

RUSTICA RAMBLER

Rustica Exec & General

Committee 2005

President	Wendy Henderson
Vice-President	Alannah Smith
Treasurer	Jo Ambrose
Secretary	Andrew Tierney
ATSI Rep	Matt Spotswood
NRHN Snr Rep	Tim Starkey
Publications/Media	Zoe Ling
TUU Societies Rep	Shannon Withers
RHSV Rep	Kaylee Nash / Robyn Gunson
Pharmacy Rep	Gema van der Velde
Nursing Rep	Katie Walker
NRHN Jnr Rep	TBA
Year 1 Med Rep	Felix Ho
North-West Rep	Melanie Wuttke
Launceston Rep	Alice Downie / Simon Roberts
Scholarships Rep	Jennifer Flynn

Societies Day – So Good

The Beer Ran Out

This year at UTAS' Clubs & Societies Day (Wednesday, February 23rd), Rustica was one of the hottest clubs on the Hobart campus, with students so hungry for beer they were willing to queue for hours... All committee members helped out by enticing new members with Kaylee's fabulous showbags and free beer tokens. Over 200 new members were recruited over the day, and this year we were especially successful in signing-up students from non-Health Science backgrounds. Many new members pledged their allegiance to Rustica for the duration of their course and received a FREE updated, tight-fitting and all around sexy Rustica t-shirt for doing so! Another highlight of the day were the brand new soft-drink/beer holders bearing the Rustica name and logo. On a sour note however, the beer ran out after just one and a half hours leaving many new members searching other clubs and societies in quest of a drink. Nevertheless the day was an all-



President Henderson

around success, with many thanks going to Boag's for their generous sponsorship.



All- Branch Camp Report

Joanne Ambrose

On the 3rd of March this year, 3 carloads of the Hobart RUSTICA crew headed up state to meet with the Launnie bunch in what was to be the inaugural all-branch camp. On arrival we headed straight out to meet Katie and the others at the Nursing social welcome event, held at the Sportsman's Bar. All in attendance enjoyed drinks and nibbles, and it was great for the two branches to hang out and get to know each other better, in preparation for an exciting year. After the party the crew did a bit of a pub tour round Launnie, seeing the sights and sampling the beverages! We stayed that night in cabins at the Treasure Island Caravan Park. The following morning everyone was up nice and early for the all-branch meeting, which was held at

the Uni's Newnham campus, thanks to Katie for organising this for us. The morning was filled with planning and idea forming, and the conclusion by all was that the weekend was productive and fun and should be followed up for future years!

Scholarship Night

March 9 saw our first information evening launched by two relatively new committee members; Jo Ambrose and Anna Phillis did a great job in organising this important event. More than 60 students from all year levels attended the night to hear about current scholarships on offer to health science students. The night featured scholarships including national rural schemes, university specific, ADFA, state-wide and RFDS scholarships, and university grants. The evening concluded (as usual) with pizza in Club Med, allowing for students to mingle with the presenters and have any of their questions answered.

The following scholarships and issues were showcased by:

* Joanne Ambrose - John Flynn Scholarship

- * Sarah Donoghue - RAMUS and rural high school visits
- * Caroline Mooney - MRBS support
- * Australian Defence Force - ADF cadetships
- * Leigh Beveridge - University Scholarships
- * Lenore van de Merwe - QLD rural scholarships
- * Anna Phillis - NSW cadetship

Rustica Welcome @ Heat Niteclub

Many wondered at the choice of venue given HEAT's rather dodgy reputation, however, this did not deter the punters who partied hard into the night, ensuing the evening of March 11 was a success. Around 90 members from varying ages and disciplines joined in the fun and frivolity with numbers certainly up on last years' intimate gathering. The nibbles went down a treat and people seemed eager to know about Rustica's upcoming activities and events.



The Lucky Door prizes proved to be tempting treats, with prizes such as CD vouchers and fluffy, stuffed cows up for grabs. Sculling races were another exciting addition to the evening and will hopefully be continued in the years to come, despite the controversy surrounding the women's final. For the record, Becky didn't cheat.



Electives Night 7th April

Electives night was this year for the first time held as a joint venture with IMPACT. The night provided an opportunity for students who had been on their electives to talk about their

experiences and the interesting/ exotic places they visited. It was a great night and a good opportunity for people in younger years to hear about other students' experiences and maybe gain some contacts. There was a great turn out on the night with over forty students attending. These were mainly third year students but also some second and first year students. Many thanks goes to all the speakers, especially those that travelled from other parts of the state.

