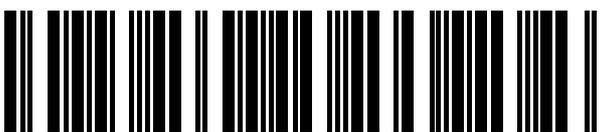


# NOTRE DAMUS



Image by Sacha Alexiou

Read the story behind the image on page 5



Instagram: @msandau Facebook: @undfmsand

**MSAND'S MAGAZINE**

2022 | VOL 1



# ACKNOWLEDGMENT

Medical Students' Association of Notre Dame (MSAND) acknowledges and pays respect to the past, present and future Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.

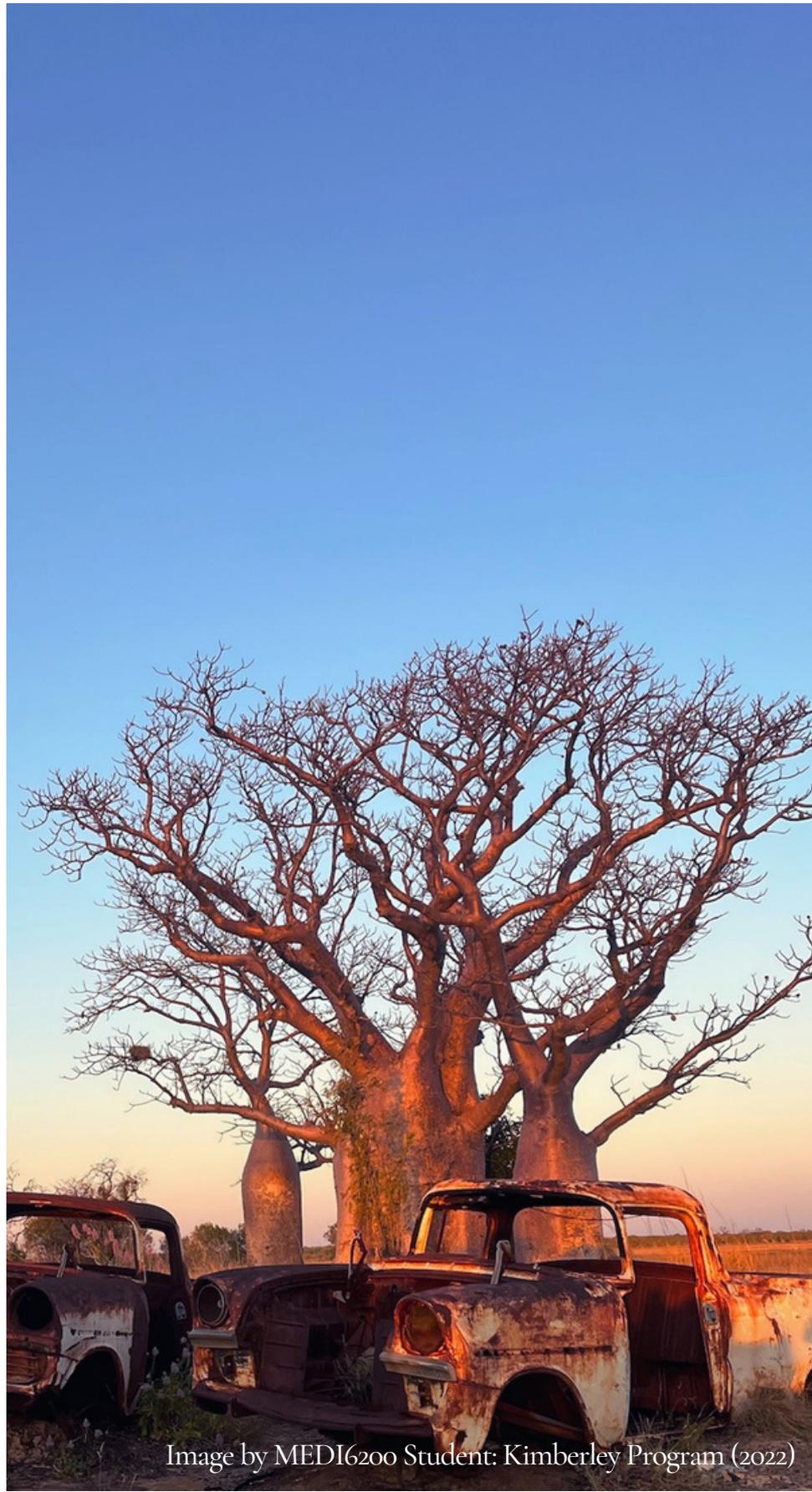


Image by MEDI6200 Student: Kimberley Program (2022)

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# A NOTE FROM THE DEAN

BY PROFESSOR GERVASE CHANEY

I was fortunate to have been recently invited to the annual Lions Eye Institute's Ian Constable Lecture given by an eminent US academic ophthalmologist Professor Thomas Gardner and heard his presentation on "the Evolution of Ideas in Medicine". Much of his message was about the need to challenge the status quo in order to make genuine discoveries and changes in medicine. He used examples of clinicians/scientists over history who have overcome dogma to improve medicine – citing our own Nobel Laureates Barry Marshall and Robin Warren (discoverers of the role of *H. pylori* in peptic ulcer disease). One powerful quote he used was from Daniel Boorstin: "The greatest obstacle to discovery is not ignorance – it is the illusion of knowledge".

There are countless examples of medical "facts" that have been subsequently demonstrated to have been incorrect – often shown to have been eminence-based than evidence-based. Diagnostics and treatments that have been extensively used and then consigned to ignominious history. In my career in paediatrics, I am old enough to remember mist tents for croup and when I mention them to students and junior medical staff, their eyes widen in amazement.



