



Leavers Pharmag Class of 2018



Table of Contents

Table of Contents	2
Introduction	3
1st Year	4
2nd Year	5
3rd Year	7
4th Year	10
Most likely to...	18
Awards	19
The Pharma Llama	20
Graduating Class of 2018	21
Gallery	27
Sponsors	30
Gold Sponsors	30
Drunk or Sleeping?	31
How to fold your own Pharma Llama	32
Proudly brought to you by:	33

FIND ALL SIX PHARMA LLAMAS!



Introduction

Dear Class of 2018,

It has been a pleasure being your media reps this year, and with a fond farewell, we present your 2018 Leavers Magazine. Here you will find 4 years of memories and in jokes expertly crafted into several pages of magazine glory. We must also say a big thank you to our sponsor's, as APSA would have been unable to have such a successful year without them.

As the first year group requiring first year Biomedical Science, Health Science or equivalent to get into the programme, we have all fought hard to even start the Pharmacy Journey. Following entry into the Bachelor of Pharmacy, we have been whipped into shape through lectures, labs, tutorials, seminars, placements, and many more. This year, a dissertation was undertaken to help with research skills. (No Pharmacy Students were physically harmed in the making of these reports, emotional?) Now, as we embark on the challenge of Internship year, we would like to take a moment to celebrate the fact that WE ARE GRADUATING!

The time has come to part with even more money towards our degree, to dress up as something from Harry Potter, and walk across the stage to collect the most expensive piece of paper (time, money, blood, sweat and the health of your liver) while your family cheers. We are extremely proud of all of you - and hope you are proud of yourselves!

Internship year will see us separated as we tackle our biggest challenge yet and our last year of being able to say "I'll just go and ask the pharmacist." But we know you can do it and will learn so much.



So before we say goodbye, we ask you to stop scrolling your facebook feed, stop refreshing your likes page on instagram and put down your Christmas wish lists - buckle up and enjoy reliving the past 4 years of [feel free to insert your own, hopefully positive, adjective here].

Toodle pip,

James and Ella



1st Year

As the guinea pigs of the brand new curriculum spectacular, we faced our first year (or years) of the Pharmacy journey alone, away from the welcoming arms of John Shaw and the safety of Trudi Aspden. Fending for ourselves, we suffered lecture theatres of over 500 students, horrific multiple choice tests that made you question your existence at the halfway point, some of us even had to face the horror of a Dunedin winter.

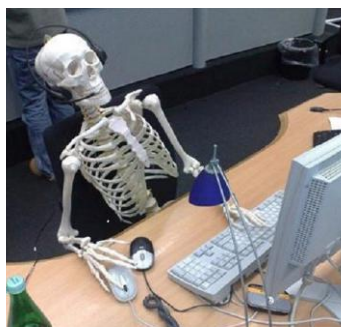
To have survived this - we salute you.



Labs and lectures flew by at an alarming rate. ATP and gluconeogenesis became our new best friends and we gave birth to our very own embryo models during the most stressful art therapy session of all time. The muscle fibre lab was a hoot, where not even the tutors could perform the impossible task of separating the microscopic fibres to an acceptable standard.

Second semester introduced many of us to the joy of Grafton Campus (what would become our home for the next three years) and MedSci labs - the familiar scent of rat and fear for the end of lab multiple choice quiz.

Unfortunately photographic evidence of first year is limited, but the following scenes have been recreated for effect:

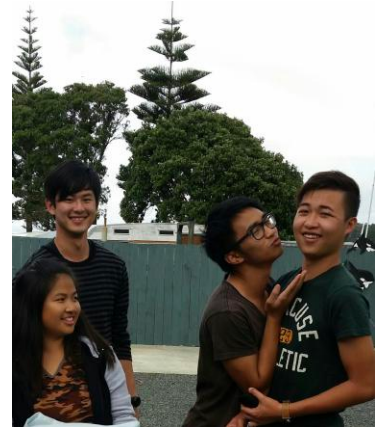


For those of us who didn't have a burning passion to study Pharmacy since birth, 1st year may have provided the epiphany to join the honourable profession of pharmacy.

2nd Year

Our journey began in second year where we found ourselves sitting in a lecture theatre anxiously awaiting the start of induction - the most magnificent, efficient and productive week, what a way to start the year! *cough* We did manage to make a few new friends through the amazing Pharmacy scavenger hunt (except for Stephen who didn't remember the best partner of all time). After a painfully drawn out week it was finally time for freshers camp.

It started off with everyone running off to the liquor store, and being promptly reminded by the APSA president, Jason, that we shouldn't be carrying that in public. Once at the campsite, everyone had a pleasant time socialising and exchanging pleasantries. It was here that Jesse was first introduced to ethanol and it was also the last time he ever touched alcohol. Pharmacy camp was an amazing opportunity for new students to meet one another and form friendships in preparation for the first week of uni. As they say, penguins can only survive the winter in groups.

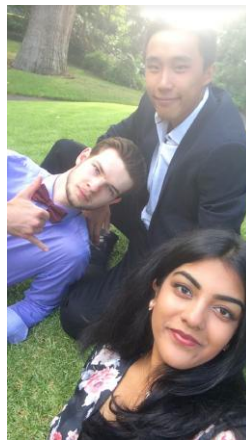


Second year was a confusing time for all of us with everything we learnt in first semester having nothing to do with pharmacy itself *cough* chem lab reports *cough*. But through it all we persevered and made it to second semester which came with the new curriculum.

Many of us were excited to hear that we will no longer have to do end of year exams and only have to study for modules that we won't have to worry about again (boy were we wrong). We learnt more about the profession of pharmacy - we made extemporaneously compounded products, learned about pharmaceutical sciences, "memorised all the antibiotics" and became familiar with the most amazing website of all time (NZF). Through it all Pharm213 was a new and refreshing experience and brought us as a cohort closer together with all the group work and case workshops.

Trudi and her learn to see workshops were a sigh of relief for us all, helping us wind down after a long day and allowed us to think more critically as pharmacist will need to do.

