

# THE ARMADILLO

ISSUE  
**19**



**ASPIRE**



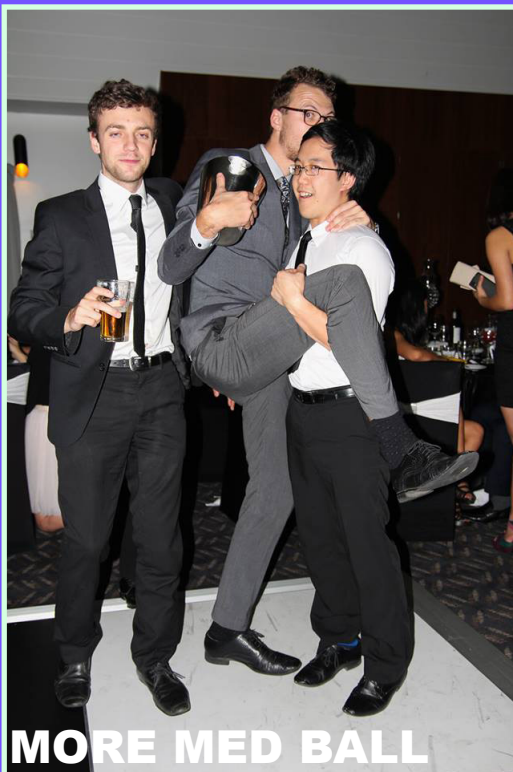
**NERCHA AND GPSN**



**TRIVIA NIGHT**



**MED BALL**



**MORE MED BALL**

## **PLUS:**

**Merchandise!!**

**Academic update**

**Sports report**

**Med Review**

**AND**

**Some good news on  
the financial front!!!**

# President's Report

Hey guys! I hope that you've had a restful break and are ready to hit the books once again!

The last few months have been really busy for the UNEMSA team and some really cool stuff is coming up. Last semester was another great one with a hugely successful med ball and OSCE weekend. In the next few weeks we'll be restocking the common room with forks and mugs amongst other things, so get keen to drink from cups and not tiny milk jugs. Adelaide has been working hard to award more research/conference grants, so put your applications in if you'd like to attend a conference. Also, next years med week will be free for

UNEMSA members thanks to the hard work of our Treasurer and Sponsorship Officer!

I've also been working to get UNEMSA incorporated. As it stands, UNEMSA is unincorporated and operates under the UNE clubs and societies banner. This is okay, but with an organisation of our size it is really risky for the executive. If something goes wrong, the executive (well, mostly I) may be financially liable. The easiest way to reduce this risk for future presidents is to become incorporated. So at the AGM this year I'll be putting forth the motion that we adopt a new constitution and become

an incorporated organisation. It's something that many past presidents have aimed for, and something that represents a lot of work for the 2014-15 committee. I hope that you'll all vote with me and help to pass this important change.

I hope that you enjoy this edition of the Armadillo.

Cheers, Ellie



GPSN is selling GP Companions for \$10 a piece. To purchase one just find a member of the GPSN team. These are a great pocket guide that provide brilliant summaries on things like cardiac biomarkers and methods of contraception. They usually cost \$34.95 so get in quick!!!



# MATERNAL HEALTH WEEKEND

What did you do on Mother's Day?

This year, we made 1000 birthing kits. And since each kit has the potential to save a mum and a bub, we helped save up to 2000 lives!

On Mother's day ASPIRE, with the help of Armidale Zonta Club, UNE SSAF and a bunch of fantastic students and staff made 1000 birthing kits. These kits will be sent to developing countries with high maternal mortality rates to make childbirth safer for mothers and babies alike. And at a mere \$3 each they cost less than your daily coffee! These kits help reduce the rate of death, injury and infection as a result of childbirth in developing countries like the Democratic Republic of Congo (where we sent them last year). This year marks the largest production of Birthing kits in ASPIRE's history and we'd like to thank all the students who volunteered their

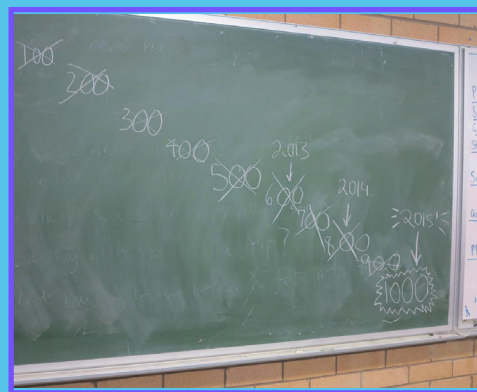
time.

