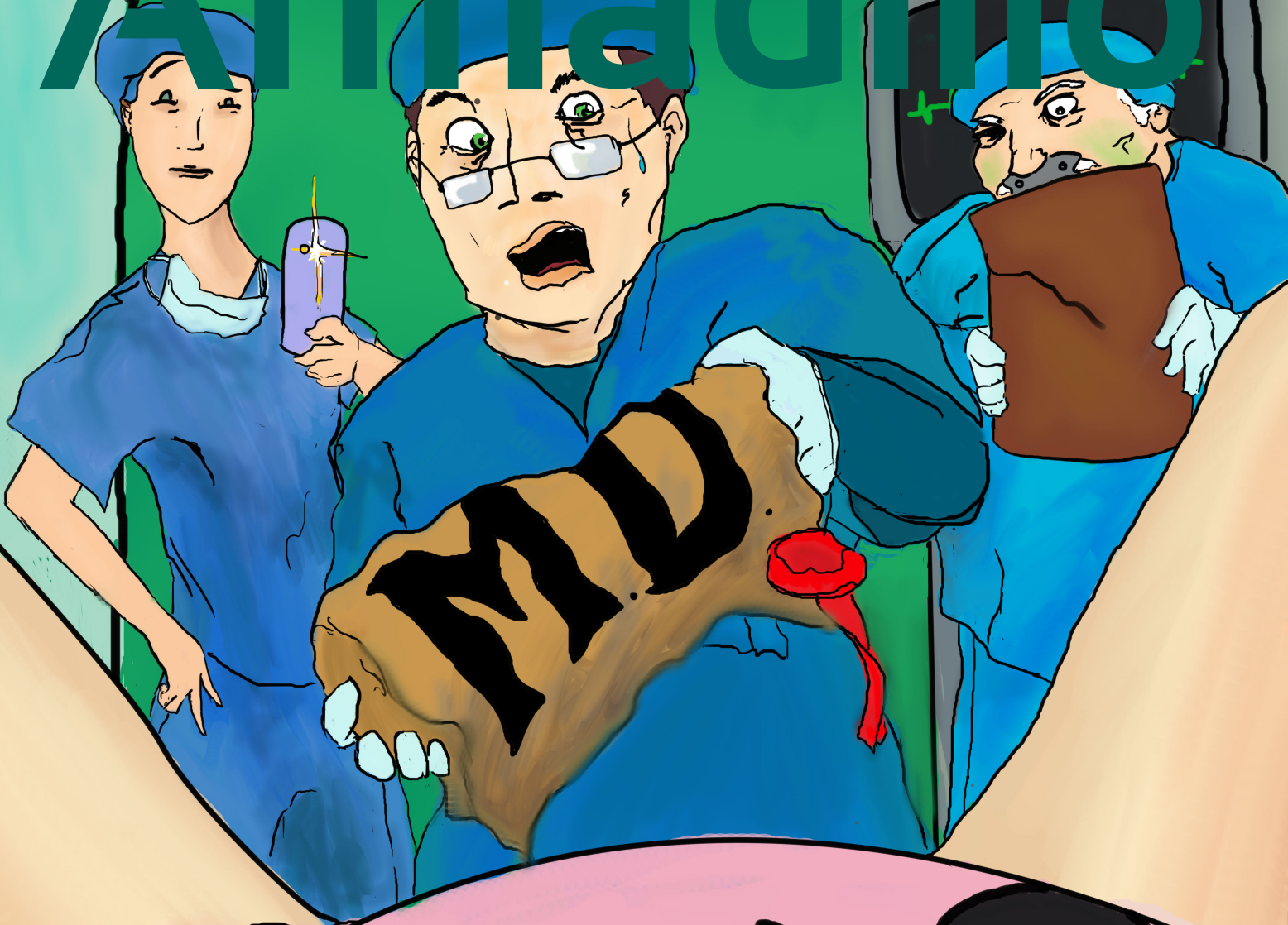


The UNEMSA

Issue 17 • Term 3, 2014

Armadillo



DOWN

The Student Issue



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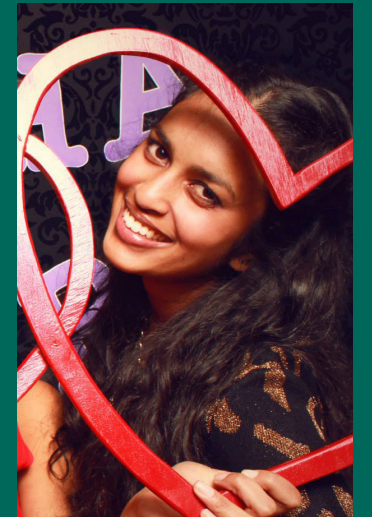


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THE PRESIDENT'S REPORT

PRESIDENT: **Persis Samuel** EMAIL: president@unemsa.org
Greetings UNEMSA!

On behalf of UNEMSA, I would like to congratulate the 2015 committee on their election and wish them all the best for the year to come.
Persis



2015 UNEMSA Committee Executive

- PRESIDENT: Ellie Smith
- VICE PRESIDENT INTERNAL: Melanie Nardi
- VICE PRESIDENT EXTERNAL: Adelaide Pratt
- TREASURER: Dean Boucher
- SECRETARY: Monica Tay
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- ACADEMIC CONVENOR: Stormie De Groot
- SPORTS & WELLBEING OFFICER: Lloyd Cresswell
- AMSA REPRESENTATIVE: Jessey Blake

Committee

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- NSWMSC/AMA REPRESENTATIVE: Matt Hanrahan
- PUBLICATIONS & PROMOTIONS OFFICER: Arran Lemon
- MEMBERS, ALUMNI, MERCHANDISE & ARCHIVES: Lauren Garrity
- COMMUNITIES & CHARITIES OFFICER: AmeliaA Fitzgerald
- MED REVUE CONVENOR: Brigid Blackman
- YEAR 3 REPRESENTATIVES: Matt Hanrahan & Toni Connor
- YEAR 2 REPRESENTATIVES: Alex Buckley & Gabi Francis

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- GPSN: **Emma Gordon**
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nercha@unemsa.org
- UNESS: **Hugh Bridgen**
president@uness.org



NERCHA

NERCHA CO-CHAIRS: **Georgie Burrough & Lara Proud**
Annual General Meeting

On Wednesday August 13th NERCHA held our annual general meeting at the White Bull. Those of us on the outgoing committee would like to wish the incoming committee good luck with the year to come, and can't wait to see what exciting events you bring to 2015.



