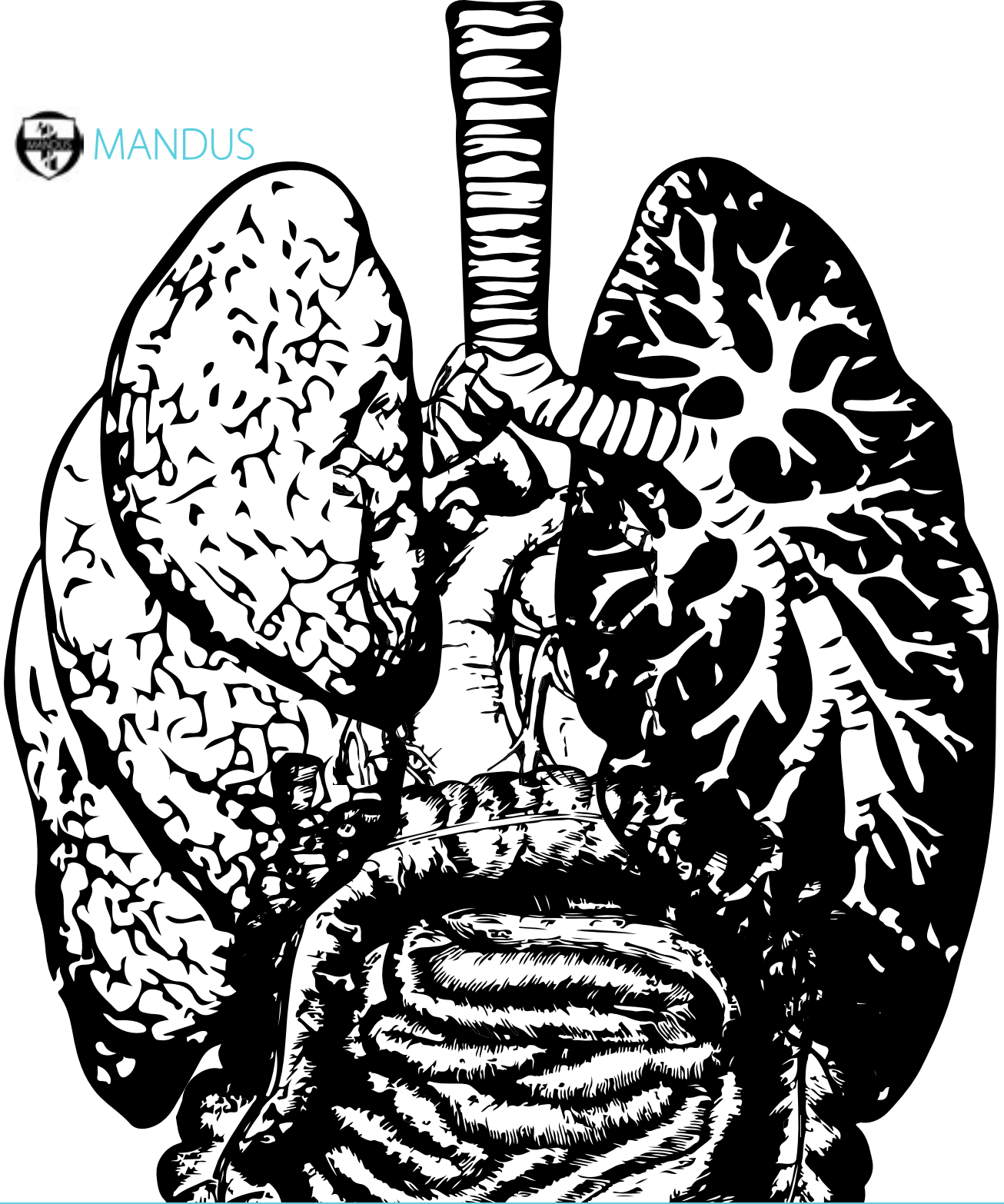




MANDUS



KYPHOSIS

SPRING Edition

2019

2019
KYPHOSIS
SPRING EDITION

The biannual medical student magazine -proudly published on behalf of MANDUS, the official representative student body for the Notre Dame School of Medicine Sydney

Message from team Kyphosis

Dear Reader,

The weather is warming up and spring time is upon us, with this, comes the spring edition of Kyphosis magazine. This edition features updates from UNDFEM, AMSA and Team Philippines. We have also featured a "Where are they now?" section from the newly established Notre Dame Medical School Alumni Association. Last edition was a big hit with the "Say Whhhhat?" section, this edition we've included some words of wisdom from Notre Dame's Tribe of Mentors with our "4 bullet questions".

Sadly, my time as the publications spring representative has come to an end. It has been an absolute pleasure keeping you informed and entertained. I hope you enjoy this Spring Edition of Kyphosis magazine.

Anita Skaros
Publications Spring Editor

Cover & Design by Nina Hrcic

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MESSAGE FROM THE DEAN

Semester 2 is well and truly underway. Students across all years are knuckling down for the final stretch to the end of year exams. Our now not so new Year 1 students have settled in well, and Year 4 students are preparing for their final exams.

An important date in the calendar this Semester was 'Women in Medicine' which took place in July. I had the pleasure of being invited to join the UNDFEM Panel breakfast with some very inspirational speakers including Dr Helena Obermair – who graduated in 2018 and is one of our Alumni. The breakfast was a big success and I was very proud to be part of such an inspiring group of women.

There have been some memorable events in Semester 2 - the Med Ball, RU Ok Day, the Team Philippines trip (thank you to all those who donated toothpaste, toothbrushes, soap and underwear). In the sporting arena and in the Golden Scalpel competition we have had good results. We came 3rd in the NSWMSC and 3rd in the Golden Scalpel with just a mere 2.5 points between us and the winners. My thanks to the impressive team led by James Isaac who put in many hours of hard work and time.

The second Notre Dame Med Revue was a spectacular success this year. "A Lad in Medicine and the Arabian Nightshifts" showcased the amazing, and in some cases, unexpected talent of our students and academic staff. In particular, I would like to thank Professor Peter Carroll for his outstanding cameo appearance – Hugh Grant watch out!

Student interview week is always a big week for the School. This year we again welcomed over 340 hopeful, prospective students for 2020. To all of the student 'calmers' who helped during that week, thank you. We greatly appreciate that you gave up time out of your study week to assist.

The Balint Society of Australia and New Zealand recently released the results for their medical essay competition and it is with great pride that I can reveal two of our students Gabriel Sanchez (Year 4) and George Mallat (Year 3) each received special commendations – congratulations to both of you for such a wonderful result.

We celebrated with our current Year 4 cohort on 18 September - their last back-to-base day. We wish them all well in their exams this month.

Every Year 4 student will have received a request from me to complete the MSOD survey. The collection of this data is important for feedback to improve our medical program and benchmark our students' performance against other Australian medical schools. Also a reminder to Year 4 – please don't forget to submit your Elective Rotation Reports as it is a mandatory requirement.

A reminder that St. Luke's Day is the 18th October. St Luke is the Patron Saint of Physicians and Surgeons and as we've done in past years, there will be a Mass followed by a BBQ in the courtyard at lunchtime that day. We will provide more information closer to the date but keep it in your diary.

The elections for the new MANDUS Executive have been completed and I would like to welcome and congratulate Deyan Momirovski, Gracie Hayes, Anna Braye and Christian Abhayaratna as the MANDUS Executive for 2020. I would also like to sincerely thank the departing MANDUS Executive led by Louis Charalambous, Blake Hickey, Elena Harty, Jennifer Alder, Hayden Young and Adrian Kan together with other members of the MANDUS team for their amazing contribution this year. These students have given enormous time and care to representing and supporting fellow students and the School.

Finally, as we progress toward end-of-year examinations, my advice is to stay focussed and up to date, work together well in your groups, and speak to your tutors or year co-ordinator if you have any concerns or need extra help. Eat well, exercise and get good sleep!

**PROFESSOR CHRISTINE BENNETT
AO**

DEAN, SCHOOL OF MEDICINE,
SYDNEY

PRESIDENT'S ADDRESS

Louis Charalambous

“Coming together is a beginning; keeping together is progress; working together is success...”

It only feels like yesterday when I was elected, and I'm stunned that no one has pulled me up for always leaning on the lectern. Firstly, I just want to acknowledge that it's been a HUGE year! Everyone has worked so hard to organise student events, including workshops, speaker nights and conferences. We have a few new subcommittees that have been established including the Notre Dame Alumni group, Indigenous Sub-Committee and SSUNDA. Each subcommittee has done a wonderful job, and the executive team has worked tirelessly to support each subcommittee in their endeavours.

