

# Contents

Editor's Note
Portfolio Summaries
Recipe
Kdrama Guide
Gallery





### Editor's Note

March seemed to last a decade, and now it's already June.

Particle pandemonium, 2020 certainly seems like one for the history books. More and more everyday I am reminded to be grateful, of course I'd heard that we all should practice gratitude for years but apparently it takes a worldwide crisis for me to finally take that step off the accelerator and reflect. At least better late than never. South Australians have been rewarded for months of social distancing measures, and I for one am certainly grateful to be able to be out and about once again. That first sip of barista-made coffee out of a real mug and not a takeaway cup really hit different. Did someone say brunch is back on?

When I started on the last Articulating Paper, Mar/Apr edition, we were in the glorious heat of summer. Autumn passed in a blink of an eye and now we are well and truly in the midst of winter. Before we all hibernate and surrender to the pen and paper as exams loom, read on for a little snapshot into what you and all your peers have been up to. I hope it gives you some entertainment!

As always, stay warm, stay safe and stay well.



# COMMUNITY AID

Sleep Out

22,5,20

Despite being held virtually for the first time in its 8 year history, this year we managed to raise \$4400 for the Community Outreach Dental Program! Congratulations to Derek Li, our Community Aid Executive, as well as his subcommittee for organising such a fantastic night. Thank you to everyone who came along and contributed to this valuable cause, we have a new score to beat for next year!



To hear more about the cause and the night, tune in to episode 13 of the Al Dente Podcast featuring Vice President Bree Zaccardo and Alice Zhang, 2020 Treasurer and 2019 Community Aid Executive.



Mount Gambier South Australia 5290 Fri, 22 May 12 am 6 am 12 pm 6 pm Hi:14 Hi:13 Hi:12 Lo:12 Lo:11 Hi:8 Lo:8 Lo:8 13 13 15 9

ere is none other than Vice President Bree Zaccardo who committed to a frosty night in her backyard all the way in Mount Gambier. #dedication

Special guest appearance made by Rooney! #doggo

(editor's note: I personally believe he's the one who truly deserves the loupes donated by Evan and Nick from Kensington Dental Care as the prize for the highest fundraiser, just look at that wink!)



# 6 STUDENT AFFAIRS

Specialist Society Clubs

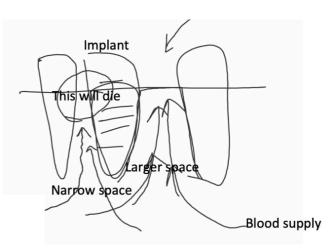
Weekly



Jeremy Lee shared a link. Yesterday at 10:36 AM



**Coral Yeung** shared a link. Yesterday at 11:49 AM



hanks to the efforts of our hardworking Student Affairs Executives Jeremy Lee and Coral Yeung, students have been able to zoom in on informative lectures given by specialists. With this new online format, we have had record attendance levels to each session. How many of you are actually listening though? Who knows. The silence speaks for itself...

Head on over to the AUDSS website or Facebook group to join and keep up to date with the latest seminars in Oral Surgery, Endodontics, Prosthodontics, General Dentistry and Orthodontics. Currently open to fourth and fifth years.







# Buddies Game Night 17.5.20

The Student Affairs Team have also been trudging away at substituting physical events with online versions. Safe to say, the Buddies Game Night was a roaring success.

Congratulations to the winners and we hope you all had fun!

Skribbl.io			Tetris
#1	FIO Points: 6595	Q	1. Albert Nguyen
#2	Daniel Points: 6455		2. Calvin Wong
#3	Brendan Points: 5575	0	
#4	suki Points: 5540	E	3. Ayo Oloruntoba
#5	Jenny Points: 5445	E	
#6	dorothy Points: 5085		
#7	Ali Points: 4460	0	
#8	em Points: 4440	Q	ADA
#9	esta Points: 3520	<b>S</b>	

# A Day in the Life of a Dental Student



Michael Olaco (BDS3)



Nithya Bangalore (BDS3)



EP 03 - MY DAY IN ISOLATION: RELATABLE EDITION Adam Babul (BDS3)









Have you Subscribed, Liked and Commented?

### MARKETING

Hoodie Design Competition

6,5,20





n late April to early May, the Marketing Executive Sanjit Suresh called on the masses to vote. The online ballots were busy as we cast our vote on our favourite Hoodie designs, and my oh my was that a difficult decision to make. The competition was close but the winner was marketing general committee member, John Daniel! Check out the winning design below and all the other fantastic submissions.









# **EVENTS**

Netflix Party

#### 1,5,20

# **AUDSS NETFLIX PARTY**

Short. Catch an executive review of the films right here.

