

CLASS OF 2018

MESSAGE FROM THE Regional Associate Dean, Interior

It is my distinct pleasure to congratulate the Southern Medical Program (SMP) Class of 2018. Our newest graduates are an outstanding group of individuals and it has been a privilege to witness their professional and personal growth over the past four years. The SMP's thirty-five new doctors represent our largest graduating class and brings the total number of new doctors trained in the BC Interior to 125.

There is a tradition amongst Canadian medical schools to present a set of white gloves to the Dean if an entire class of students remains together as one group, from admission right through to graduation. It is a seldom occurrence given students often need to take leave for variety of personal reasons or the pursuit of an MD/PhD. This year, I have the unique honour of applauding those thirty-two SMP students who remained together throughout, and added a few accomplished students along the way. The SMP Class of 2018 will fondly be remembered as a white glove class.

I am proud to note that each of our students successfully matched through CaRMS (Canadian Residency Matching Service). Once again, a large contingent matched to family medicine and an increasing number are staying in the region to continue their training. Here are a few highlights for the 2018 class:

- All thirty-five students matched through CaRMS.
- Twenty-two students (63%) matched to family medicine.
- The balance of students matched to emergency medicine (3), pediatrics (3), psychiatry (2), diagnostic radiology, general surgery, internal medicine, obstetrics/gynecology, and orthopedic surgery.
- Six students matched to Interior BC programs including family medicine: Rural Okanagan/Kelowna (3), Kamloops, Okanagan South/Penticton; and emergency medicine: Kelowna.
- Twenty-six students (74%) matched to UBC residency programs.

Our distributed educational model continues to provide excellent training opportunities in the communities we hope SMP graduates will one day choose to serve. I would like to thank our dedicated faculty and staff for continually striving to provide a phenomenal



learning environment. I would also like to recognize our partnerships with Interior Health and other key stakeholders in supporting our program's successes.

Congratulations to the SMP Class of 2018. I wish you all the best on the next chapter and look forward to you returning to the Interior to join our SMP faculty!

Dr. Allan Jones,
*Regional Associate Dean, Interior and
Associate Vice-Provost, Medical Sciences UBC Okanagan*



MESSAGE FROM THE Southern Medical Program Class of 2018

I can still clearly remember back to 2014, the first time our entire class was together in a room. I was simultaneously in awe of the variety of skills and interests of our class, and the sense of family and community amongst us. Over the years our class size has grown and the Okanagan has provided such a rich environment for all of us to continue to forge close friendships. Whether up at Big White, or on wine tasting outings, working as a team for bike to work week, staying engaged with lunchtime workouts and yoga, or competing against each other in the Urban Rec Soccer League there has been a friendly and lighthearted camaraderie and competition amongst us.

From the beginning of our medical school journey the SMP staff and faculty have been so invested in our lives and careers. The UBCO RHS building has hallways full of open doors with staff and faculty who are always available and interested. In the clinic and the hospital we received individualized teaching from practitioners who were passionate about their work and about our careers. There is such a

sense of support and pride from the staff and faculty, and that has spurred us on to achieve our full potential. We have all appreciated our time in the Okanagan and many of us plan to return in the coming years to work as residents and physicians.

Heading into the CaRMS match for residency there was a sense of coming of age as we all found our passion in medicine. A large proportion of our class will be starting July 1, 2018 in primary care specialties including family medicine, internal medicine and emergency medicine. However, there is also a broad range of medical and surgical specialties including pediatrics, radiology and psychiatry, and obstetrics and gynecology, general surgery, and orthopedics. Many of us have chosen to stay in the Interior, for example in Kelowna alone we collectively fill a third of the available CMG residency seats.

And just like leaving home for the first time, this move towards the next phase of our training was accompanied by the simultaneously exciting and nostalgic farewell to the SMP faculty and staff. We are all so

grateful for the time and energy you have put into fostering our learning, providing guidance, encouragement and mentorship. We recently had the SMP Graduation Ceremony and the sense that we had made you all proud was one of the most rewarding outcomes of these four years.

I am so honoured to be a member of this incredible class in this outstanding program. I look forward to seeing all of the things my inspiring classmates accomplish in the years to come.