To Blake, Jen, Hayden, Adrian and Elena! You have done an amazing job as the executive team this year. Thank you for all your support and efforts throughout the year. We have built on the fantastic culture and family established at Notre Dame. The team has worked together to advocate for students, foster interdisciplinary relationships within the university and build upon relationships with other medical schools and stakeholders.

This year there has been a strong focus on providing a number of events and opportunities for students to engage in. The Surgical Association has hosted numerous speaker nights and suturing workshops. Not only this, we participated in the annual interschool Golden Scalpel competition, in which our surgical team placed third - only a two and a half points behind first.



Our Global Hands team has been active in engaging students to champion various social justice causes and advocate for vulnerable populations through various events and initiatives including the Code Green sustainability workshops and the Climate Change conference. They have also been involved in refugee awareness and with ongoing involvement in the "Detention harms health" medical student aid project.

UNDFEM, one of our newest subcommittees, has run a number of great events including the ever popular women in medicine week events which guest starred Dean Bennett on the panel next to our very own Dr. Helena Obermair (famous for 'Helena's Notes'). On the advocacy front they also identified a shortfall in the new university policy regarding sexual harassment and have been liaising with the School of Medicine and

PRESIDENT'S ADDRESS

Louis Charalambous

the university to make it more appropriate and to ensure it protects all our medical students scattered across NSW and Victorian hospitals.

This semester has seen a new initiative from the Research Association of Notre Dame (RANDA)- "The inaugural RANDA student conference". This gave students the opportunity to present their research posters amongst their peers and share their experiences from previous research projects.

Our sports representatives Samantha Saunders and Julie Dao have been actively involved in organising interschool sporting events including basketball, soccer and rugby competitions; including a new annual rugby and touch adventure at Wollongong against our UoW medical comrades. Our Social representatives, Saesha D'Silva and Nathan McOrist have worked tirelessly to organise social events, including this year's Medical Ball which boasted the largest number of attendees since 2008!

The Paediatric Association (PANDA) has been actively involved in visiting primary schools to advocate for children's health as part of the "Teddy Bear Hospital" initiative. Whilst our newly established Specialty Society (SSUNDA) has started a speaker night series called "A day in the life of..." which aims to provide information and insights into the realities of working in various specialties of medicine.

MANDUS have also begun building relationships with the Two Wolves Cantina, who are interested in offering specialised elective opportunities for SJP and 4th year electives to students in a number of unique international health facilities.

AMSA representative Adrian Kan and I represented Notre Dame at the recent AMSA council. It was an absolute honour to be a part of a committee representing over 17 000 medical students Australia wide and being involved in policy decision making. We have forged new and stronger

relationships with our colleagues studying all over Australia and gained opportunities for our students to attend unique events that other institutions run.

Our newly established Alumni team, led by Daniel Baum, Lauren McDermott and Ellen Hersee have been working to put in motion a plan to reconnect with our past students, and this year will be our first Alumni event; which will be held in the courtyard with drinks, canapes and some smooth tunes. There is a hope that this will open up mentoring, guidance and maybe even MD projects for our current students. We are very excited about what the future has in store for the Alumni group and look forward to developing ongoing collegiate ties with Notre Dame graduates.

To the new MANDUS executive and team! I hope we have inspired you to represent the students of ND and build upon everything we have put in motion. Forge new relationships, find new stakeholders and let the community recognise how special and gifted the students of ND medicine are, and the amazing things MANDUS accomplishes each year!

Plays Horses - Darryl Braithwaite

Wishing you all peace, love, happiness and a smooth examination period!

Love You Always,

Louis Charalambous
'El Presidente'



SANDUS

Surgical Association of Notre Dame University Sydney

The Surgical Society of the University of Notre Dame University Sydney (SANDUS) have had a busy second semester. Our team placed 3rd in the National Golden Scalpel competition, just two and a half points behind first place. Well done to our Golden Scalpel team which included Declan Lloyd, Jake Hindmarch, Ellie Agnew, Krishna Muralidharan, Imogen Hines, David Cistulli, Ibrahim Merei and Janice Louis, led by James Isaac. We're all very proud!

This semester SANDUS teamed up with the Specialty Society (SSUNDA) to co-host the bi-annual "Speaker and Suture night". We were lucky to have Orthopaedic Surgeon, Dr. Bu Balalla come in and talk to us about life as an Orthopaedic surgeon and discuss his research and work in the area of reconstructive knee surgery and new advances in novel approaches to total knee replacement surgery. Afterwards, we held a suturing workshop where students were able to practice their suturing and knot tying skills.

Another keynote event was the annual "Women in Surgery night" where we had Vascular surgeon, Dr. Pecky DeSilva, Otolaryngology and ENT surgeon, Dr. Catherine Meller and Cardiothoracic research fellow, Dr. Sarah Scheuer come in and talk to us about their experiences training and practicing as women in medicine.

It has been an amazing year for SANDUS and we have had a blast and been inspired by all the amazing speakers and events.



UNDFEM

9 | DIVERSITY BEGINS HERE

UNDFEM

UNDFEM

2 events, 6 amazing speakers from a range of backgrounds, including:
Intensive Care, Cardiology, Psychiatry, Medical Leadership, Paediatrics, Cardiothoracic Research and PGY2.

DIVERSITY BEGINS HERE

UNDFEM

This year UNDFEM spotlighted Diversity in Medicine across 2 events in July with 6 amazing speakers. The event series began with a packed lecture theatre of keen first and second year students, all wide eyed and itching to learn.

Doctor Deepinder Miller, Consultant Psychiatrist at St Vincent's clinic, commenced the evening with a witty narration of her journey to a career in psychiatry (spoiler alert... It was not her first choice as a medical student). Over the course of half an hour the audience was treated to a recount of a career spanning more than 20 years, and dedicated to the improvement of mental health and wellbeing through clinical psychiatric medicine and research. All the while raising 2 small children.

Professor Clara Chow, a Cardiologist and the Academic Director of the Westmead Applied Research Centre, followed with a fascinating insight into diversity in research. Specifically, the audience was captivated by the research conducted by Professor Chow and her colleagues into the gender differences in the treatment of patients with ST segment elevation myocardial infarction, and the lack of research comparing the differences in treatment and outcomes between the genders.

“Women with STEMI are less likely to receive invasive management, revascularisation, or preventive medication at discharge.”



To read more: Differences in management and outcomes for men and women with ST-elevation myocardial infarction

Associate Professor Theresa Jacques, Director of one of the largest Intensive Care Units in Australia at St George Hospital for the last 30 years, closed the night with a candid presentation on her journey in medicine entitled “Your Time Starts Now”. The audience was inspired by A/Prof Jacques' achievements in securing funding for the redevelopment of the ICU and the hospital through the St George Hospital 'Code Red' Campaign.

Key pearls of wisdom from what was a confronting and exciting journey were: 1. Find a mentor 2. Find a sponsor (and know the difference) 3. It is never too early to start to think about what comes next.



WHAT IS A SPONSOR?

An experienced and respected colleague in a specific field

that can advocate for and promote an individual to advance their career goals.



WHAT IS A MENTOR?

A trusted (often more experienced) colleague

who can provide guidance, support and career direction. Specialty is not relevant as long as the experience and guidance is useful.

DIVERSITY BEGINS HERE

UNDFEM

The second event celebrating diversity was a panel with speakers Dr Helena Obermair (ND alumni), Dr Sarah Scheuer (Cardiothoracics Research Fellow, St Vincents) and our very own Professor Christine Bennett. Accompanied by a delicious breakfast, first and second year students piled into the refectory equipped with a multitude of questions for our panel.

Although we are all familiar with the extensive and diverse career of our Dean, it was inspiring to hear anecdotes from her time as a paediatric trainee, particularly her unwavering advocacy for both her colleagues and her patients as a clinician. Dean Bennett encouraged students to champion for change in situations of workplace conflict or discomfort, and build the confidence to speak up for ourselves and others.

Dr Sarah Scheuer shared with us her alternative pathway into cardiothoracics training, alongside discussing the unaccredited training system for surgery specialties. Dr Scheuer also expressed the possible danger of tokenism when it came to the introduction of quotas, providing an interesting perspective on the issue.

Dr Helena Obermair reflected on her experiences as a junior doctor, in addition to sharing anecdotes of the common mental health issues that may affect younger clinicians. As a budding OBGYN and as the Academic Officer of PVOGs, Dr Obermair also reflected on the recent proposal to introduce a male quota to the obstetrics and gynaecology training program, and the history of gender imbalance within the specialty.