We managed to keep up with all the APSA events in second year. We started out strong with a draw 1 - 1 win against the 4th years at touch rugby. Next came high tea. It was nice event with everyone looking extra fancy. Cocktail party also had a great



representation from our year group. Hosted by Grassroots and AUMSA, we had a chance to get classy and enjoy a cocktail or three whilst mingling with our more diligent counterparts from medicine, nursing and optometry. Ok maybe not medicine.

Fond memories were made at our first taste of pub-crawl. Funnels were... interesting. Amy's alcohol tolerance was... amusing. Genetic polymorphisms yo #211toxicology. The party bus itself was probably the best club we went to (except for the Queen of car safety, #Brexit), but we were pretty impressed with old Grandma joining in the conga line. I'm sure it was a night we all remembered... or didn't.



Other highlights of the year included glory throughout the sports matches (until our resident Silver Fern had to go to proper netball practice), the Annual APSA Ball and the second pub crawl which saw us sporting Hawaiian Shirts and cheap flower leis as well as the usual pub crawl antics! With such a busy social calendar, its a miracle we found all that time to spend on Dermnet!



3rd Year

Next up was third year, which got off to a bit of a rough start as we drowned in the many different inhaler types we had to learn and were constantly reminded that “this was third year” - a threat or public service announcement? Also gone were the days of fairly relaxed dispensing labs as we were introduced to the marking sheet that could quite conceivably see you getting zero. During these labs we were introduced to the art of talking to “the prescriber” - a highly sensitive being that requires a calm tone and impeccable conversation structure #ISBAR.

More importantly however, was the first sport's battle of the year - touch rugby. Highlights included Zach having adequate clotting factors to prevent bleeding out and Grace defying the odds of bronchoconstriction by finishing the match without the help of Respigen. The overall victory was attributed to Mr Voong who can pass and catch a ball better than he can attend lectures.



The first pub crawl of the year, Hippiess and Hipsters, was a memorable one with “contrasting moments of vomits and kisses.” - Stephen. Exact details remaining hazy - but, you know what you did! Oliver apparently learned what ‘fish nets’ are, which I can only assume are the skimpier version of stockings. If not, might need to head back to university for another year. Quote of the night was awarded to Hajar: “Do you want this boy to be here or no?”



Third year brought us all closer together through bonding time in our second home, also known as Philson Library.

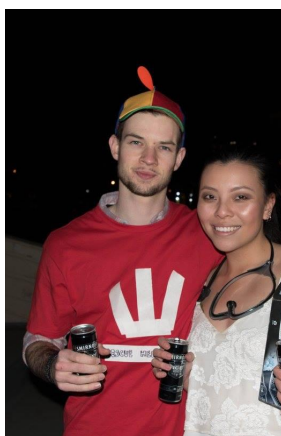
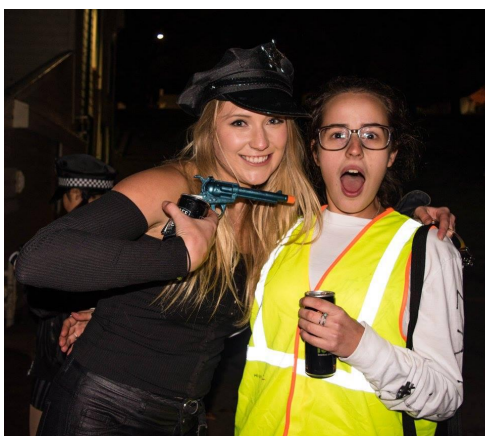
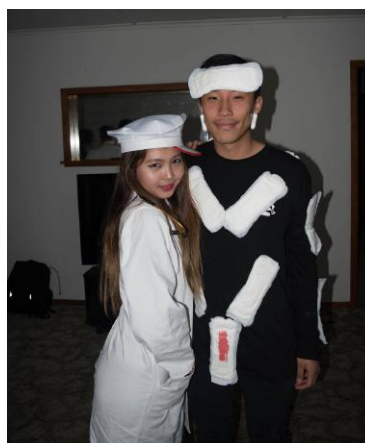
The cardiovascular module was vital, introducing us to a multitude of medications that people are more likely to be taking than not and uncovering even more golden content for the list of pharmacy pick up lines - or rejection lines?

“Are you taking warfarin? Because I’ll like to monitor you.” - Roger, 2017
“Are you a beta-blocker? Because you give me impotence.” - Ayeshah, 2017



As we approached second semester, morale was low, tests, cases, eportfolio and alcohol was taking its toll. Sickness was doing the rounds (“the plague”, started by Stephen? Zach? Doug? James? Ayeshah? Stephen again?). But with our cyber-tans and slowly decreasing eyesight, we battled on, always supporting our fellow soldier with a comforting, “Are you still alive?”

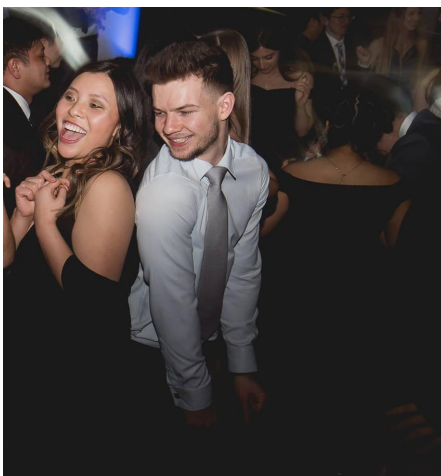
Apart from the joys of studies, we were treated to another cracker of a pub crawl - emergency services. Spot prizes to Duncan for his Westpac Rescue Helicopter outfit, Victoria’s engraved gold stethoscope and Zach’s menstrual management costume - true heros. Still impressed with the Tampon earrings. Special mention to Ayeshah’s Soju effort, and thus literally needing to be propped up by a knee (see below) and Kim’s party bus activities - someone say lap dance?