The main value of these tents seemed to be that they shrouded the child in mist and so it was harder to see their distress. Of course, this preceded the routine use of oral corticosteroids (dexamethasone) for croup much of the early clinical trials of corticosteroids in croup were performed in the Princess Margaret Hospital emergency department here in Perth while I was a registrar in the mid-1990s. I clearly remember patients being randomised to dexamethasone or placebo. While the study was blinded, we quickly were able to surmise whether they had received the dexamethasone, such was the dramatic effect.

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# CURIOSITY AND ACADEMIC HUMILITY

My bosses at that time, Gary Geelhoed and Bill Macdonald, couldn't get their seminal research papers published in prestigious journals because the reviewers could not accept that the steroids could have such a rapid effect, where their dogma was that steroids took hours to impact inflammatory swelling.

Discoveries continue and despite the massive growth in medical knowledge, there is still more that we don't know in medicine than we do. So, there are many more facts/dogmas to challenge and overcome. So how do we do that safely and effectively? I would argue that this needs two essential characteristics – curiosity and (academic) humility. For every brilliant and brave discoverer/innovator there are many or more arrogant mavericks who ignore the evidence and go their own way. I have come across both and some who I am still not sure which they are? There is good evidence to support that application of clinical guidelines improves and that variation in clinical practices worsens medical outcomes, so if you are going to go against

“The greatest obstacle to discovery is not ignorance – it is the illusion of knowledge”

*Daniel Boorstin*

agreed practice you need to have good reason and preferably evidence to back that up. But to improve we need to have the curiosity to ask questions and challenge the assumptions, not just slavishly apply routine practices.

I have been both challenged and enlivened by curious students and junior medical officers that have asked the right and often tricky questions about my clinical practice – practice that may have become too routine. So, I would encourage you to be curious and humbly question – it's all part of the lifelong learning journey that you have commenced as medical students. And you may be one of those brilliant and brave discoverers!



# MSAND'S PRESIDENT




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## JARRAD ZYLSTRA

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Writing this piece in the twilight days of my student life, it's a thrill to reflect on all the ways 2022 capped off an incredible four years on Henry Street. We saw the welcomed return of the suite of MSAND social events in the wake of the pandemic, a total resurgence in numbers at our social sports, a host of top-tier SpIG events, and underpinning it all was our trademark culture of community, collaboration, and enthusiasm.

Leading the MSAND Committee – a special group of energised and selfless individuals – has been an incredible privilege I have not once taken for granted. From the executive level, we set out with the ambitious goal to modernise MSAND as an organisation and bring it up to standard with the top medical societies across Australia.

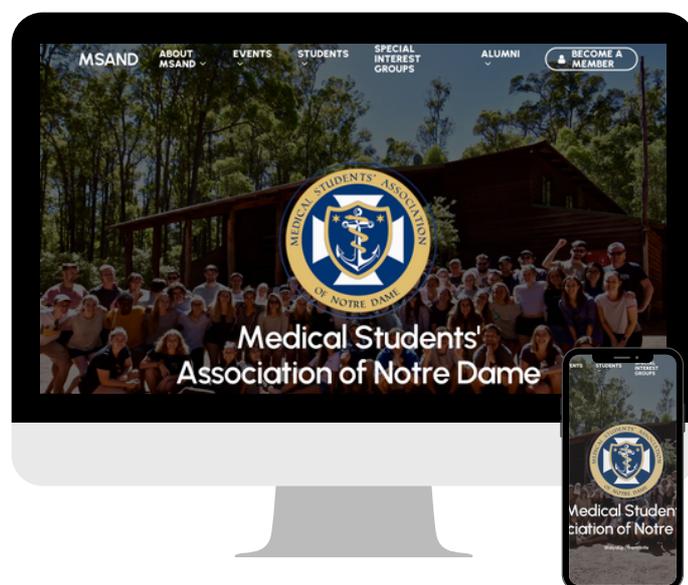


# PRESIDENT'S REPORT

To achieve this, our four aims were to:

- Reform our **institutional memory** through the development of a shared drive giving Committee Members access to all resources required to help them thrive in their role
- Rebuild the **MSAND website** from the ground up to create a functional resource that helps redirect traffic from the burdened Facebook groups and provide a professional image to external sponsors and other parties
- Establish the inaugural **alumni association** to reconnect our ever-growing body of graduate doctors with each other, the school, and the current students
- Review and revise our **official documents** such as the MSAND Constitution and the Special Interest Group Operational Guidelines to secure consistency and efficiency in our operations into the future

As much as the above reads like a LinkedIn bio, I firmly believe these four main changes will mark the start of a new chapter for MSAND in which the future Committees will be able to focus strongly on key advocacy issues, our core values of culture and community will be bolstered by the growing alumni body, and most importantly, the student experience will only continue to improve.



It's a great relief knowing that the task of continuing our school's successes and culture into the future is in good hands. The 2023 MSAND Committee is packed with brilliant, talented people and I can't wait to see what fresh perspective and ideas they bring to the job. In the broader school community, it's been a real treat getting to know everyone in the Classes of 2024 and 2025 more closely this year, and I have great faith that you will all be strong mentors and leaders for the incoming cohorts, as well as incredible doctors in the not-so-distant future.

After far too many O Camps, Gala Balls, May Soirees, footy games, run clubs, Facebook posts, MSAND meetings, PBLs, rave caves, and reflections for one person, I'm content to call it a day and relieve the halls of ND35 of my presence. Can't wait to see you all on the wards!

