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ACMLA

NEWSLETTER

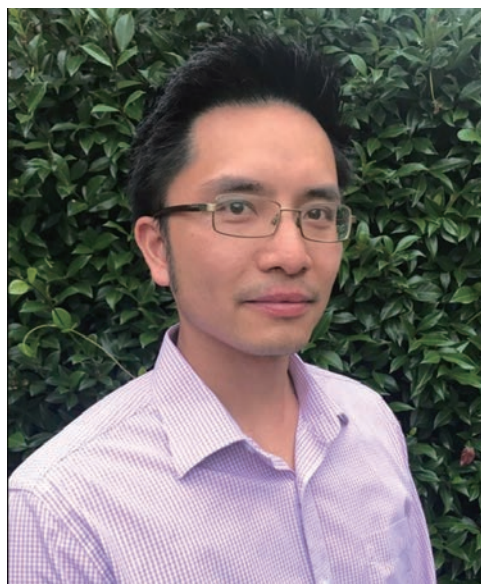
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ACMA Presidential Address



WELCOME

Welcome to the third newsletter for ACMA 2020.

It has been a bit of a rollercoaster year with two lockdowns and many events cancelled. I hope that we have all been well and everyone is getting ready for the final stretch towards Christmas.

It has been sad to hear about the passing of a prominent and respected GP member of the Pacific community, Dr Joe Williams during the recent August cluster. This is a time to be mindful that COVID-19 is still very much alive and active and vulnerable members of our community such as those older than age 65 need to be especially more careful. Despite this, New Zealand continues to be a place where other countries look up to due to our low caseload and low mortality rates. However, given our second outbreak and recent maritime cases, we cannot be too complacent, even though we are in Level 1.

On a brighter note, some positive political events have also taken place such as Dr Gaurav Sharma, an Indian GP registrar based in Hamilton, winning his electorate and becoming a new MP in the Labour Government joined by fellow new Asian Labour MPs Naisi Chen and Vanushi Walters. No matter which party you voted for, it is always more beneficial for the Asian community to have more Asian faces in the political scene, as this will hopefully help pave the way for more Asian-friendly and Asian-specific policies and give our Asian (and Chinese) community more of a voice by removing more barriers such as reducing racism and having more Asian-specific health policies targeting ignored issues such as increased rates of smoking amongst Chinese men.

As for the “ACMA-sphere”, events have continued despite the restrictions thrust upon us by COVID.

RECENT EVENTS

On Wed 27th August, Dr Gary Wu gave a virtual Zoom talk on Immunity and Health along with nurse Jessica. It was very well-received by the more than 100 Chinese people who registered for the talk. Feedback included: "Thanks for the speakers to explain about vaccines and its foundations which let us know why immunisation is very important". Several registrants who failed to attend due to Zoom's attendance limitations were even asking for Dr Wu to repeat his presentation again! Well done to Gary and nurse Jessica for yet again a very successful ACMA-TANI collaborative talk.

On Sun 27th September, Christine Everest, a dietician of Malaysian Chinese descent, gave a very informative presentation on the Dietary Management of PCOS. This was done via Zoom due to it being in Level 2 at the time and was well attended by mainly ACMA Executive members. Christine has also indicated a willingness to present at the ACMA Conference 2021 and reach out to a broader audience. We will look forward to hearing from her next year. We apologize to the members who had trouble joining us via Zoom and hope to rectify this in future meetings.

In early October I participated in a Reach Out campaign on behalf of ACMA, in collaboration with Asian Family Services as part of a multi-lingual campaign to spread awareness of mental health issues especially on the background of COVID-19. The videos can be accessed on <https://www.asianfamilyservices.nz/resources/resource-items/reach-out-video-resources/>

Recently, Margie Apa, CEO at CMDHB, gave a well-received virtual thanks to the Flu Fighters Team for their efforts in contributing to the flu vaccination programme <https://vimeo.com/464807308>. Despite COVID-19 limiting the participation of a number of organizations, enough people from the Asian community still turned up to make this year even more successful than last year with over 900 participants. ACMA also received a certificate for their contribution towards the Flu Fighters programme and contributed to a Panel discussion at the School of Population Health's guest presentation recently at the University of Auckland, chaired by Cecilia Wong-Cornall, a Population Health Teaching Fellow and a presenter at one of our previous ACMA Conferences.