Moving on to a slightly more classy event, a few courageous third years really stepped up to the challenge at Rx factor. Johaina Jaffar, aspiring to win the Billy T award, killed it with her opening stand up act. And then to finish off the night, Pharmacies very own mean girls, with a 2nd, 3rd and 4th year collaboration, presented sexy santas (especially Oliver). Special thanks to \$2 shop for supplying the medals, supermarket for the chocolates, and 2degrees. Lastly, thank you to the SPONSORS for your words and support with prizes. And to Ayeshah and Duncan for all their hard work organising the night.



Next on the agenda was the acclaimed pharmacy ball! Despite low attendance from third year, rivalling even 8am lecture attendance, it was a fabulous night. Buffet and free alcohol - what more could you want?!



To finish off another great year was a marathon of 2 week modules where we learned about the benefits of a healthy, plant based diet! And exercise, too bad we didn't have much time for that unless scrolling computer screens and walking the stairs up to student commons counts as exercise? Mixed in amongst this was the sweet relief of class dinner with some much needed socialising and a fantastic buffet meal! After the stress of another OSCE out of the way, and handing in our last assignment for the minefield that is natural health products in pregnancy (note: NOTHING is SAFE), third year was officially done!

4th Year

And now here we were on the last leg of our 3 year journey. It definitely had its ups and downs... tears and blood were shed, and laughs and drinks were shared.



Following on from 3rd year, 4th year was like nothing we could have ever expected. In the first semester lit reviews kept us all preoccupied and the stress of finding internships finally came down upon everyone but Duncan. As the semester progressed things began to pile up one after the other, *cough* integrated assignment *cough*. Its fair to say everyone's CVD risk probably rose by a good 5% from the pressure of keeping up with the workload, hang in there Zach. Dissertation was our first real introduction to research, with the majority of us going in with zero experience, overwhelming would be an understatement. With mostly everyone getting one of their top 5 choices for dissertation topics, we all had our very first meeting with respective team members and supervisors whom we would be working with for the rest of the year. Some groups clicked immediately while sparks flew in others, but we all pulled through in the end.

We also had a nice change of scenery with IPL sessions running throughout the year over at tamaki campus with fellow nursing, med and paramedicine students. It was a refreshing experience being able to put our skills to the test in real life simulations with all the healthcare cohorts. It's safe to say the paramedics took the spotlight and impressed us all with their knowledge and experience in the field.

First pub crawl up was "Country Club Girls & Preppy Boy Pals." Need we say more, you know the drill.



Ok where were we, oh yes we all somehow managed to survive lit review, and with no time to rest on our laurels we were propelled into preparing the final report. At this point you would be laughed out of the room if you asked "what have you got planned for the inter-semester break?", because we all knew that we would be at grafton holding group meetings, never to see the sun again.

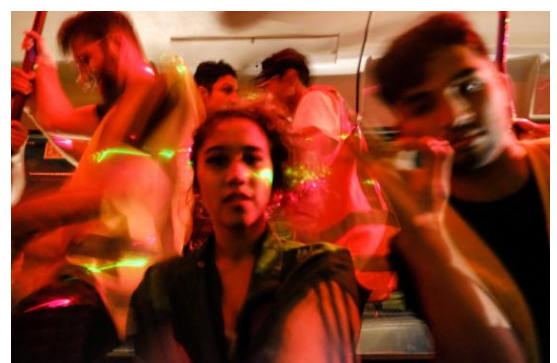
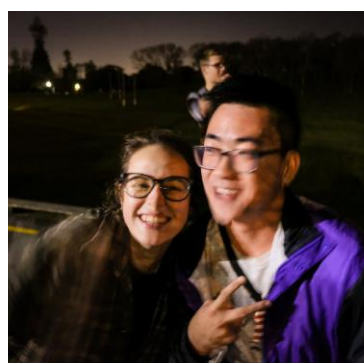
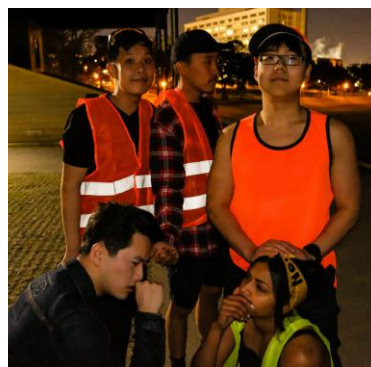
Even though assessments were at an all time high, with exit tests and business assignments wrecking us left right and centre, we still had a pretty good semester and managed to have a lot of fun. First aid course got our adrenaline pumping with role play. It had us running down the corridors of grafton shouting "call the ambulance", "you go and direct traffic", "row row row your boat...." in a frantic attempt to save our fellow classmates. Shout out to Oliver Wilson for a truly

oscar worthy performance that almost had us thinking he was actually having a seizure. Remember guys when in doubt DRS ABCD. Extra special shout out to Stephen for organising our books, EVOLVE internship session and saving us with the calculations workshops #quickmaths.

In terms of sports, we got off to a great start by winning both Touch and Speed ball, Johny and Roger continuing to carry the team. The sports events followed the tradition of two injuries. Omar, our designated nurse, provided first aid and more. To our advantage, he also managed to sack-tap John from second year, to win us a game. Netball was slightly less successful, with some guest players instilling true fear and your very lovely but rather short media reps both being put on defence. However, we managed to maintain the title of the



superior year group!



More social events managed to keep us distracted from the pain of study for a night or two! A small but enthusiastic group braved the winter weather dressed as “tradies or kids from the 80’s” - thankful a very warm theme choice, god bless!

And, of course, the highlight was our final ball for our time in BPharm. With an outstanding turn out (especially for us!) everyone looked amazing and we had a great night of celebrating with dancing, food and a “few” drinks.