# REFLECTIONS

BY SACHA ALEXIOU

This image invites you to consider medical school not just as an academic challenge, but a personal challenge. The reflective glass is bewildering and creates an image both of itself and the sky and structures surrounding it. To expand on this, the circular reflection is a powerful statement on the personal characteristics of ego, neuroticism, and perfectionism that rear their heads, often resulting in stark conflicts within one's mind and interpersonal experiences. Combined with an increased baseline level of stress, growth is forced to occur in medical school. Furthermore, there is no longer a ceiling to the knowledge we can accrue on a certain topic, which is further confounded by the fact it is often our future patients' health that this information directly affects; It is the perfectionist's perfect storm. This reflection speaks to part of my own journey through half of medical school wherein I have struggled to represent all facets of my personality and past, not just the medicine. Hobbies, relationships, family, friends, personal health, extracurricular commitments, and medicine all vie for attention to varying degrees, and I now have become better (alas not perfect... ha!) at knowing that each of these parts is critical to feeling whole and content with day to day living. The question this leaves to future me is: "When you look back at this point in five years' time, will you be proud of the decision you've made and its connection to who you are?". While this sentiment does not account for the necessity to buckle down and dedicate work to a goal (apt as I am writing two days prior to exams), it certainly works as a litmus test to weigh up the ever-moving machine of medicine's pressure alongside other personal goals.

I hope this experience and image probes some of these same considerations within you and helps in your journey of personal discovery alongside the medical curriculum and beyond. My journey is far from over and will be fraught with countless more challenges in the future so hopefully this new litmus test will provide a more titratable measure regarding the critical importance of balance in life.

# EDUCATION CHAIR'S REPORT

BY OLIVER TAYLOR

2022 has been a big year for the MSAND Education team. I'd like to thank Megan Banks and Victoria Ferdinands for their hard work and support in the preclinical education representative role. Without their help, the events that the Education team has held this year would not have been possible.

The year started strong with a record attendance at our First Year Survival Night. The first years listened with baited breath to all of the tips and tricks from our expert panel of 2nd year students before it unfortunately, despite my best efforts, devolved into a discussion of my crippling Anki addiction.

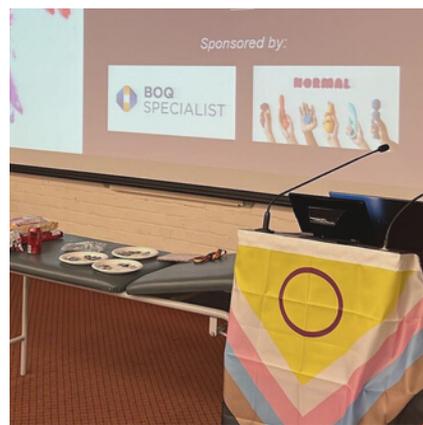
As the first semester exams drew closer, second and third years divulged ancient med school exam wisdom during our Exam Q&A session, and we were once again incredibly lucky to have Dr Sue Sharpe and Dr Paul Langton give fantastic presentations at our annual ECG night.

This year, the education team made history. We hosted the first clinical MOSCE ever! It was said that it was impossible to do, and at times it felt like that was true (especially the night before when I was stuck at Officeworks 15 minutes after they'd closed waiting for my 3 printers to finish). The event was a huge success and it wouldn't have been possible without the help of Eugenia, Vicky, Megan and all of the volunteer patients.

It has been a great privilege to be your education representative for the past 2 years. Thank you for trusting me to voice your thoughts and concerns to the school and giving me the opportunity to drop it like it's hot on the O camp dance floor one last time.

Thank you again





EQUITY



## EQUITY CHAIR'S REPORT BY JACK MURRAY

Reflecting on all that the Equity team has accomplished this year fills me with pride. None of this could have been possible without so many students making themselves heard on issues that the University have long overlooked. It is credit to their strength and bravery that has prompted reforms within the school.



## OUR ADVOCACY EXTENDED BEYOND OUR EVENTS

by engaging faculty who are passionate about health equity to reform education delivery despite mounting financial and temporal pressures. This included: the implementation of trigger warnings alongside the incorporation of trauma informed care in PPD, the inclusion of pronouns to be discussed in first year clinical skills and Dr Moore will return as a guest lecture next year to allow us to discern the differences between sex and gender and the importance of respecting the latter. I am so excited for the years to come with the continued efforts of my successor and the incredible faculty who have been nothing but supportive!

A brief report of Equity Events run in 2022

### International Womens Day

In the space of gender equity, we held our annual International Women's Day Breakfast, which would not have been possible without the help of Notre Dame Student's Association – special mention to Niamh Mack (NDSA Wellbeing Queen) who helped pull the event together. We heard from the Honourable Member for Churchlands Christine Tonkin and the Neuro Professor and Goddess Merilee Needham who brought Power and Strength (+++), both sharing their insights into how we can #breakthebias.

### Refugee Health Info Night

This was the first time this event had ever been run with the hopes of showcasing the strength and resilience of the some of the most vulnerable groups of people in our society. There wasn't a dry eye in the house as we heard from our very own Rubi Ni Chin (MEDI6200) who generously shared her experience and insights into how we can provide better, trauma informed care for our patients in the future. Next year, Social Justice



will pick up the gauntlet to establish this as a regular fixture in the MSAND calendar.

### AUSLAN info night

The annual AUSLAN info night was a huge hit and mostly delivered by Alexandra from FSH a powerful advocate for the Deaf and Hard of Hearing communities. She changed things up slightly, bringing together Access + and Megan Jones from PCH to provide unique perspectives on both the medical and social models of disability. Finally, George as ever shared his life story with his characteristic wit, charisma and charm, which left me inspired and excited to get to practice my Auslan in the years to come.