These two events were a celebration of diversity in medicine and the achievements of women who fought hard for their successes. Students left invigorated, with many questions answered, and many more formed. UNDFEM would love to thank our speakers and panellists for devoting the time

and energy into sharing their stories with us. This event series has encouraged all of us to continue to advocate for equity in medicine, for ourselves, our colleagues, and our patients.



CRITICAL CARE CONFERENCE

Melad Farraha

The Importance of building your skills, not your resume

University of Notre Dame Medicine students were invited to attend UNSW, Critical Care Society's Code Blue Conference on the 20th of July, enticed with finding out more about the field of critical care and emergency medicine.

The conference served as an excellent platform for us aspiring critical care physicians to learn about the field of critical care medicine, to connect with like-minded individuals and to learn excellent skills from professionals in the specialty. We were informed on the array of careers available in critical care and the importance of venturing beyond the stipulated academic curriculum, both within and outside of medicine.

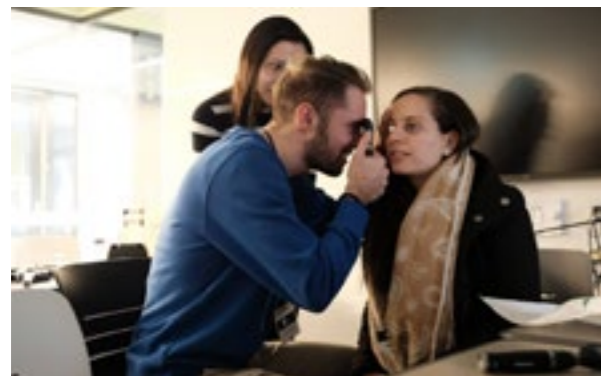
The exceptional day was filled with talks from distinguished speakers including Prof. Gordian Fulde AO, Dr. Samantha Bendall and Prof. Ken Hillman AO covering the topics of emergency, intensive care and retrieval medicine while also speaking of the importance of integrating research into these highly specialised fields. They



shared their interesting life stories along with the pathways they traversed to get to where they are today, but most importantly, they imparted invaluable wisdom on how to become the best possible doctors in these evolving specialties and the "importance of building your skills, not your resume."

Following a morning jam packed with presentations, the afternoon opened up to a series of fun and engaging breakout sessions. These sessions included: advanced life support, ethics in decision making, airway management, eye emergencies, the royal flying doctor service and introduction to EM and critical care ultrasound. I had the pleasure of attending the advanced life support, eye emergencies and the introduction to EM and critical care ultrasound sessions, while all the other ND attendees spoke highly of the other sessions as well.

The advanced life support session provided invaluable insight into the crucial skills of



CRITICAL CARE CONFERENCE

Melad Farraha



resuscitation, in addition to knowing the "beat to the BeeGee's 'Staying Alive' song." Following an introductory presentation on what advanced life support involves, the group participated in several simulated resuscitation procedures. This station definitely got the blood pumping and forced us to think quickly on our feet.

The eye emergency session highlighted the importance of quick and effective emergency eye care in times of critical eye damage. Following an insightful presentation on the different types of eye injuries and the relevant treatment options, the group learnt how to use an ophthalmoscope to visualise the blood vessels on the retina and the optic disc. The awe of viewing the blood vessels and optic disc of the retina for the first time will be something I will never forget.

The EM and critical care ultrasound session was an exceptional workshop run by none-other than our fellow student Aidan Baron. Following an insightful introductory talk, all participants had the opportunity to use cutting-edge handheld ultrasound machines to rapidly acquire recordings of the heart, lungs, major vessels and abdomen. Being guided by the best made it simple to learn



the basics of ultrasound, allowing for quick and effective diagnoses. Once again teaching vital skills for future use.

The students would attest to the fact that the day was an overall success and definitely an event to look out for in the future. Once again thank you to the UNSW Critical Care Society for the invitation to attend the event.



AMSA NATIONAL CONVENTION: PERSPECTIVES BEYOND THE MEDICAL CURRICULUM

Adrian Kan

An individual's medical education is arguably not complete without experiencing AMSA's National Convention.

This annual event took place in frosty Hobart this year and entailed a mind-blowing week, which connected students across the 22 medical schools in Australia. The academic day events allow students to bask in the knowledge of inspirational individuals both in the medical and non-medical vocations. Then at night, the students traded their notepads for costumes and had the opportunity to socialise in some of Hobart's most iconic venues. There was no better way to end this event than with the spectacular Winter Wonderland themed gala ball. Ultimately, Hobart did deliver on the most talked about AMSA event of the year.



For those unfamiliar with AMSA events, the organisers curate their events with a vision in mind. This year, it was for the attendees to 'Unlock Their Potential' and this was certainly achieved from the academic program. There were many insightful gems shared during the plethora of captivating talks. Dr Ranjana Srivastava, an Australian oncologist and award-winning author, outlined her pathway into becoming one of Australia's leading authorities on the intersection between medicine and humanity; Dr Charlie Teo discussed how he spearheaded the technique of minimally invasive keyhole neurosurgery and how he has handled criticism from the medical community for this unorthodox surgery; and Dr Alan Mackay-Sim, shared his long journey in stem-cell research, which led to the ground breaking outcomes on spinal cord injury rehabilitation.

AMSA NATIONAL CONVENTION: PERSPECTIVES BEYOND THE MEDICAL CURRICULUM

Adrian Kan



Overall, the speakers invited us to remain curious, be persistent, challenge the accepted norms, live authentically and to never forget the humanity of medicine.

A particularly noteworthy speaker was Dr Nicholas Talley, a leader in medicine who needs no introduction due to his revolutionary "Talley and O'Connor's Clinical Examination" textbook. In his talk, he shared with the delegates his premonitions about the changing research and medical training landscape. He stated that the gradual expansion of open access journals has shaken up the literature publication process; for it to be done well, the peer review process is generally expensive and time-consuming as it involves the critique of many professionals. Yet the new-age profit-driven journals have cut corners, exploits researchers and publishes poor quality research. Medical students have inadvertently been caught in the cross-fire, due to the emerging 'publish or perish' culture in medical training whereby there is such a bottleneck entering medical colleges and students feel pressured to publish in journals. This leaves students vulnerable to predatory journals, and Dr Talley warns students to check the journal properly before submitting your hard work and to remain vigilant to avoid exploitation.

Many of the speakers call to live authentically was certainly taken on board during the social nights, as students had the opportunity to take respite from their highly stressful medical curriculums. Each night the organisers had set a different theme, which ranged from 'Into the Fires Below' to 'Playmates and Childhood Greats' and 'Queens of the Screen'. However, the feature event was the 'Art Vs Science' themed social night as the students had free reign throughout the Museum of Old and New Art (MONA), a Tasmanian icon. The students indulged in beverages, socialised, appreciated the artwork, all while sauntering through the elegant architecture of MONA. The Notre Dame delegates certainly bonded over great banter, connection with peers from all over the nation and have created many shared memories.

All in all, these escapades throughout the frosty Hobart left the Notre Dame delegates rejuvenated. It is natural for medical students to become weary minded as the semester progresses; however, this trip was an important reminder that medicine is a cutting-edge field, and there is more to medicine than the routine rut of studying learning outcomes in the stale classroom.



TEAM PHILIPPINES 2019

THIS YEAR HAS BEEN A HUGE SUCCESS FOR TEAM PHILIPPINES! WITH THE NOVEMBER TRIP FAST APPROACHING, WE THOUGHT WE'D REFLECT ON THE YEAR SO FAR.



Our most recent trip in July involved 19 medical students travelling to Calauan to provide much-needed medical treatment for the local community. For the women's clinic, this trip marked the first time we performed HPV testing (with specimens analysed back in Australia) as opposed to visual inspection of the cervix, meaning that these women now have access to the same level of screening in Australia.

While in the community, we also held various public health education sessions which focussed on dental hygiene, understanding the effects of hypertension, and women's health.

Outside the medical clinics, students were encouraged to spend a morning or afternoon at the site of our newly-acquired medical centre, assisting with construction projects and farm work. Below is the overall summary of the medical work we did during the July trip for 2019:

MEDICAL WORK CONDUCTED

570 

TOTAL PATIENTS TRIAGED TO ≥1 CLINIC

202 

PATIENTS SEEN IN THE GENERAL MEDICINE CLINIC

205 

SEEN IN DENTAL CLINIC (WITH 23 DENTURES PRODUCED)

129 

SEEN IN WOMEN'S CLINIC (MOSTLY CERVICAL CANCER SCREENING, WITH A FEW ANTENATAL CHECKS)

159 

GLASSES PRESCRIBED

562 

MEDICATIONS PRESCRIBED



One of the major strengths of this year's group was the eagerness to be involved in fundraising activities outside the trips. As a result, we are well on our way to achieving our goal of \$20,000! While the Chuffed crowd-funding page has contributed a large chunk of this, we have also been successful in raising funds through winning the Grill'd Local Matters for July, and most recently, our Med Revue ticket sales and candy bar profits, as well as hosting a delicious pancake and chia pudding breakfast.

