ restaurant. The night was filled with a lot of excitement and enjoyment as we celebrated coming to an end of a stressful year and elected our new executive team for 2021. We also had our YACMA Retreat in mid-November. It was a change from our previous years in which we held retreat in the Winter, this time round we had it in Spring/Summer. The warm weather really helped lift up everyone's spirits and we had an absolute blast banana boating on the second day. I am so extremely proud of our executive team, in particular our pre-clinical reps this year for organising such a wonderful retreat!



As the year comes to a close, I just want to say a massive thank you to all the YACMA and ACMA members. We really would not be where we are without you all and thank you all for being so patient this year as we deal with COVID. I also want to show my appreciation for the YACMA and ACMA executive teams as this year has definitely not been easy. I hope that you may all look back on this year and congratulate yourselves on making it through – hopefully next year will be much, much better!

Wishing you all a very merry Christmas and Happy New Year.

Much love and signing out,
Aimee

Message from YACMA T.I. Rep

Hi everyone!

I'm Kat and I was your TI rep this year. It been a rollercoaster ride through medical school and Yacma has been part of the journey since the very beginning. I've gained a lot from being part of this organisation and it has been a rewarding experience meeting and seeing younger students thrive over this journey too. Despite the unique challenges of this year, we still managed to run some of our educational events including the mock osce for 4th yrs. Toughest year yet but it was an absolute pleasure serving Yacma for the last 5 years.

Wishing you all the very best and a safe and wonderful christmas and a happy new year!

Katherine Sung



Message from YACMA Preclin Reps

Looking back to the first YACMA exec meeting of the year, none of us had planned for what 2020 turned out to be. Going into lockdown, we were faced with the same challenges as everyone else: finding ways to stay connected and engaged with our members from the safety of our isolated bubbles. We tried to adapt by holding online events, a first-ever for YACMA. Going into this unknown territory, we were anxious about how the events would be received and whether they would run smoothly. We are extremely grateful to all the enthusiastic YACMA members who showed up and were patient with us through the technical difficulties.

Luckily, we also managed to have several in-person events, such as the annual free yum cha and KBBQ. We were happy that members were able to enjoy these iconic YACMA events, even in such a turbulent time. Finally, the highlight of the year (despite several false starts) was the YACMA Retreat, which this year was held in the Coromandel. We were fortunate enough to have amazing weather, as for the first time ever the retreat was being held in summer. There was a great turn out and we had an amazing few days basking in the sun, enjoying one another's company and had a blast going banana boating in Whitianga. It was a great way to round off this eventful year and we are incredibly thankful to all of the YACMA exec and members for sticking around.



ACMA AGM

On Sunday 8 November, the ACMA Annual General Meeting (AGM) was held at the beloved Imperial Palace in Mount Wellington. The evening began by reflecting on the challenges faced this year due to the global Covid-19 pandemic. However, there was also mention of the year's many highlights which includes the continued collaborative efforts between ACMA and The Asian Network Inc (TANI). This collaboration involved a series of virtual talks given by ACMA doctors on various health topics and was held on the video conferencing platform, Zoom. In light of COVID-19, ACMA was also able to promote Asian health by collaborating with other health organisations such as the Ministry of Health, Counties Manukau District Health Board (the Flu Fighters) and Asian Family Services.

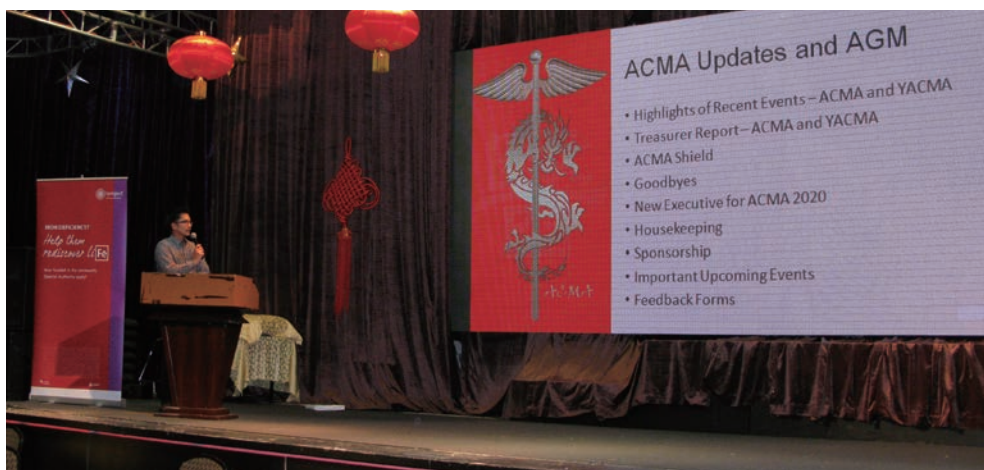
The return of the ACMA Shield was greatly celebrated. The Shield is a recognition of members who embody qualities that aid in the achievement of ACMA's goals and objectives. This year, the Shield was jointly awarded to Dr Linda Lum and Dr Gary Wu for their continued involvement in ACMA and going above and beyond their roles. Congratulations to Dr Lum and Dr Wu!

