

UNEMSA - ASPIRE - GPSN - UNESS - NERCHA

THE ARMADILLO

ISSUE 20



MED REVUE - NERCHA COCKTAIL PARTY - BOWLING/SKATING - REDPARTY

2015 PRESIDENT'S REPORT

I'd like to start by thanking the 2014/2015 committee for a fantastic year. We've had a lot of success on a lot of different fronts. With the division of the Vice President role into Vice President Internal and Vice President External, student advocacy came to the forefront. We provided more formal student feedback to faculty than ever before. This included the results of an assessment feedback survey and a lecture forum aimed at improving lecture attendance. UNEMSA has been increasing its capacity to support students attend conferences and present research. We now have a more organised structure to awarding grants and have more grants to award. UNEMSA continued to run great social events for medical students on campus. These included First Incision, Med Ball and Med Week. As well as this, we have an upcoming dinner and party to farewell third year.

Academic events are one of UNEMSA's key strengths. A mentoring program for first years was trialled in first semester. This was replaced with faculty-run PASS for first years this semester. We ran two practice OSCE days so that students could hone their examination skills and a number of volunteer-run PASS sessions for first through third year.

UNEMSA-sponsored sport made a big comeback this year. We dominated in basketball, netball and volleyball, and participated in Armidale's competitive cricket competition. The cost to members



was partially subsidised by UNEMSA so that more students had the opportunity to play.

We also expanded our online presence. UNEMSA now has an Instagram account (@unemsa2351), a Facebook page (as well as a group), a shiny new website and even a smart phone app!

Thanks again everybody for participating in UNEMSA this year- whether it's through partying with us at Med Ball, taking on a mentoring group or being a part of the committee. Congratulations to Dean and the new committee, you guys are awesome.

Ellie Smith

2015 VPE'S REPORT

It has been a whirlwind of a year as VPE. A little over 12 months ago I was ready to throw in the towel and quit UNEMSA, but looking back I'm glad I stayed. When Ellie and I first started discussing dividing the Vice President role into a VPI and VPE we identify a few key areas that we thought UNEMSA was underachieving in. Of note, we thought that the advocacy for students was insufficient, and was of substantial enough significance to students and committee alike that it warranted it's own designated branch of the executive. The need for a greater focus on advocacy was a key reason we wanted a VPE, and I feel that over the past twelve months the year reps and myself (affectionately referred to as the advocacy team) have managed to maintain a productive and professional relationship with the SRM faculty. Whilst it is incredibly hard to quantify specific changes and improvements of this nature, comparing the experiences of year groups as they come through will hopefully support my anecdotaly founded belief that things are improving for UNE medical students.

Another key reason we devised dividing the duties of the Vice President was because we'd seen how incredibly demanding the President and Vice President portfolios were. We all know how overwhelming the academic requirements are as medical students, and we didn't want members having to sacrifice their education for the sake of a committee position. Furthermore, these large workloads inevitably disabled the ability of the senior exec to support committee members, which was supported by our experiences as committee members in 2014. In our committee feedback survey a month ago, almost everyone reported feeling well supported in his or her role. This fact, coupled with Mel and I feeling that our roles were of a manageable size alongside 3rd year, hopefully suggests that we've fulfilled this objective.

Other areas we wanted to give more attention to in UNEMSA included the Conference Funding Program, the PASS/Mentoring Program, and increased opportunities for research and publications. The former two have been up and running for the duration of our term which is really exciting, and



we're working with the incoming exec to address the third.

I'm really looking forward to seeing how far the future committees will take UNEMSA and all that they'll achieve. I, and many others in the current and incoming executive, believe that UNEMSA shouldn't limit itself in its ambitions just because of our small size and comparative immaturity. One of the things I think the splitting of VP has allowed us to do is to explore more avenues for our development. It's allowed me to work closer with faculty on issues relating to student advocacy, scholarship, and representation. It's allowed Mel to work with her portfolios to support them as they expand their events and agendas. It's allowed Ellie to move us towards incorporation, work closer with other medical societies to bring UNEMSA closer to the national forum, and to improve the transparency of the organisation through better communication with our committee and our members. It was a real struggle to get to where we are, and I could not be more proud of our 2014/15 team for all their hard work and enthusiasm. In particular, I'm so grateful for everyone who jumped on board with our ambitious and inexplicably controversial vision for a more effective UNEMSA. Looking back on the nightmare that was last year's AGM, I can genuinely say that it has all been worth it.