To find out how you can make a difference, find us online at nercha.nrdsn.org.au

EMAIL: unercha@gmail.com
Co-chairs

Amelia Fitzgerald & Jazz Ashhurst
Senior NRHSN representative

Lara Proud

Junior NRHSN representative

TBA

Secretary

Rachel Manning

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Maya Swift

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Sports and Exercise Science Portfolio Holder

Mitch Dagger



GENERAL
PRACTICE
STUDENTS
NETWORK

Breathing new life into General Practice

GPSN CHAIR: **Emma Gordon**

Email: gpsn@unemsa.org

GPSN AGM

Hello all,
GPSN held our annual general meeting on the 20th of August and we are eager to congratulate the enthusiastic 2015 GPSN committee.

From the outgoing committee, we would like to wish the 2015 GPSN committee a good luck and hope they have a fantastic year.

2015 GPSN-UNE Committee

GPSN Chair

Audrey Guo

Vice Chair

Monica Tay

Secretary

Lauren Yip

Sponsorship/Publications

Cameron Smith

Year 2 Representatives

Fizza Mitter, Jonah Taylor & Nigel McGregor

Year 3 Representatives

Elise Putt & Namita Dilip



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WHAT'S BEEN HAPPENING WITH AMSA LATELY?

AMSA REPRESENTATIVE: Monique Davis

EMAIL: amsa@unemsa.org



ThinkTank

In June I had a great time discussing important issues with you guys over some yummy food. In particular, we talked about the bonded medical places scheme. With almost two dozen people there we had a lively conversation where I got to hear all of your valuable insights. I also received constructive comments from those of you who filled out my online survey. I really love hearing what you have to say. Thank you to everyone who provided feedback.