### Queer Health Info Night

Sex toys, Free Pride pins and sushi – before we even heard from our first speakers it was a success! Michelle and Stephanie, both exemplified the resilience and strength of the LGBTQIA+. Then Dr Moore from PCH Gender Clinic, Prof Alison Creagh and Alana Hunt from SHQ showcased the compassion and love that we can all aspire to provide in our care of trans and gender diverse patients.

09

## The MSAND Rural Mission

The mission – inspire students to be rural doctors.

The method – show, tell, share, and immerse students in rural healthcare pathways and rural living.

The team – MSAND Rural.



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## RURAL CHAIR'S REPORT BY SOPHIE DIXON

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### Wheatbelt Community Weekend

This year the MSAND Rural team held the inaugural rural Wheatbelt Community Weekend. An intimate community immersion experience with a minivan load of medical students. They stayed at Fairview Farm in Narembreen and experienced the joys of rural communities firsthand. They combined with

St Johns Ambulance and Volunteer Fire and Emergency Services to participate in clinical scenarios. They retrieved simulation patients from a motor vehicle accident and met with local GP, Dr Peter Lines. They were also immersed in the community and cheered on Narembreen at a footy match and post-game celebrations at the local pub.



# THE MISSION – INSPIRE STUDENTS TO BE RURAL DOCTORS.



## Combined Rural Generalism Experience

Rural health clubs MSAND Rural, SPINRPHEX and CROHC combined forces and hosted an inspirational evening with rural generalists Dr Rachel Hall and Dr Olga Ward along with Ms June Folds from ACCRM. Students were hands on, learning about lumpectomy surgeries and advanced life support assessments and a gained a practical understanding of what it means to be a rural doctor and how to become a rural generalist.

## Men's Health Morning Tea

A wholesome Monday morning tea during men's health week to raise awareness for men's health with guest speaker Dr Sebastian Leathersich. He shared his touching story of dealing with mental health along his healthcare journey followed by yarns with delicious scones and tea.

## RCS inspiration sessions

RCS Sue Pougault, rural generalist Dr Martin Lee and former RCS students provided students with great stories and information on the numerous rural clinical school information sessions and pizza night this year. Their inspirational accounts had the RCS applications in huge numbers with many Notre Dame students excited about their upcoming rural placements!

Our events would not have been possible without the generosity and financial support from Rural Health West and BankWest, and our wonderful time giving resource sponsors RCS, ACCRM, AMSA and Doctors' Health Advisory Service WA.

It was a ripper year of events, promotion, and inspiration. A huge thank you to the MSAND rural team working behind the scenes to make these opportunities possible: Chair – Sophie. Events – Penny. Media – David. RCS – Marcelle. General – Holly, Issy, Jeanette, Katie, Sam, Steph. And another big thanks to everyone who attended or assisted during the events this year, it was a pleasure advocating for the health and wellbeing of our rural communities with you all.



# SOCIAL CHAIR'S REPORT

BY LACHLAN HANNAH

It was a challenging year for events as COVID really kicked off in Perth causing restriction chaos. That being said, we still had fantastic events that were thoroughly enjoyed by all.

## O-CAMP

The first event of the year, O-CAMP, was a huge hit. There was a fantastic turn out of first year students who participated in activities and challenges over the weekend. It was great to see them start to form strong friendships before embarking on their medical journey. It really was an event not to miss.

## MAY SOIREE

Shortly after O-CAMP the events calendar was heavily disrupted by covid. But, our next event in May, the May Soiree, saw all year groups finally come together for their first official Event of the year. Bathers Beach house put on an absolute show, bring out delicious canapes, cheese boards and providing thirst quenching beverages. Everyone came dressed to impress and danced the night away to tracks provided by our DJ's.

## UNIFORM PARTY

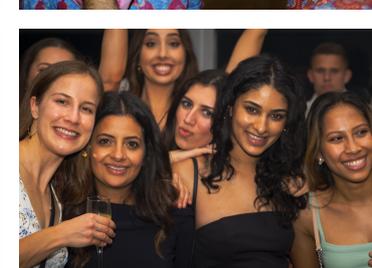
Early in semester 2 we were able to bring back Uniform Party. An event that usually occurs at the start of the year.

This was the first year Port Beach Brewery hosted the Uniform Party, and my golly it was a good venue for it. We had great music, great lighting, and just great vibes.

## MSAND GALLA BALL

The final event of the year was the prestigious MSAND Galla Ball. The Hyatt hosted us and put on a show with their food and beverage package, decorations, and lighting and sound team. The night started off with delicious food, and a side of the infamous pea pure, while our president gave a fantastic speech cracked gags left, right and centre. Students and staff of the year were awarded before the fun of the night really began. DICE kicked off the fun by performing live on stage followed by a DJ. It was great to see everyone dancing the night away in their formal attire.

Before signing off, all of this wouldn't have been achieved without the work of my very helpful sub-committee members, Denver Quantrill, Oliver Smith and Bella Norish. A huge thank you to you three!



# SOCIAL JUSTICE CHAIR'S REPORT

BY EMILY GALE

We started this year off with the World's Greatest Shave, raising \$21,000 for the Leukaemia Foundation. Thankyou to our brave egg heads - Georgia Calvert, Kate Hewitson, Denver Quantrill, Alexandra Laycock, Penny McDonald and Russell O'Connor, and thank you to everyone who helped out on the day or donated.

After our regular fundraising social was cancelled due to covid, we decided to run a clothes sale of clothes donated by med students, and we raised \$450 for Derbarl Yerrigan. Thank you to everyone who donated or bought things!