Sidney Morrison, Class President,
SMP Class of 2018

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KYLA ADAMS

The last four years in Kelowna has been full of incredible experiences, and I still have a moment almost every day where I can't believe I have the job and life that I do. Having the privilege of learning medicine in such a beautiful part of the province is truly an honor. Some of my best memories are the late nights on call sharing hopes, fears and joys with my fellow classmates. The support we have shown each other as a class is really special. The mentorship and support from faculty is also incredibly strong – we know that the staff of SMP and KGH want all of us to succeed. I'll be heading to Red Deer, Alberta for residency in Family Medicine, and I look forward to exploring a new area of the country. I would love to return to the Okanagan to continue my career in the future.



flashes of lectures in between. I got the chance to build lifetime friendships while learning a few things about medicine. It's been an absolute pleasure learning alongside some amazing teachers/role models. I am fortunate to continue my career in family medicine at Surrey Memorial Hospital and it surely would not have been possible without your helping in adding two new letters after my name. Thanks, Your Secret Admirer

SEBASTIAN BROWNE

We did it! What an amazing experience it has been, 32 strangers from all walks of life, coming to this beautiful place to learn, grow and discover the secrets of how to heal and help others; all not possible without our relentlessly supportive staff. Strangers became lifelong friends, as well as memories of pre-exam dance sessions, snowboarding, hugs, cram sessions, boat rides, parties, workouts, cries, laughs and career defining moments never forgotten. Looking forward I will be heading to Alberta for family medicine residency, with future plans to do my GP-Anesthesia so that I may work rurally, do global health, as well as start a pain and addictions clinic. I will miss all of you, and send so much love and positive energy your way for the next year of further transformation!



patients, breakups, losses) and the good (weddings, puppies, parties, ski trips, cycling to school rain or shine... or snow!). It has been such a privilege to watch my classmates grow and develop into even more beautiful people! I can't wait to start my next chapter as a resident with the Indigenous Family Medicine program on Vancouver Island!

MICHELLE CHUANG

It's been an amazing rollercoaster of a ride! Through the ups and the downs, from deciding that I wanted to finish this journey to travelling across Canada in the CaRMS tour craze, I couldn't have made it without the support of my friends, family and the SMP family. Being part of the SMP has been such an opportunity, and I'm grateful for everything that I've learned and all of the relationships that I've built along the way. The next step is residency in the UBC Emergency Medicine Fraser Program alongside a fellow SMPer! Good luck to everyone!



BRENDAN ARNOLD

Whoa! Four years flew by! I have too many fun memories from SMP to count, but a few of my favourite included "whippin it" at various functions, Spartacus and yoga at lunch time, napping during lectures, mucking in the powder at Biggie, and of course match day and the festivities that followed. Congratulations to my fellow students on matching to your respective residency programs. I will definitely miss the class and our vibe. I will be making the move to Vancouver to complete my emergency medicine residency at the Royal Columbian Hospital. Much thanks to the faculty and staff that put in so much work to make the SMP experience an amazing one!



KARAN D'SOUZA

Four years ago, it felt like this day would never come – now, I wish time would just slow down to savor these last few months of celebration before I start my next chapter at UBC's general surgery program. In the beginning, they told us it would be like 'drinking from a fire hose' or 'riding a rollercoaster'. Both statements turned out to be true, but I made it to the other side because of my amazing classmates. To the SMP Fam – there is no other group of brilliant, down-to-earth, absolutely crazy people I would have wanted to go through this journey with. To all my physician mentors, and staff support system, especially those in Kamloops—I was able to find my path through your inspiration and guidance. It may seem like things are winding down, but truly I feel like it's only just starting—can't wait to see you all on the frontlines!



ERIN CARRUTHERS

The past four years have flown by! I feel so lucky to have had this opportunity, and to be able to take on this challenge with a group of such wonderful and inspiring people. The SMP really does feel like a family, not just among the students but also the incredible staff, faculty and preceptors. We've gained an unbelievable amount of new knowledge... whether we went to class or chose to sit outside the lecture hall watching last year's lectures at double speed! We've made lifelong friends who have seen each other through the bad (exam stress, difficult



PARM BRAR

Dear SMP, Thank you for the past four years. They have been a blur of great conversations, long nights, Dan's notes, yoga, skiing, soccer, hockey and small



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HANNAH DUYVEWAARDT

I came to realize later in life that medicine was the whole package. It was a career that positively impacted others, had a tangible set of skills and knowledge, and revolved around problem solving. The greatest moment from these past four years is not one event to me, but the innumerable memories that I have had with my classmates that I regard as family. From biking to UBC together, to birthday BBQ's, no matter how small or big we did it together. What's next for me? I finally get to call Kelowna home as I start my family medicine residency here with the plan to set up a practice in the Okanagan afterwards. I am so excited to establish myself in this community, but one thing on my bucket list is to volunteer as a physician overseas and I hope that opportunity comes sooner rather than later in my career.