Council

A little over a month ago I was privileged to be your voice AMSA council. The bonded medical places policy was passed, after a fair bit of editing, according to the opinions shared by you and other medical students from around Australia. A number of other policies were passed but weren't very controversial. If you want to know more about what AMSA's official stance on important issues is check out 'The Orange Book' on their website for all of the current AMSA policies.

As guided by council, AMSA's top 3 priorities for advocacy to politicians and the media for 2014 are as follows:

- The provision of quality internships for all graduating medical students;
- Strategies and initiatives to promote the mental health and well-being of university students;
- Ensuring medical education is of a high quality, and is adequately funded;

Convention

Straight after council proceedings wrapped up AMSA launched into its biggest event of the year: Convention. This year's convention was the biggest yet, with over 1500 medical students attending.

A week of inspirational speakers, interactive workshops and wild parties, it is an event that embodies the medical student motto 'work hard, play hard'. It was the craziest and best week of my life so far. As a university, we did amazing in the intervarsity competitions, finally putting Armidale on the map! We came 7th out of 21 universities for the convention cup even with one of the smallest delegations of only 12 people. Even competing with universities like UNSW, with around 90 students we managed to make it to the debating semi-finals. All thanks to our champions Jessica Blake and Dave Townsend, with a little help from me. Natalia, one of our 5th years, posted every memorable moment and earned us mega points by winning the app cup.

We managed to field teams for every event; and because we were so small, everyone had a chance to participate. This year we competed separately from Newcastle for the first time and we thrashed them (they came 17th). Teehee. But even with the friendly competition, we still managed to form some strong intervarsity bonds. We banded together at sports day, cheering each other on and shared celebratory drinks in their hotel room. It was an unforgettable week and it made me proud to come from UNE.

All of this great success wouldn't have been possible without all the help I've had from Jessey, my junior AMSA rep. Thank you Jessey!



THE WORLD IS **YOUR** CONVENTION.



AMSA NATIONAL CONVENTION
MELBOURNE
JULY 5-12 2015

MELBOURNE CONVENTION & EXHIBITION CENTRE



Armidale Students Promoting International Rights and Equality



ASPIRE PRESIDENTS: Gwen Palmer & Steph Gorham

EMAIL: aspire@unemsa.org

Red Party!

Don't be a fool cover your tool
Encase that torch before you paint her porch
Cape your throbber before you bob her
After detection sheath your erection
She won't bristle if you wrap your whistle
Cage that snake then shake and bake
Sex is cleaner with a packaged wiener
If you can't shield your rocket, leave it in your pocket
While you're undressing Venus, dress up your penis
No glove, no love

Got the picture?

According to WHO 35.3 million people were living with HIV at the end of 2012.
On Thursday the 4th of September ASPIRE is hosting Red Party at the Stro! Tickets are \$10 and all money raised will go towards the Barbara May Foundation and the Ashwood Memorial Hospital in India for HIV/AIDS support groups.

Come along for a fabulous time supporting a fabulous cause!



THURS SEP 4 RED PARTY

“the party of the year...”

THE 'stro

prizes • games
professional photobooth
free bbq • free bus



\$10 ENTRY
all \$ goes to charity

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at the heart of our community



**ASHWOOD MEMORIAL
HOSPITAL, DAUND, INDIA
HIV/AIDS SUPPORT
GROUP PROJECT**

ASPIRE PRESIDENTS: Gwen Palmer & Steph Gorham
ASPIRE's 2015 Committee!
Congratulations to the 2015 ASPIRE committee!

EMAIL: aspire@unemsa.org

- PRESIDENT**
Maansi Arora
- VICE PRESIDENT**
Michelle Vann
- SECRETARY**
Adelaide Pratt
- TREASURER**
Sophie Richards
- SPONSORSHIP**
Ally Hawthorne
- PROMOTIONS**
Lucinda Logan
- AGH REPRESENTATIVE**
Stormie de Groot
- CODE GREEN REP**
Miriam Zweck
- RED PARTY CO-ORDINATORS**
Lauren, Sian and Kaitlyn



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Information detailing the 2014 Elective Grants Program will be available from our website in early May 2014.