We'd like to thank all members of the team for the dedication and commitment they have shown to Team Philippines this year, and hope you are eager to come back next year! Thank you to the returning members and doctors for their vital assistance during training days and fundraising events throughout the year – none of our success would've been possible otherwise!

If you are interested in helping support this initiative and the Calauan community through donations, we encourage you to visit www.teamphilippines.org or our <https://chuffed.org/project/team-philippines-2019>.

We've included a few photos from our recent July trip and fundraising activities to get you all excited for applying next year!

MITCHELL REDSTON & AILEEN LI

Team Philippines

Good notes, good practice, good defence

The quick brown fox jumps over the lazy dog

The quide brown fox jumps over the lazy dog

The quick brown fox jumps over the lazy dog

THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG

The quick brown fox jumps over the lazy dog

Legible notes are good practice and support
a good defence – so does **MIPS**

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ROUNDS INDIGENOUS MOVIE NIGHT

Rose Clarke

On Tuesday 6th August, ROUNDS hosted an Indigenous Movie Night at UNDS. 50 students from Year 1 and Year 2 Medical Students and Nursing students were in attendance.

We were very fortunate to be able to screen the “The Final Quarter”, the Adam Goodes Documentary. We would like to thank Jen McAsey, the media director of the film’s production company, Shark Islands Production, who kindly granted us access and offered to host a private screening at UNDS before public release in October.

The evening began with a Welcome to Country from Uncle Allen, a member of the Aboriginal Land Council. We then watched “The Final Quarter”, a film which tells the story of the last three years of the career of AFL champion Adam Goodes. Goodes, a dual AFL Brownlow Medallist and Indigenous leader, became a lightning rod for a heated public debate and widespread media commentary that divided the nation during the final years of his 372-game football career. He publicly called out racism, was named Australian of the Year, was accused of staging for free kicks, and performed an on-field war dance celebration.

Using only archival footage aired at the time, “The Final Quarter”, was an extremely powerful film that enabled us all to reflect on society’s experiences of our First Nations People and the unfortunate racism that has occurred off and on the football field. Reactions to the film from Notre Dame students were incredible. After the film we were able to discuss and gain further insight from Jen McAsey about the stories and interviews used in the making of the film. It was a successful night that has helped us start a meaningful conversation about what we can all do to promote reconciliation and the part we can all play in acknowledging our First Nations People.



TRIBE OF MENTORS

4-bullet Questions

At the University of Notre Dame Sydney our Medical Faculty is full of many incredible teachers and mentors that not only take the time to teach us, but also guide us. Here are some short words of advice from our Tribe of Mentors.

Associate Professor Usha Panchapakesan



WHAT IS A BOOK (OR BOOKS) YOU HAVE GIVEN MOST AS A GIFT AND WHY? OR WHAT BOOK (OR BOOKS) HAVE GREATLY INFLUENCED YOUR LIFE?

A God of small things by Arudathi Roy - the power in the simplicity of her words is astounding. This book also brings back a lot of childhood memories good and bad. Jhumpa Lahiri's Interpreter of Maladies - A collection of short stories capturing the essence of human nature. It focuses on the difficulties when worlds cannot be one and we remain in it conflicted. I can relate to it as I left my home and family in Malaysia to pursue Medicine in Australia. More recently I read Adam Kay's This is going to hurt - Funny but sad. A reflection of tough times as a junior doctor; written hilariously but aims to point out a struggling system.

IN THE LAST FIVE YEARS, WHAT NEW BELIEF, BEHAVIOUR OR HABIT HAS MOST IMPROVED YOUR LIFE?

Gratitude. Gratitude leads to mindfulness. Mindfulness leads to kindness. Kindness makes our actions worthwhile.

WHAT ADVICE WOULD YOU GIVE MEDICAL STUDENTS BEFORE THEY LEAVE UNIVERSITY AND ENTER INTO THE "REAL WORLD"?

Be realistic and be flexible. Don't ignore your physical, mental and emotional wellbeing. When you are in touch with yourself then you will be in touch with your patients.

IF YOU COULD HAVE A GIGANTIC BILLBOARD ANYWHERE WITH ANYTHING ON IT WHAT WOULD IT SAY?

Look after and respect the beauty of nature.

TRIBE OF MENTORS

4-bullet Questions

Dr. Craig Smith

WHAT IS A BOOK (OR BOOKS) YOU HAVE GIVEN MOST AS A GIFT AND WHY? OR WHAT BOOK (OR BOOKS) HAVE GREATLY INFLUENCED YOUR LIFE?

The fiction book that I've recommended to many people is one of my favourites - 'One Door Away from Heaven' by Dean Koontz. I like it because it deals with deep issues (philosophical ethics), aliens, dogs (semi-telepathic of course), innocence versus pathological evil, and a number of other inconsequential issues including the nature of consciousness and existence - all in a non-threatening rip-roaring yarn - which is the main reason I like it. The Leilani Klons of the world have a lot to tell us, but we usually end up listening to the Preston Maddocs (Mad doc?). Yeah, read the book. Pursue the way of Klons.

IN THE LAST FIVE YEARS, WHAT NEW BELIEF, BEHAVIOUR OR HABIT HAS MOST IMPROVED YOUR LIFE?

I don't go in for 'new beliefs' that change my life - I've recently turned 60, if I had too many new beliefs changing my life at my age I would be the existential equivalent of the proverbial dog in the round room. Not a good look. I try to consolidate and deepen old beliefs and have been doing so for quite a few decades now, and am yet to make progress. I'd be really worried if I had, because my thinking is that if I could figure it out, it'd be just too bland to be interesting ... or real. But it's close and personal in non-threatening but mildly unsettling spookiness.

WHAT ADVICE WOULD YOU GIVE MEDICAL STUDENTS BEFORE THEY LEAVE UNIVERSITY AND ENTER INTO THE "REAL WORLD"?

Advice to medical students before entering the real world? I feel uncomfortable giving advice that I don't try to incorporate myself. I've found that the happiest people, the ones who live life more deeply, are those who have conquered their ego by discovering the secret of using the ups and downs of daily life to deconstruct it. If you want your existence to be more than a frenzied cliché, kill the ego. An intern year in a hospital can work wonders here, if you let it.

IF YOU COULD HAVE A GIGANTIC BILLBOARD ANYWHERE WITH ANYTHING ON IT WHAT WOULD IT SAY?

The billboard? 'It's OK not to know the answers. What makes you think you'll understand them anyway?'



Professor Peter Carrol

WHAT IS A BOOK (OR BOOKS) YOU HAVE GIVEN MOST AS A GIFT AND WHY? OR WHAT BOOK (OR BOOKS) HAVE GREATLY INFLUENCED YOUR LIFE?

Not too sure it actually influenced my life, but the book "Banking Bad" by Adele Ferguson about the Banking Royal Commission confirmed for me that there are people who will stop at nothing in their pathological pursuit of profit and personal gain. These people seem to have no moral compass or social consciousness, and their greed knows no limits.

They have ruined individuals and destroyed families, and unless governments legislate and society acts to stop them, they will continue to destroy lives into the future.

I believe we must all be vigilant and continually strive to limit the influence these people have, and the damage that they can do.

IN THE LAST FIVE YEARS, WHAT NEW BELIEF, BEHAVIOUR OR HABIT HAS MOST IMPROVED YOUR LIFE?

I really can't think of any new belief, behaviour or habit in the last five years that has improved my life - perhaps I am now too set in my ways, or too old to learn new tricks!

WHAT ADVICE WOULD YOU GIVE MEDICAL STUDENTS BEFORE THEY LEAVE UNIVERSITY AND ENTER INTO THE "REAL WORLD"?

- Have a social consciousness and look after those in the community who are disadvantaged or vulnerable - be their champion and their voice
- Remember that in many situations patients may be confused and disempowered - be caring and supportive, and always act in a patient's best interest



- Believe in yourself but seek the wise counsel of others - always remember, however, that even when no one else agrees with you it doesn't mean that you are wrong
- Learn from the past but don't dwell on it - it's the future that counts
- Beware of economic rationalists and try to limit their influence - economic rationalists are individuals who cost everything but value nothing, and they always put profit before people

IF YOU COULD HAVE A GIGANTIC BILLBOARD ANYWHERE WITH ANYTHING ON IT WHAT WOULD IT SAY?