First Aid on the Run Camp

**Friday 29th April – Sunday 1st May,
Camp Banksia, Port Sorell**

2005 saw the introduction of a new and hopefully annual activity to the Rustica Calendar; First Aid on the Run Camp. Following the popular programs previously seen at NURHC, AMSA and other Rural Health Club, Rustica developed a hands-on First Aid weekend full of action and adventure!



On Friday Night over 35 participants from Launceston and Hobart carpooled up to sunny Camp Banksia in Port Sorell on the northern coast of Tassie. Weary travelers were greeted with a quick introduction to the aims & activities for the weekend before settling down for supper and a movie.

After an early rise on Saturday morning, participants were spilt into groups of 3 to undertake a skills session in the following First Aid areas:

- **Traumatic Wounds:** presented by Mike Austin; 3rd yr Medical Student and Paramedic from RHH delighted us with gruesome images and opened our minds to considering mode of injury; it's affect on survival and adequate management.
- **CPR:** presented by Andrew Griffiths; Clinical Nurse Educator for DEM @ the North-West Regional Hospital in Burnie. Andrew taught us the basics of CPR and Defibrillation including recent updates to Resuscitation protocol.
- **Triage & Assessment :** Katie Walker; final yr Nursing Student

and ex-Army paramedic taught us about head-to-toe patient assessment and how to best approach/manage different emergency situations with multiple casualties

- **Techniques** for assessing, managing and moving patients with suspected Head and Neck injuries were also covered.



Resusci-Annie Doll

“Disaster Dan” (aka Rustica Societies Rep Shannon Withers) kept campers on their toes with mini-emergency-scenarios all day to test responsiveness & correct management.

Saturday night consisted of a glorious roast dinner followed by drinks and Team Games. Participants were split into

their Scenario Race teams (approx 2 Medlets and 2 Nurses) and forced to unravel the teamwork mysteries of: table climbing, pictionary, over the river chairs, apple necking, celebrity heads, midnight tiggly and knots (with some hilarious outcomes). With everyone leaping straight in, some close group bonds were formed that evening.

Sunday saw our 8 teams of 4 head out into the Scenario Race were they encountered:

- A wandering, confused and eventually comatose Diabetic
- A paralyzing Surfing injury & near drowning
- A multiple casualty Car Crash (with a punch-up!)
- A dangerous Electrocutation scene

Here participants got a chance to hone their First Aid skills and teamwork to provide best management of the Scenarios and hopefully win the race!

Winning team: the Marvels took top honors. Their efforts won them some choice chocolate & gift vouchers. After a yummy lunch and a frolic on the beach, participants then headed home.

Overall a great time was had by all, with many helpful suggestions to make this an even bigger and better weekend in 2006.

Oatlands Trauma Course

30th April – 1st May 2005

The Launceston Clinical School ran a two-day trauma course in Oatlands during the last weekend in April. Rustica maintained its sponsorship of this very successful event, providing a well-earned dinner for those involved. During the weekend students were taught skills in primary survey in the setting of different trauma scenarios. They were instructed in things as diverse as suturing, chest tube insertion, plastering, intubation and more!

During the course of the weekend 15 new members of varying backgrounds were recruited; they included doctors, administrators and students. It was a fantastic weekend, culminating with a simulated car crash scenario! This is an annually run event and one that Rustica would love to continue to support.

End of Semester Luncheon

On Thursday the 12th of May, Rustica held a pizza and soft drink luncheon for its members at the Sandy Bay Campus, to try and encourage the pharmacy and pre-clinical med students to get involved with the club. The lunch was a huge success, with around 80 students turning up for the event. All thirty-five pizzas were consumed and litres of soft-drink guzzled down! It was a relaxing (although rather cramped!) end to an eventful semester, providing everyone with one last chance to socialize before exams.



Upcoming Events

- 10th Anniversary Ball (Saturday, 30th July)
- UNI Open Days
- Clinical Skills Night 2 (Thursday, 8th September)
- Rustica/TUMSS Quiz Night (Wednesday, 14th September)
- ATSI Adventure Camp (23-25th September)
- CRANA Conference (22-25th September)
- Mental Health Survival Guide Launch (October)
- Annual General Meeting (Friday, 7th October)
- CPD Weekend (October)

Website Photo Competition

Check out our NEW photo competition at

www.ruralhealth.utas.edu.au/rustica/

The competition is open to all members. Monthly winners will be displayed on

our homepage. Submit your entries via email to: rustica@comm.utas.edu.au
Congratulations to July's winner, Alison Turnock! Thanks to everyone else who submitted photos.



July 2005 Winner

This photo is of Megan, Erin and Chrissy (left to right) at Dove Lake, Cradle Mountain.