This year, alongside our wonderful Aboriginal rep, Ahmi, we hosted the first ever Reconciliation Morning Tea! We also asked first and second years to write down some goals for their personal Reconciliation on beautiful paper butterflies which you can see stuck up in ND35. One of the main advocacy spaces I was engaged in this year was creating a plan for MSAND to more actively work

towards Reconciliation in the coming years and provide recommendations to the SOMF on how they can do this aswell. These include Reconciliation and NAIDOC week events, facilitated reflections on Sorry Day and the importance of Reconciliation during CD, and trigger warnings for discussions around racism in healthcare.

Please send any further recommendations you have to the 2023 MSAND executive committee. I'm excited to see this come into fruition!

## Want to do more volunteering next year?

Step 1: Follow our instagram (@msand\_social\_justice) for updates on local volunteering opportunities.

Step 2: Sign-up to Notre Dame Volunteering Network online! It takes 10 seconds and you will be sent opportunities throughout the year. To those already finding the time to volunteer whilst studying Medicine - I commend you!

Thank you to my wonderful sub-committee, Mia Dorsett-Sawyer and Bella Norrish, I really appreciate your help, support, and passion.



# WORLD'S GREATEST SHAVE



BY GEORGIA BORSHOFF

Each year, over 19,000 Australians be told the life-changing news that they have a diagnosis of blood cancer. For some of us in the medical school cohort this is an issue very close to home, affecting those we love. For some, it will shape our career as we care for patients and families forever changed by the realisation they are facing leukaemia, lymphoma or myeloma.

The mood the day of our Greatest Shave in Malloy Courtyard is something that will stay with me forever. In the lead up to the event, I thought it would be mixed emotions and a melancholy group that greeted us as we raised awareness for an illness that can be so devastating. I thought I would be afraid, that I would want to back out last minute. The reality was a sea of smiling faces, of joy and support and a cheer raised as every lock of hair fell.

In the end, myself and Kate Hewitson, Russell O'Connor, Penny McDonald, Alexandra Laycock, Eugenia Hutton, and Denver Quantrill, with the help of the brilliant Social Justice team and the support of the whole cohort (you guys!), raised over \$20,000 to be donated to the Leukaemia Foundation. I know I speak for us all when I say we felt immensely moved by the response and support and have been wearing our newly spiky do's with true pride. Thank you to everyone who was involved, who donated, who shared the information or contributed in any way, it means the world to us and to the Foundation.



# SPORTS CHA

2022 was a huge year for MSAND sport! It appears that Prof Chaney took my advice and accepted first years based purely on sporting talent rather than their GAMSAT scores as they really carried our teams this year.

The year started off with 5-a-side mixed soccer which was captained by SJ Eades. The team made it through to the preliminary final, however narrowly missed out on a spot in the grand final.

Ultimate frisbee was a new initiative this year that was led by Max Eton. "Frisiology" had a successful season with their disc skills being even better than their ability to make a medicine based frisbee pun. The highlight of the game that I filled in at was seeing Oli Taylor spend most of the game on the side-line so he could complete his Anki cards for the day.

We had three teams enter the Tri-varsity Netball competition this year. It was tough for any team to get a goal in past the defensive duo that was Seamus Power and Steph Swain. However, our hopes and dreams of another MSAND demolition of WAMSS and Curtin were shattered when our top team lost the game to WAMSS' A team.

We instead found success in social netball, with two MSAND teams each snatching the gold medal for their respective competitions.

A highlight this year was the MSAND Run Club which was run by Bella Ghanem. Bella managed to pull some consistently huge numbers for Monday mornings and Thursday afternoons. Some say it's a cult, but it seems to be a cult that everyone should be a part of.

**BY HANNAH CADLOLO**



# IR'S REPORT

Then we have MSAND footy... there are no words to describe this season other than bloody brilliant. Do yourself a favour and check out the highlights on Instagram (msandgirlsfooty). There was a feeling amongst the team that this year was our year, and we couldn't be more correct. The girls won their first ever match in the competition with a whopping 99-6 win over ND physio. After this, the team realised they liked the taste of victory and never lost another game. The grand final was an absolute heart stopper with the team being down by 3 points against WAMSS with 10 seconds to go. Our saving grace Yoveena Brian took a snap at goal and won us the game. This kind of success wouldn't have happened without the passion and dedication of the coach extraordinaire Jarrad Zylstra. A special thanks also needs to be extended to our captains Chrissy van Deventer and Jade Franco who led by example throughout the season.

The boys managed to defeat every team in the competition except WAMSS. We fell short on our final battle against WAMSS and lost by only 1 goal in the dying minutes of the match. I think I saw Gunnel cry, but he assured me he simply had something in his eye. The season was not without its drama however, special mention to Ira who broke his hand in the 3rd quarter of the ND physio game and decided to discharge himself from the bench against medical advice to play the last quarter which helped us secure the victory by one goal.

Thanks to Prof Chaney, Prof Courtney, Louise Austen, and Clive Walley for all swinging by throughout the season to support the teams. Finally, we had a three-way tie in the footy tipping competition with David Mann, Eug Hutton and Jess Kerr. Jess managed to snag the win by getting the closest margins for each round.