MIGA

The Medical Insurance Group

Charging into the Finals!

The 2014 football season has been one of success for returning champions UNEMSA FC, who have continued to rack up a series of convincing wins in what is proving to be one of the more eventful seasons in recent years.

Victory has become a familiar sight for the boys of UNEMSA, who have racked up many convincing wins? The team's score sheets have also boasted many convincing wins, with upwards of 5 goals being put away per match.

Star striker Bluey Bae is tracking to win the coveted MVP award for his consistent scoring efforts, including several Hat-Trick performances. Although he attributes this success to "persistence and hard work", insider sources within the team maintain that Bluey is receiving outside help, in the form of Team Manager Damion Dinh's performance-enhancing pre game baby oil massages. UNEMSA player and heart-on-the-sleeve footballer Ishmam Bari has supported Dinh's unorthodox methods for bringing out his player's full potential, remarking "whatever works"

The team's success can also be attributed to the decision to amalgamate the A and B teams, following less-than-A-Grade attendance by members of the B team. First year heartthrob Jaffly Chan welcomed the chance to play for the A team, scoring the winning goal in his debut match against Drummond. His skills will no doubt be invaluable for the future of the team. Despite the loss of the second team, the Derby game will be played at some point later this year, with 3rd year students promising the game will be "a bloody affair"

Year 1 and 2 holidays presented quite the road block for the team, with many of the team's more youthful stars departing the Dale for home. This left the team high and dry in many situations, forced to play with an incomplete team more times than not. Despite these limitations, the team fought back to claim several modest wins.

The return to semester 2 brought a rush of talent back to the squad, with the return of many key players, including keeper Lloyd Cresswell and superstar Robert Spier. Missing from the roster was Mitch "Hickey" Hickson, reeling from an injury sustained at the uni games. Although his unique brand of athleticism and sheer tenacity has been sorely missing in the midfield, he has been playing consistently well as a replacement

goal keeper.

The first game back for the semester proved to be a rough one for many players. The morning after the infamous Flat 7 Flatwarming (mentioned elsewhere in the Armadillo), this game left many player sluggish, and in the case of party host Phil "the Saint" St Flour, struggling to keep their breakfast down. His 2nd miracle will have to wait, it seems.

Opponents BSA (charmingly referred to as Bull Shit Artists FC) proved quite the challenge for UNEMSA, a problem compounded by the hesitant performance of the last-minute replacement ref.

3rd year Robbie Milledge had quite the game, defined by his effortless control of the ball, and moreso by his antics in relation to the referee's performance. After bei reprimanded for mouthing off, Robbie was told to talk to his captain if he had any issues. After mouthing off to Captain Bluey, Robbie was told to shut up entireley, or else get carded. In his typical fashion, he did not obey.

UNEMSA survived a penalty in the second half to clutch the victory in the dying minutes of the game, and were back in business for the new semester.

Last week's game was perhaps the most difficult of the season. The first night game of the year, the team had to endure near-zero temperatures in their clash against Mary White. Many a nut was frozen off in the nail-biter of a game, and despite a 17 man squad, which featured the skills of Dr Emanuel, the team was utterly exhausted by the game's conclusion. Hugh Brigden's pace earned him a well-deserved goal in the second half, with 1st year Navid Arminian returning from injury to score UNEMSA's second goal of the evening. However, a cracker of a goal by Mary White in the first half, followed by a mis-communication between keeper Mitch and defender John resulted in a 2-2 draw for UNEMSA.

UNEMSA is tracking to do quite well this season. The Armadillo will continue to report on the team's progress. Go UNEMSA!!!