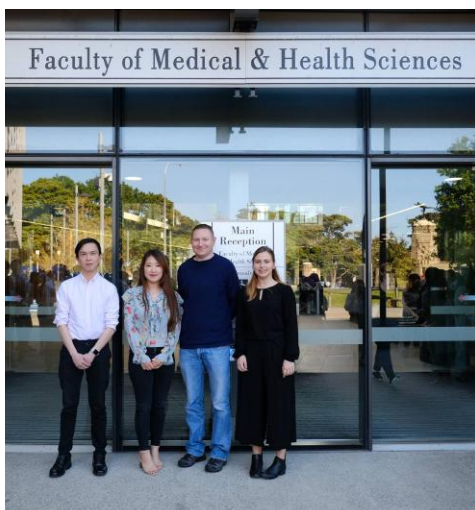






As we approached the end of the semester the final boss finally revealed itself in the form of integrated therapeutics. As we sat there in the intro lecture, the select few who decided at the end of 3rd year to have a note burning session, were full of regret while the other half of the class were frantically going through their hard drives in search of old notes. "So how are you studying for this test?" quickly became the new form of greeting among us and to be honest to this day no one actually knows. Finally the day of reckoning arrives and in classic pharmacy fashion, they hit us with the cardiovascular accident??? How would you treat a cardiovascular accident you might be wondering? Well the answer is donepezil apparently*.

Mixed in amongst the stress of the end of semester was the unmistakable joy of finishing P410! After tackling lab equipment, qualtrics, SPSS (some more successfully than others), Vancouver referencing (Canada has something to answer for!) and finally trying to cram 10,000 words into a 10 minute power point, we were done! In the end, it was a great day listening to what everyone had been up to during the hours they spent in library meeting rooms. Although it was tough going, we are sure everyone learned heaps!



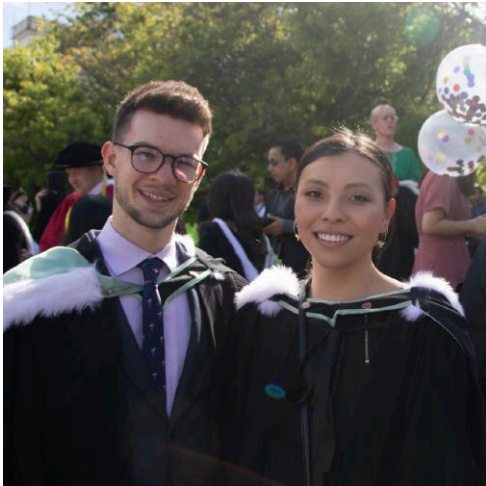
Well now here we are at the end of an amazing albeit stressful year, graduating and about to enter society as working adults, scary huh? To be honest we probably have no clue what we are doing but that's all good, just remember the words of Laurence Lam "If you're feeling overwhelmed, just don't be overwhelmed". In closing we would just like to congratulate all of the graduating class of 2018. It was long journey but we made it and as we celebrate our accomplishments, make sure to continue supporting each other going forward because we are all pharmacists because we did this together.

Best of luck to everyone,
Now go out there and make the world a better place!



*footnote: It's not actually donepezil, please don't treat your stroke patients with donepezil.







Most likely to...

Accidentally set the house on fire - **James Chen**

Ditch internship to make her Silver Ferns debut - **Christie Anderson**

Give birth to dogs - **Logan Webber**

Sleep throughout internship - **Johny Voong**

Be asked for ID at 30 - **Grace Choe**

Injure themselves at work - **Amelia French**

Get sunburnt in 15 degree weather - **Duncan Milne**

Become a motivational speaker - **Lori Woo**

Get chronic cellulitis - **Doug Hong**

Get deported - **Stephen Choong**

Be a New Zealand European - **Kimberly Chung**

Get played - **Ayeshah Khan**

Own 10 cats - **Ella Watson**

Overdose on IV fish oil - **Roger Liu**

Own 10.43 cows - **Oliver Wilson**

Lose their hair - **Zachary Chan**

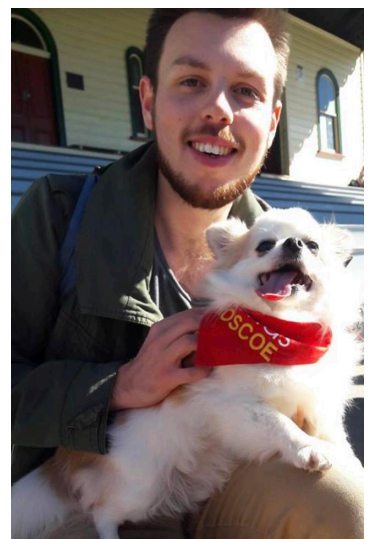
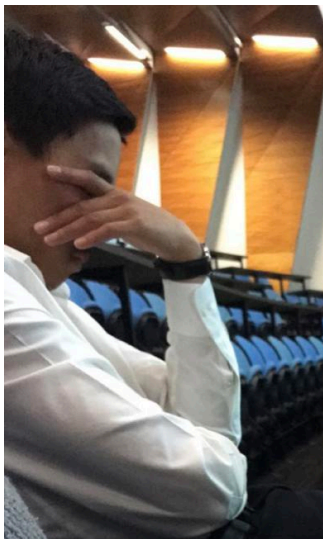
Be a homewrecker - **Laurence Lam**