NEW VICE - PRESIDENT

Following the vacancy of our Vice-President position during the last two years we held a tightly-contested nomination which was won by a very experienced ACMA stalwart from our own Executive team, current Sponsorship Co-ordinator Dr Linda Lum, who is an ex-President herself. Congratulations to Linda who will also be the new President for ACMA 2021. We wish Linda the best for the upcoming year!

HOUSEKEEPING

I also encourage all those members who have not paid up to pay their subscription to click on the link <http://www.acma.org.nz/> renew and email the membership secretary on membership@acma.org.nz. You should have already received a reminder notice and invoice from our Treasurer. If you have any contacts with any particularly wealthy and philanthropic individuals, companies or organizations that would be keen to sponsor ACMA events, please email our sponsorship co-ordinator on sponsorship@acma.org.nz. We also aim to do a newsletter every 2-3 months. If you have anything you would like to contribute to the newsletter or would like to be interviewed for a newsletter, please email editors@acma.org.nz.

ACMA SERVICES

If you wish to sell your clinic/buy a clinic or look for locums, please email our webmaster on webmaster@acma.org.nz. We will negotiate rates with you. Email our secretary on secretary@acma.org.nz if you would like to be featured on our Public Doctor's List. The latter is a free service. Of course, our website will be updated periodically on upcoming events.

UPCOMING EVENTS

ACMA AGM

Sun 8 Nov at Imperial Palace Chinese Restaurant. Registrations start from 17:30, meeting starts at 18:00. See our website and the recent promotional flyer for more details. You will have a chance to vote prior to the AGM and the successful nominees will be announced on the night. Look out for the Google Forms nomination email from our membership secretary.

TANI-ACMA Collaboration # 3

Mon 9 Nov at Onehunga Community Centre. Speaker: Dr Gary Wu on CVD (Mandarin).

Summer Social Event

Sun 6 December, event to be decided.

ACMA SHIELD

You may have already received a nomination link on Google Forms for selecting an ACMA Shield recipient this year. Please fill this in and submit it before **11:59 pm on Sat 7 Nov**.

Regards,
Dr Carlos Lam,
ACMA President 2020

YACMA

Presidential Address



Welcome back after our second COVID lockdown! This one came as quite a surprise and we unfortunately had to further post-pone some of our very popular events. Thank you all for being so understanding while we work out the best way to deliver our events to you – COVID keeps on giving us unforeseen situations... But hopefully this will settle down as time goes on.

We know that the second half of the year is always so much busier than the first, hence YACMA has held one event only since our last newsletter. We had an online “Y2 CSE Office Hours” which was a last-minute adaptation of our “Yr2 Communication Skills Workshop” which we normally hold in-person every year, just before the CSE assessment. We held this on our discord platform and created ‘rooms’ for the students to practice with our helpers. There was a lot of interest in this event, and we were glad we could be of help to the second year students.

Our YACMA Retreat which we were hopeful to have in September is now post-poned to November (don’t worry, we won’t be giving up on Retreat) – hopefully by then things are much more stable and we can safely have our iconic getaway, which for many members is the event they look forward to the most. The weather in November should also be much warmer and we can look forward to some possible water & beach activities!

We will also be continuing with our AGM on our original date of October 24th which will be our annual Korean BBQ which is definitely worth going to. We will also be reflecting on the year and appointing our executive team for next year at this AGM. So, second years please stay tuned on our Facebook Group for when we open these applications!

As things become more stable and we adapt to our ‘new normal’, I just want to say a big thank you for all your support during these unsteady times – we know that it hasn’t just been difficult for us, but for you all as well. As always, please take care of yourselves and reach out when you need to.