Adelaide Pratt

2015 VPI'S REPORT

Hey Guys! Mel here, your 2014-15 VPI. Did you know that when first elected, I couldn't remember whether I was VPI or VPE, so I just remembered VIP instead! Here's a fun photo of the beautiful Gabi Francis and me at our handover. Thanks to everyone on the UN-EMSA committee for our year! I watched all you guys grow, and with the amount of initiative y'all had it made my job super easy!

xoxo



2015 TREASURER'S REPORT

This year my role on UNEMSA was treasurer and it was such a great time. Moving into the role, I had no real clue what I was getting myself into, but I'm so glad that I jumped into the deep end of UNEMSA's exec and got to see what it was all about.

Thanks to Sujay as our Sponsorship Officer, we increased UNEMSA's income tremendously which meant that I had a pretty cruisey job for the year and budgeting became much less stressful than it could have been.

Overall, it was a great year, and I'd like to thank the rest of the committee for helping it be such a successful year. Getting to know the other committee members from different years was definitely one of the big benefits of the job, and made for such an enjoyable term.



Dean Boucher

Introducing the new committee for 2015/2016!

President: Dean Boucher

I'm Dean, a current second year from 'Sydney' staying at EPC this year. I was on the committee this year as treasurer, and now have stepped up to the top job as President for the coming year. My hobbies include wearing sexually confusing costumes in Med Revue, being uncomfortably intense, fixing my hair every 5 minutes and answering every question wrong in a lecture. I'm super excited to work with the rest of the committee, and see where we can take UNEMSA in 2016.

Vice President Internal: Gabi Francis

Gabi enjoys wearing at least 2 items of black every day because that's what people from Melbourne do. She can also be spotted on the d-floor getting down for a boogie because that's how people from Melbourne dance. Did we mention she is from Melbourne? She is very keen to be part of deanemsa and help Dean achieve his lifelong goal of being the first president of UNEMSA to put more time into his hair than internal policy.

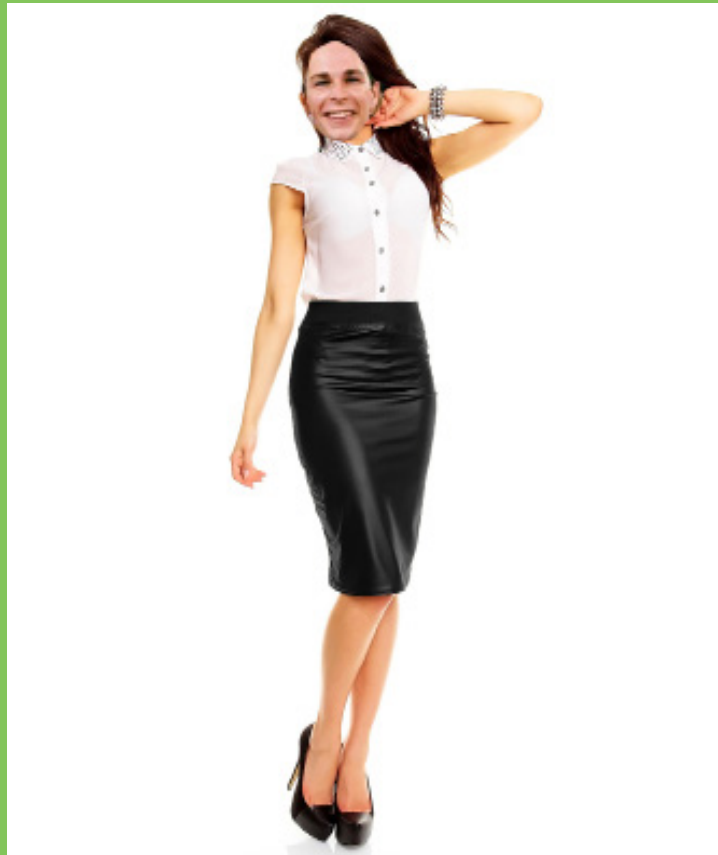
Vice President External: Henry Davies

This year my role has essentially been balancing my budget and bar tabs. After a rocky start with First Incision... the rest of the year has been great. We had a great turn out at Med Week (which next year will be free for all UNEMSA members) and Med Ball made for great night (especially for the visiting AMSA president...). Thanks for all the support from within and outside of the committee, it made is much more manageable. I am more than happy to pass this role onto Tim who I know will do a fantastic job...even with our new Alcohol Policy.