Get married (joint) - **Marizka Oberholzer and Jasmine Koo**

Be spotted at chancery - **Angela Zhang**

Pass out before 9pm - **Devam Pandya**

Sneak into pub crawl - **Monique Kilpatrick**



Awards

Best laugh (Joint) - **Jessica An and Omar Mohmand**

The 'Beyonce' award - **Sophie Zen**

Paparazzi award - **Joelson Villanueva**

The Project Runway award- **Yena Yoo**

Pharmacy God - **Donamae Dela Cruz**

The 'BFG' award - **Andy Jung**

Jandal Scandal - **Jeecun Mah**

Best Arms - **Dave Rah**

The Fred and George award - **Hetal and Heeral Kalyan**

Pretty in Pink - **Amy Lee**

Best scoop - **Anna Sorokina**

Best smile (Joint) - **Irene Sudarikova and Chari Woon**

Master Chef award - **Sheryl Singh**

Alpha Unnie (언니) - **Yujin Kim**

The Tinker-bell award - **Jane Hyun**

Gucci Gang award (received at ball) - **Mohammed Sahib**

The Virtuoso award - **Hanna Lim**

The Humble award - **Veejal Mistry**

The Effortlessly Cool award - **Mary Baker**

Insta-famous - **Victoria Oh**

Best hair - **David Daweet Kim**

Biggest lightweight - **Jesse Yu**

Graphic Designer award - **Sherry Ung**

Snacks award - **Surbhi Samant**

The Gamer Girl - **Helen Lau**

The Faber Castell award - **Gina Nicholls**

The Ballerina award - **Lucy Choi**

The Kawaii award - **Joanne Lee**

The Charmander award - **Shahzad Arvari**

Master of cramming - **Apoorva Basani**

The hood award - **Jaskarn Kaur**

Team player award - **Suri Yan**

Most organised - **Meenul Dayal**

Brightest star in pharmacy - **Sunny Kim**

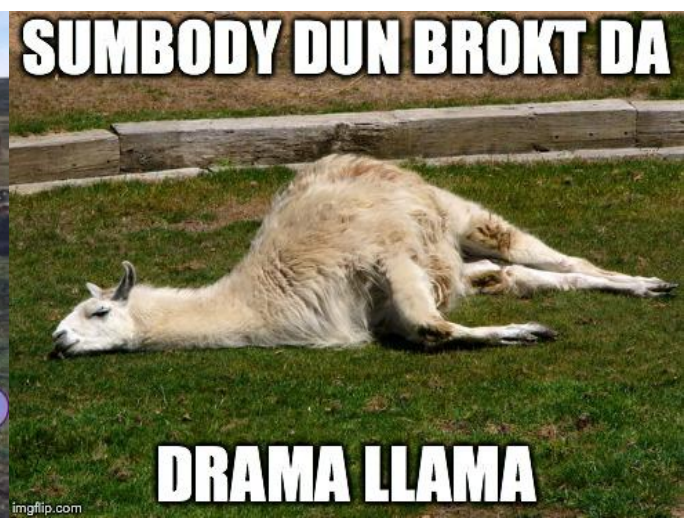
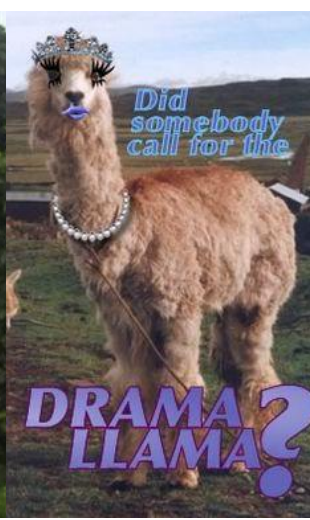


The Pharma Llama








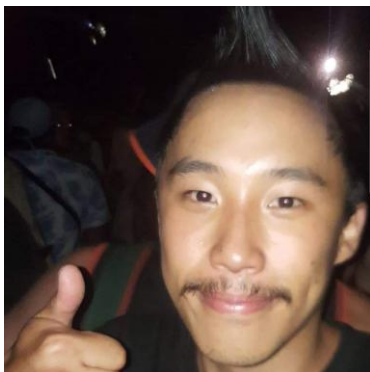
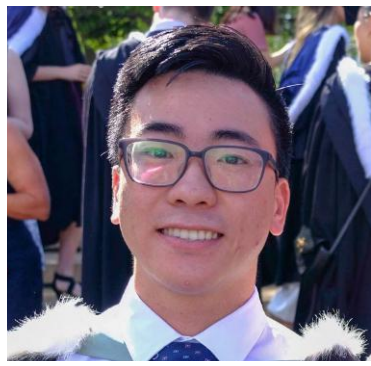
- Amelia was actually born in Matamata. (1,2)
- If you tell a patient it is placebo, their body will fight the side effects. (3)
- Originally, the pharmacy profession was started to decode prescription handwriting.
- John Shaw is a master of transfiguration and has been here the whole time. (4)
- Duncan is actually spy for Big Pharma and panicked when someone asked him where he was doing his internship.
- Hajar will star in Step Up 9. (5)
- Emma Barton is actually already a fully qualified pharmacist. (6)
- Alan Cheng never received recognition for his contribution to the BBC Walk on the Wild Side Series. (7)
- Diane is officially sponsored by TANK.
- Rebecca has discovered a kayaking route to university. (8)
- The Dr Marten shoe company was originally started by Briella's family.
- Akshaya recently rejected an offer to be the next Disney Princess.
- The invention of the petri dish was falsely NOT attributed to the true inventor, Hanami Petrie.
- Johaina is set to perform at the Edinburgh Fringe Festival next year.
- Crystal has secretly been dating G-Dragon.
- Ishank and Ramona have taken new positions as the Rural Health Immersion mascots. (9)

References

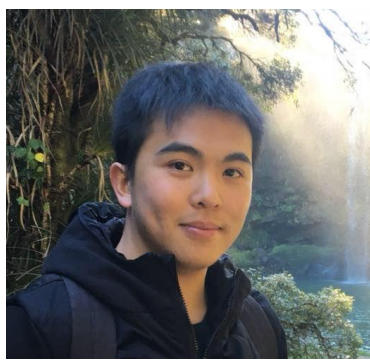
1. Tape recordings hating on Matamata
2. Matamata 1997 Birth Records
3. <https://en.wikipedia.org/wiki/Placebo>
4. Rowling, J. K. (1997) **Harry Potter And the Philosopher's Stone**. London: Bloomsbury Publishing Plc.
5. IMDB
6. Pharmacy Today
7. <https://www.youtube.com/watch?v=EQ1HKCYJM5U>
8. Auckland Transport Agency
9. Whakatane District Council



Graduating Class of 2018

		
Hajar Abou-Rabiah	Jessica An	Christie Anderson
"Don't tell me what to do!"	"I hope she's still my best friends after 10 years :D"	"Sorry I can't come, I have netball..."
		