On the same weekend, we also held Maternal Skills Day with stations on shoulder dystocia, neonatal resuscitation, birthing kits and post partum haemorrhage. We were lucky enough to have Dr. Abu-Asab, Dr. Cotterel (with her fourth years), Dr. David Browning and Dr. Ojo volunteer their time to help teach on the day. A huge shout out to Emma over at the tablelands clinical school for all the effort she put in to make the day such a success. And last but not least a big thank you to Cia, our Maternal Health Weekend Coordinator, who did a tremendous job organizing the event!

Once again, for those of you who participated this year – thank you so much for all your contribution! For those of you who didn't – we WILL see you next year!

Keep an eye out for Red Party on September 3rd this year. Red Party is ASPIRE's largest event of the year and this years is going to be the best one yet!

Regards, the ASPIRE team





## MED REVUE

MED REVUE!!

The Bachelor is going to be held on the evenings of the 14th and 15th of August. Tickets will be sold online so keep an eye out for posters around town and campus for the link!! I am also calling on those who did not wish their talents to be shown on stage but still want to be involved. I'm looking

for a backstage crew to help with lighting, sound, and props. For those who want to put their new rapport building friendly professional practice faces to the test, I am also looking for a front of house team to collect tickets and show people to their seats!!

It's getting close!! Xoxo  
Brighid



# Academic Review

It's been a busy semester packed full of academic events. We've had Futures in Med Night and GPSN and UNEMSA Practice OSCE Weekend along with numerous PASS and mentoring sessions. We also have plenty planned for next semester with a HES night planned for the 29th July and a potential research information night still in the works. Next semester we'll be wrapping up the current UNEMSA mentoring program and will be replacing it with faculty PASS and an initial mentoring meet up session.

I'd also really like to Thank

Roberts and Morrow, Dr. Carolyn Block, Dr. Jenny May and Dr. Andrew Seglenieks for taking the time to present at Futures in Med Night. Special thanks should also go to Emmanuel Jesulola and Dr. King for helping run the X-ray and ECG review session, we really appreciate them taking time out of their weekend to help us revise for our exams.

And finally a big thank-you to all the students who helped out with the GPSN and UNEMSA Practice OSCE Weekend, whether it was

to help organize it or volunteering you time to be a practice patient or examiner.

Thanks!

Stormie de Groot, Academic Convenor

## And now, a touch of class

How do I love thee? Let me count the ways.  
I love thee more than the height you can reach,  
I love you as Elliot, singing "Each to each."  
With the length of those anatomy days,

Which you have filled with your knowledge and grace:  
As you floated around the room, to teach.  
But to me – and only me – you would preach  
Cunningham's as fire. You've earned my praise.

I love thee like your father never could,

It isn't hard. But what a brilliant catch!  
With your tanned, toned, arms, pecs, and rockin' bod,  
How I ache – just sneak in, undo the latch  
O! And take me here, where A prof once stood.  
Remove your glasses – see a lover's match.

- Anonymous





# MED

This years 222 people attended UNEMSA's annual Med Ball. Special guests included numerous faculty and staff members such as Dr King, Suzanne Riley, Yumiko Hickson and Dawn Shepard. The bar tab proved sufficient and the food far exceeded expectations. There were also some brilliant performances from Shanika and Katie, the band from Guyton's Hall and a brilliant cover of Taylor Swift by the vocal powerhouse Bron Thompson, accompanied by Sam, Audrey, Adelaide and Thanjon. I must admit when Thanjon told me he had to practice his ocarina for Med Ball I thought we might have been in for a rough time. But I couldn't have been more wrong as every performance was an absolute delight to watch.

UNEMSA would like to thank everyone that

attended, especially faculty members and those who performed on the night. A special thanks also goes to Henry Davies and his team who put the night together. UNEMSA would also like to thank everyone for behaving so well as the Bowling Club have told us they were very impressed with our behaviour on the night.

The night raised over \$1000 for Armidale hospital and we look forward to seeing you all there next year.

Arran Lemon, UNEMSA Publications and Promotions Officer



# BALL







where  
members  
matter



# UNEMSA Merchandise 2015

Thanks to a huge order from our cohort this year already – we will be running another round! Check the UNEMSA website for more information.

We will also be offering a new range of merchandise!

## How to order:

Hoodies are \$50. Please order via Paypal on the UNEMSA website - [www.unemsa.org/shop](http://www.unemsa.org/shop)

If you have any problems, just contact [mama.unemsa@gmail.com](mailto:mama.unemsa@gmail.com).

## Design:

Hoodie colour



Reverse side logo



Front small logo



### Sizing

ADULTS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	57.5	60	62.5	65	67.5	70	72.5	75
SP. LENGTH	72	74	76	78	80	82	83	84

### Sizing

KIDS	4	6	8	10	12	14
CHEST	40	42.5	45	48	51.5	55
SP. LENGTH	48	52	56	60	64	68

Please note, the sizes are larger than normal so it is recommended to order at least one size down.