- Remember that life is not a dress rehearsal, you only get one go at it
- So be the best person you can be
- Look after, and protect the rights of those less fortunate than you
- Give back more than you take
- Try to make the world a better place for you having been on it

Associate Professor Steevie Chan

WHAT IS A BOOK (OR BOOKS) YOU HAVE GIVEN MOST AS A GIFT AND WHY? OR WHAT BOOK (OR BOOKS) HAVE GREATLY INFLUENCED YOUR LIFE?

The Bible - after all, it is the Word of life, and the love and example of Jesus continue to shed light on our increasingly hectic lifestyles. Another book is Freakonomics by Stephen Dubner and Steve Levitt, which came out a decade ago - it confirms how incentives (economic or otherwise) are the motivator of behaviours.

IN THE LAST FIVE YEARS, WHAT NEW BELIEF, BEHAVIOUR OR HABIT HAS MOST IMPROVED YOUR LIFE?

Yes life is about continual improvement through learning - no matter what age. So even old dogs (like me) can learn new tricks. In this social media generation, my new observation is the value of knowledge/insight over information/data, and the importance of developing the art of filtering all the data and white noise and refining them into useful knowledge. I have been trying to teach that to my pre-adolescent son but I am not sure how much he understands - he has just opened an instagram account....

WHAT ADVICE WOULD YOU GIVE MEDICAL STUDENTS BEFORE THEY LEAVE UNIVERSITY AND ENTER INTO THE "REAL WORLD"?

Be forever learning, be humble and listen to your patients and colleagues (as you might learn something).



IF YOU COULD HAVE A GIGANTIC BILLBOARD ANYWHERE WITH ANYTHING ON IT WHAT WOULD IT SAY?

"Stop looking at your phones. Admire the view or talk to someone!"



Global HANDS has continued bringing their variety of interesting, diverse events to medicine and nursing students throughout Semester 2. We began the semester by attending UNSW's short course on global health where we heard from some nationally and internationally recognised speakers on topics such as the opioid crisis, advocacy in healthcare, and international aid. It was a great opportunity to meet other medical students and we look forward to welcome other medical schools to our events in future.



Global HANDS was humbled by the impressive turnout of 1st and 2nd year medical students who gave up their lunch time to set up birthing kits, a fundraiser Notre Dame Medical school has been doing for many years now. The birthing kit assembly is an Australian run program which works to assemble basic necessities needed for childbirth such as gloves, soap, a plastic sheet, scalpel and string. After our assembly of these kits they then get transported to developing countries for women in need. It was a wonderful experience assembling the kits together, but also and enlightening and confronting to be reminded of the limited access to health resources these women have. Thank you to everyone who participated, together we assembled 300 birthing kits, that's 300 women we have helped improve their access to medical resources during childbirth.



aply named Red Room at the Colombian Hotel on Oxford street, the medical school celebrated the completion of their formative examinations and raised money and awareness for an incredibly important cause; HIV/AIDS. The donations totalled \$2000, which were donated by MANDUS to the St Vincent's HIV Future Fund. All of the guests wore a splash of red to show their support for HIV/AIDS. On the 25th of July, Global Hands organised a bake sale to raise money for the victims of the Sudanese protest in April. The protests were a way for Sudanese people to show their disapproval of the Transitional Government, but this was heavily met with violence where many people were innocently killed; their bodies discarded on the streets and some bodies thrown into the Nile River. Global Hands was called into action, and the proceeds from this event will go on to help the families affected, and we are proud to say that we raised \$134.45.

Red Party 2019 was a fantastic night. Held in the



Thank you to all who donated to the cause and played their role in making sure that we do not stay silent during abuses of human rights and health. We can all make a small difference through our actions, and this is exactly what we did!



The Code Green team from Global hands UNDS hosted a sustainability workshop to encourage and educate medical students on how climate change is a health issue and how we as students can get involved in organisations and advocacy to create a greener health care system. We were lucky enough to have two phenomenal speakers Professor Peter Sainsbury and Dr Kim Loo who are leaders within the field of climate change and healthcare. After the talk we held a DIY coffee body scrub to show how easy it is to be sustainable at home!



Over in the AMSA space, Sydney recently hosted the 2019 AMSA Global Health Conference. Across four jam-packed days, 13 Notre Dame students attended plenaries and workshops covering a variety of public and global health issues. Special shout out to Med 3 student and author of 'A Zero Waste Life' Anita Vandyke for sharing her wisdom on everyday activism with everyone. We would also like to thank Jen Alder, Maddie Otto, and Georgia Behrens for their involvement in organising the event!

you bring to the committee. But Global HANDS isn't done for the year quite yet – look forward to our upcoming speaker night with UNDFEM on dealing with diverse patients, another speaker night on Refugee and Asylum Seeker Health, and a fundraiser for cataract surgery in Myanmar. Keep an eye out also on your emails for those GH certificates for your portfolios!

We would like to congratulate our very own Refugee & Asylum seeker representative Anei Thou for being selected to the Pangea Global Health Education trip to Malawi where he is working with a team of consultants and junior doctors to form and promote sustainable access to healthcare. We look forward to hearing all about it upon his return!

Global HANDS would also like to welcome our new committee for 2020, lead by two fantastic co-chairs Victoria Hadlow and Dilini Imbulana. We wish you all the best and can't wait to see what new ideas





NOTRE DAME ALUMNI

Where are they now?

Eugene D'Souza (2014-2017)

WHERE ARE YOU NOW?

I am currently working at St.Vincent's Hospital Melbourne, trying to keep with work and study in preparation for BPT exams in 2020. Hopefully I will get through and then move on to Geriatric Medicine Advanced training... fingers crossed! It has been great to see the generations of Notre Dame students in my travels at St. Vincent's - all of whom are doing exceptionally well. It brings me a lot of joy to have Notre Dame students on my rotations both from a nostalgic perspective, but also as colleagues. Notre Dame students certainly stand out from the crowd in their ability to work effectively in a team and proactive approach to learning, and all my non-ND colleagues agree.

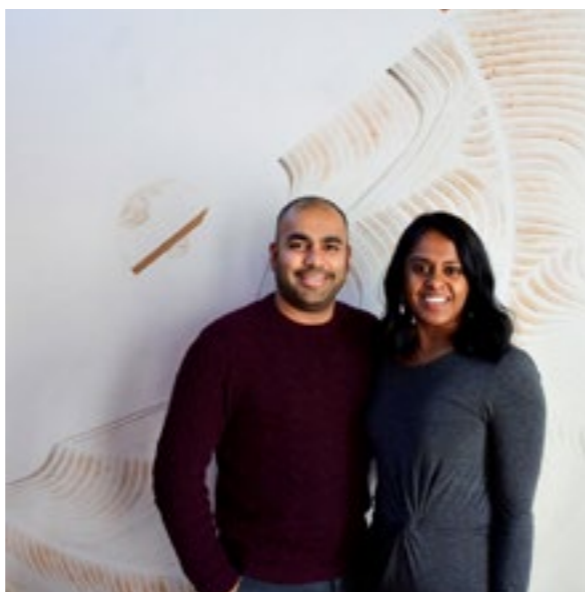
BEST MEMORIES OF YOUR TIME AS A NOTRE DAME STUDENT?

Too many to choose from!

I have many fond memories from my time at Notre Dame. The close friends I made will last a lifetime and the memories we shared are amazing! From our various parties - RED Party, Scrubcrawl and Med Ball, to the countless hours spent in PBL rooms and the library studying with friends, procrastinating with intense games of table-tennis and seeing the amazing harbour during our running group sessions! The Collaroy Med2 camp was also a great way to start Med2000 after the summer break.

FAVOURITE CAFE & PLACE TO GRAB A BITE WITH MATES, AROUND DARLINGHURST?

- Living on a student budget enabled me to find some great food places and deals. So many to choose from!
- Don Don on Darlinghurst Rd - a great Japanese



place for lunch or dinner

- South Dowling Sandwiches - chilli chicken was my favourite!
 - Double steak night at The Winery in Surrey Hills
 - Mille Vine Bistro & Wine Bar - all you can eat pasta for \$20 on Tuesdays
- And of course who could forget Messina!

HOW DO YOU FEEL KNOWING YOUR NOTES ARE STILL HELPING FIRST AND SECOND YEARS?

Very humbled. For me, my notes helped me break down the volumes of information in medicine into more bite-sized memorable information. In the words my first year PBL tutor once used (Prof Wan) - 'Too much detail' - was helpful in trying to stay on the key learning points of the PBL case. There is just so much to know in medicine and our inquisitive nature lends itself to asking how and why on every topic that we learn, which can be a blessing and a curse.