Shahrzad Arvari	Mary Baker	Emma Barton
"Laughter is the best medicine, except for treating diarrhoea. For that you need loperamide."	"Fish are friends, not food!"	"You can take the girl out of Whakatane, but you can't take the Whakatane out of the girl."
		
Apoorva Basani	Zachary Chan	James Chen
"They say if you befriend a stupid person, you'll feel like a genius all the time. Hi wanna be my friend?"	"This is the last time you'll see me with hair..."	"Never throw water on an oil fire..."





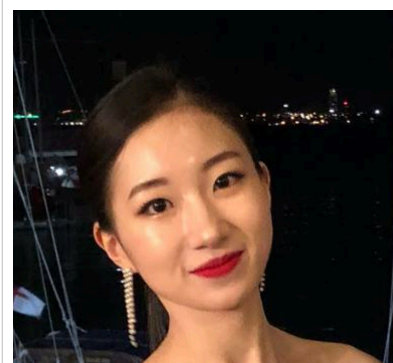
Alan Cheng

"I acquired this degree with the co-operation of the human eye."



Grace Choe

"A spoonful of sugar helps the medicine go down." - Mary Poppins



Lucy Choi

"Wow that so low."



Stephen Choong

"Don't delete my stuff! Who deleted my stuff?!"



Kimberly Chung

"Make sure open eyes big big" - Kims mum 2017



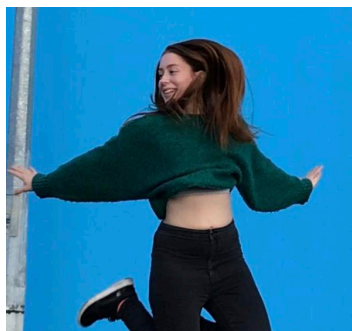
Meenul Dayal

"There's nothing a snack and a nap can't attack."



Donamae Dela Cruz

"It always seems impossible until its done. Hard work pays off!"



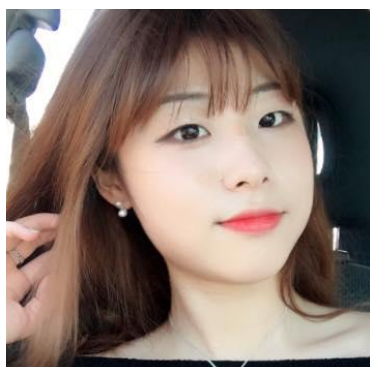
Amelia French

"Brexit - leaving the AU."



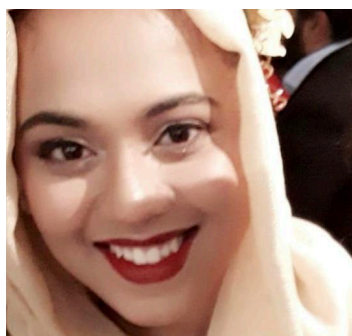
Doug Hong

"Most hospitalisations - 2018."



Jane Hyun

"You may say I'm a dreamer, but I'm not the only one."







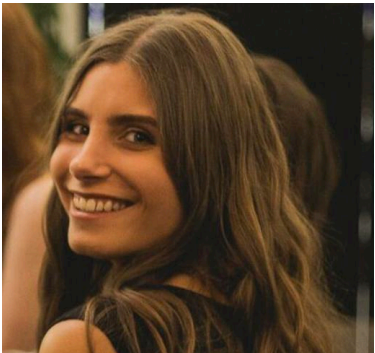







Johaina Jaffer

"What ever you decide to do with your life, don't be a drug dealer."



Andy Jung

"Sorry I slept in."

		
Heeral Kalyan	Hetal Kalyan	Jaskarn Kaur
"No, I didn't spend 4 years of my degree learning how to count pills!!"	"Pharmacy taught me not to take drugs but to give."	"Only shooting stars break the mould."
		
Ayesha Khan	Monique Kilpatrick	David Kim
"I made a mistake."	"Single and ready to mingle."	"Who cares, just give it."
		
Sunny Kim	Yujin Kim	Jasmine Koo
"And I think to myself, what a wonderful world."	"You shoot me down, but I won't fall."	"Somebody once told me the world was gonna roll me."
		
Jesse Yu	Laurence Lam	Amy Lee
"Im hungry."	"Hi Hungry, my name is Laurence."	"I don't drink."



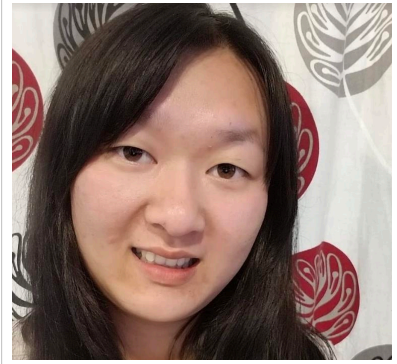
Joanne Lee

"I get by with a little help from my friends."



Hanna Lim

"A cheerful heart is a good medicine."



Crystal Liu

"Throw kindness around like confetti!"



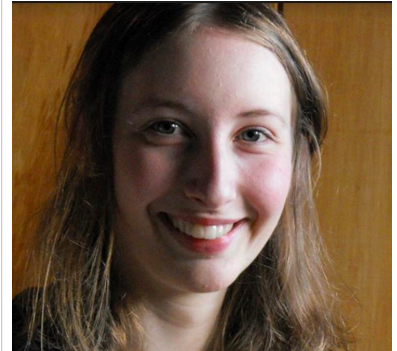
Roger Liu

"Those kicks are FIRE"... but literally



Jeecun Mah

"Where's your pulse bro?"



Briella Martin

"Don't cry because it's over, smile because it happened." - Dr Seuss



Duncan Milne

"IF you ain't aim too high, you aimed too low" - J. Cole



Veejal Mistry

"Parks and recreation, season 5 episode 15, minute 6:41."



Omar Mohmand

"HAHAHAHA, Do you know what I mean?"



Neha Naidu

"Do you ever feel like a plastic bag?"