Secretary: Alex James

Alex decided to become Secretary because he fancies himself wearing a pencil skirt and thick rim glasses. He is currently disappointed in this decision as Dean is unwilling to give up glasses at current time. Pencil skirt still pending.



Treasurer: Patrick O'Connell

Donald Trump's departure as the esteemed treasurer of UNEMSA to pursue his presidential aspirations had left a giant hole in the university's core infrastructure. All hope was lost, or so the villagers thought. But a hero, stepped up, a Brave Heart if you will.... or well kinda; Mr Irish O'Irish himself; Patrick O'Connell. Slightly poorer but with slightly better hair, hopefully he can do a slightly better job. we are COUNTING on you pat.



Sponsorship: Ish Trivedi

Ish decided to become Sponsorship Officer because he's Indian, and the role involves money...enough said. He also enjoys the odd strum on the guitar and playing cricket every now and then. He looks forward to gaining enough sponsorship money over the next year to cover some fantastic events held by UNEMSA!

Social: Tim Keys

Tim enjoys a number of extracurricular activities; long walks on brisk Canberra beaches, snuggling up to "Love Actually" and sleeping in A/Prof's anatomy lectures.'

Academic: Steph Van Ruyven

In the long standing traditional step ladder to success, the over ambitious first year representative has claimed a resume boosting role on the UNEMSA executive. In a vain hope to help her already struggling grades Steph has followed the hyper-productive Stormie into the role of Academics. She is slowly realising to complete her goal she must do what her predecessors have done and steal the intelligence from her ever faithful PASS volunteers. So we implore you to always walk in groups and in well lit areas to and from PASS sessions and if GOD forbid she personally offers you a lollie in person take very careful notice of your surroundings, you will need a quick exit.

Sports: Ed Brentnall

Hi there, my name's Ed, and I'm going to be looking after Sports and Welfare next year. I'm currently a second year, originally from Sydney. Absolutely loving it up here in Armidale! I'm into pretty much any sport. I'm keen to see UNEMSA continue to dominate all aspects of the uni sports calendar!



Yr3 Rep: Nathan Gore-Lensky

Nathan entertains a number of hobbies including unencouraged flirtation with Amrita, a love of buying pets, finding them inconvenient and dumping them on his unsuspecting mother, and casual racism.

Yr3 Rep: Rene Lazzaro

Rene is super, super excited.

Yr2 Rep: Alex Duller

Alex is passionate about relaying information about the upcoming MD program to his year group as he has always enjoyed playground gossip and filling in large gaps of unknown information. He also is excited to enact new important movements, such as making sure cups and cutlery are washed up at least once a semester in the med commo and PBL rooms stocked with at least one working whiteboard marker every few weeks.

Yr2 Rep: Megan Adams

Megan, like Alex, is super keen.



2014/2015 SPORTS REPORT

It's been a big year in sports for UNEMSA. With a number of new sports off the ground and running, the participation in games and events has been stunning so first off a huge thank you to everyone that got involved. It was you that made it such a successful year all around. In addition to Cricket; a number of developments have occurred throughout the year.

MDA's Rebound Tenderness have been dominating the basketball competition, coming through first in the preliminary round with a strong prospect of finishing strong in the finals. The boys from third year move the rock like stone masons, with Mikey "hangtime" Ryan making it rain, Max "Power" Margalit stepping up to fill the XL shoes of centre last week and Simon "Big Tall" Sinclair dropping them down from deep all day (baby). The collaboration with the second years has been fantastic with Pat "Postman" O'Connell driving the ball strong, Jaffly "Jaffly" Chen sinking buckets with some of the most unique shots around and Andy "Pumbaa" Hsieh getting rebounds tenderer than a patient with peritonitis. All year round the team has consistently delivered results, a huge congrats to the team for making it this far and all the best for the future. Come down on the 1st of September to sportUNE to watch the boys clash with our long time rivals from Duval.

