

April 2009 - ISSUE 1

UNEMSA Proudly Presents...

# THE ARMADILLO

## DID YOU KNOW:

Pablo Escobar, the Colombian drug lord, would spend \$2500 US a month on rubber bands to hold his cash together.

Courtesy of Xander Whitfield



## FINALLY 2009 !!

Second years have survived their very first year of medical school and a new bunch of freshers have shown up at their door step...

Hi Team!

Welcome to 2009 and the years first UNEMSA e-news! What a start to the year! On behalf of all the second years, a big warm welcome to all the new first years, I think everyone has a good idea of who is who by now. It's quite exciting to see our medical school grow, from the tiny group of 60 last year. I hope that you have all settled in well, and that you are experiencing everything that Armidale has to offer, especially the newbies.

I'm sure you are looking forward to the year ahead. Whether it is the clinical exposure or delving into the science behind the medicine, or whether it's the parties and meeting new people, there is certainly hype when leaving home and beginning medical school.

Congratulations once again all the newly elected executive and committee members. We have already had a couple of meetings, and have huge plans for the rest of the year on all fronts. I look forward to working with you all, and encourage everyone else to help out where they can, so as to ensure all our events

run smoothly and are conducive of maximal enjoyment!

This year we have many great events and activities in stall for enjoyment, respite and sanity. First Incision and O'camp went really well, everyone was well behaved and enjoyed themselves thoroughly, some more than others. Keep tuned for the UNEMSA calendar which will outline all the years activities, so as you can organise your year around them.

Apart form fun and games, UNEMSA are also concerned with ensuring that your opinions and welfare are represented as inclusively as permitted. For example, Issues such as PBL and lecture content and quality, our clinical exposure both here in Armidale and further abroad in later years are also issues we as students must be involved with, and share our opinions. As you are now part of the future health workforce of Australia, and you should have a vested interest in the direction and implementation of health policy and legislation. Through UNEMSA there are avenues to ensure that our voice is heard on a faculty, JMP, State (NSWMSC) and National (AMSA) levels.

## The President's Report...



“Apart from fun and games, UNEMSA are also concerned with ensuring that your opinions and welfare are represented as inclusively as permitted”

I would hope this year that we would be an association that functions effectively in the community and in a manner that is professional, friendly and welcoming.

We have quite a unique situation here in Armidale, being the first rurally based medical school in Australia. Our local community is very enthusiastic, supportive and willing to lend a hand where they can. So I think that it's very important that we uphold our part in the deal and build toward a sustainable community relationship for the benefit of our future colleagues.

Please feel free to approach or email myself or any of the executive, with any concerns, ideas or suggestions that you may have in regard to anything to do with UNEMSA, the course and your time here in Armidale. I look forward to an exciting year ahead with you all! It's been emotional...

**Rowan Walker**

President of the University of New England Medical Students Association

**Contact the UNEMSA Executive and Committee!**

**Executive:**

Rowan Walker (President):  
[rowan.g.walker@gmail.com](mailto:rowan.g.walker@gmail.com)

Xander Whitfield (Vice-President):  
[alexander.whitfield@gmail.com](mailto:alexander.whitfield@gmail.com)

Alexa McNaught (Secretary):  
[amcnaught88@gmail.com](mailto:amcnaught88@gmail.com)

Fiona Moore (Treasurer and Sponsorship):  
[fmoore3@une.edu.au](mailto:fmoore3@une.edu.au)

Sophie Waller (Social Convenor):  
[soph\\_waller@hotmail.com](mailto:soph_waller@hotmail.com)

Samira Bhuiyan (Academic Convenor):  
[sbhuiyan@une.edu.au](mailto:sbhuiyan@une.edu.au)

Eliza Wziontek (AMSA Rep):  
[elizaw\\_89@hotmail.com](mailto:elizaw_89@hotmail.com)

Zac Fuller (Sports Convenor):  
[zfuller@une.edu.au](mailto:zfuller@une.edu.au)

**Committee Members:**

Vanessa Lee (Year 1 Rep):  
[vlee3@une.edu.au](mailto:vlee3@une.edu.au)

Tim Karbowski (Year 1 Rep):  
[tkarbowi@une.edu.au](mailto:tkarbowi@une.edu.au)

Jodie Parker (Year 2 Rep):  
[youcancontactjodie@hotmail.com](mailto:youcancontactjodie@hotmail.com)

Alex Rack (Year 2 Rep):  
[alex\\_rack@gmail.com](mailto:alex_rack@gmail.com)

CJ Ying (Publications and Website Officer):  
[cying@une.edu.au](mailto:cying@une.edu.au)

Shannon Townsend (NERCHA Liason):  
[stownse3@une.edu.au](mailto:stownse3@une.edu.au)

Eliza Wziontek (AMA NSW Liason, NSW MSC Liason):  
[elizaw\\_89@hotmail.com](mailto:elizaw_89@hotmail.com)

Madhuri Balakrishna (World Health Liason):  
[mbalakri@une.edu.au](mailto:mbalakri@une.edu.au)

**Meet the sponsors**



# MIGA

The Medical Insurance Group

MIGA is a national provider of medical indemnity insurance and associated services to the medical profession across Australia. It is doctor owned and has been supporting and protecting the medical profession for over 100 years.