I spent a lot of time procrastinating on formatting my notes so they would 'look nice', with the hope that come exam time the information I needed was readily available. Thankfully that strategy paid off for me.



NOTRE DAME ALUMNI

Where are they now?

Helena Obermair (2014-2017)

WHERE ARE YOU NOW?

I am currently working as a Senior Resident Medical Officer (SRMO) in Obstetrics & Gynaecology at Liverpool Hospital in South-West Sydney. O&G was always a passion of mine, so it's great to finally be able to focus only on that at the moment! Aside from my clinical work, I am also involved in a number of organisations, including PVOGS (Pre-Vocational Obstetrics & Gynaecology Society) and the Medical Women's Society of New South Wales, and fill the rest of my time doing research in gynaecology.

BEST MEMORIES OF YOUR TIME AS A NOTRE DAME STUDENT?

My best memory was organising the first Women in Medicine evening with my friend Bella in 2015 - we sold over 300 tickets and the event was a great success. This event really kick started my love of advocacy in women's health. It has been great seeing the success of the Women in Medicine/ UNDFEM group at Notre Dame from when we started so many years ago.

FAVOURITE CAFE & PLACE TO GRAB A BITE WITH MATES, AROUND DARLINGHURST?

You just can't go past South Dowling Sandwiches - it's the thing I miss the most about uni! Eat all the sandwiches and salads you can before you have to go to different hospitals!

HOW DO YOU FEEL KNOWING YOUR NOTES ARE STILL HELPING FIRST AND SECOND YEARS?

I've had a lot of positive feedback about my notes, and I'm so glad people find them useful! But a word of caution - there's definitely errors in there so please don't mistake them for a textbook!

WHAT WOULD YOU TELL YOUR FIRST YEAR SELF?

Say yes to every opportunity you are offered during your medical degree - in research, with extra-curricular activities, electives. You will be surprised the paths that saying yes to these activities can lead you down.





NOTRE DAME ALUMNI

Where are they now?

John Farey (2011-2014)

WHERE ARE YOU NOW?

I am an Orthopaedic Registrar at Royal Prince Alfred Hospital in Sydney. This is my fourth year at RPAH, I did my internship and residency here and stayed on as a Registrar. I am loving life! In the last 12 months, I got married, bought a house and got onto the training program. I have attached a photo from my first week as a Registrar, I was asked to see my kindergarten teacher in clinic with a fractured patella. It was truly a privilege.

BEST MEMORIES OF YOUR TIME AS A NOTRE DAME STUDENT?

Time spent with my mates around Darlinghurst, the Medball every year, AMSA Convention. Clinical tutorials with Prof. Garrick (still the most knowledgeable clinician I've ever met). It was a fantastic four years and prepared me well for internship and specialty training.

WHO DID THE MOST WORK FOR THE FAMED "CROOKES & FAREY" NOTES?

This is a matter of much debate. The answer is both of us equally, actually. Our notes were written together and are a good example of how you need to find a mate to support each other through medical school. You'll need to do the same thing when you graduate and start sitting specialty exams. No one can do this all on their own.

WHAT WOULD YOU TELL YOUR FIRST YEAR SELF?

Relax and take it all in! Take advantage of every social and academic opportunity presented to you at UNDS, you don't realise how lucky you are. Gain exposure to every specialty / operation / procedure at least once so you can see it up close



and make a solid judgment on whether it's for you. Exercise and sleep are just as important as time spent at the desk with the books. PS go to at least one AMSA Convention.



NOTRE DAME ALUMNI

Where are they now?

Tom Crookes (2011-2014)

WHERE ARE YOU NOW?

Upon graduating I made the excellent decision to escape Sydney and move up to Queensland where I started as an intern at the Royal Brisbane and Womens Hospital. In my PGY2 year I was fortunate to get a bit of a call up and started as an unaccredited registrar in Orthopaedics and then made an even better lifestyle choice to move to the sunshine coast as an ortho reg at the shiny new Sunshine Coast University Hospital, where I have been the last 18 months. I work as a rugby doctor on the weekend, have done a bit of surgical work over in Papua New Guinea and was recently accepted to work with Medicine Sans Frontier. Outside of all that I have an amazing fiancé, 2 dogs and a little one on the way at the end of this year! In short - Keeping busy and out of too much trouble!

BEST MEMORIES OF YOUR TIME AS A NOTRE DAME STUDENT?

Notre Dame was a fantastic place to study, especially when not studying, which despite what the notes may suggest, was most of the time. Getting involved with all aspects of student life – AMSA Committees and Convention, Scrubcrawls and medballs, Friday arvo post pathology lecture beers and ping pong, an amazing year living in Melbourne, and having the privilege of running Mandus as its president in 2012. Great times.

WHO DID THE MOST WORK FOR THE FAMED "CROOKES & FAREY" NOTES?

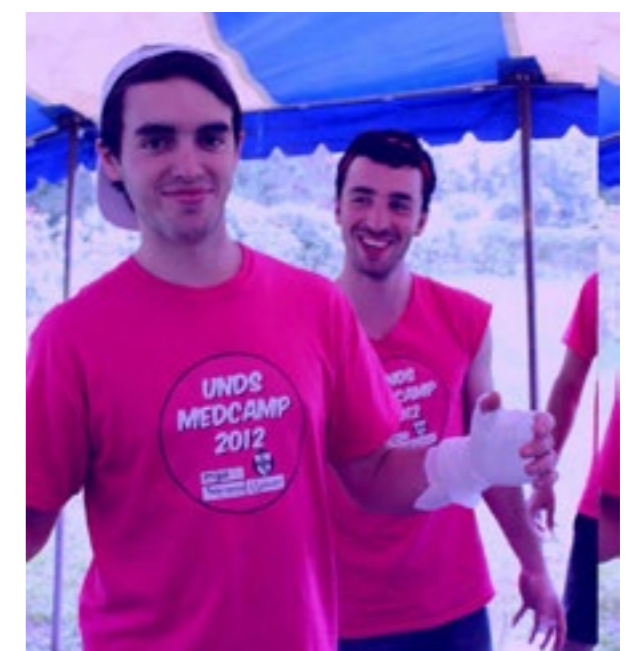
I would have to say John when it came to all the Learning Objectives that neither of us wanted to cover – mostly the public health stuff. Myself, when it came to the OCD meticulous formatting and

colour coding. I recently spotted our "Crookes and Farey: Obs and Gyn" notes up here in Queensland being carried around by a Griffith Uni Student, so it's crazy to see how far they have spread. I'm sure most would be horrified to think that the notes they are studying from are written by 2 current ortho regs. That being said it is also very humbling that they are still in some way helpful to you guys.

WHAT WOULD YOU TELL YOUR 1ST YEAR SELF?

When it comes to learning - Don't sweat on the small stuff, aim in the big picture and focus on applied concepts. Use your mates and collaborate, it's the only way to get through (ala Crookes and Farey notes).

Outside of study, have a crack at everything. You'll be surprised what opportunities and experiences arise when you explore opportunities. Go to all the events and meet all the people. It is your interactions, communication, links and experiences, not your knowledge of the intricate workings of the Krebs cycle, that gets you ahead in medicine. Crack on!



AUSTRALIAN DEFENCE FORCE AT NOTRE DAME SYDNEY

Rhoderic Beer

There is an unofficial affiliation between Notre Dame University and the Australian Defence Force (ADF) with many currently studying and even more practicing in the forces domestically and overseas. Having a military background and studying medicine one would argue that it is a juxtaposition, but both have similar inherent traits of compassion, respect and integrity.

In recent years, there has been a wealth of military experience through the university having a Navy Medic, Air Force Radiologist, Army Nurse, Pharmacist, Rifleman and the most relevant of all two Civil Engineers. The experiences of these members are invaluable and quite unique to fellow students contextualising scenarios and outcomes (and if you need a deck to be built).

Cumulatively in Med 2000 our ADF members have served for over 40 years, have deployed for over 10 years on over 15 war and non-war like operations from East Timor, Solomon Islands, Iraq, Afghanistan, asylum seeker duties and the Persian Gulf.

After the completion of internship and residency years, now ADF doctors are required to return to the military to complete a Return of Service Obligation (ROSO). This ROSO can include; specialized training in diving, aviation and trauma prior to commencing regular clinical work in a Regimental Aid Post supporting a Combat Arms Team, or a Sickbay that provides health coverage to a Fleet of warships.