JENNIFER EVANCIO

The past four years at the SMP has been an amazing experience. I feel very lucky that I was able to be part of such an amazing site. Thank you to all the preceptors, staff, and mentors who make the SMP such an incredible program. I'm grateful for our close-knit cohort of classmates who made this journey so much fun. I'll fondly remember all the potlucks, skiing, climbing, and hiking. I'm looking forward to continuing my training in Family Medicine in Kamloops. Good luck to all my classmates and thank you SMP!



COLBY FINNEY

As my four years of medical school come to an end, I reflect back and realize how much of a privilege it was to train amongst such exceptional classmates, caring staff and knowledgeable preceptors. A special thank you to Erin Dueck and all the physicians in Kamloops that provided me



with a clinical clerkship and education that was second to none. I will forever appreciate the numerous memories made alongside the brilliant, athletic and humble class of 2018. SMP, no place I'd rather be. Next stop is Vancouver to complete my residency in Orthopedic Surgery.

VINCENT FUNG

Wow, that went by so fast. I am heading to Vancouver for Family Medicine and it's bitter sweet. I am sad to say goodbye to everyone I've met over the last few years at the Southern Medical Program, but happy to be heading home to the coast. The SMP community of colleagues, educators, clinicians and support staff have all been phenomenal and made the learning experience one that I will treasure for the decades to come. I am also super proud of our class for the highly successful match this year! I want to wish everyone the best of luck, and I hope to shoot over some consultation requests to you all very soon!



JAS GARCHA

What an amazing four years! I feel fortunate to have had the opportunity to be part of UBC's Southern Medical Program. A big thank you to the faculty and preceptors for their guidance and teaching, and to my family and friends for their endless support. I look forward to pursuing my passion for Family Medicine in Surrey, BC. Best of luck to my SMP family on their next adventure!



ROUZBEH GHADIRY-TAVI

The past four years have been by far the best four years of my life. I have been humbled time and time again and the more I learned the more I recognized how much I do not know. My favourite SMP memories belong to my clerkship year. There were many times



when I walked back home from the hospital after a long day and I felt like I was the most fortunate person in the world because I was a part of something spectacular. I am extremely fortunate to be starting my residency in Pediatrics in Calgary, learning from and serving my favourite patient population. Although, I'm certainly not in a position to give advice to my peers, but one thing that I've learned that is worth sharing is to try to focus on the process as much as possible throughout our education and not as much on the destination. That way, every single day has something positive to offer.

CARSON GILL

Returning to the Okanagan to study medicine in the community that gave so much to me growing up has been a unique privilege. And although another chapter is closing on what has been a fantastic four years at the SMP, the relationships I've developed and the experiences I've had with my colleagues, preceptors, and patients, are some that I will carry forward with me for the rest of my life. Thank you to my family and friends for all their support, and to the SMP staff and faculty for all their encouragement along the way. I am very excited to begin my residency in pediatrics and look forward to perhaps returning home to the Okanagan again in the future. Best of luck everyone!



JASMINE GURM

I'm not sure how we got here this fast, but I am so unbelievably grateful to have been on this journey with you guys. Each of you inspires me in countless ways, and I thank you for that. I would never have imagined that time and space would bring together such an extraordinary group of people. I imagine all classes are special in their own right, but I think the love and goodness that brought our class together is truly remarkable. I guess some things in life are just meant to be and we were one of



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them! Residency will bring its own experiences and challenges and I'm grateful to know that regardless of wherever I am in the country, I have made friendships of a lifetime right here. Toronto here I come! Someone/everyone please come and visit me k?! Thaaaaanks! To all the faculty and staff - your endless support, encouragement, mentorship, guidance and love means the world. We wouldn't have made it without you <3. You made our experience at the SMP what it was, and it was a blast! Thank you for believing in us and standing by our side through this. We are so fortunate to have called the SMP our home.

QUINN HARRIS

I am so grateful for the past four years that I have been surrounded by inspiring, passionate and caring students and staff at the Southern Medical Program.



Medical school has been challenging, but some of the best years of my life due to friends that have become family, memorable clinical encounters, and living in the beautiful Okanagan. I cannot thank the amazing physicians and program coordinators enough in Kelowna and Kamloops for going above and beyond to support our learning. I am thrilled to be staying in BC to complete my family medicine training in North Vancouver. I am so proud of my classmates and all you have accomplished during medical school. I am looking forward to hearing all you continue to achieve!