Love,
Aimee Meng
YACMA President 2020

ACCC Falls Workshop

On 14th of July, Dr Linda Lum presented a Falls Workshop for the Senior Lifestyle Group at ACCC Mangere. The participants did a self-assessment on their risk of falling and carried out 3 tasks which included a time up-and-go test for mobility, a 30 second chair test to assess leg strength and endurance as well as the four-stage balance test. Dr Lum discussed the fall prevention programs, home exercises and at-home fall hazards. Brochures were also distributed on falls prevention and osteoporosis.



September CME

On 23rd of September, the third and final CME of the year was hosted online through the video conferencing app, Zoom. Our guest speaker on the night was clinical dietician Christine Everest who presented on the topic of nutritional and lifestyle considerations in the management of polycystic ovarian syndrome.

Year Two CSE Office Hours

Following the success of YACMA's online lockdown events, YACMA hosted their first online CSE Office Hours for second year members which was an online adaptation of the Year 2 Communication Skills Workshop.

This is normally held in person every year prior to the CSE assessment, however due to the second lockdown, this was hosted on the online platform, Discord. 'Rooms' were created for students who were paired with older helpers to get in plenty of practice.

There were lots of great questions from our student members and thank you to all our helpers who came that night!

YACMA Yumcha

On the 18th of July, YACMA hosted the highly anticipated annual YACMA yumcha. Although slightly delayed due to lockdown, this did not stop our new and old members from enjoying pre-yum cha activities and eating some delicious food.

The day started off with a treasure hunt activity which required members to form groups and record themselves completing tasks such as making TikToks and finding Lime scooters in order to earn some great prizes from Gongcha. After this, everyone headed down to China Yum Char Restaurant where an amazing variety of dim sum was immediately served and finished even faster.

The atmosphere was lively and it was an enjoyable experience to socialise and enjoy great food. A big thank you to MAS for attending the event and China Yum Char Restaurant for hosting!





WE WANT YOU

FOR *Xema*

ANNUAL GENERAL MEETING

YACMA

AGM

After Auckland's return to alert level 1, YACMA held its Annual General Meeting for 2020. We acknowledged and celebrated the work done by this year's executives. Furthermore, those who will carry on our legacy as the newly formed 2021 YACMA executives, had been decided.

Facilitating this process; the usual tradition of Paradise Korean BBQ buffet, because who doesn't love a 2-hour session of F R E E* unlimited food (thanks YACMA!). Clearly it was the ideal environment for passing over the torch, campaign speeches took place about an hour into the event. There were some promising pre-clinical representative candidates who campaigned passionately during the week. Voting soon followed and without a moment's notice it seemed as though voting was complete.

A big congratulations to our new YACMA Executives for 2021!

President: Jerry Tang

TI Rep: Nicholas Quek

5th Year Rep: William Xu

4th Year Rep: Linda Wang

Treasurer: Mark Zhang

Membership Secretary: Catherine Ye

Mentorship Officer: Nicole Xue

Webmaster: David Lin

Preclinical Reps: Grace Zhu, Leo Cai, Oscar Guo

Editors: Lily Tang, Joanna Ngan, Deanna Louis

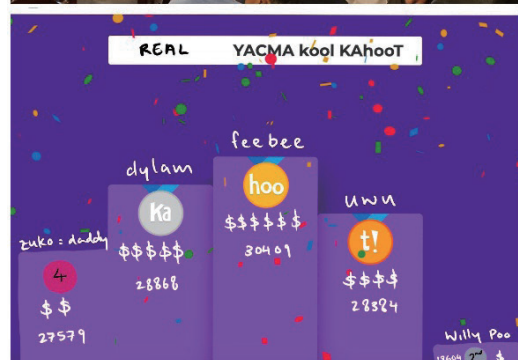
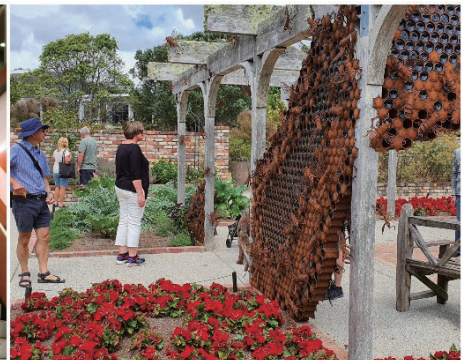