MIGA's experience with and knowledge of medical issues, insurance and the legal system is extensive.

The Group has worked with and supported the medical profession for over 100 years.

**UNEMSA members at the First Incision:**

L to R - Mary Hoang, Madhuri Balakrishna, Soumya Hariswami, Ben Jarvis, Alexandra Kullen, Rui Lin, Zac Fuller



## The Vice-President's Report...

Glad tidings to all of you out there in internet land. I am fairly well prolapsing with enthusiasm to deliver this, my first, eNews report on various goings on in which I have been involved.

First up we had AGM, a must on anyone's social calendar. The evening was a success and a good time was had by all; we swore in the constitution, elected a bang up executive (congratulations folks) and my dance cards were full.

For the now I am working, with the rest of the exec, into how we can help improve the situation of the Armidale Hospital. It needs a bit of work done- coat of paint to start- and UNEMSA is going to find ways we can support the process.

I am also after feedback on FRSSs. If you have anything to say about lectures at all please let me know, the more specific the better. We want to help make FRSSs as useful and worthwhile as possible and you can aid us in our quest.

Another fun project is a detailed forensic investigation on how we as students can lift the profile of the school. This one is still on the drawing board covered in pencil shavings but look out for it in the future.

Oh and UNEMSA is looking for a motto or four. If you have a fancied saying send it over to me; anything from formal to ridiculous.

### Xander Whitfield

Vice President of the University of New England Medical Student's Association



*" [we] would like your continuing input so we can lessen the stress and increase the education - and fun "*

## From your 2nd year rep...

The word "swimmingly" is used quite a bit when describing the course of a year. So far

however, year 2 has had a few near drownings and minor incidents requiring the input from some sturdy and committed lifesavers - no not Bondi Rescue but the UNEMSA executive committee! This lifesaving analogy is completely inappropriate considering I can barely stay afloat, Jodie is way too graceful to be a lifeguard and Rowan has red hair. Jodie, Rowan, Xander and I are aware as you are of the issues facing the year and would like your continuing input so we can lessen the stress and increase the education - and fun. If you have any problems/ideas/queries regarding second year have a chat with either Jodie or I or send us an email at: [unemsa.2ndyrreps@gmail.com](mailto:unemsa.2ndyrreps@gmail.com).

### Alexander Rack

Second year representative of the University of New England Medical Student's Association



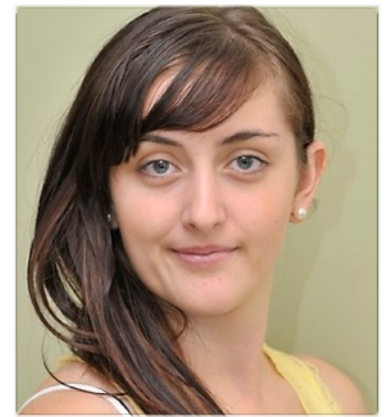
## A word from your sponsorship officer...

Hi Guys,

As you may or may not already know I'm on the scout for all sorts of sponsors for UNEMSA as well as keeping up with the books. I'm hoping to start working with Sophie and Samira to get the budgets prepared for the awesome events coming up for you guys!!

If any of you hear of a great sponsorship opportunity or have any questions please come let me know!

Cheers, Fi



## A Word from your 1st year rep...

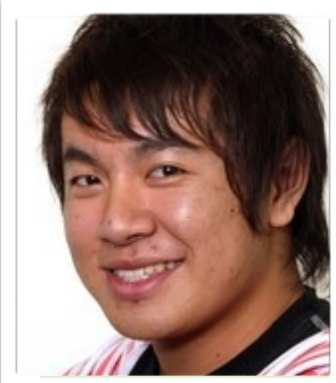
Hey guys,

Great start to the year so far. First incision is just a taste of what UNEMSA has to offer this year. Many more exciting events coming. It is highly rewarding being able to represent the student body this year, so thank you for electing me as a year rep. Don't forget first years if you have any issues, opinions or ideas come and see me and I will happily pass them on for you. It's all confidential and what my role is all about...representing you.

Many regards Vanessa

### Vanessa Lee

First Year representative of the University of New England Medical Student's Association



**H**ey guys, 2009 is here and UNEMSA has officially lifted off. From here on in, it can only fly higher into the depths of medical school representation and harmony with other student bodies; whether it be societies within UNE or other universities and organisations. But progress won't happen without hard work and effort put in together as a cohort. I am proud to say that the harmony found within our student body - second and first year students combined - have exceeded expectations and it is awesome to see such enthusiasm (especially in the first years) to take part in the social events organised to date.