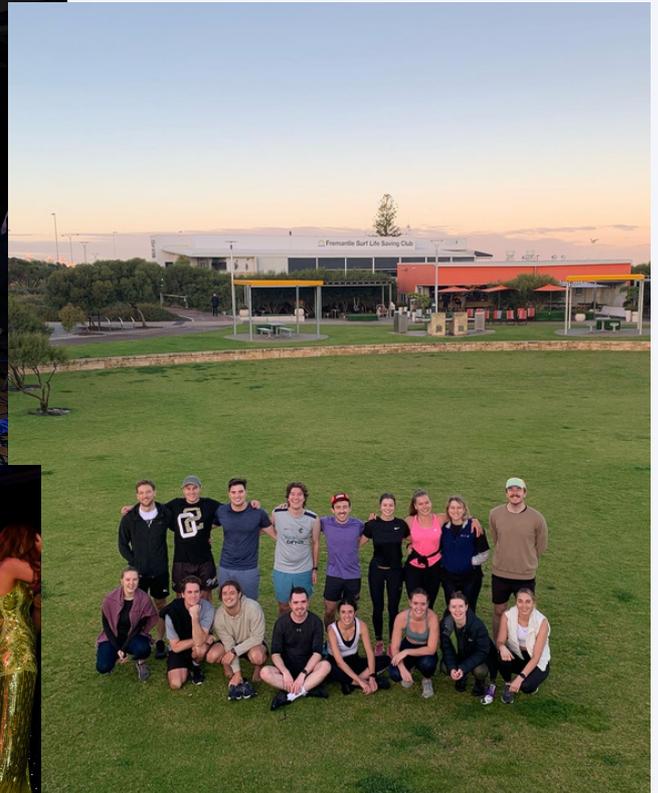
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My goal at the start of the year was to use sport to create connections and comradery between year groups as well as giving people a reason to step away from their study desks. I can say that I have successfully achieved this goal and can now put down my whistle, stopwatch and half-time lollies as a proud and happy sports mum.

From your overly enthusiastic Sports Captain,  
Hannah Cadlolo

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# WELLBEING CHAIR'S REPORT

BY INDIANA SCANLON

## Start of 2022

Being the Wellbeing Chair for 2022 was a wonderful whirlwind – from mini COVID lockdowns to seeing everyone get behind important mental health movements such as RUOKDay and CrazySocks4Docs, it was such a fulfilling experience. I hope that throughout the year, myself and the Wellbeing Committee helped support students mental health and wellbeing by making them feel less alone in their journey through med school.

## Wellbeing Corner in ND35

Following in Amy Lorimers footsteps, I collaborated with the clinical team to re-vamp the Wellbeing Corner in ND35, providing a brand new space to rest, relax, and unwind between classes. After the addition of some colourful couches, plants and décor to complement the wellbeing whiteboard, it was wonderful to see so many students (and staff!) use the space throughout the year.

## CrazySocks4Docs

Our first event was the inter-PBL CrazySocks4Docs competition, which raised awareness for the mental health of doctors and medical students Australia wide. There were some amazing submissions (see below!), with the winning PBL awarded an array of prizes such as an Escape Room experience for the whole PBL! To top it off the Notre Dame Medical School even won first prize in the DHASWA photo competition.

## Exam Packs

We also organised wellbeing exam packs for the first and second year cohorts, which included a variety of study snacks and earplugs to take into their exams. These were really well received, and made students feel.

## Thank You

Being the Wellbeing Chair was such a rewarding experience that gave me the opportunity to advocate for something that is very close to my heart. I want to say a huge thank you to my incredible Wellbeing Subcommittee (Jeet Mann, Bella Norrish, and Esther Cox) and the rest of the MSAND team for their dedication and support throughout the year. I appreciate each and every one of you and look forward to what the future Wellbeing Chair brings to the table next year.

## RUOKDay Pottery

Our final event this year was an RUOKDay Pottery Workshop in collaboration with Winterwares studio Fremantle. This provided students with the opportunity to practise mindfulness by hand-making their own ceramic piece to take home. Here are some wonderful pictures from the sessions:

## A parting reminder

Health is the greatest of human blessings, so be sure to make yours a priority. Do the things you love, spend time with the people that ground you, and love yourself unconditionally.



# AMSA REPRESENTATIVE'S REPORT

BY SACHA ALEXIOU

Hello dear colleagues!

Notre Dame Fremantle (UNDF) has seen a strong year for involvement with AMSA, particularly in policy. There were approximately five policy authors, and countless more volunteers who assisted with reviewing and presenting at Think Tanks. I would like to extend a heartfelt thank you to all who helped me achieve the role's goals this year: Lucy Stewart (MED6100) and Kate Hewitson (MED6200) of my subcommittee, Derek Liddell (MED6300 - Vampire Cup Rep.), policy authors, policy reviewers, and other MSAND committee members. I appreciate your sacrifice of time.

The opening of the borders (all hail McGowan) was followed by the introduction of WA's harshest

restrictions, which resulted in difficulty in running the usual tri-varsity think tanks. The first Think Tank of the year was solely with UNDF students and hosted on Zoom, a far cry from indulging in pizza and heated debate. Unexpectedly, this event had a turnout of approximately 10 UNDF students, a number I had not seen in two years of attending these events! The organisation of tri-varsity think tanks was further compounded by challenging interprofessional university relationships at the beginning of the year. Curtin and UNDF enjoyed building a strong partnership for the remainder of the year (post restrictions) with good turnouts for both two remaining (now bivarsity) think tanks. I would like to extend thanks to both the Medical Students Council of WA (MSCWA) and the WA Australian Medical Association (WA AMA) for financial assistance with catering.