Please have your order in before July 1<sup>st</sup>!



Shirts \$16



Bags \$20



Caps \$19



Bottle Opener \$6



Bumper Sticker \$5



Pens \$5



Keyring \$9

Notepad \$12



# TRIVIA NIGHT

Whilst some Thought This Was Speed Dating, I can assure you it definitely wasn't.

It was a night of swag-tastic costumes and questionable (read: impossible) questions. GPSN's annual Trivia Night once again saw some excellent antics from all, along with a healthy dose of IT difficulties. Hilarious. But you hardly noticed the delay thanks to the MCs (Varun and Navid) and their incredible ability to sit on the stage, name every team (again) and eventually tell everyone that we were having IT difficulties. But in all seriousness they did an amazing job and it was clear that an amazing night was to be had.

Winners of the night were the ASPIRE team, aptly named Immaculate Quizception with their holier-than-thou dressin' skills. While ASPIRE might have been immaculate and holy, there was firm competition for the worst "quiz" pun, from the Quizlamic State, who made up for the lost points in political correctness with quizzical correctness.

Actual trivia winners were Nothing but Netter's, who clearly didn't need any Cunningham's (or Cunning Linguists) in their life. Seriously though guys, what about Rohen's? Last's? Where's the love? Special mentions to IT Support for a good effort (both with trivia and the actual IT issues on the night!), but alas, when there's too much demand to be part of the Vodafone India team and the market gets a bit IT Crowded, maybe it's time to throw in the towel and become the

Bollywood star you've always dreamed of. Somehow I think Thanjon will have a harder time than the rest of the team. But maybe that's just me.

Other winners of the night included...everyone! Because everyone's a winner! \*

We'd also like to extend a big GPSN thankyou to We're not doctors but we'll take a look anyway..., who were actually all indeed mostly doctors for coming along and entertaining us. Despite not even placing... or coming anywhere near placing. Unforgettable mentions include Dr Doherty's simply wondrous imitation of a wombat, ripe for misinterpretation, as well as Dr King's images from his heyday, proving he was, and always will be, that awesome.

Finally, I'd like to congratulate Jonah, Namita, Alex and Natasha on an amazing job organising the event and would like to thank everyone that attended for making it a great night.

\*Not everyone is a winner. It's just a nice thing to tell you when you lose.

## General GPSN News

GPSN has been super busy this semester, running the First Incision Photobooth, Trivia Night, Indigenous Health Night (with NERCHA), Practise OSCE Day (with UNEMSA), and Cardiac Red Flags Night! We hope you've been to some of our events and enjoyed them, and we wouldn't be all that sad if you turned up to some of our exciting upcoming events in Semester 2. Stay tuned!







The loose Units (left)



Nothing But Netters (right)



The Cunning Linguists (left)



IT Tech Support (right)

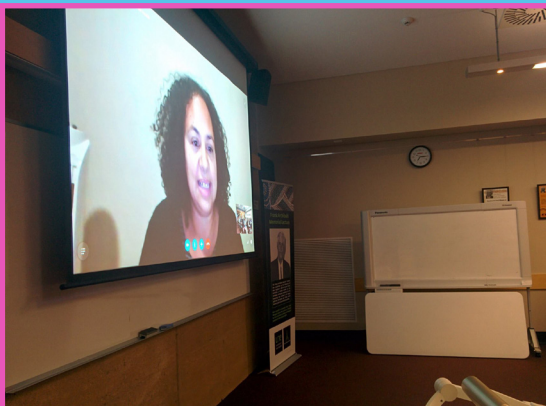


G P S Y N E R G Y

advancing medical training

# INDIGENOUS HEALTH NIGHT

Indigenous Health Night! Sometimes, video conferencing makes good things happen, and GPSN and NERCHA's combined Indigenous Health Night was definitely one of them. Students heard from Dr Jane Watt, PBL tutor extraordinaire about her experiences in an Indigenous community,



as well as Indigenous GP Dr Karen Nickolls who discussed how her culture has shaped her medical career. Overall it was a fantastic night with great food and inspiring speakers. A special thanks to Dan McGhie and everyone from NERCHA and GPSN who made it possible.