In other leaping news, the UNEMSA volleyball team commences another season undefeated. Amir Taher has delivered so many aces you'd call him a cheat in poker and Tim Keys might just have the "Key" to not only the volleyball championship, but also the key to many hearts out there after his absence from the game to pursue his career on the bachelor, all the best Tim. Ed Brentnall has supported the second ball from on the net so much people are saying he'll make a better Sports Rep than I ever could, no comment.

UNEMSA's MDA Football Club have gotten a running start to the season with a number of wins under their belt already. Taha "the fish" Jamnagarwalla has flopped into the keeper position like a fish very much in water, holding out so many attempts at entry that the Stro are considering hiring him as their chief bouncer. Ishmam "the Maam" Bari has consistently delivered a performance that is a beauty to behold, whilst Rob "Yoo Sung Kim" Speir held together the backline better than the second anal sphincter. With the new jerseys through and pretty in pink, a huge thanks to our sponsors MDA National - for all your medical defence needs.

The college Netball competition has come to a civil clash with the third year UNEMSA teams becoming an unstoppable force meeting an immovable object coming into the grand final as both undefeated teams came head to head to take home the prestigious premiership. Palpable thrills moved the ball throughout the season beautifully, attacking faster than neutrophil granulocytes. Whilst Diabetes had formed a defence so strong it made Abbott consider an increase to their funding in the next budget. With many injuries and players away on prac, both teams put their best foot forward coming into the finals. Rachael "Max Power" Manning played a fantastic game, moving the game faster than books are being moved out of Dixon library. But the team would be a lame horse without Sam "first year" Mackay who played on the ball with more gusto than an Italian cooking for their extended family. In the end the Victorious Palpable Thrills delivered a treatment so severe that researchers are looking into it as a supporting therapy for metformin. Well done to both teams on a fantastic season.

Next week is the inaugural Roller Skating and Bowling party at the Armidale Sport and Rec centre. Tickets are available on trybooking via the UNEMSA facebook page and are only \$15 for unlimited bowling and skating plus free pizza! The theme is my 6 year old birthday party, which means you get to dress like you're a kid again. So bring your bowling arm and skating legs (other limbs optional) for a huge night of fun and games.

One more huge thanks to all the teams for making 2014-15 a successful season for not only winning but also fun, games and laughter. I have so much faith in Ed Brentnall as the new Sports and Wellbeing religion I had to go to confession for worshipping a false idol. All the best for the future.

Regards, Lloyd Cresswell

CONGRATULATIONS UNEMSA SPORT TEAMS



ASPIRE

On August 19, some of UNE's medical students ventured into P1 to hear all about the experiences of doctors working overseas and in a global health setting.

This year's International Speaker Night was a little different. Dr. Geraldine Duncan spoke about her experiences as the convener of the Refugee Health Assessment Clinic in Wagga Wagga and rural general practitioner. She talked about the similarities and differences between regular GP medicine and refugee health. It was interesting to hear some of her patient's stories, with numerous accounts of people who had been separated from other members of their family, or experienced awful treatment in their long journey from their home to Australia.

We also heard from Dr. Harry Birrell, a 2014 UNE graduate in his internship year. He is based at John Hunter Hospital but was on a rotation in Armidale - which was lucky for us! We got to hear some great stories about the volunteer work he did overseas during his degree. Amongst other overseas work Harry spent time in Ethiopia working in a small hospital with Dr. David Knox, an obstetrician from Orange. It was enlightening to hear about the significant lack of resources and the improvisational or "limited medicine" that doctors need to perform in that setting. He also spoke about a trip to Papua New Guinea to help implement a Hep B vaccination scheme. Of course, this was the first encounter for the local community with health workers for a long time, so



the vaccination clinic quickly turned into a makeshift medical clinic giving Harry some great clinical stories to share with everyone who attended.

Overall it was a fantastic, informative night, and I think I can be safe in saying everyone left knowing just a little bit more about what it's like to work in global health!