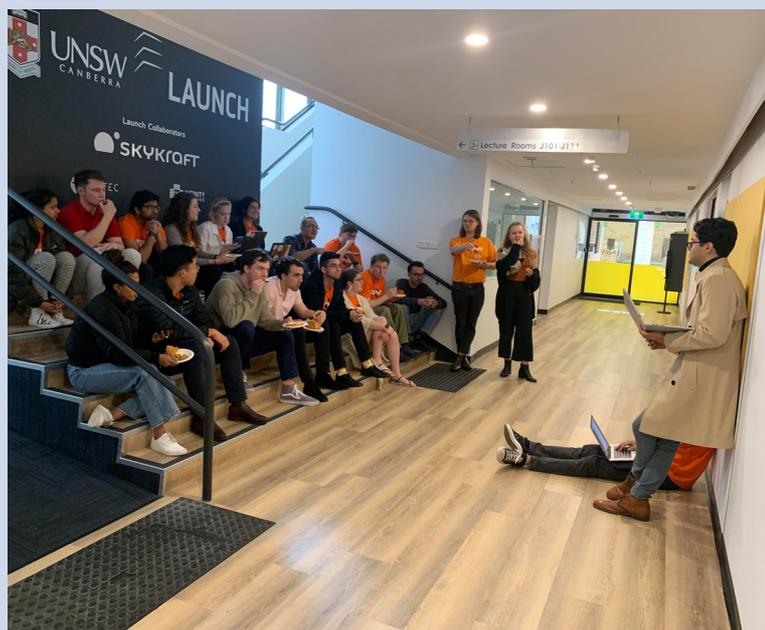


As I learnt about MSAND and AMSA throughout the year I began to realise the unique position the AMSA rep holds in having both an internal and national understanding of advocacy. This inspired me to (I was also inspired by the excellent passion of other committee chairs such as Equity and Social Justice) see how I could assist, which resulted in a great success in partnership with Emily Gale when we received approval from the school to post the Roe v. Wade protest image; a win for representation of the MSAND members! This is something I hope to see the AMSA Rep. position grow to accommodate in the future.

The removal of many COVID restrictions early in the year meant that AMSA Reps were entrusted with the original responsibilities of the role (as seen two years prior, pre-pandemic).

One such addition is assisting in organisation of National Convention. Despite myself not attending this year, the meetings associated, and extra time taken meant the WA AMSA Reps struggled to organise the Western Australian Leadership Development Seminar. It was with great sadness that we chose to cancel this in fear of an underdeveloped idea reflecting poorly on our gracious sponsors, MSCWA and the WA AMA. I am confident that next year the AMSA reps will be more informed and able to account for the newfound responsibilities in an open-bordered-Australia.

Thanks again to everyone for engaging this year, and congratulations on another year of hard work. I hope you enjoy Summer!





# VAMPIRE CUP

DEREK LIDDALL (VAMPIRE CUP REPRESENTATIVE)

For the uninitiated, the Vampire Cup is an annual 8-week blood donation drive that challenges all medical schools in Australia to donate the highest number to boost vital blood stores leading into Winter. The winner is decided based on the percentage of your medical cohort that donates, and as a small university, every donation has a big impact. After a huge resurgence in 2021 skyrocketing us to 4th in the nation, anticipation this year was high for a push at a podium finish. However, coming off our success, the sharks of Curtin and UWA were circling, ready to give us a run for our money. It would take a big effort, but no challenge is too great for the veins of Notre Dame.

This year, still reeling from the pandemic, Lifeblood was in dire need of blood supplies, and the students of Notre Dame delivered in spades. Our first week was huge, kicking off with 28 donations and solidifying Notre Dame as a contender once more. Curtin, running a passionate campaign against Notre Dame, was close behind on 24. This trend was maintained over the first half of the competition, with Notre Dame putting in an impressive 69 donations, still sitting comfortably as top 5 in the country.

As Curtin continued to surge, it became clear that the field this year was tough, and as our veins began to fatigue, the shine of the podium gradually faded from view. We closed out the year with a respectable 89 donations, securing us once again in the top 10 universities nationally, whilst handing over the crown to Curtin as #bestinthewest (UWA were nowhere to be seen).

Whilst we enjoy building the competitive aspects of the Cup, it is great to see more universities trying to boost their numbers and continue to grow our impact year after year to members of our community in need of blood products. Once again, we saw first time donors as well as recruitment superstars roping in friends and family to donate on behalf of Notre Dame, which all went a long way into fuelling our success.

Of note this year, some exciting developments included lifting of the ban on donors who resided in the UK between 1980-1996, creating an influx of thousands of new donors to Lifeblood across the country, as well as increased advocacy and awareness of the bone marrow donor registry, an important initiative for eligible 18-35yo donors. Hopefully soon, Lifeblood will eliminate its restrictions on gay and bisexual men and trans women who have sex with men wishing to donate, ending stigma, and increasing available donors and blood products in line with multiple other countries across the world.

Big thank you to Sacha and the AMSA team for all their help this year, as well as everyone who got involved as a donor or a supporter. I have loved the opportunity to again bring a passion for blood donation to the students of Notre Dame and look forward to passing the baton to an inspired pre-clinical student to take over the reins for our next push at greatness. Not everyone is eligible to donate, but for those who can, registration is quick and easy at [www.lifeblood.com.au](http://www.lifeblood.com.au) or by calling Lifeblood on 13 14 95. Let's see how far we can go next year!

# YEAR REPRESENTATIVES

ALEMMA GUNNOBBO (EMMA JOBSON & ALEX GUNNELL)

4th year is the year of lasts:

- The last Orientation week
- The last 1st rotation
- The last social events (although for the 3rd Years, they've already ticked this one off)
- The last time we block a toilet/add to a blocked urinal in ND35 #4waystoblockatube
- The last time we attend placement on a Monday arvo (kidding that was last year)
- The last WBA/EoR
- The last set of medical school exams (hopefully)

It truly was an amazing, whirlwind of a year. We started off by sweating bullets aboard a bus out to the Swan Valley on the hottest January day for a "Wellness Retreat", and managed to replace all of our losses with red grape juice, white grape juice and some apple juice.