CLARA HONG

I feel so fortunate to have been part of a strong knit group who supported each other through thick and thin. There are too many great memories but our first anatomy labs, Big White Ski trip, Bike and Wine tour, Nepal, med ball, and mini reunions on electives/CaRMS tour are just a few! We've all grown and changed in so many different ways, and I am so proud of my class in following their dreams. As I prepare for



a career in family medicine (+/- emerg?) I hope to run into many of you guys along the way. Thanks to the faculty and staff for this incredible journey—I couldn't have done it without the support of my SMP family!

JIYOUNG HWANG

I am glad I came to Kelowna for medical school. Wonderful memories have been made with fun and caring peers, staff, and faculty. I could not have endured late night studying and sleepless nights on call without the support from the SMP family. Thank you to all my preceptors at KGH for the valuable teaching and advice that have shaped me who I will become as a physician. I will be heading off to Winnipeg in June to start my residency in psychiatry. I look forward to meeting all of you in the future as incredible physicians!



KEVIN JANZ

Graduating in the SMP Class of 2018 represents a finality to what have been the most treasured years of my life. I am incredibly honoured to be an SMP trained physician. I am looking forward to moving onto my rural family practice residency in Lethbridge and I am excited to see where the next couple of years lead me. I must say a heartfelt thank you to the entire SMP faculty and staff. You have gone above and beyond in terms of making this group of people a family. I have felt valued by you, and I hope you know that I have valued your contribution to my training. To my classmates, you have been the best part of these medical school years. There are too many great memories to highlight any one in particular, but please know that you will always be a part of my life story.



MARC JUTRAS

The past four years have been an incredible journey of growth and transformation. Studying medicine has opened my eyes to the true spectrum of human emotion and experience, and left me both inspired and humbled. Having the opportunity to pursue this journey at the SMP has been nothing short of a privilege. I still recall the first day when we all arrived in Kelowna, and the friendly and warm greeting we received from all the staff at RHS who already knew us by name and quickly made us feel at home. From our time at RHS, to the first clinical experiences at KGH, and all the fantastic instructors and classmates who have been a continual source of inspiration for me along the way, I thank you. I am excited for the next chapter of Diagnostic Radiology residency training at UBC, and will carry the experiences and memories from the SMP with me for the rest of my life.



KATE KNUFF

At my undergraduate graduation, I summarized four years of university as "you study until you cry, and if you study more than cry they give you this fancy piece of paper". At my medical school graduation, I think I'll repeat what I said on the boat at our second year celebration: "I've never had so many friends in one place at once!" Medical school taught me how to be a doctor, and the people in medical school at SMP taught me how to be a better human. Thanks for all the yoga, food Fridays (that proved that food can be both healthy AND tasty), creative fun times, and support through rough times. I hope to take some SMP spirit with me up to Prince George when I start my family medicine residency!



SOUTHERN MEDICAL PROGRAM

CHRISTOPHER LACHOWSKI

Before moving up to Kelowna for medical school, I'll admit I was nervous about it. A new place, new campus, and a whole bunch of new faces.



However, I couldn't have asked for a better group of people to learn and have fun with. From Big White ski trips to beach volleyball games between classes, to year end BBQs by the lake, there was always something fun going on at the SMP. While I look forward to discovering the new places my career will take me, there will always be a spot in my heart for Kelowna, and the incredible people I had the privilege of meeting here. This July, I look forward to starting a Psychiatry residency at the University of Edmonton!

JUSTIN LAMBERT

Thanks you to my fellow students and all the faculty in both Kelowna and Kamloops for making my four years in the Southern Medical Program so memorable. It was such a privilege to train in the Okanagan Valley where I was born and raised. The SMP provided me with so many unique opportunities and reflecting back I am extremely happy with my decision to return to Kelowna for medical school. Best of luck to all my friends and colleagues in their future endeavours.



ANGIE MACCAN

Every May for the past four years, I find myself reminiscing about how it felt to receive my acceptance letter for UBC - wondering what it would be like, how I would adjust to Kelowna, and whether I could really handle the demands of medicine. Now, as May rolls around again, I'm even more sentimental because this stage of my training is coming to an end! All the questions and uncertainties and crises of confidence that are faced during medical school are past, and I'm headed back to Vancouver stronger and more resilient to see what a pediatrics residency



will have in store for me. Being a part my med family has played a huge role in keeping me (somewhat!) sane and grounded throughout this process. I'm so grateful for the friendships and shared experiences - snowshoeing adventures in the winter, chasing after ice-cream trucks in the summer, and a lot of study parties in between! Thank you also to all the staff at the SMP for everything you do to make us feel like a family! You are the heart and soul of the program! Thank you so much!"