# UPDATES FROM THE VPE

Hey everyone! Just a couple of reminders from me:

## 1. CONFERNECE FUNDING

Don't forget that if you're attending any conferences, leadership training programs, AMSA or AMSA Global Health Councils or other research or up-skilling events that you may be eligible for UNEMSA Conference funding. You can receive up to \$500 a year to help pay for the costs of attending such events. You can grab an application form at [unemsa.org](http://unemsa.org), on the UNEMSA Facebook page, or by emailing me at [vpe@unemsa.org](mailto:vpe@unemsa.org)

## 2. LECTURE FEEDBACK

About a month ago, 70 of you attended our Lecture Forums in the PBL rooms where you gave us feedback on the quality and quantity of JMP lectures and

how you feel the SRM could better train you as a doctor. Since then the year reps and I have taken your feedback and put it into a report that has been sent to faculty. We will be meeting with the Deputy Head of School and the Operations Manager early next month so if you'd like to read the report before then, or have any other related feedback that you want to make sure gets passed on, then be sure to tell myself or your year reps.

## 3. STUDENT TESTIMONIALS

The SRM is keen to get some more student testimonials on the website, so far it's just the inspiring and relatable Conor Moylan up there. If you fancy being the face of UNE Medicine, or you've got things that you want prospective medical students to know about UNE then answer the following questions, attach a photo to your answers and send it through to [vpe@unemsa.org](mailto:vpe@unemsa.org). The questions are:

Where are you from & why did you want to study medicine?  
What do you like about UNE?  
What was the most unexpected thing about studying medicine in Armidale?  
What is Armidale like to live in?  
What do you want to do when you finish the degree?

If you've got any questions about any of the above, or you've got things you'd like to see UNEMSA advocate for or against on your behalf, then contact myself or your year representative – Steph and Tayfun for Year 1, Gabi and Alex for Year 2, and Matt and Toni for Year 3.

Adelaide Pratt  
Vice President External  
UNEMSA  
[vpe@unemsa.org](mailto:vpe@unemsa.org)



# SPORTS REPORT

It's been an outrageously great few months for UNEMSA Sports, with all the teams putting in 110%. There's been a fire burning within the UNEMSA Volleyball team who won the A grade championship, beating the Mangar's Manglers in late May to take home the gold. In basketball, MDA's "Rebound Tenderness" has shown nerve in the face of danger against Robb, confidence when playing Duval and Drummond and vigilance vs Albies and EPC. Currently sitting on the top of the table, the team has improved vastly in both offence and defence from rigorous training sessions run by our own Geraud "Freerthrows" Freer.

MDA's UNEMSA FC has played multiple games bringing about a great start to the season. Even with some early injuries in the team, the enthusiasm of individual players has seen them step up to fill the shoes of those that came before them. Keep up the great work boys. Second vs. third year netball ran during medweek with the third year teams taking both first and second place. The inaugural event was a great success and provided some good diversity to the traditional medweek proceedings. Jerseys have been ordered for both Soccer and Basketball teams, with a huge thanks to our sponsors MDA National for making all this possible. Further

funding has been allocated towards Body Balance and new equipment for the teams. From Basketball to Volleyball, Soccer to Netball every player has shown finesse with the best and fairest award going to every UNEMSA sportsman.

Lloyd Cresswell, UNEMSA Sports and Wellbeing Officer



# MDA National

Support Protect Promote



# Some good on the financial front!

Thanks to the excellent work of our sponsorship officer Sujay, the financial commitment of our sponsors this years has been much more than we expected, and as a result you can expect a few changes moving into semester two and into 2016. Firstly, and likely most excitingly, funds have already been allocated to make Med Week 2016 FREE! That's right, next year the greatest week on our social calendar will be free!! So now there'll be no excuses for not turning up next year!

Secondly, money has been set aside to revamp our common room supplies with extra utensils, crockery and the whizz-bang sandwich maker that was purchased during stuvac! Additional supplies for the BBQ are also in the process of

being purchased to help make semester 2 just that much better.

And lastly, much of the remaining sponsorship money has been re-allocated into the pre-existing budgets of the different arms of UNEMSA. Funding has been increased to promoting Sports and Wellbeing activities, AMSA initiatives, and help bet the ball rolling on new UNEMSA Merchandise – so look forward to an exciting Semester 2 and an even better 2016!!

Dean Boucher, UNEMSA Treasurer

## Some final words from the editor:

Thank you for reading the latest edition of the UNEMSA Armadillo. I hope you enjoyed it and I hope you like what we have planned for the next semester as well. A special thanks should go to our sponsors and everyone who's contributed, whether it be through an article, poem or being an unwilling part of a photo used for this publication. There will be one more Armadillo

coming out this year before I hand the reins over to someone who, god willing has creative talents that far exceed that of my own. With that being said I'd like anyone who thinks they have a good idea for an article or segment to contact me via Facebook or email me at [publications@unemsa.org](mailto:publications@unemsa.org). But once again thank you for reading and I look forward to seeing you all next semester.

Regards, Arran Lemon