Phil,
UNEMSA FC Reporter

UNEMSA FOOTBALL

FC MANAGER: Damion Dinh
EMAIL: fc@unemsa.org

Match Results

- 11th May – 3-3 vs. Unity Marauders
- 25th May – 8-1 vs. B.S.A
- 6th July – 2-0 vs. Drummond & Smith I
- 13th July – 5-0 vs. Unity Wolves
- 20th July – 1-6 vs. Austin
- 23rd July – 6-8 vs. EPC
- 27th July – 2-1 vs. B.S.A
- 3rd August – 5-0 vs. Drummond & Smith II
- 11th August – 2-2 vs. Mary White

Form: D-W-W-W-L-L-W-W-D

Phil's Stats

Miracles: 1

Status: Not a Saint



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Tougher than Mud!

On Saturday a group of the toughest med students from UNE (and Rick) embarked on a great challenge; to overcome all fears, unless your fear is a nice walk on a sunny day.

Tough Mudder is not the place for children who want a leisurely stroll, it is a gruelling event of over 20km of mud with 21 of probably the toughest obstacles on the planet, and this year it rained the entire time.

The Sunshine Coast sounds like such a nice place; beaches, sun, smiling faces; WRONG!!! It's all just rain, mud, more mud, tears, heaps of rain, mud, did I mention mud?!

There was mud, a few of them cried and Hannah just seemed to enjoy rolling around in the mud, falling over more than 35 times and taking 3 people with her, she was unpredictable but if your heard a loud splash it was just Hannah falling over in the mud. They climbed 3 metre high walls, braved electric shocks, walked the plank, fell in the water, carried some heavy logs, swam through ice, and trudged through 20km of mud.

In the end everyone survived, they are now stronger, tougher, and mentally prepared to take on any challenge, but never mention the word mud to them again.

Jono Stacey, Rick Newton, Hannah Sherrin, Mel Stieler, & Gwen Palmer
Team Filth, (named because of our dirty minds, nothing to do with mud).



So this one time in Med School...

...I mentioned how grossed out by bugs I was whilst ripping fat out with my hands - Carlin

...videolinking newcastle worked! (I joke...)

- Jessey

...Sam announced anatomy night was cancelled, and Rene couldn't stop crying - FaceBook

...Mikey squirted on Kai with a testicle - Max

...Max got shingles - Mikey

...Rod Martin didn't turn up to PBL - Jessey

...Simon took a detour past the airport on the way home from the pub - Mikey

...we were all called pedantic for asking relecant questions - Chris

...the leadership of the facebook page was expertly infiltrated - Lloyd

...we almost got the school renamed "School of Yash" - Chris

...we actually named it the "Highest Medical School" - Lloyd

...a/prof door knocked me and threw betadine at my face - Max

...we saw far too much of a/profs body - Chris

...Yash read Langman's embryology and enjoyed it - Max



...Howie had a big day - Yash

...Amol showed up to the exam on time - Chris



...Elsie was super keen - Mon

...Mikey nearly killed someone with a champagne bottle - Hayley

...I had an argument with a fellow classmate about whether eskimos existed

- Kristy



The Warming of the Flat!

The start of a new semester means many things. New challenges, New beginnings, and New PBLs to leave to the last minute. For some, it's tough to re-adjust to uni life, after a month of Liver under-utilisation

New beginnings, for some of us, meant moving into a new place. Seven more med students migrated to Wright Village and to commemorate the move, and ring in the new Semester, a party was in order