KIBBY MILSOM

It has been a privilege to be a part of the SMP over the past four years. The sense of community fostered by faculty and staff created such a positive learning environment. My classmates have made this journey so much sweeter. From group rides to the RHS, pre-exam "pump-ups", to group "study" times. I had no idea of the power of a smile or the influence of an anonymous note left on my bike after a challenging day. I am so excited to be moving back to my hometown on Vancouver Island to complete my family medicine residency with a few of my closest peers. "And when our ships sail from sight, it doesn't mean our journey's end, it simply means the river bends".



SIDNEY MORRISON

Living in the Okanagan and studying in the SMP has created so many wonderful memories. From skiing, biking, soccer and rock climbing; to potluck meals, pancake brunches, lipdubs and froyo outings with classmates, then on to the being pulled aside by passing doctors for a quick check in/catch up, or impromptu teaching session - I have felt so connected to this medical community. On July 1st I will start as a family medicine resident in Nanaimo, BC. I plan to work as a rural family doctor with a broad range of interests from palliative care and clinic based practice, to emergency medicine. I am so grateful for all the support and love I've received from the staff, faculty and fellow



SMP students of all years, especially those of the class of 2018. You have all made this experience a remarkable one.

SEAN NUGENT

As I look back on my MD education, I am thankful that I chose the SMP to study at. The relationships with classmates, faculty, and staff are something which I will never forget. The excellent mentorship and early responsibility that the SMP gave me undoubtedly led me to success in my career choice. Favourite memories include the first-year scavenger hunt, group fitness activities, whipping it, third year with Kate and the Lads, and seeing my colleagues' excitement and relief on match day. I am fortunate enough to stay in Kelowna for my Emergency Medicine residency and look forward to mentoring and teaching current and future SMP students. Thank you to the whole program for all the support throughout this journey that still feels like a dream.



SARA PANKRATZ

To my family here at the SMP, thank you for your love and support. It's been an amazing growing experience and I'm appreciative of the extra miles put in by all of you. "To have striven, to have made an effort, to have been true to certain ideals - this alone is worth the struggle. We are here to add what we can to, not to get what we can from, life." (Sir William Osler) We have all come a long way and I'm proud of what we've accomplished. Way to go Class of 2018!



LAURA TAMBLYN

It is hard to believe that four years of medical school has come to an end. I am incredibly grateful to have completed my training at SMP: highlights include lunch-time yoga, anatomy review sessions with Kelly, Finn Fridays and third year ICC! Spending my clerkship in Vernon was an



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integral part of my evolution as a physician, and I am thankful for the mentorship I received there. To the Class of 2018 – you humble me with your experiences and awe me with your achievements. To my amazing family and friends – thank you for your unwavering love and support. I am beyond excited to be completing family medicine residency in Penticton where I can continue to live the Okanagan dream.

MICHAEL WAFLER

I continue to feel fortunate for the opportunity I had to be part of such a great group of classmates, faculty, and staff. Luckily, I will be continuing on in Kelowna as part of the UBC Family Practice - Rural Okanagan program. A special thanks to Carri Folk, and Drs. Reed, Eppler, Oliver, and McCauley who made my experience in the Southern Medical Program invaluable.



LISA WANG

I am grateful for my experience at the Southern Medical Program these past four years. Thank you to the preceptors, teachers and staff for all the support and dedication, and thank you to my classmates for the friendship and the unforgettable memories. It has been a true privilege to be part of this class! My next chapter includes continuing my training in Surrey as a family medicine resident.



SYDNEY WHITE

Congratulations to everyone! Wow did that go fast. It was rad to get know everyone, and a special thanks to the SMP staff, and faculty for supporting us through this adventure. I'm looking forward to being back in the Okanagan for the start of residency. My interest in medicine started with meeting Okanagan residents pursuing rural emergency medicine through the rural Okanagan program, so I'm happy to follow in their footsteps. In the meanwhile, I hope to keep playing outside,



working on my goggle tan, and convincing the rest of the class that ski related medicine is a real field.

