

# The Armadillo



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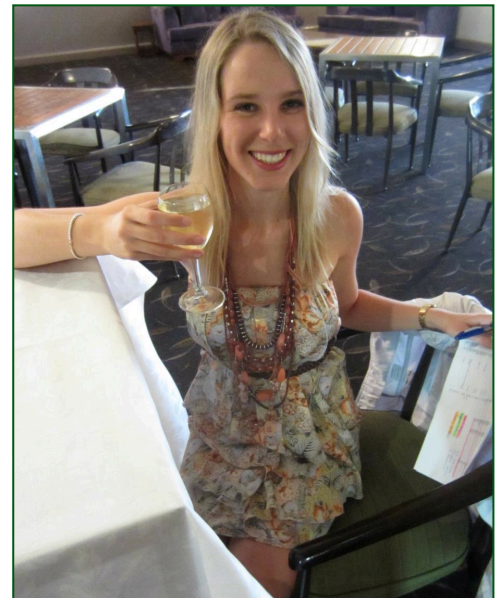


## PRESIDENTS REPORT

Sally Ryan, UNEMSA President

As 2012 came to an end, we were all facing a pretty gruelling set of exams, but that did not stop some amazing student endeavours from being carried out.

One of the biggest issues UNEMSA has been tackling is the internship crisis. We have been strongly advocating, at both a state and federal level, for an increase in the number of intern places for 2013. In November, we welcomed Mr Tony Windsor, Federal MP for the New England area, to the School of Rural Medicine. We were able to highlight the need for a sustainable solution to these issues in medical training.



There was the battle at Echidna Gully, war paint and all, as our Newcastle rivals came up for the JMP Paintball event. Adrenaline was rushing, and human shields took the hits for their mates as the snipers did their worst. We all had some very impressive bruises to show off at the pubcrawl afterwards.

A range of tennis skills were displayed at the UNEMSA Tennis Day, with some creative costumes, face-painting and delicious spiders, it was a lot of fun and great to see everyone out there giving it a go. It was also fantastic to see the altruistic efforts of all those who got involved in Movember, and everyone who volunteered their time to take part in Relay for Life.

We heard some inspiring speakers at the Futures in Surgery Night; witnessed some very entertaining, yet disturbing, arguments at the Great Debate (Congratulations 2<sup>nd</sup> years), and had 1<sup>st</sup> and 2<sup>nd</sup> years come together to help each other out with the Practice OSCE day.

Our last chance to celebrate before exams hit was the End of Year Dinner, where some of the most memorable people of 2012 were awarded. I'm surprised anyone had the chance to study, and look forward to just as much of a jam-packed year in 2013!

# UNESS presents: Futures in Surgery

**Pravan Anne, UNESS President**

Futures in Surgery marked UNESS' inaugural night event, providing students with a unique perspective into the challenges interns and residents face today in obtaining a fellowship in the increasingly competitive field of surgery. The guest speakers in attendance for the night were Dr. Graham Stewart, General Surgeon and Dr. Helen Boyd, General Surgical Registrar both of whom practice in the Armidale Public Hospital.



The speakers provided varying insights into their personal experiences in applying for surgical fellowships, perceived problems with the current training program (SET) adopted by the Royal Australasian College of Surgeons as well as the advantages and disadvantages of studying medicine rurally in applying for surgical positions.

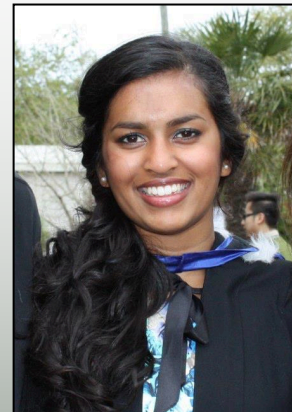
2013 is looking to be shaping up to be another exciting year for UNESS, keep an eye on our facebook page and website [www.uness.org](http://www.uness.org) for upcoming events and to register as a member!