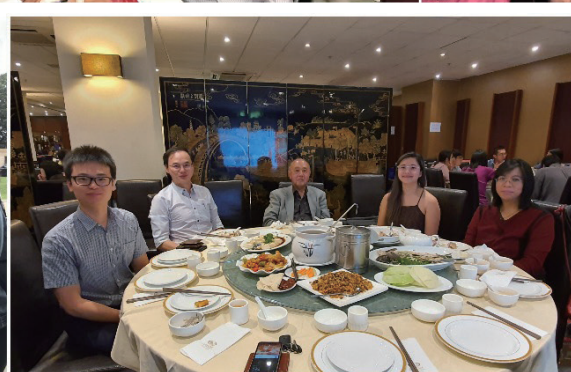
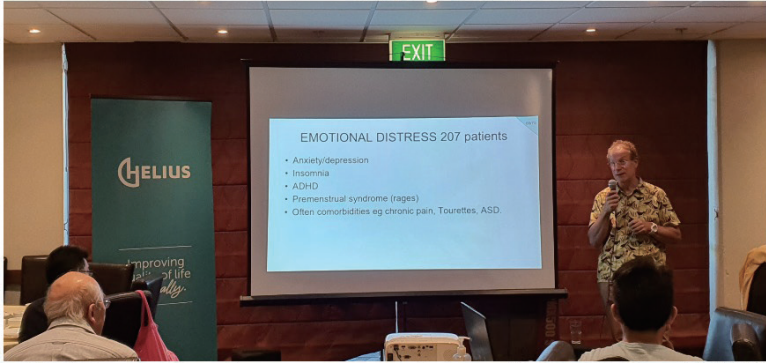
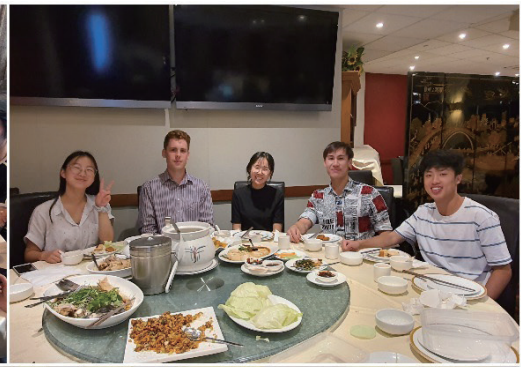
AGM

2020



2020 Recap





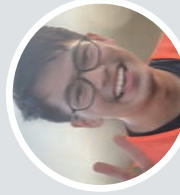
SUBTLE
| YOUNG AUCKLAND CHINESE MEDICAL ASSOCIATION |
DATING

Get ins

Notifications

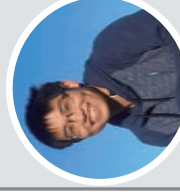
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Nicholas Quek

Name: Nicholas Quek (5th Year Rep)
Age: 22 (fun-certified no matter where you are 😊)
Hobbies: Hiking (So no mountain can get in the way between him and your heart 🏔️👉👈)
Pros: Knows how to have fun but still wholesome and responsible when it matters (did you know that he does med?? 🤖🤖🤖)
Cons: Fifth year so he's probably too busy being whipped at the hospital to come and see you as often as you'd like 😊
IG: @nicholasquek (for them good vibes) 🍷🍷