Tracey Nguyen

"If only I ngu yen all my lectures started."



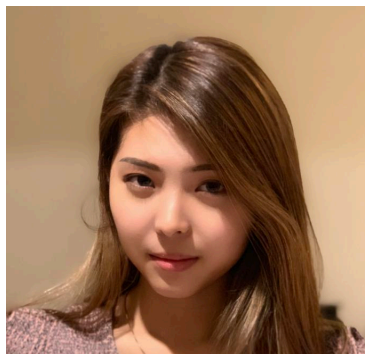
Gina Nicholls

"Thank you NZF."



Marizka Oberholzer

"The hardest part of this entire degree was thinking of this quote :)"



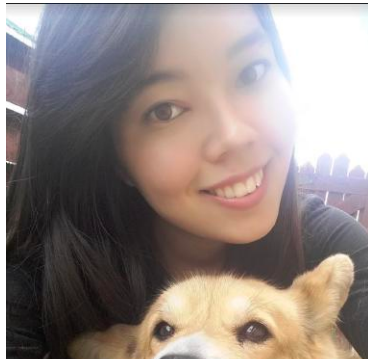
Victoria Oh

"It was a long degree, not a wrong degree."



Devam Pandya

"Jeecun, can you measure my pulse bro?"



Hanami Petrie

"Your only limit is your mind :)"



Dave Rah

"Singin' sweet home Alabama all summer long."



Akshaya Rajan

"She believed she could, so she did - 1998 baby!"



Mohammed Sahib

"Opportunities don't happen. You create them."



Surbhi Samant

"Live eccentric... Dance wild... Die fit."



Ishank Sharma

"Thank u, next."



Sheryl Singh

"It's okay haha thanks for asking though."



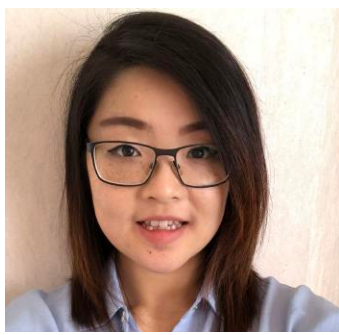
Anna Sorokina

"Country roads, take me home."



Irene Sudarikova

"Love y'all, see ya, all the best."



Sherry Ung

"When all else fails, take a nap."



Diane Marie Verches

"Pentasa = triggered."



Joelson Villanueva

"What rhymes with hug me?"



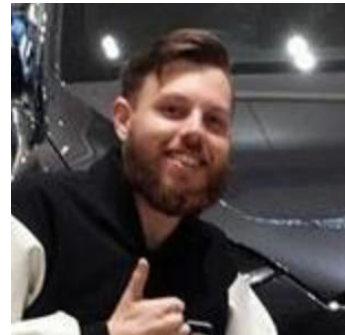
Johny Voong

"Where's my degree??"



Ella Watson

"Thanks! It has pockets!"



Logan Webber

"Only stuck around because my meme page didn't take off."



Oliver Wilson

"I wonder what cows in India are like?"



Lori Woo

"Trust me, I'm a pharmacist. (to be)"



Charis Woon

"Success is not final, failure is not fatal, it is the courage to continue that counts" - Winston Churchill



Suri Yan

"This is just the beginning we're off on an adventure."






YeNa Yoo

"The best way to predict your future is to create it." - Abraham Lincoln



Helen Lau

"Don't stop believing, hold on to that feeling."

		
Sophie Zeng	Angela Zhang	Ramona Zhang
Me: "Hi my name is Sophie the pharmaci-" Tutor: "- CAN I JUST STOP YOU RIGHT THERE?!"	"I don't usually go to chancery. I actually like to stay home. Thanks."	"It ain't about what's waiting on the other side."

Gallery







Jesse pls

Third wheeling

Girls Day Out

Hiyaaa

Okay.

Hard yakka

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A big thank you to this year's sponsors for your partnership and greatly valued contribution to APSA.