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## The Great Debate 2012

**Persis Samuels, Academic Officer UNEMSA**

The Great Debate this year was such a fun event! The moot was 'complimentary medicine has a positive role in healthcare', and we had the second years up against the first years. It was an all boy affair, with Jono Stacey, Tom Hambly, and Mark Papageorge representing the second years, Will Stobie, Owen Weisback, and Tadeusz Davenport representing the first years, and Dr. Nick Martin adjudicating.



There were a many interesting points brought up, and we all learned some 'facts' about Mun Hing that has scared a few of us off for good! However, after a few more serious points, and lots of heckling, the second years took it out (just!) and won themselves tickets to end of year dinner. We all also got to enjoy free pizza and drinks put on by UNEMSA. Thanks to everyone who came and made the event a success!

# UNEMSA Tennis Tournament

**Steph Gorham, Sports Representative UNEMSA**

The annual UNEMSA Tennis Tournament got off to a blustery start this year (which made hanging balloons quite the nightmare) but despite the wind it was a lovely day to play tennis. We had a fantastic turn out with 10 doubles teams all vying for the 'UNEMSA Tennis Championship' title.

Costumes were compulsory and I was thrilled at everyone's dedication and imagination. The spectacularly dressed 'Williams Sisters' duo of Persis Samuels and Prashanthi Mathew brought some sophistication to the event and Kristy Palmer and Jessica Jose as Mario and Luigi raised a lot of laughs with their gorgeous Italian accents that accompanied their costumes. The prize for Best dressed went to Hannah Sheridan and Chyna Williamson for their Mexican 'Day of the Dead' costumes with an honorable mention going to Jonathon Stacey, who donned a very fetching bright pink frock and wig for the occasion.

Jagdeep Singh and Damion Dinh proved not only did they have great legs in their zombie nurse costumes but also had great prowess on a tennis court. After a number of hard fought games they took out the Major Division making them this year's 'UNEMSA Tennis Champions'. Megan Grigg and James Rodway were the very deserving winners of the minor division.

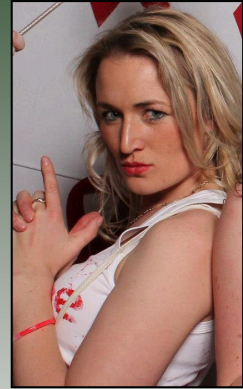
A BBQ lunch with spiders being sold by Aspire and Frankie Gosewishes face painting added to the festivities of the day. Thank you to everyone who participated and the people who came to spectate. Especially Thomas Hambly who did an exemplary job cooking the snags.



# Body Balance

**Steph Gorham, Sports Representative**

This term due to student demand we decided to spice things up and have other gym classes. We have started with adding body pump. We had a fantastic turn out with over 30 people there, all bicep curling to the same beat. We had a few memorable moments with Jag Singhs weights falling off in the middle of an exercise and Rach Ronthal giving up on the weights entirely and just continuing without them.



Next term, we shall be trying other classes such as body step and yoga. It's a huge amount of fun and I would encourage anyone who hasn't tried it yet, to come down and give it ago.

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# Paintball and Pub Crawl 2012

**Jacob Hampton, Social Convener UNEMSA**

This event was as usual a fantastic success, with the Newcastle students travelling up to Armidale to attempt to take us on in a fierce paintball battle. This year, however, was the same result as last year with Armidale unfortunately coming out second best. After the defeat we still held our heads high and went back to have a BBQ with the Newcastle crew at Pembroke Caravan Park.



From there everyone went their own ways for a few hours to get ready and pre drink for pub- crawl, which started at the Royal Hotel. We had more and more Armidale students turning up as the night progressed for an awesome evening of drinking, chatting and AWFUL dancing!

All of the Newcastle students managed to make their way back to Pembroke (with help from their lovely wrist bands telling the taxi drivers where to take them). They made a quick visit to our hospital and had a tour through the year 4-5 student accommodation, after which they made their way home.

I would just like to say a big thank you to BREATHHE for donating \$1000.00 dollars to the weekend, which went to reducing the cost of the tickets for the people who attended. Overall it was just a fantastic weekend and I am certainly looking forward to going next year!