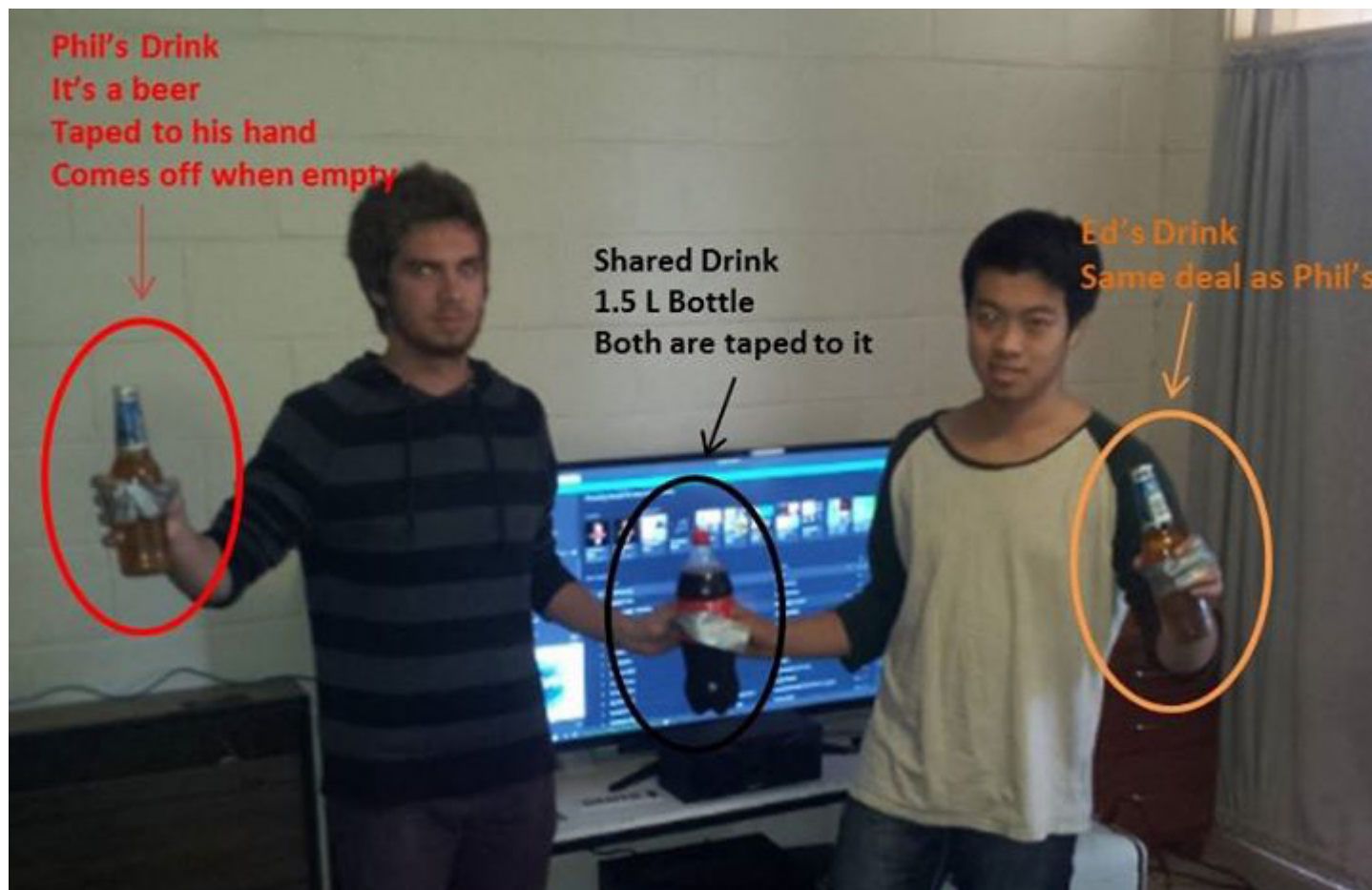
Flat 7's Flatwarming Party was a long time coming. Party Architect Cameron Smith, unable to sleep during Stuvac due to the throbbing abcess growing in his gooch had pitched the idea originally, and though he was delirious with pain, vowed that the party would go on. With his butt newly reconstructed, and his water-tight seal restored (it's beauty is now unsurpassed!) Mr Smith was still determined, and so the wheels were in motion.

After some minor hiccups (Elsie "Jill" Jing invited like 200 people. what the actual hell? Armidale only has 3 single girls according to Phil's tinder) the party preparations went pretty smoothly.

Weeks of Research and Development culminated in the construction of the coveted Double-Barrelled Beer Bong (which John McConnell tested repeatedly). Legends of the Beer Bong spread far and wide, with many students trekking vast distances to gaze upon its glory. It even drew out Fresher Isaia, who rocked up 2 hours before any other guest to race Navid (He lost).