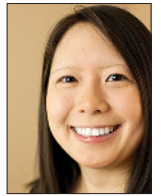
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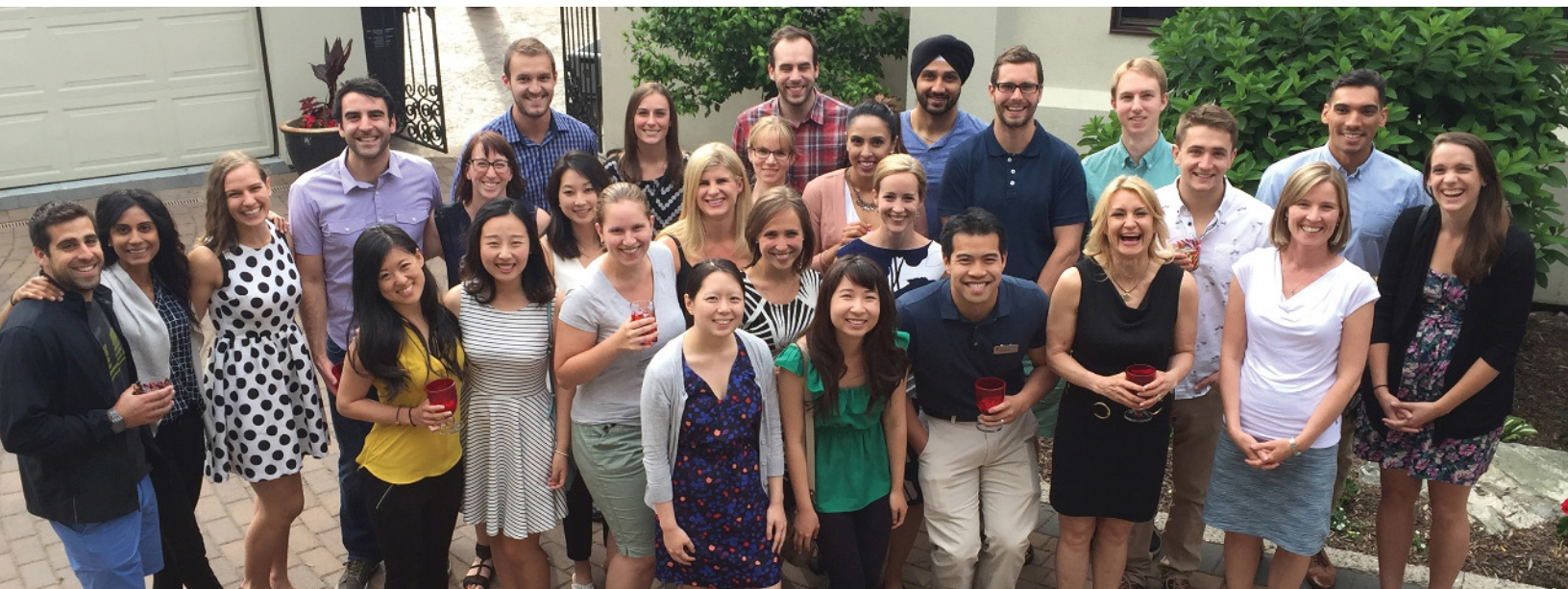
"There's something special about SMP," remarked a visiting classmate. At the time, I wanted to believe that the camaraderie and support experienced in this class was found everywhere, but I think he's right. And it goes beyond getting each other through exams and OSCEs (thank you note-makers!). When I broke my leg, you all stepped up. Driving me to school, carrying my bag, listening to me complain (crutches, amiright?!), and even helping walk my dog; it was incredible and yet so quintessentially our class. Thank you all for a fantastic four years, I couldn't have asked for better peers! I'm so excited to see where each of your paths takes you. As for me, I'm looking forward to bringing some of this SMP magic to Calgary and OBGYN residency!



ELIZABETH WU

"The physician's duty is not to stave off death or return patients to their old lives, but to take into our arms a patient and family whose lives have disintegrated and work until they can stand back up and face, and make sense of, their own existence." (Dr. P. Kalanithi). I am grateful to the SMP faculty, staff, residents, and patients for assisting us in not only becoming competent, but in valuing compassion and humility, and developing an understanding of what a privilege it is to be a doctor. It was a pleasure getting to know my incredible classmates throughout this challenging journey, I wish you all the best. Thank you to my family and friends for all your support over the last four years. I am excited to be returning to the Fraser Valley to complete my family medicine residency in Chilliwack where much corn will be consumed :).





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Faculty of Medicine
Southern Medical Program

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