# Moustaches, Mos, Mouthbrows, Face Furniture, Flavour Savers and Mens Health

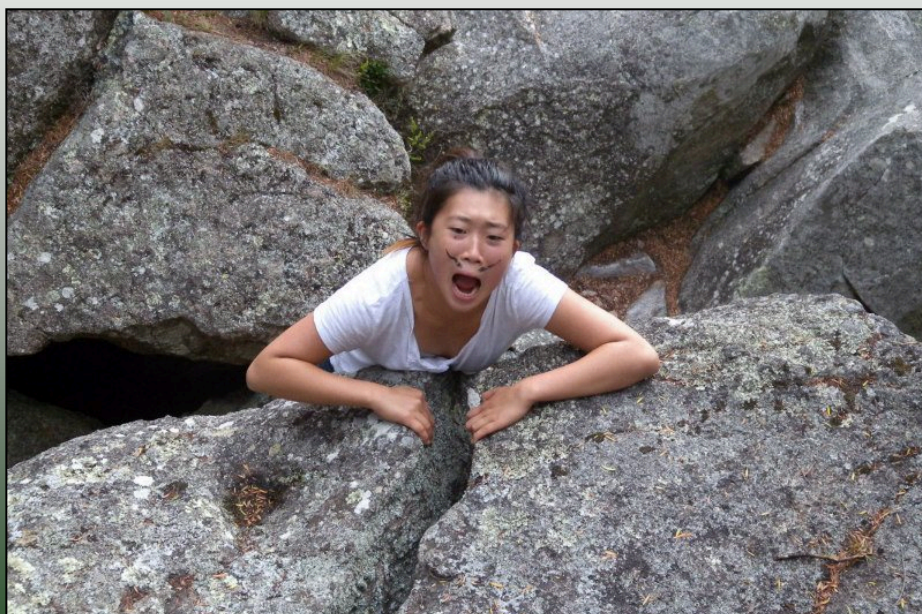
Jono Stacey

The truth is, men are often known to be more indifferent towards their health when compared to the efforts of women, who proactively and publicly address their health issues. As a result, today the levels of awareness, understanding and funding for men's health issues, like prostate cancer and men's mental health, lag significantly behind other causes.

Movember aims to change the face of men's health and reverse this way of thinking by putting a fun twist on a serious issue. Using the moustache as a catalyst, we want to bring about change and give men the opportunity and confidence to talk about their health more openly.

This Movember five brave men and Kylie sacrificed their looks for the entire month of November and grew moustaches to raise awareness and funds for men's health issues, specifically prostate and male mental health.

Angus, Rob, Aman, Alex & I were very successful in growing our mouthbrows and raised over one thousand dollars while Kylie assisted us by painting on a new design every day as our MOsister. We were joined by 81 other medical students from 12 medical schools in the AMSA Movember challenge, taking out the bronze. Together, AMSA raised \$9063 and scared countless children all with the power of our mos.



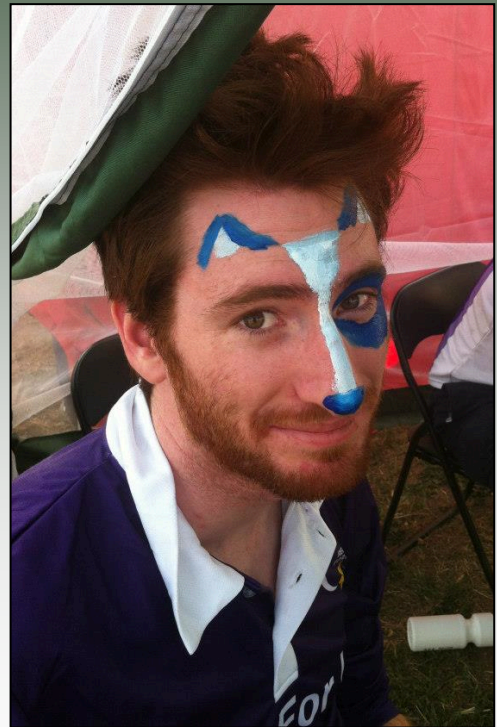
# OSCE Preparation Day- 26/10/2012

Mark Papageorge, GPSN Ambassador

As they were for me OSCEs tend to be a difficult concept for new students to grasp and master. In an attempt to help not only my own cohort but the first years as well, I chose to run an OSCE Preparation Day.