The Bong even attracted several guests of honour hailing from Newcastle, who left their mark on the women of UNE. (By which we mean many of them asked "Who the hell are those guys?", and a handful of UNE girls asked "Can me and the tall one borrow a bed?".) During their time in Armidale, a few of them "Experienced the Highs"

When the party DID start, Drinks flowed like a river, and the bass got cranked up to 11. anyone who's anyone rocked up and tried their hands in the absurd game of Edmond Forty-Hands (a tribute to the return of Edmond "The Notorious BIG" Wang).



"What is Edmond Forty-Hands?" you ask

Two people are teamed up. A beer is taped to one hand, and both players are taped to a 1.5L bottle of goon-ABC between them. There is only one goal: Drink your way to freedom. Heroes were formed in this Fiery crucible, fighting to free their hands so they could use the bathroom unassisted

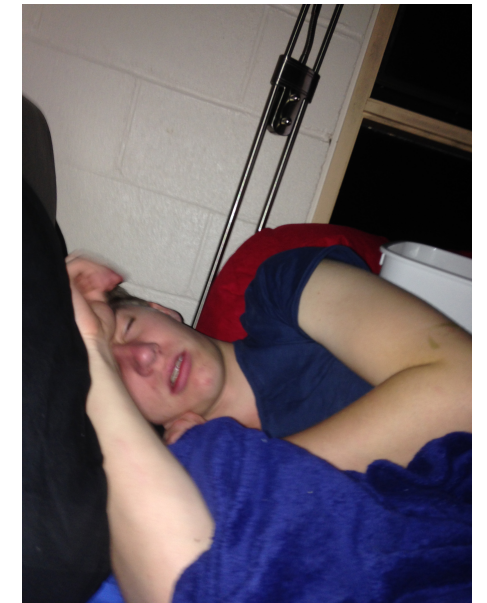
Saying the night got sloppy would be the biggest understatement since Kai Tou said Neuro was "a bit hard". Many a guest bent the elbow and had a few beverages (none more than Kai himself). Jokers Lloyd and Jonnie rocked up with lightsabers and silly string to terrorise party-goers and hosts, particularly Phil, who, in his usual fashion, copped it in the eye.

Wright Village resident party animal "Destructo Dan" McGhie had a particularly notable night, the aftermath of which culminated in his creation of "Dry August" as penance. Upon arrival, Citrus enthusiast Arran Lemon announced "you've got lemon, make lemonade". He then started a conversation with Flat 7 Fresher Callan Coventry, 4 hours and about 6 sentences later, they made lemonade.

It was at this point Sam Lai must have drunk something funny, because he looked a little green.

The gracious hosts (that's us) were perhaps the worst behaved on the night. Going into the party after a liquid dinner (and a liquid lunch, and a liquid brekkie), the patrons of Flat 7 ended up messier than anyone else.

Cameron passed out within the first hour, got a second wind, and then disappeared, we're not sure where he ended up (neither is he), while John McConnell has forever ruined his academic standing following an altercation which saw him bear the wraith of a high ranked academic convener.



MVP, as usual is The Notorious BIG Wang (which many fresher girls can now attest to), who has now hooked up with more med girls than those he has not.

Many a guest ended the night purging themselves on the back lawn (or as it is now known, "The Bleeding Grounds"). The only stomach which remained unemptied was, surprisingly, Phil's (which was seen to the following morning).

After a visit from security at 3am complaining about the music, Flat Ambassador Edmond Wang inquired "Turn down for what!". When asked for his name and student number, Ed promptly turned down, and the party was ended.

Notable absentees include Yash "parties all night" Panwar, "Hectic" Hayden Zhang, Monica Tay, Toni Connor and A/ Prof Stewart,

All in all, the party was a great success, with Cameron Smith rating it "about a 9", which is pretty good, considering he doesn't remember anything after 8:30 when he is quoted asking "Do you reckon I could skull this whole bottle of Frangelico?"