After these training courses and serving a period of time in Australian ADF bases or units most will have the opportunity to serve overseas on the ground, sea or air in such places as Iraq, Afghanistan, conducting anti-piracy operations in

the Persian Gulf, or humanitarian aid and disaster relief anywhere across the globe.

The entry scheme for ADF doctors is through the Graduate Medical Scheme (GMS) and most ADF positions are for General Practitioners. Each service maintains highly trained deployable medical teams, these primarily respond in times of war or humanitarian disaster, and are staffed by ED, ICU, General surgery and Orthopaedic specialties, as well as other professions such as Nursing. As such, there is a role in the ADF for high end specialties. Studying at Notre Dame compliments the ADF's vision, both institutions have a rich tapestry of clinically and ethically enriched individuals ready to serve our community.



RANDA

RANDA

INAUGURAL STUDENT RESEARCH CONFERENCE

THE RANDA SUBCOMMITTEE ACKNOWLEDGES THE KIND SPONSORSHIP FROM TRANSFORM HEALTH AND MANDUS FOR THE EVENT.

Tim Outhred, Chair

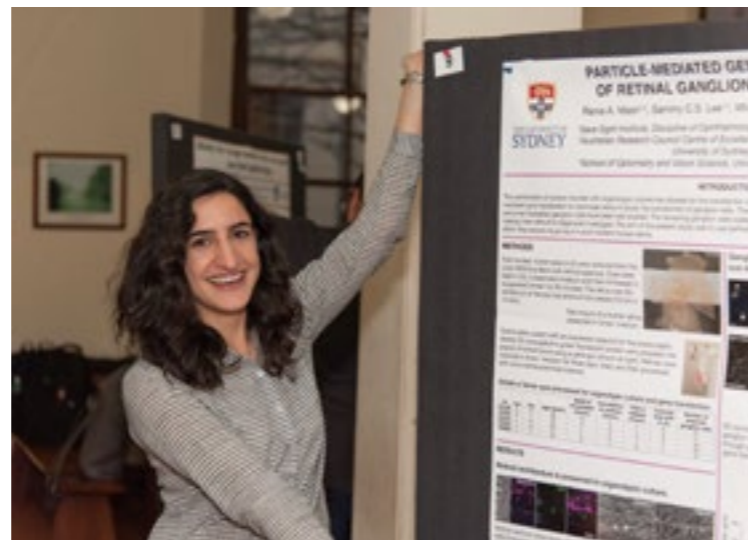
Haissam Faraj, Vice Chair

Rania Masri, Year 1 Representative, Event Support Coordinator

Melad Farraha, Year 1 Representative, Event Support Coordinator



 **RANDA**
Inaugural Student Research Conference



The Research Association of Notre Dame Australia (RANDA) subcommittees hosted its Inaugural Student Research Conference in September this year. The new initiative brought together students from all year levels in the medical school to present research posters to the student body. Following the poster presentations, RANDA hosted guest speaker Professor Stephanie Watson from the University of Sydney. Professor Watson is a ophthalmologist and scientist working on bench to bedside technologies to restore eye sight and cure eye diseases.

The Runners Up prizes went to Sam Saunders for The Role of β_3 -Adrenergic Receptors in the Rat Cremaster Muscle Artery and Daniel McIntyre for Educational videos delivered in a cardiology clinic waiting room increased satisfaction and may motivate short term behaviour change - A pilot study.

Overall, the calibre of research and presentation was impressive, and all student presenters were congratulated by Professor Watson for their efforts. Professor Watson was also impressed by the breadth of research which ranged from basic science studies to public health research.



An impressive total of 15 students presented posters on research they have done prior to entry into medical school as well as work conducted during the degree. A number of students in the student body have completed higher degrees in research prior to entry into medical school, while many others have conducted research as part of summer research scholarships or presented their MD research projects previously at specialist conferences.

For the student audience at the event, they were able to speak to presenters about their research, how they obtained the opportunities, and discussed ideas for their own MD projects. Students were encouraged to seek opportunities and prepare for their own research projects. Following the poster session, Professor Watson gave an inspiring presentation on her career journey and life as a clinician scientist.

The posters were judged by Professor Stephanie Watson, and three students were awarded prizes for their posters and their excellent oral presentations during the poster session. The Best Poster Prize went to first year student Stef Portelli for her poster titled Thoracic aortic aneurysms associated with Bicuspid Aortic Valve have altered microRNA expression.

RANDA hopes the Student Research Conference will continue as an annual event on the MANDUS calendar given the enormous response from the student body.

The RANDA subcommittee acknowledges the kind sponsorship from Transform Health and MANDUS for the event.





RUGBY DAY

James Robson

This year Wollongong university hosted the inaugural UNDS vs UOW medical school rugby competition. The competition included a men's rugby union game and a women's touch football game, with the day concluding on a social mixed touch game.

It was conceived to bring the two universities together, meeting our counterparts in a different city over a fun day of sport. I am proud to say the day went smoothly and both universities are keen to continue this event into the future.

The Notre Dame rugby union team pushed to a strong lead of 37-7 while playing in cyclonic conditions. Jimmy Bloomberg and Sarthak Chopra lead from the front with consistently high work rates and excellent team coordinating ability. Tries were scored by Declan Lloyd, Matt Dowsett, Sarthak Chopra, James Robson and Pat James. Notable highlight included Jake Mills' incredible defensive line-out skills.

The Notre Dame women's touch team went down 7-1 in a very hard-fought game against a well drilled team. Suzy Bownes got over the line to score for Notre Dame. The girls played a strong defensive game, led by Nikki Raftopoulos, Saesha D'Silva and Ellen Foster, to ward off countless attacks. Elodie Honore gave the team a scare with an ankle injury, however, heroically came back to dazzle with her one-handed trickery. A special thanks goes out to Alister Turbayne and Emma Smith for providing management and coaching skills despite being injured. I would also like to thank BOQ specialist for proving custom jerseys for the game.

We hope this is the beginning of a long-standing tradition between our two great medical schools. Thank you to Wollongong for hosting us, we will try to match your hospitality next year.





SOCCER DAY Brendon McDonald

The UNDS soccer teams and a huge, vocal band of supporters travelled to Sydney university for the second annual Football match. Both our teams were coming into the game quietly confident following resounding victories in the corresponding games last year and the injection of fresh blood from our first-year team members. In preparation, both teams had trained the house down under the watchful eyes of our captain-coaches Matt Brown and Josh Chew. There was a lot of talk pre-game about last year's results and it seemed like USyd were keen to exorcise the demons that lingered from that fateful night. This writer 4-1 won't forget that evening in a hurry.

night lived up to high standards set in the women's match. The game started slowly, but it wasn't long before it started to heat up with neither team willing to give an inch. The rotating Notre Dame midfield started to exert some control on the game whilst our wingers James Isaac, Matthew Gibbs, Faisal Kilani and the marauding fullbacks Matthew Webb and Nathan McOrist were getting some joy from their gut-busting efforts. Notably, Captain Matt Brown should consider himself unlucky to not have added to his goal tally from last year after numerous attacking raids on the USyd defence.



Women's Match: UNDS 1: USYD 2 - An extra 5 minutes and we'd have had them

The women's match kicked off under taxing conditions with strong winds turning the pitch into a swirling, blinding dustbowl. Improbably, conditions worsened throughout the match with a heavy downpour turning the dust to mud. Aply led by first year captain Brittany Gilchrist, the ladies ripped in from the start. Sydney scored two first-half goals against the run of play that had our girls down but not out by the break. In a classic example of a game of two halves, UNDS dominated the second stanza with a rock-solid backline, vocal goalkeeping from Rachel "Zazu" Zhang and powerhouse efforts from the captain, her fellow first year Katie Stein and a relentless midfield and forward line. Foundation player and 3rd year student Ellie Sarka managed to pull a goal back with a cracking effort and suddenly it was game on again. USYD were nervous and if it weren't for some class saves from their 'keeper, some questionable calls in the closing minutes and the inevitable march of time, the result could easily have been flipped. Unfortunately, that's how it goes in this crazy game.

The whistle blew and both teams headed to the sheds with the scoreboard unchanged.

The second half was characterised by both desperation from both teams. Massive shout-out to goalkeeper Justin Shaw who made some incredible saves and was suitably rewarded with a clean sheet for his efforts. Credit should be paid to the backline led by the bald Ramos James Smith; they dug-in with real body-on-the-line stuff to keep the entire USyd team (aka their NPL striker) from scoring. Christian La Spina left his mark on the game, the opposition and the refs notebook picking up a yellow card after leaving a hapless USyd striker wishing he was still studying in the Fisher Library with a cynical challenge. Whispers in the terraces talked about the prospect of dreaded penalties and tension grew as the time wound down and scores remained deadlock.