Lucinda Logan,
ASPIRE Promotions Officer 2014-15

Announcing our new committee:

President – Stormie de Groot

Vice-President – Lucinda Logan

Secretary – Jananee Myooran

Treasurer – Dan Jewiss

AMSA Global Health Rep – Cia Ostman

Promotions Officer – Felicity Goodes

Sponsorship Officer – Laura Millican

Code Green Rep – Miriam Zweck

Crossing Borders Rep – Tessa Tan

Maternal Health Weekend Coordinator –
Taha Jamnagarwalla

Red Party Co-coordinators – Sri Ragupathy and Megan Adams



This has been an exciting semester for GPSN, we've had a changeover in our leadership team and run lots of events which many of you attended. Our Neuro Red Flags Night, AGM and joint Clinical Skills Day with UNESS were lots of fun and we hope you had a blast coming along to them too. Our next and last event of the year is the 1st and 2nd year OSCE day so we'd better see you there! Thanks for the great year and get ready for an even better one in 2016!

Announcing our new committee:

Chair - Lauren Yip

Vice-Chair - Fizza Mitter

Secretary - Natasha SH

Sponsorship, Publications and Promotions - Monica Tay

2x Second Year Representatives - Alice Stuart and Hannah Ling

2x Third Year Representatives - Marisa Campbell and Kaitlyn Kort





UNESS's calendar is bursting at the seams, including our inaugural Scrubs Crawl! Look out for upcoming information on how to get your hands on exclusive UNESS scrubs. Also for the first time, then society will be making opportunities available for members to observe surgeries at Armidale Hospital. Keep 19th March 2016 free for a huge Trauma Day, hosted jointly with GPSN, ASPIRE and AMSA.

Announcing our new committee:

President: Rene Lazzaro

Vice President: Alex Rio Duller

Treasurer: Daniel Morcos

Secretary: Will Ridley

Executive Officers: Trevor Crain and Tim Selvaraj



Announcing our new committee:

Co-chair: Jaffly Chen and Keira Barnard

Secretary: Erin Bourke

Treasurer: Ben Buckland

Senior NRHSN representative: Kellie Langham

Junior NRHSN representative: Kate Penfold

Events co-ordinator: Ally Hawthorne and Kate Penfold

Rural High School Visits officer: Tim Keys

Indigenous Festivals Convenor: Sahra Constanzo

Websites and promotions officer: Lucy Hunter

Nursing Portfolio Holder: Emily Pitman

Pharmacy Portfolio Holder: Sarah Barton

Social Work Portfolio Holder: Rebecca Deer

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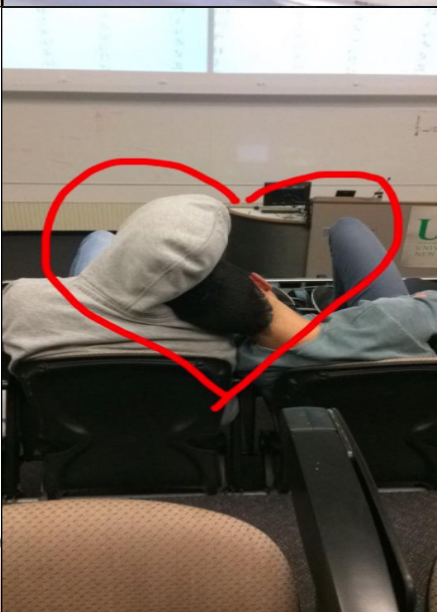
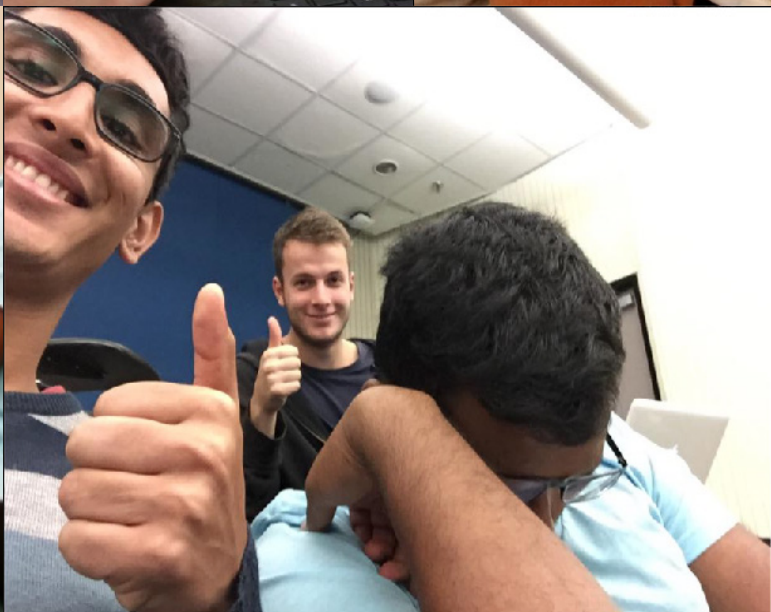
SYNERGY