Dylan Lee

Can't find the perfect man who will treat you like a queen?
Meet out golden boy Dylan Lee
Age: 21
Hobbies: Loves a good run 🏃, demolished round the boys whilst hungover 🍷 Twice
Pros: Cute and dorky 🐼 but sensible and responsible 🧠
Smarter than your textbooks 📖
Big eater and travel lover 🍔✈️
Drives better than Vin Diesel 🚗, will be faster than Google Maps for you 🗺️
Cons: Might dog you for the boys or kfc 🐶
IG: Dylan.lee98



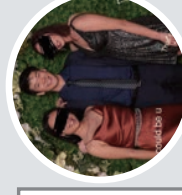
Angela Qian

LOOKING FOR A SPECIAL SOMEONE? WELL LOOK NO FURTHER!!
name: angela qian
age: 20
Hobbies: sleeping 🛌 an actual koala 🐨 she sleeps like 18 hours a day
Pros: sense of humor on point 😂👍 (responsible for top quality memes on mchb page 📺)
actually bilingual 🗣️ all u monolingual plebs out there bow down 🙇🙇
Cons: will probably trade ur soul for one can of monster energy drink 🥤🔥
IG: @qianangela 🍷



Tianwei Liu

Name: Tianwei Liu (Webmaster)
Age: 21 (mental age = Einstein)
Hobbies: Q📺 This 6-rated Gordon Ramsay will send your 🍗 and 🍷 to heaven 🍷
Pros: Crammed RBF in 3 days 🍷, so you know he has the rest of the semester time for you 🍷
Cons: Loves 🍷 and boba so you better start working 🍷 it 🍷 off 🍷
IG: @talzpxn



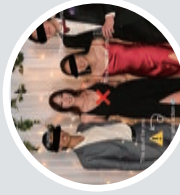
Alan Wu

ATTENTION ALL ABES 🐼
No more games cos here is a whole ass meal 🍷
Name: Alan "AB8" Wu
Age: 21
Hobbies include: Playing badminton + gymming (abs so good u can wash ur clothes on them) 🏸🏋️
PROS: Obesident 🍷 + loyal af 🍷
CONS: Can't pronounce medical terms over 5 letters 🍷
IG: alammwu
O shxt he's too much of a catch 🍷 someone already claimed him before I finished writing this post 🍷



Kevin Chen

All the way from double grammar zone we have the elusive and sensual Kevin Chen
Age: 24 - prime time! 🍷
Height: will not help his cause 🍷
Ethnicity: troll
Hobbies: getting mugged on the way back from the gym at 3am squinting 180 kgs
Pros: ran round the boys holding a fucking 🍷 so he knows how to prioritize the sweet things in life 🍷
Cons: cares more about his hair than girls 🍷
IG: kevin.ch7



Aimee Meng

Introducing: Aimee Meng (call her mommy meng cos you'll be crying for yours when she's done with you 🍷)
Age: 21...hmmmmmmmmmm
Ethnicity: Greek
Height: oh lord save us 🍷 71
Hobbies: drinking 🍷
PROS: MODEL AF you'll want to draw her like a French girl... all night long 🍷
CONS: HUNGRY, ain't no fine diner, she a FAMILY PACK girl 🍷
Oh shit forgot, something this tasty couldn't be single 🍷 but you know what they say 🍷 even soccer has a goalie 🍷



Jerry Tang

Name: Jerry Tang
Age: 21
Ethnicity: Mongol raider
Height: Taller than you. Did I mention he's competitive? 🍷
Hobbies: Aggressively breathing in exams 🍷
PROS: Probably a C-cup from all those years hitting the gym 🍷
CONS: Plays league of legends but rumour has it he was challenger so he can boost you 🍷
Not actually available but just because there is a goalie doesn't mean you can't score 🍷 (known success rate: 0.1%)
IG: jerry_tang_