### The Shawshank Redemption

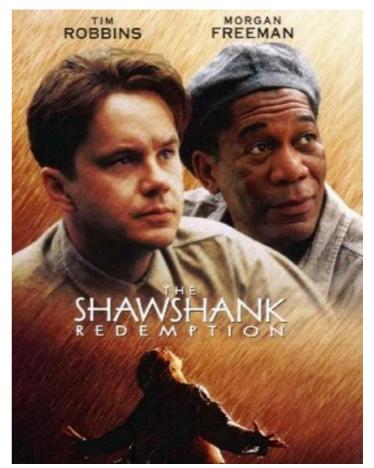
dir. Frank Darabont

"Hope is a good thing, may be best of things and no good thing ever dies."

If you didn't, by some chance, watch this film for Year 10 English, this is the film for you. Again, based on a source text, in this case Stephen King's novella, The Shawshank Redemption is about maintaining hope in a world of despair. Without saying too much, it follows Andy Dufresne and his incarceration in Shawshank State Penitentiary.

If you want something inspiring in this time of trouble, this is the film I recommend. Cited by many as one of the best films of all time, I don't think I've met anyone that actively dislikes the movie. And come on, the narrator is Morgan Freeman. Can it get any better than that?

John Bouras - Events Executive





## The Big Short

dir. Adam McKay

"A few outsiders saw what no one else could: The whole world economy might collapse."

Based on Michael Lewis' best selling book of the same name (side note, an absolutely unbelievable read - one of the great financial writers) Adam McKay masterfully explores the 2008 Global Financial Crisis through the perspectives of those that bet against the US Housing Market. Trust me, it's much more exciting than it sounds. There's lots of yelling, Margot Robbie, drinking champagne, explaining in detail high-risk mortgage bonds and more yelling in between.

On a serious note, if you want to know how the global economy collapsed back in 2008 and love comedy (it's a very, very funny film), this is the film for you. And given the uncertain, volatile and flat-out discombobulating current global economy, this makes The Big Short all the more prescient in 2020.

John Bouras - Events Executive

### PUBLICATIONS

### Podcast

#### Weekly

inally, what have publications been up to? Myself (Elaine) and my wonderful team have been pumping out weekly podcasts featuring special guests from the student body. We had six episodes in the last edition and have now doubled that number. We've been trying out best to bring content that you all would enjoy with unique perspectives that hopefully you would find both relatable and also different. After all, we just want to have constructive conversations that make you think! Thank you so much to everyone who has been listening, we always appreciate the feedback and support. Thanks must also be given to Andreas Ktoris, our IT executive who is always reliable in getting the podcasts up and running, as well as Chris Wheate from Sponsorships who spends so many hours putting together less-than-ideal audio files.

### The Al Dente Podcast

#### 🖊 Streaming Guide: Part 4 - Music 🎧

In this Episode: As much as we tried to keep it short, this one's a long one. John's back and he needs a heat check, Elaine tries her best to reign it in also. Music is the topic for today, and whilst we know that it's often deeply personal, we're here to share some of our favourite artists. Disclaimer: We are by no means experts by any standards, especially not in this field. If you want some tips from a couple weirdos on what to listen whilst you study, whilst you workout or something to play in the background, there might be something here for you. It's hard to talk about music without listening to it, so here's a link to the playlist: spotify:playlist:5yiADjDM9QaQYfuTyvZoWe

# Are You Ok? In this Episode: After mentioning her name on multiple episodes, we've finally managed to sit down with our Vice President, Bree Zaccardo! Unfortunately we did run into a technological failure and had to settle for the lesser of two evils, that being our back-up zoom recording, so it sounds pretty rough... Just as we all struggle with transitioning into online learning this week, the pod team too are still figuring out what's the best way to record (bear with us!). Bree is a force to be reckoned with and we try to get to know the person behind the name. An important topic is discussed - Mental Health, which we all know is more than just the knee jerk reflex that is greeting someone by asking how they are. Some important resources mentioned; Lifeline 13 11 14, coronavirus.beyondblue.org.au, UniofA Student Life, your GP! Skip to 34:20 for the start of a much needed debate on the age-old question, is dentistry redundant in the Wizarding World of Harry Potter and if not, would you hold your wand in the modified pen grip? Thanks always to Wright Evans Partners for sponsoring this episode.