The final whistle blew and after a lengthy debate involving a sideline ref with too much time on his hands and contract law, the game went to penalties - despite pleas for extra time from both teams. Unfortunately, as it happens with penalties, one team had to lose and UNDS were the unlucky party on the night despite arguably having more chances on the night.

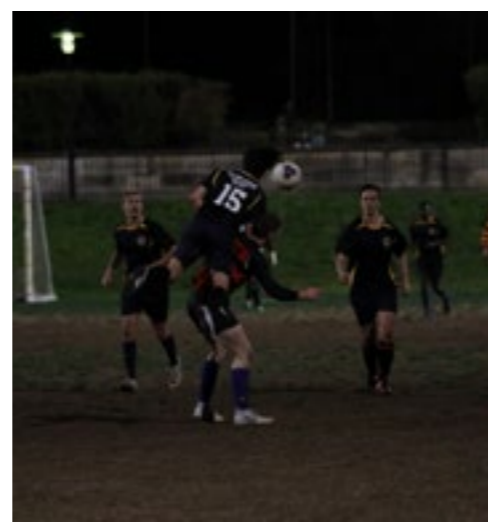
Full credit to the team - they gave 110%, left it all on the pitch and put in an inspired effort that they should be proud of. The future looks bright for next year's game

USyd brought their A-game in both games and were gracious winners on the night and even better hosts. The UNDS teams played with a lot of heart and can hold their heads high after their efforts but will come back stronger and hungrier next year.

Men's Match: UNDS: 0 (4) : USYD 0 (5) - Live and die by the Pen.

Much like the Godfather Part 2, the sequel of the

P.s. the writer does not apologise for the excessive use of sporting cliches.





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MED REVUE Nikki Raftopulos

The 2019 Med Revue "A Lad In Medicine & the Arabian Nights" was an incredible opportunity for students to challenge themselves in a completely new domain. Months in production, the revue struck a balance between pure comedy and astonishing talent, of course tied in was intermittent gentle teasing and the occasional cheeky butt* (*a very important and serious name of a highly used dance move).

With a passionate creative team, a dedicated ensemble and an incredibly talented band, we managed as a team to pull off quite a spectacular show. Some quoting it as, 'the best thing they have



done at Med School yet', the entire experience was challenging, hilarious and just straight out ridiculous. The idea of a bunch of medical students twirling on stage one night in fish nets and tutus and completing a serious OSCE formative the next is both impressive and terrifying.



We would like to thank everyone for their support for our production, mainly MANDUS, Cottage Printing and all family and friends! Also, to our special cameo and Notre Dame alumni, Armando Hasudungan, for his highly anticipated welcome to the show.



The best part about the production, was proceeds went to two incredible funds - Team Philippines and the Joshua Scott-Paul Benevolent fund.

We hope everyone enjoyed the show as much as the cast did making it. I hope the Med Revue tradition remains and the 2020 revue brings as much joy and wonder!

MED BALL

Saasha D'Silva and Nathan McOrist

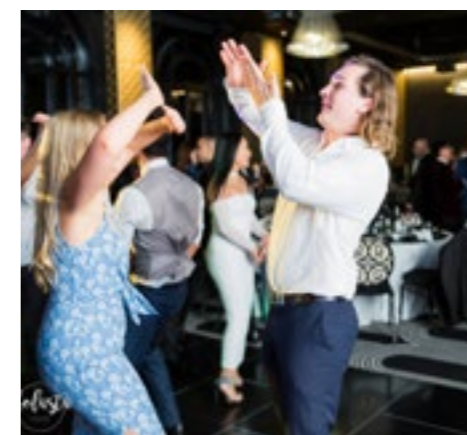
After months of planning and careful organisation, another successful MANDUS Medball was held at Doltone House Hyde Park on the 17th of August. The event saw 250 Notre Dame medical students joining together with their partners and some staff members to celebrate the year that's been and the thriving community spirit within our medical school.

The night kicked off with special awards being given out in a range of 'most likely to' categories. An honourable mention must be given to our winners, who we are sure will live up to the awards they won in the years to come. Festivities continued with a three course dinner and dancing before heading to the after party venue at the standard bowl.

A special thank you to all of those who attended, without whom, this event would not have been possible. Additionally thank you to Nathan McOrist for his seamless organisation of the event and all of the MANDUS executive for helping us to put on such a memorable night. Special mention must also be given to Joshua Chew who was our MC extraordinaire of the night and made sure everything ran smoothly.

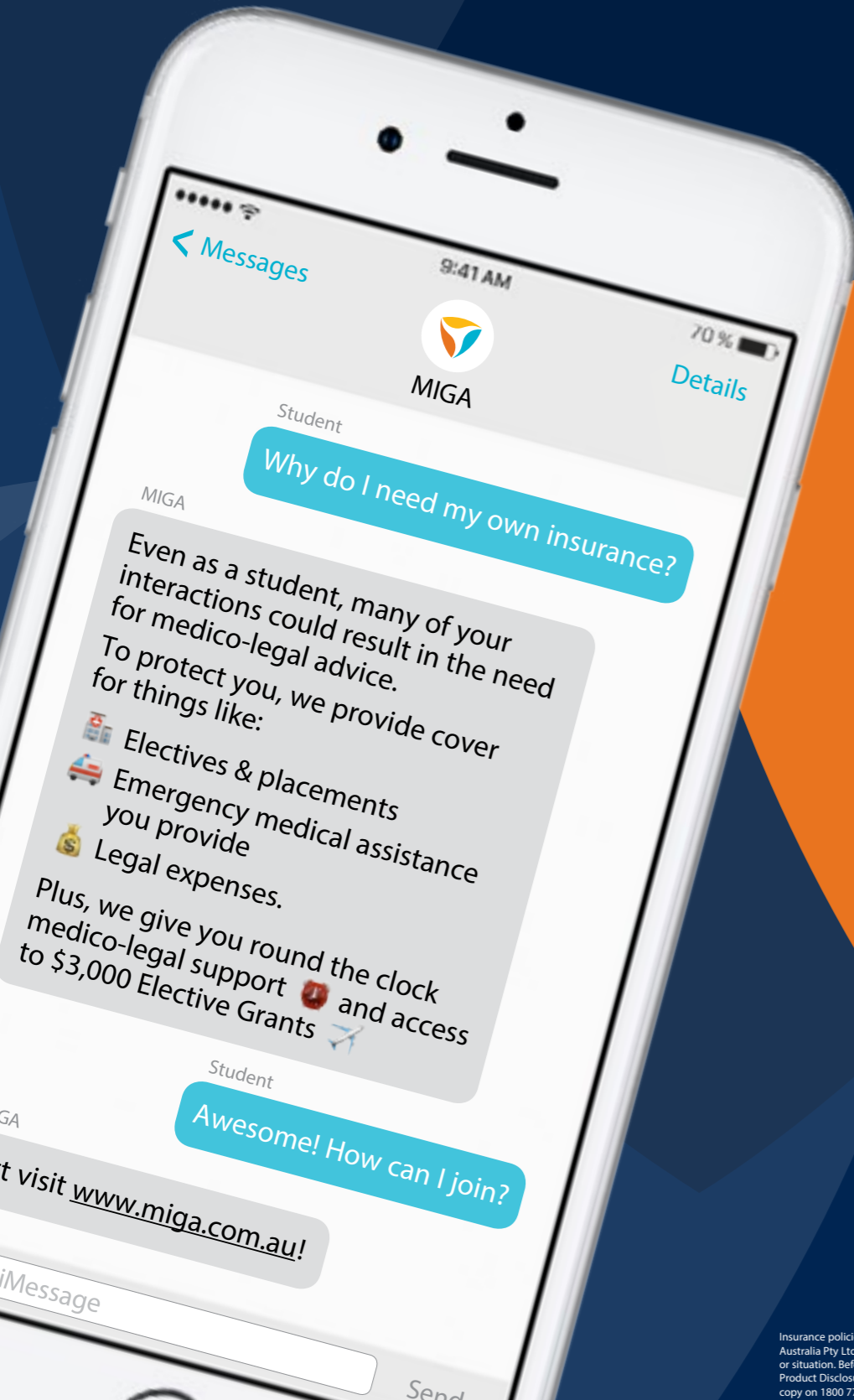
With Medball done and dusted, that wraps up a successful year of events by the social chairs of 2019. We are looking forward to the wonderful things that our incoming social committee of 2020 have in store for us!

Thank you once again to the entire Notre Dame community for their ongoing support and involvement in our events!





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