Previous ACMA executive committee members who had stepped down from the committee were also recognised for their service and farewelled. In 2019, Dr Derek Luo, Dr Stanley Loo, Dr Kristine Ng and Dr Adrian Wan stepped down from their roles. This year, Dr Wilson Young, Dr Andrew To, Dr Michelle Wong and Dr Kevin Liu retired from the committee after many years of service. Dr Wilson Young was also recognized as an Honorary Life Member to celebrate his service and contribution to ACMA.

During the evening, the new ACMA executive team for 2021 was announced and we wish all new and current executive committee members well.

Our keynote speaker for the night was Dr Patricia Ding who provided an update on advancements and trials in cardiology medications as well as treatment strategies. This was followed by presentations from recently graduated trainee interns, Thitapon Uiyapat and Brian Yeom, on their elective experiences as part of the ACMA Elective Scholarships.

Thank you to our speakers and to all who attended the AGM. ACMA would also like to thank Aspen for their sponsorship of this event.





YACMA Retreat

What a year it has been! Perfect vision might be 20/20 but how could anyone have hoped to see what 2020 had in stock for us? Rumoured to have been delayed not just once but twice - this event, we can guarantee you, was planned with 110% effort. The intention being to make up for all that unfortunately was not, rest assured that there was more success in this regard than layers in a mille-feuille.

Held once again at Cooks Beach Resort (situated on prime Coromandel real estate right next to the beautiful Cooks Beach), the more seasoned of the YACMA group could just about smell the deja vu in the air that had aged like fine wine from the good times of YACMA Retreat 2018.

Starting things off with a 'bang' just as all good things do, members found themselves locked in mortal combat playing 'Ninja' as the first of many icebreaker games. Soon freshly acquainted, we were far from being short of choices to pass the time before a hearty dinner of nachos, whether it be chilling out in the resort spa or enjoying a refreshing beverage in the comfort of their own luxurious cabins.

But things were only to get even better the next day - for everyone then had the opportunity to go banana boating! A first in YACMA history! With mild (scenic) and wild (wannabe motorcycle racer) 'flavours' to choose from, everyone's tastes were catered to. That same night, Japanese Curry 2.0 (completely unrecognisable from its predecessor after a year of practice) too proved a smash hit with nearly not enough to go around.

All in all, what a Retreat! What a way to end the year! So much fun was had that trying to take on another similar day would have been a bridge too far for mere mortals like all of us unfortunately are. To be able to say this most definitely demands some serious accomplishment - and so those that were behind it all must be thanked just as much.

See you all next year at Retreat 2021!

Tianwei Liu





ACMA Spring Social Event

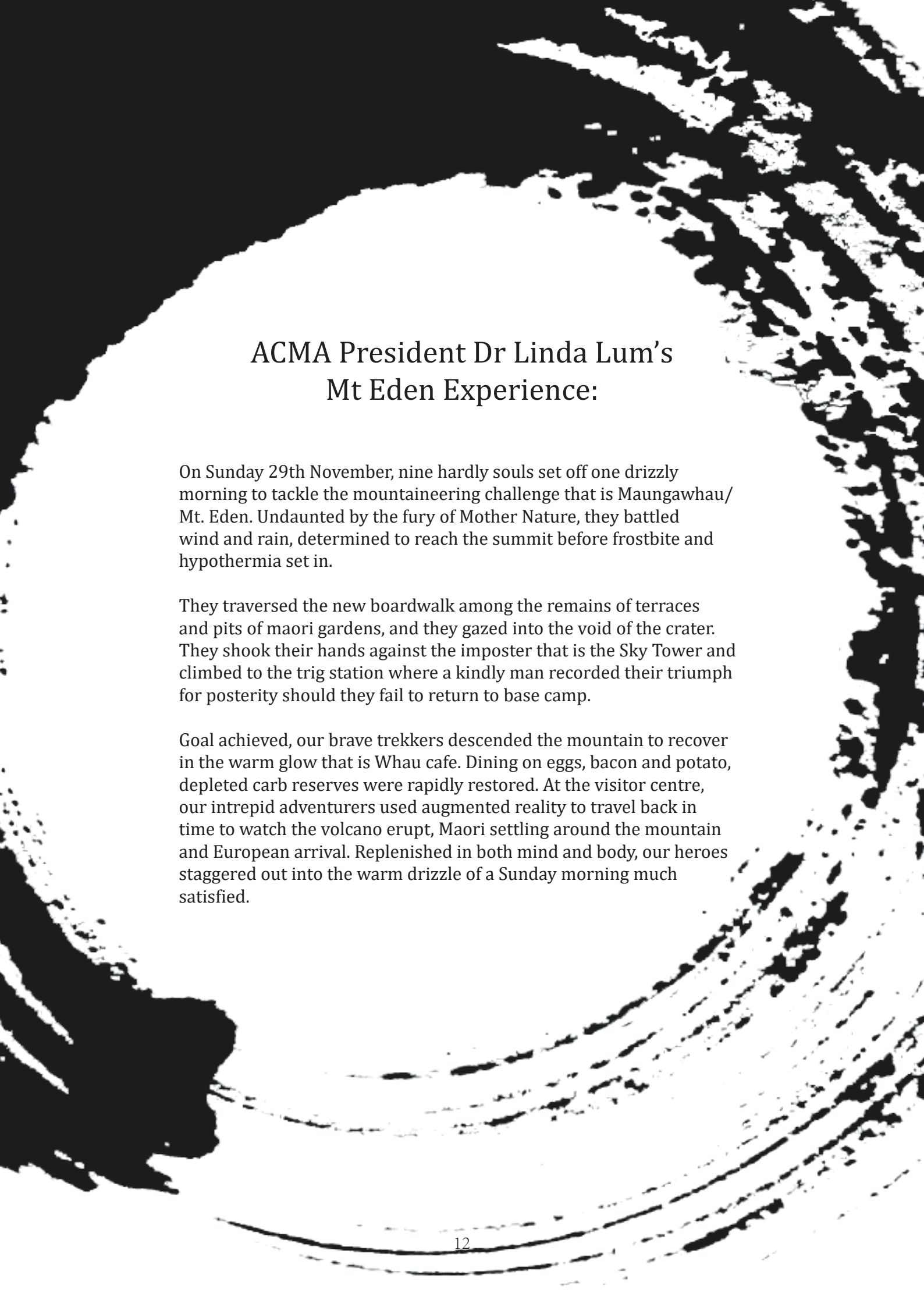
Sunday 29th November was the day of the ACMA Spring Social Event. ACMA welcomed members and family to the recently opened Mt. Eden boardwalk.