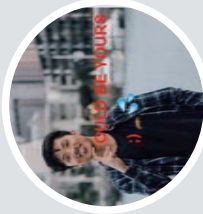
Linda Wang

Name: Linda wang
Age: 5 (check her birthday tho - she might still be legal 🍷🍷)
Hobbies: hyperrealistic portraits of peter
Pros: Glamours 🍷 up for the formal events and gets down at the parties 🍷 - she knows how to have fun in many ways 🍷
Pro at making vlogs 🍷 so you know your time together will always be treasured 🍷
always be embarrassed 🍷 (🍷) Your embarrassing moments too 🍷!!
Cons: Currently in a relationship... 🍷 sorry pal you don't have a chance. Unless?? @Jihao 🍷
IG: linda.wang_ 🍷

SUBTLE | YOUNG AUCKLAND CHINESE MEDICAL ASSOCIATION | [DATING]

Introducing the most handsome boi at the 2019 yacma retreat with the looks of Rich Brian

Name: Mark Zhang
Age: 20 🇨🇳
Ethnicity: Han Chinese
Height: Probably 90 bottle-caps? 🤔
Hobbies:
- Simpining (?)
Pros:
- Gets up for Jesus 🙏 but will get down for you 🍷
- Knows how to use his shuttlecock 🏸 just right but probably hasn't been tested before fyi 🤔
Cons:
- Went to Westlake boys highschool, so his experience with women is limited to 75 yo librarians (@gladys).
IG: markzhang



Mark Zhang

Meet Nelson - the East side ghetto adorable sweetheart of YACMA

Age: 21 I think
Hobbies:
- Talking mad shit
- Wrecking everyone in exams
Pros:
- Was Proxime (knows how to come second 🥈) but you'll always be no.1 to him!!
- Lowkey hypebeast (could be a con) wears a fanny pack 🎒
- 9 GPA genius
- Will dog the boys for you!
Cons:
- Will dog the boys for you 🐶
- Always sick 🤒
- Always studying 📖
IG: @nelshlong

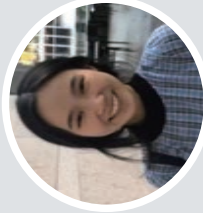


Nelson Song

Name: Will Xu
Age: 22 🇨🇳
Hobbies:
Going to church 🏰, working out 🏋️, family time 🕒
Pros:
Emotionally intelligent 🧠👉👈, independent, driven 🚀
Cons:
Smart 🧠 but dumb, shit at league 🏈👎



William Xu



Yusi Gao

Name: Yusi Gao
Age: 20
Hobbies:
Staying up till 4 am and ruining her sleep schedule.
Pros:
Such a laugh 🤡🤡
Will stay up late with you 🕒.
Cons:
Will dress better than you. 🧚🏻
Still on her learners. 🚗👎



Phoebe Liu

Name: Phoebe Liu
Age: 20
Hobbies:
All rounded girl who can make you the best pasta 🍝
Pros:
Knows how to handle her alcohol 🍷
Cons:
Always grinding 📱 so no time for bs. 🚫🚫
IG: @phoebe.liu



Katherine Sung

Name: Kat/ Katherine/Charlotte/your future bae 🥰
Age: immortal bc she looks young af 🤪
Hobbies:
Posting aesthetic travel pics on her IG:katherinehsung 📸
Pros:
Her smile will literally melt you I mean just LOOK AT HER wtf straight illegal 🤪
A bomb ass ORGANIZING queen, she is so organized, Marie Kondo is quaking 🙏
Cons:
She's literally so busy she might not have time for u 🤔
Someone pls come chain up 🗑️ this angel before she flies away 🦋

Upcoming Events

YACMA RETREAT

Monday 16 - Wednesday 18 November 2020

ACMA AGM

Sunday 8 November 2020



Sponsors



abbvie





Message From The Editors

编辑语录

What a whirlwind of a year 2020 has been! The pandemic has posed some great challenges to our exec team, who still managed to pull off some spectacular events during the year. They have also managed to rearrange our much anticipated retreat for November 16th-18th. We hope to see many of you there to celebrate the end of a challenging year.

We were stoked to see so many 2nd years step up to the plate of the exec team, and are excited to see the many social and educational events you have in store for 2021!

We wish everyone the best for your end of year examinations.

Best of Luck,
Your YACMA Editors