The intention was to provide students with an environment and resources necessary to improve or refine skills that the faculty had already equipped them with.

The day began in lecture theatre P1 where i gave a breakdown of how the day would proceed, followed by words of wisdom from an experienced OSCE examinee, Latecia Boddey.



The second years started the day off by practising various Neurological (Cranial nerve, Upper and Lower limb) exams on the first years and assessing one another on. Thereafter, following a brief break and bake sale by ASPIRE, it was the first years' turn to prove themselves. The roles were reversed and the first years got the opportunity to practice Musculoskeletal (hip and knee) and GIT exams on a second year as another assessed them.

The staff proved their dedication to the students' learning and success by providing access to the iPad App that would later be used in the first years' actual OSCE assessment. Unfortunately despite their altruism, the faculty withheld the real marking criteria for the OSCEs and thus I had to create my own, which proved adequate for the day.

I feel that all the preparation that went into making the day a success was validated by the positive feedback I received. It is my goal to use what I learnt on the day to organise even better OSCE preparation days with GPSN and UNEMSA.

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# UNEMSA End of Year Dinner

## Awards:

### Best Laugh

Winner – Aadil Rahim

Runner up – Kylie Zhong

### Good by Day, Naughty by Night

Winner – Lucy Marks

Runner up – Claudia Buckmaster

### Accident Prone

Winner – Hannah Sherrin

Runner up – Kylie Zhong

### Dirtiest Mind

Winner – Samuel Williams

Runners up - Jonathan Stacey, Rebecca Williams, Savannah Morrison & Simon Ellis

### Most Likely to Rule the World

Winner – Sravan Anne

Runner up – Jun Kim

### Most Likely to be Arrested

Winners – Adam Smith & Angus Hardy

Runner up – Raam Gangisetty

### Most Eligible Bachelor

Winner – Jonnie Paterson

Runners up - Ed Richards, Jacob Hampton & Anirudh Krishnamohan

### Most Eligible Bachelorette

Winner – Rebecca Williams

Runners up - Bronnie Burstal & Persis Samuel

### Most Likely to Hook-up with A/Prof

Winner – William Stobie

Runner up – Adam Smith

### Stro Bro

Winner – Nick Pelzer

Runner up – Samuel Williams



**Stro Hoe**

Winner – Hannah Sherrin  
Runner up – Lucy Marks

**Sexiest Cross-dresser**

Winner – Thomas Hambly  
Runner up – Chyna Williamson

**Cutest Couple**

Winners – Maddie Gramlick & Daniel Phung  
Runners up - Owen Weisback & Siobhan Kean

**Manscaper of the Year**

Winner – Angus Hardy  
Runner up – Angus Webb

**Coollest Mature-age Student**

Winner – Jack Hodges  
Runner up – Erin Rickard

**Little Miss Sunshine**

Winner – Monique Davis  
Runner up – Claudia Buckmaster

**Question Time, All the Time**

Winner - Tadeusz Davenport  
Runner up - David Ferreira

**Where's Wally**

Winner - Harsh Gambir  
Runner up - Amol Marwah

**Best Bromance**

Winners – Alex Kim & Henry Law  
Runners up - Doug Greer & David Abbott, Anirudh Krishnamohan & Aman Williams

**Mr Medicine**

Winner – Ying Kai Tou  
Runner up - Mac Clarke Dickson

**Mrs Medicine**

Winners - Georgie Burrough & Persis Samuel  
Runners up - Sally Sinclair, Natalie Yeung & Megan Grigg

**Best Exam Moment**

Winner – Ashleigh Johnson