ACMA and YACMA members walked along the pathway to the summit, although unfortunately, the weather was far from ideal on a nice Sunday morning. Nevertheless, participants still enjoyed the exercise and views. Their hike began at the venue's Visitor Experience Centre which included a cozy room filled with a model of Mt. Eden as well as historical information going along with it. Following this was brunch at Whau Cafe to cap it off.

It was a great experience and we definitely recommend it!







ACMA President Dr Linda Lum's Mt Eden Experience:

On Sunday 29th November, nine hardy souls set off one drizzly morning to tackle the mountaineering challenge that is Maungawhau/ Mt. Eden. Undaunted by the fury of Mother Nature, they battled wind and rain, determined to reach the summit before frostbite and hypothermia set in.

They traversed the new boardwalk among the remains of terraces and pits of maori gardens, and they gazed into the void of the crater. They shook their hands against the imposter that is the Sky Tower and climbed to the trig station where a kindly man recorded their triumph for posterity should they fail to return to base camp.

Goal achieved, our brave trekkers descended the mountain to recover in the warm glow that is Whau cafe. Dining on eggs, bacon and potato, depleted carb reserves were rapidly restored. At the visitor centre, our intrepid adventurers used augmented reality to travel back in time to watch the volcano erupt, Maori settling around the mountain and European arrival. Replenished in both mind and body, our heroes staggered out into the warm drizzle of a Sunday morning much satisfied.

Upcoming Events

ACCC CNY Event

ASB Showgrounds

Saturday 30 Jan 2021 - 9:30am - 4pm

Holy Word Church Chinese New Year Festival

Saturday 13 Feb 2021 - 2 - 5pm

ACMA Conference 2021: Overcoming Barriers to Asian Health

Sat 8 May 2021

ACMA and YACMA Health Check Stall Volunteering

Sign up forms available after the New Year





WE WANT YOU

FOR  **ACMA**

!!!

ACMA are looking for doctor members who are interested in joining the ACMA Executive team!

We particularly encourage specialists to join!



ACMA

SPONSORSHIP NOTICE

We are now unrestrained by RNZCGP requirements so we encourage members to introduce potential sponsors from any field to support our various events during the year. For example: Real estate, finance, car dealers, airlines, wealthy philanthropist, other altruistic charitable organizations

Thanks!

ACMA CME Survey Results

From our last ACMA CME, survey results proved the success and popularity of CME events. Results showed that **majority of respondents would still attend CMEs even if no RNZCGP endorsements.**

SPONSORS



abbvie

Mr Stanley Loo





Message from the Editors

编辑语录

What a whirlwind of a year 2020 has been! Thank you to all the members who have helped make this year and the various events we have held possible. In particular we want to thank our ACMA president Dr Carlos Lam and YACMA president Aimee Meng for all the hard work they have put in this year and the guidance they have given us. Thank you to all our members for your enthusiasm and support in the many events we have had this year, from our AGMs to our social events. We hope you have enjoyed reading these newsletters and look forward to seeing you in the future.

All the best for the new ACMA and YACMA exec in 2021!

Merry Christmas and Happy New Year!

Your YACMA editors,
Angela, Yusi, Phoebe and Kevin