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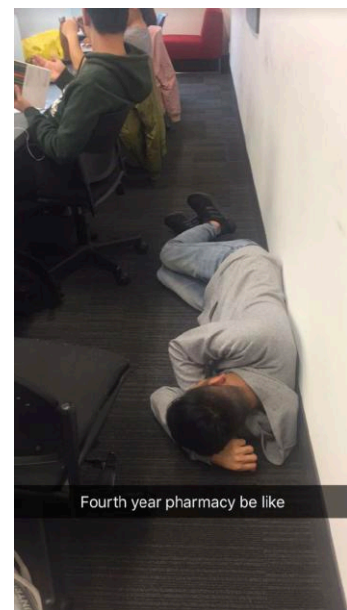
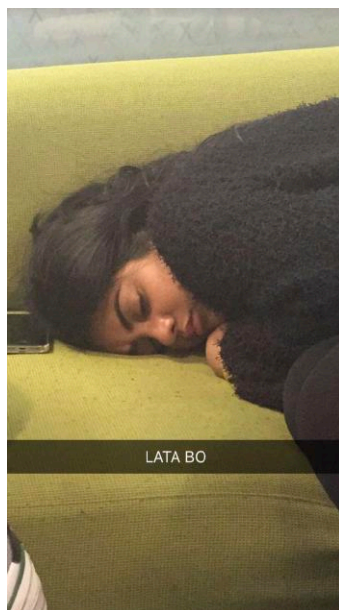
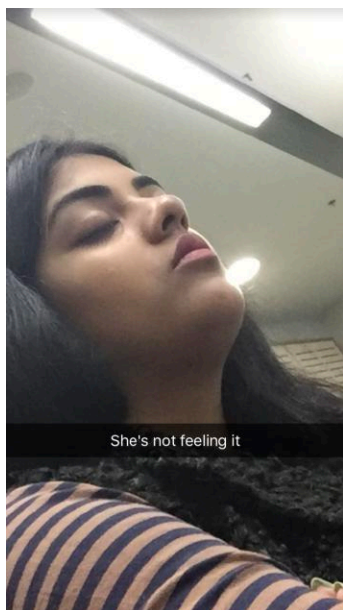
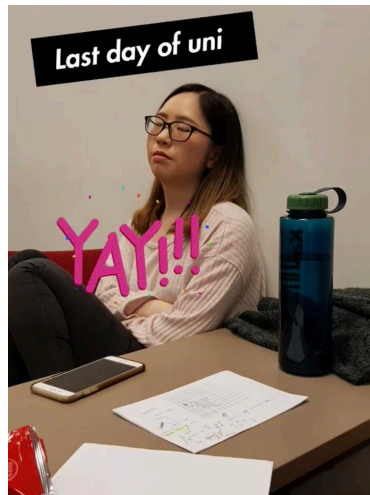
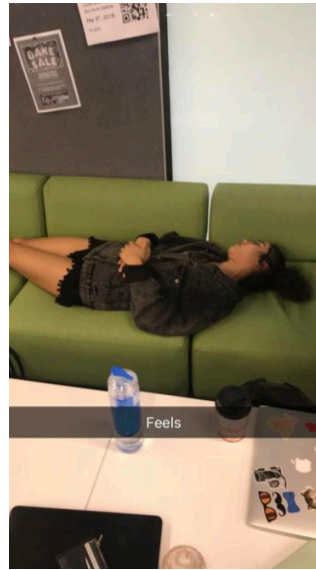
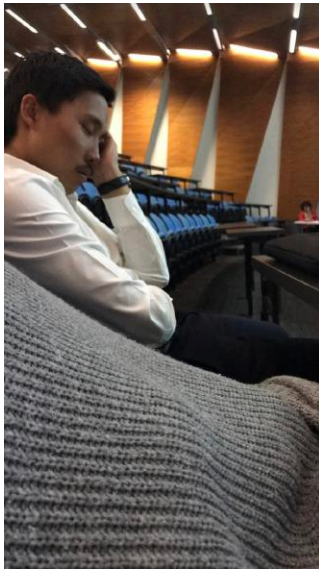
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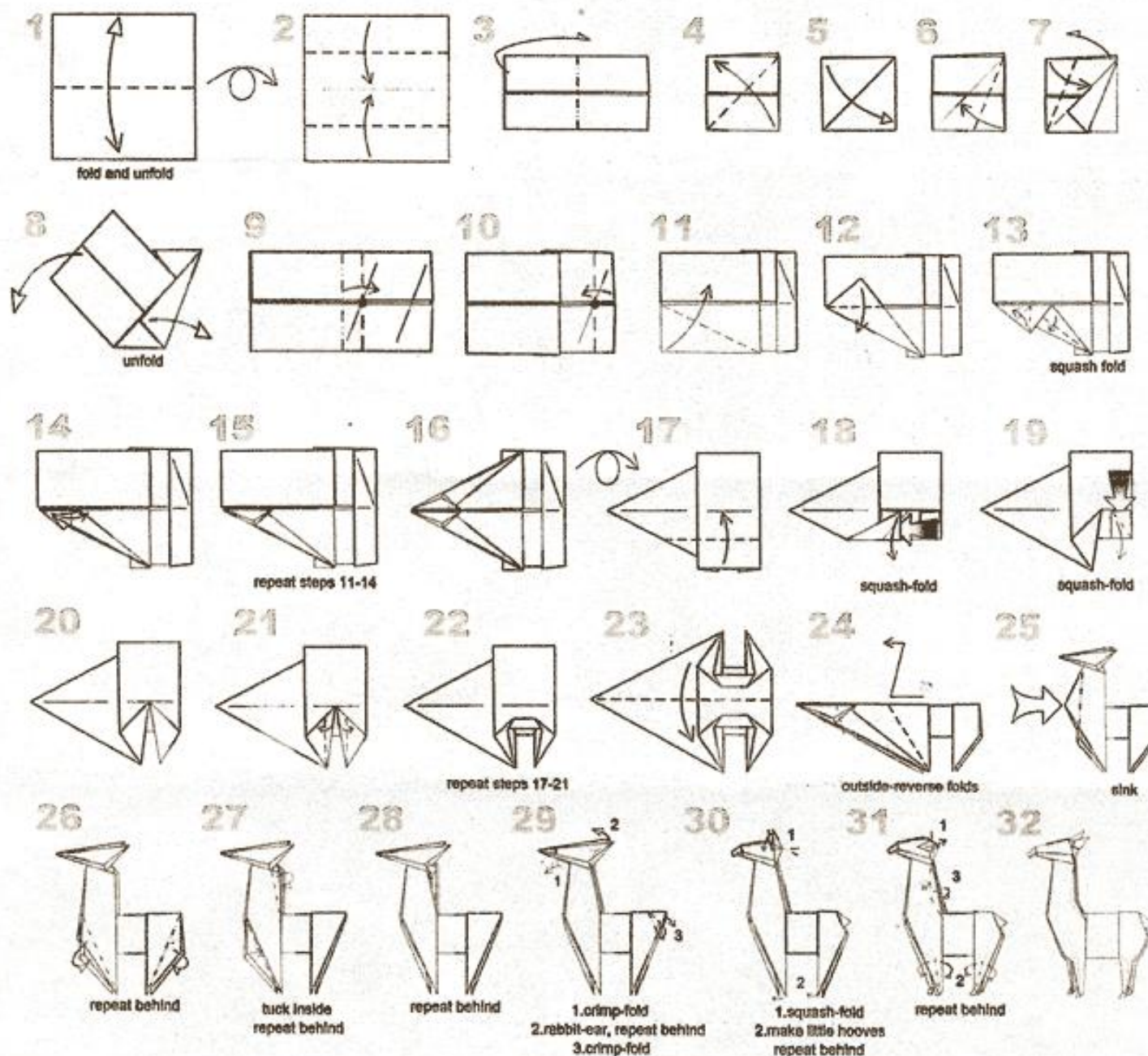


Drunk or Sleeping?



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That's all for now.