

RUSTICA Rambler – October 2007

Well folks, the year is nearly at a close, and the 2007 committee will soon be handing over to the new 2008 committee. This is the last Rambler for the year, so enjoy ;)

Since the last Rambler, RUSTICA has been involved with TUMSS in holding the Quiz night, and mental health week events, both of which were a success (for more info, see the reports below), along with some of our quieter achievements, such as rural school visits, RUSTICA bursaries, and planning for next year.

RUSTICA AGM 2007

The Rustica Annual General meeting for 2007 was held on Thursday, 20th September. The AGM is a time when general members have an opportunity to learn more about the inner-workings of Rustica, and have an input to its running. It also allows us to look back on the events of the year, make appropriate changes to the constitution, as well as nominate members to the 2008 committee.



We are pleased to announce the new committee for 2008:

Position	Name
President	Matt Cane
Vice-President	Alan Richardson
Secretary	Jackie Bellette
Treasurer	Henry Nowlan
NRHN senior	Matt Van Zetten
NRHN Junior	Andrew Tierney
TUU rep	Janice Yeh
Media/pubs	Dianne Lim
ATSI rep	Telena Eastley
RHSV reps	Amanda Flemingham Fadi Rizk
Pharmacy rep	Bassem Fouad
Newnham rep	Robert Withington
Scholarship reps	Marion Davies Julz Ahmad
Launceston Rep	TBA
NW rep	TBA

All in all, it looks to be an exciting year ahead. We wish the new committee the best of luck for 2008.

North West Rural Clinical School table tennis event

20 or so medical students attended. The competition was by elimination with wildcard entry in round 4 for people who thought they were robbed in the early stages.

We had a fantastic evening, with very stiff competition put up to win the tournament, with the final playoff between Jo Ambrose and Dani Buchanan. (Dan won).



There were several prizes handed out during the course of the evening

- The "Crazy Balls" Prize for maddest behavior went to Chris Hughes
- The "Big Pig Balls" Prize for most food eaten went to Lars
- The "Balls of Steel" Prize for most self endangering play went to Richard
- The "Balls on Fire" Prize for best player went to Jo Ambrose
- The "Balls of fury" Prize for biggest smash went to Dani Buchanan
- The "Lucky Balls" Prize for luckiest shot went to Chris Garwood
- The "Blue Balls" Prize for most provocative or sexiest outfit went to Mike Stoneman for his "trainee Gynecologist" t-shirt

All in all a grand fun night :)



Rural Health Week 2007

Rural Health Week for the first year medical students was held from September 10th to September 14th. This week allowed the students to participate in a range of activities, from visiting various healthcare locations in rural areas (e.g. Swansea, Oatlands) to giving presentations on rural health. This gave them a valuable opportunity to gain first-hand knowledge on healthcare provision in the rural setting.

I was also fortunate enough to attend and judge their rural health presentations. This gave me an opportunity to understand, through them, what they had learned from their rural health week experience. I was impressed by the level of knowledge they showed. They presented their work in a variety of ways, such as role-play, debates, etc, and they managed to all-in-all, cover very important aspects of rural health. These included the access and provision of healthcare in rural areas, the recruitment and retention of healthcare workers and last but not least, the state of rural health in other countries.

Rural health is certainly an important aspect of Australian healthcare to be explored in the early years of a medical degree, and I believe this has been well managed through the Rural Health Week program.

By Juliana Ahmad

Mental Health Week – Launceston

On Tuesday 25th of September RUSTICA held a Mental Health Week Morning Tea in the Tutorial Room of the Launceston Clinical School. Over 30 Rustica members attended the event which also launched free student copies of "When the Cowpat hits the Windmill" the mental health guidebook for students embarking on rural electives developed by the NRHN.

Participants also went into draw for mental-health gifts such as lolly bags & movie tickets. Overall the morning was a success with many students enjoying their free copies of the handbook.

RUSTICA/MIPS Career's Night on Wednesday the 10th of October, RUSTICA held a Career's evening for 5th & 6th year medical students at the Launceston General Hospital. Starting at 6pm in the Lecture theatre, over 50 RUSTICA student members had the opportunity to hear all the ins-and-outs of training programs from a variety of speciality programs including; Surgery, Physician, General Practice, Rural & Remote Medicine, Psychiatry, Pathology, Paediatrics, Obstetrics & Gynae, Emergency Medicine, Ophthalmology and Anaesthetics.

Students & presenters mingled over dinner & drinks to discuss the finer points of these career pathways and to get practical advice on applications. The evening was a huge success and many hope that it will become a regular fixture on the LGH RUSTICA calendar. We must also extend our thanks to MIPS for their generous sponsorship.

Kayaking with Roaring Fourties

Kayaking with Roaring Fourties
A wild and wet outing for Rustica members in the beginning of October; it was Rustica's first annual kayaking trip.



Despite a bit of clouds in the sky, warmth and smiles filled our hearts as we spent some great time together. A memory to truly cherish and an event to truly do again. Hope to see you on the next trip.

Bassem Fouad