As your publications officer, I deal with the design/editing/distribution of a quarterly newsletter to members of UNEMSA (some students still haven't signed up) reporting and keeping members up to date with the happenings of the association. Additional to this, I will be taking the reigns in designing the annual "UNEMSA Magazine" or yearbook whatever you may call it. The magazine is still on the drawing board and nothing concrete has been determined yet but we are always open to suggestions.

As well as being your publications officer, I'm also the website officer, so at the moment I'm dealing with the design and setting up of the homepage. At this current moment, the UNEMSA website is still pending on being given webspace on the UNE server but it will be up as soon as possible so sit tight. There will be two admins of the website, one being myself and the other will be 1st year student Lyndal Beckett and the two of us will be the only kids with any editing power. Once the website is up, any news etc that you guys may want posted/advertised up on the website can go through either of us. I'll give you guys a sneak preview of the website as I highly doubt that the website will be up by the time this has been published.

As I said, a collective effort is needed to be contributed by all of us, which leads to why I need YOU - yes you - I need your creativity to write articles to be put in the newsletter and regular updates on the website. Whether it be anecdotes of your experiences here at medical school, opinions on various things happening in the medical world, ANYTHING. I need your help to make this newsletter, website and magazine a success - remember it's our first year as a proper organisation so lets make it a good one!

**Cee-Jon Ying**

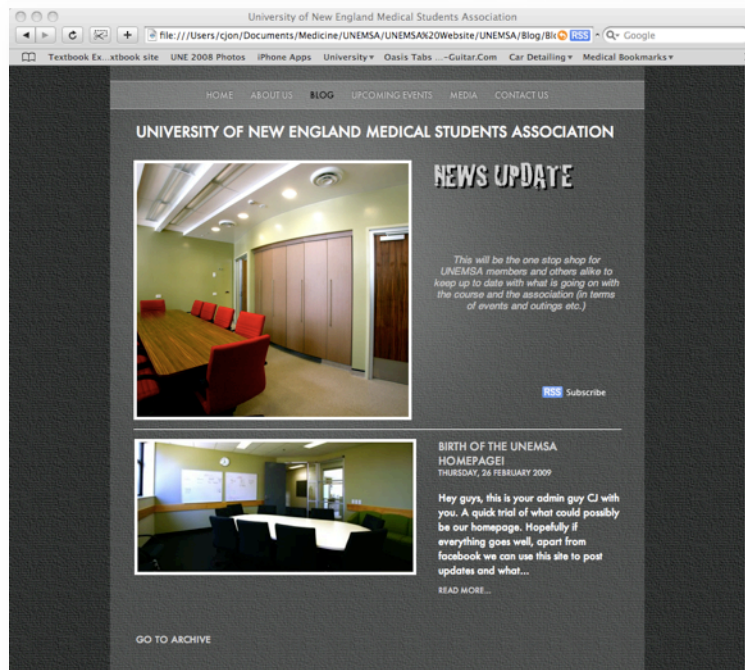
Publications and Website Officer for the University of New England Medical Students Association

# PUBLICATIONS AND WEBSITE OFFICER NEEDS YOU!

*"a collective effort is needed"*



About us...



Our blog...



## ATTENTION WORLD HEALTH CLUB MEMBERS

The aims of the World Health Club are to educate people about health issues around the world, raise funds to support charities involved in improving health, and also promote healthcare in Armidale.

To help us achieve these, we have some great events planned for this year:

- 'Teddy Bear Hospital' in the beginning of Term 2
- Film festival in August
- Trivia night during Term 3
- Charity ball

We'll also have meetings throughout the year to learn more about world health and organise the different events. We'd love for everyone to get involved so keep a lookout in your inboxes and around the common room for more information about the goings on.

If you have any questions or you'd like to share any ideas, send them to [unemsa.worldhealthliason@gmail.com](mailto:unemsa.worldhealthliason@gmail.com).

Choice!

### Madhuri Balakrishna

World Health Liaison of the University of New England Medical Student's Association

## From your secretary...

"2009 has a lot to live up to from the days when we watched kit dance in a dress and all stress out together about our very first medical exams. So far, with the addition of the new med freshers, it has been a great year with new and interesting adventures.

Being involved in UNEMSA as secretary I have enjoyed every moment in helping plan the events for today and traditions for the future"

### Alexa McNaught

Secretary of the University of New England Medical Students Association



Now  
(2009)



Then  
(2008)



*We are well on our way to another awesome year...*

## Events to look forward to....

23.04.09 - 26.04.09 : Med Week

06.05.09 - NERCHA General Meeting at P1 - 5:00 pm Come and vote in new committee members (PIZZA PROVIDED)

08.05.09 - NSW MSC Cocktails

09.05.09 - Moree Health Harvest