For those of you suffering extreme post party nostalgia, fear not, notable sources inside flat 7 have hinted at a cocktail mixer gracing the drawing board sometime in the future.

By: John McConnell, Phil St Flour and Cameron Smith

LAME

YOU LITTLE SUCKER

U SUCK

can

you

not

UGH

BOYS SUCK

IM A MAJOR LOSER

get away

NOPE

NOT COOL



Lecture-Induced Narcolepsy

Since early 2013, First Year Medical students at UNE have been crippled by the ongoing pandemic of Lecture-Induced Narcolepsy (LIN). Previously studious, attentive and alert students have been struck down by LIN, being unable to keep their eyes open during even the most riveting of FRS presentations.

LIN remains idiopathic. Some have theorized that the aetiology is linked to the content and presentation of lectures; that students are becoming "bored and sleepy" during the drawn-out hours of Monday lectures. The School of Rural Medicine has debunked this proposal, suggesting that LIN is instead the culmination of multiple factors; namely "The altitude, the microclimate of PI, the time of day, and the radiation emitted from iPad minis".

LIN has caused a severe loss of productivity among medical students, with an estimated cost to NSW Health "4 times that of the white-coat initiative" – Prof. McKeown

Although its aetiology remains a mystery, incidents of LIN seem to be centred around a handful of students. Mr Howard Chan (henceforth referred to as "Patient Zero"), has been the victim of numerous attacks of LIN, with reports placing the first known case of LIN during an Infection Control FRS by Dr

Flynn. Several students around Patient Zero were also affected by LIN, with onset times varying from 5 to 45 minutes after the original incident. The students had no physical contact with Patient Zero prior to developing LIN, which, according to the students who exhibited apparent immunity for the lecture, indicates the possibility of airborne transmission.

Freshers are advised to guard themselves against LIN; maintain focus at all times. Vice-President External and resident Gunner Adelaide Pratt has advised "You should definitely stay awake in lectures because they're soooooo important. It's not like you have to research everything yourself anyway." When further comment was sought; Ms Pratt was found to have succumb to LIN.

"At this point in time LIN is considered endemic to the UNE region and is not predicted to become an epidemic. Extensive research has identified that individuals are able to decrease their susceptibility to LIN by undergoing prophylactic caffeine treatment."

– World Health Organization (WHO)



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Hanrahan, Be My Man

So tall and handsome, tall and fair,
a lover truly beyond compare

I think of you near every day,
upon my mind you doth hold sway

Life without you is such pain,
akin to bursting a varicose vein

Your eyes, as emerald as the grass,
I find as mesmerising as your ass

As winter comes, and the leaves descend,
my lust for you truly knows no end.

You have such magnificent, chiselled pecs,
I want to provoke your cremaster reflex

Each time I see you, I get atrial flutter,
you melt my loins just like warmed butter

Each night when I do close my eyes,
I dream of you caressing my thighs.

Each time you leave me, I feel so alone,
the pain, it burns, like a kidney stone

Your tongue, so talented, it makes me squirm
other men have yet so much to learn

You know that guy Hayden Zhang?
...never mind, lets just bang

What about that Yash Panwar?
...screw him, lets do it in his car

And if I catch you again with Mikey Ryan,
it'll leave me broken, desolate and cryin'

You remind me of Mr Harrison Ward,
I want to tickle your spermatic cord

And even with that Ishmam Bari,
I'd jump you faster than a speeding Ferrarri

And forget that Mr Thomas Kropp,
I'd even deign to ride on top

Your slender legs are like noble pegs,
I ache for you, don't make beg

You lay them up like Shaquille O'Neal,
so slam me down and seal the deal

Your touch brings tingles down my spine,
dayum Matt Hanrahan, you so fine!

Anonymous First Year



Samwise's 5 Rules to Success

Many people ask how do I do it. I tell them to follow my 5 easy rules, and in no time, they'll go places.

1. Always carbo-load before a big night
2. Always suit up
3. Always get your 10 hour anabolic sleep
4. Always attend charity events
5. Wear a hat when partying



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