#### 🦳 lt's easy as ABC 🥢

In this Episode: We catch up with Calvin Wong who definitely didn't foresee 'invisible virus wartime zoom expert' in the job description of President. Things have changed drastically since we last had a chat in episode 2 and Elaine finds out just how our president is coping during a pandemic. Spoiler: his haircut has seen better days, but otherwise he's doing great! We also discuss a very serious topic, one which stems from a personal place. Tensions are at an all time high and unfortunately we've noticed a rise in racial attacks against Asians. We share our experiences as Australian Born Chinese (ABC) ourselves, what our childhoods were like and how we felt coming into BDS. Disclaimer: We are not experts, we are simply just in the unique, in-between position of two cultures that gives us a unique perspective. We also like to have a bit of fun, last week it was wizards and wands, this week it's cutlery and chopsticks! Tune in near the end for that debate. Thanks always to Wright Evans Partners for sponsoring this episode.

A Beginner's Guide to Activism 🥂 In this Episode: Trigger warning - listen if you dare. Elaine chats to two special guests, Abby Mather (BDS3) and Xueying Sun (MBBS2). Despite never actually having a conversation in person, what is it that brings us together? Well, we happen to be working together as a collaboration between Insight's Code Green and Doctors for the Environment! From amateur to amateur, we talk about why and how we got involved in these initiatives, and how you can too! Some of the resources mentioned: 1 million women, @insightstagram, The Guardian, Climatemedicine.net, Eat-Lancet commission. Books; We are the Weather, Merchants of Doubt, Sapiens, Cowspiracy (doco). If you have any questions, concerns or gripes - let us know at aldente.thepodcast@gmail.com and we will be more than happy to have a chat.

#### Placements and Placemats

In this Episode: After a few episodes covering heavy topics, we're back with one that's a bit more easily digestible (literally). Our special guest today is none other than 1/2 of the student affairs executive team -Jeremy Lee of BDS5! First, we have a chat about placement, what to expect and advice on how to make the most of it. After that, we discuss all things coffee, food and wine but this really should have been a seperate episode on its own... Have a listen to find out what (some of) our favourite spots in Adelaide are, and a bit of self deprecating humour over Instagram story etiquette. Who might be more pretentious, Elaine or Jeremy? Let us know!

Home Away From Home 💥 In this Episode: 2019 Publications reunite - Melody Chen, Elizabeth Jeong and Elaine! We have some chit chat on how isolation has been and what it's been like staying away from home. Melody comes from New Zealand and although Kiwis are our neighbours, we still have a little trouble understanding each other! (Pen or pin??) Elizabeth comes from a little east coast town called Sydney, you may have heard of that place before. Listen in for some friendly tips on surviving in Adelaide!

#### 3C's: Camping, Cats and Cross-stitching 🕂

In this Episode: For those of you who might not know what SleepOut or Community Aid is, we are here to give you some background on just that. Bree makes a return to recount her chilly night in a tent to pitch in for a good cause, whilst her dog, Rooney, makes multiple attempts to break down her door. We also have a new guest, Alice Zhang who is our treasurer for 2020 but also served as Community Aid executive in 2019. What we learned, Alice has a passion for the community as well as some hobbies that you might say are beyond her years!



Contact us at:

aldente.thepodcast@gmail.com

For any ideas, feedback, suggestions... we are all ears!

# Kimchi Fried Rice

ow to make kimchi fried rice with fishballs (fish balls optional u could probably do spam tbh)

R u in a rush to make lunch because you have a Zoom meeting very soon and underestimated how long u need to cook a meal? Do u have almost no cooking skills because ur a local student who still lives at home with ur parents (thanks Mum)? Is ur toaster also broken so u cannot make ur usual peanut butter or coconut oil toasts? Fret not! Because u have rice in the fridge and some questionably old fish balls (edit: the fish balls were fine)!



#### Let's make some food!

- 1. Cut up fish balls into slices (if ur fishballs r still frozen and ur fingers get numb, warm up fingers on the cup of tea u made earlier) (my 8 y/o brother says that if ur fingers r frozen just put them on glass??)
- 2. Fry up the fish balls (until a lil bit crispy!)! In a pan, probably over low heat because it's less risky. I just used canola oil because my mum gets mad at me when I use her olive oil. Pls tell me what the difference between all the different oils are like why are there so many oils?
- 3. After u spent too long frying up the fish balls and uve realised how much time u wasted and now ur even more stressed about being late for Zoom, get the kimchi out! Ur mum made the kimchi, this was the first time she made it and now she thinks she's the kimchi queen.
- 4. Get some kimchi into the pan! Low heat again because ~low heat is low risk~ and u know it's canola oil! Try to get some of the juice in the pan. Cradle the heavy kimchi filled jar awkwardly as u try to simultaneously prevent too much kimchi falling out of the jar and into the pan and preventing dropping the actually-really-heavy-even-though-its-half empty-jar.
- 5. Get the rice out and decide how much rice ur gonna eat that day. Maybe get a bit more because ur siblings are probably going to eat half of it anyway. And a bit more because u just love food.
- Now freak out because u probably spent too long deciding how much rice u could eat w/o feeling bad about urself later
- 7. Chuck the rice into the pan. Break up the chunks of rice using the wok spatula.
- 8. Stir-fry a bit!
- 9. Put in a bit of soy sauce. Measure using ur wok spatula. Then taste. And add more if u need.
- 10. Chuck in the fish balls!
- 11. Ur done! Eat some before ur siblings get to it.
- 12. Omg maybe next time I should make kimchi pancakes