advancing medical training

MEDIC8

2015's first years a.k.a 'Medic8', have been the most enthusiastic bunch yet. They have loved all lectures provided by the JMP, especially videolinks with Newcastle. Attendance rate at these lectures is enormous and those that are there remain attentive and interested the entire time. A personal favourite of a few members of the group is A/Prof's embryology lecture during which not a single member of the crowd even considered taking a nap. Please refer to the next page for some photo evidence of the first years enjoying these eye opening learning experiences!

Alice Stuart and Alex Duller



UNEMSA BOWLING AND SKATING NIGHT!

The first annual rollerskating and bowling fundraiser was fantastic fun. Strikes were there to be had, especially with some teams opting to play bumper up. Rollerblades carved up the ring, with quite a few surprises about the talent of our cohort. Overall I think we all needed a fun filled evening before putting our heads down for serious study hours so the night was a huge success.

Lloyd Cresswell



MED REVUE

Med revue 2015 brought The Bachelor of Medicine bringing hilarity, songs, dances, fundraising, and innuendo so thinly veiled, it can hardly be called innuendo. A huge thank you to the cast, crew, writers, choreographer, and editors for bringing the show to life. Another big thank you to all our sponsors, and audience for joining us in raising money for the Royal Flying Doctors Service and helping us have an incredible time.

Brighid Blackman



miga
ALWAYS





MDA National

Support Protect Promote

NERCHA COCKTAIL PARTY

On the 31st of July, students and faculty met at the Wicklow to celebrate NERCHA's Annual Cocktail Party Fundraiser. It was a wonderful opportunity for students from different allied health disciplines to mix and socialise, as well as raise funds for the worthy causes of the Rural Flying Doctor Service and Purple House (part of Western Desert Dialysis). Those in attendance bonded over delicious food and drink, and emptied their wallets of loose change in order to play the fundraising games, such as Coin Toss, Balloon Pop and 10 Pin Bowling. The Silent Auction was also hugely successful, with some great prizes on offer. The evening also showcased talks from our own Professor

Steve Doherty (who gave a brief yet enlightening talk about the benefits of walking in rural health) and Ms Lisa Shipley, who acted as a representative of Purple House, and discussed Indigenous Health. Overall, it was a wonderful night, and NERCHA looks forward to seeing everyone at next year's cocktail party!

Kate Penfold



RED PARTY

Red Party was held again this year at The Stro to raise money for the Barbara May Foundation and the UN Development fund for the prevention of HIV and Malaria.

I for one was thrilled with how it turned out. From the red balloons to the red frogs and Yash's incredible dancing, we hope you had an amazing night. Thank you so much to everyone who came and supported this great work (and partied pretty hard too). Sian and I were very grateful to be able to run it and we know Megan and Sri will do an amazing job next year. Thanks also to the many people who helped out; whether it was selling tickets at college (and putting up with us being unsure about how many we had left) to those who came and helped us set up (special shout out to Sam and Miriam for driving very slowly back to campus with 30 helium balloons in their cars). ASPIRE will be running many great events next year, so keep your eyes peeled, and follow our facebook page!

Laura Millican



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 are looking forward to upcoming events. A special thanks to our sponsors and to everyone who contributed to this issue of the Armadillo. This is the last Armadillo for 2015 and was started by Arran Lemon. I'd like to thank Arran for a great handover to this role, I hope I can do as well as he did.

With that being said, 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.

Finally, good luck to the new committee, bring on #deanemsa

Regards, Alice Stuart