# 16 A Guide to Korean Dramas - By Jingyang Li

ow that everyone's stuck at home, now's probably the best time to watch some new shows on Netflix (okay maybe after exams, or as a study break?)! Whether you're a long time kdrama fan and or novice who wants to know what the hype is all about, here are some suggestions and my personal opinions on them!

#### Abyss

- Interesting story
- I feel like there were a few plot holes though
- Antagonist was honestly actually terrifying
- Kind of only watched the whole series because the male lead is really attractive



#### Fight for My Way

- Cute
- Funny
- Strong Asian women!
- Good cast dynamic and chemistry



#### Love Alarm

- Really interesting plot (it's about an app that tells you how many people around you think you're attractive) not just about two people falling in love
- Season 2 hasn't been released yet so there's still time to get into it!



#### Hotel Del Luna

- Was actually quite slow
- Killer soundtrack though
- Great performance by IU!











#### What's Wrong with Secretary Kim

- Really funny
- Keeps you on the edge of your seat (lots of plot twists!)
- Stars kdrama royalty Park Seo-joon and Park Min-young



#### Descendants of the Sun

- Classic
- But also really slow for me
- Iconic soundtrack
- I didn't understand what was happening at the end though Imao rip



#### My ID is Gangnam Beauty

- Discusses the toxic beauty culture in South Korea and the stigma against plastic surgery.
- Refreshing in that it is not just about the relationship between the two leads



#### She Was Pretty

- Omg omg massive second male lead syndrome (where u root for the second male lead rather than the male protagonist)
- Funny
- IconiC soundtrack
- The ending was a real let down tho ://



#### Strong Girl Bong Soon

- Really cute
- Nice to see a strong Asian woman being portrayed in media!













# 18

#### Goblin

- Okay I feel like I'm going to get hate for this but I couldn't finish Goblin, it was too slow for me
- There were really cute moments that made my heart skip a beat
- Iconic soundtrack (fr tho)







### Extraordinary You

- It was okay
- Interesting plot idea (characters are in a manga book but only some are aware of it)
- But again, too slow
- The soundtrack wasn't that great



#### Itaewon Class

- Great story about determination and the concept of being selfmade
- Good soundtrack
- Highlighted the exciting culture that exists in Itaewon
- Refreshing because it didn't focus on the love story between the two protagonists, however, I feel like their chemistry wasn't very good. Lowkey didn't even want them to get together ahahahA





#### Tune in for Love

- Amazing film
- Talks about the realities of a relationship and how beautiful a connection between 2 people can be
- Definitely underrated





# 19

#### Sky Castle

- Omg massive cultural impact
- Legendary drama
- Not about love at all, but about the toxic academic competition culture that exists in South Korea
- Incredibly dramatic
- A lot of plot twists
- Fantastic acting



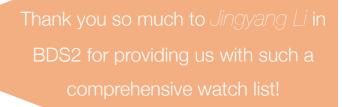
#### Weightlifting Fairy Kim Bok Joo

- Amazing
- One of the first (if not the first) kdrama I ever saw
- Incredible chemistry between the two leads (I think they dated)
- Discusses mental health amongst men (!!)
- Strong Asian women being portrayed











# AUDSS Gallery



Tiensa Tran - BDS4

Thank you to all students who have donated blood as part of ADSA's blood drive!

Michael Olaco - BDS3 ADSA Representative



# Wright Evans GRA DUAF

\*Terms and conditions. Fee quotes above take into account basic PAYG tax preparation. Invites to events and promotions are strictly for Wright Evans Exclusive members only. One complimentary consultation per annum with a Wright Evans Planning advisor is provided for Exclusive members. Wright Evans Planning Pty Ltd is an Authorised Representative of Lonsdale Financial Group Pty Ltd ABN 76 006 637 225 | AFSL 246934



# Smile, your finances are in good hands! o you Salary packaging advice and assistance **Total Value** Completion of first two quarterly BAS = \$550 OR Completion and lodgement of tax return Financial health check consultation **YOUR Price** = \$0 Home loan and lending advice

Invitations to exclusive events

Derek Li Kwok Cheong







# PRODUCED BY AUDSS PUBLICATIONS

April/May Zoom Edition

•

2020

Designed and Edited by Elaine Yu