In a fitting 'circle of life: med school edition', we will finish equally sweaty and equally dehydrated as we dance the night away post-OSCE, capping off the last of the lasts: The Last Rave Cave. And yet, in a few short weeks, our seemingly endless post-exam freedom will abruptly end. Starting on the wards we will have our first taste of responsibility bestowed, medical students thrown at us, and for the first time, having to do 8-5, Mon-Fri in a hospital. No longer will we be able to use our get out of jail free cards of "Oh sorry, I'm just a medical student", "Oh sorry, we haven't had that tutorial yet", or "Oh sorry, we have teaching now." No doubt, we will instead be saying, "I wish I was a medical student again."

Having made every mistake possible during our many years on placement, we thought we would share our \*finite wisdom with all of the future padawans/naive little preclins.

MEDI6400





These are the hottest tips, written by the hottest year reps, for the hottest bunch of med students coming through:

1. Do not speak unless spoken to.
2. Every patient has aortic stenosis until proven otherwise. Safer to assume they have one because you're sure are not going to hear it.
3. If a registrar asks you why you are still at placement at 4pm on a Friday, the only correct answer is "I'm actually a patient".
4. Yes, generally a good idea is just to follow your registrars around, but don't be like one of my fellow 4th years who took that to another level and followed one into the toilets
5. Despite what DMak says, your audit will take up the whole of your Monday
6. The Consultant's job is to lead the team. The Registrar's job is to have some clue about what's going on. The Resident's job is to babysit patients. The Intern's job is to do all of the paperwork. Your job, and we can't stress this enough, is to stay out of the way.

To the cohorts coming through, pinch yourself and enjoy the journey while it lasts. Trust us when we say it is a hell of a ride and it's gone in a flash. There is a special Notre Dame bond... We know each other by name, not number, so please, if you ever see us on the ward do not be shy, come up and say hi!

To the retiring 4 years, we wish you all the very best. We will miss all of you and can't wait to be future colleagues, wherever we all end up.

# MEDI6400 REPORT



# FAREWELL POEM TO CLASS OF 2022

Fellow Class of 2022ian's;

Finally, we have made it through all the PBLs and OSCE practice on the wards!  
Wave goodbye to **R**age quitting when others wiped off your PBL whiteboard words

**I**nsightful discussions had in CD will be held closely in our hearts  
**E**ndless banter and memes created will be treasured like art (not yours  
Jade)

**N**umerous zoom meetings became our years new norm  
**D**o you remember scrubbing up only to have the procedure finish as you enter  
the theatre ready to perform?

Now **S**top feeling like you are constantly in the way and out of place on the wards  
Say **H**ello to feeling like you are finally part of the team and goodbye to all those  
WBA's and reflections we definitely looked forward towards  
Don't forget the **I**mportant friendships we have made over the last four years  
And **P**ut your hands together for an incredible group of peers

It's been a pleasure Class of 2022,

# YEAR REPRESENTATIVES

## MEDI6300 REPORT

AMY LORIMER & EGE EROGLU

What a year we have had!! 2022 has thrown some massive curve balls our way, the most notable of which being we are the first cohort to go through the massive structural changes in the third year curriculum. It's been the best of times, and the worst of times! Everyone enjoyed their time in GP land where things are a bit less time intensive, and we all had a collective cry (and online vent) when every other cohort was on study break without us!

This year has tested our stamina, our adaptability, and our egos. We all kept going week after week, fielding questions from consultants and waving our WBA forms under doctor's noses, all while trying to find time to also be a human with a life. We did that!! And we should all feel incredibly proud of ourselves, both individually and as a collective. Third year is no small feat, and the clinical years are a big step up. We got through it together, and we are so proud to be part of a group of people who are always there to support and lift one another up (it's always such a joy seeing another friendly third year face on the wards!) Fourth year is no match for us!

Big thank you for letting us represent you this year! Please enjoy this collection of photos



# YEAR REPRESENTATIVES

TINA BARROW & RUSSELL O'CONNOR

MEDI6200 started off with a bang when as WA was finally struck by the COVID bug. We successfully navigated a semester of covid restrictions and hybrid learning, which was brightened by the many cameos from MEDI6200 dogs/cats/birds/fiddle leaf figs. Unfortunately, Semester One also saw the cancellation of the BLOC program, breaking the hearts of many MEDI6200 students who were looking forward to immersing themselves in the Kimberley for 6 weeks. Despite languishing through the many disruptions of first semester, the MEDI6200 cohort survived and came back thriving in semester 2.

ND35 came back to life, and once again no work was done in the Galvin Library as MEDI6200 students made up for the 6 months of separation. Despite BLOC not being able to go ahead, the fearless Prof. Mak managed to wrangle together a wonderful Academic long weekend in the Kimberley for us all to enjoy. During the weekend, we experienced an afternoon of community placements, where students were able to enjoy dot paint, shirt printing, wildlife sanctuary, fishing, crabbing or cultural bush walk. We also were also privileged enough to visit the Bungarun Leprosarium and learn about the experiences of Aboriginal people who had lived there.

We also went to the Derby Speedway and saw a local Doctor and her family tear around the racetrack. On the last night, we basked in the sunset and had a bonfire on the beautiful mud flats of Derby (that also made for a spectacular photoshoot!). We felt so appreciative of Bri (our MEDI6200 Student of The Year) for welcoming us into her home and sharing so much of herself, her family, and her culture with us. The Kimberley trip was the first time since O-Camp that we were able to spend quality time together as a cohort. It was such a heart-warming trip that made us all feel very connected and grateful for the lifelong friendships that we've found in one another.

MEDI6200 also saw our Wednesday evenings become a weekly date night with human specimens in bottles. It sounds weird, and it was weird, but we quickly got used to it. Prof. Havlat taught as the wonderful lesson that every med student craves to hear, "it's okay if you don't know." - which is lucky because we did not to know anything. However, we do now know how to describe about fifty different shades of tan, and we are set to excel in our backup careers in paint shops. As for the bottles station of the OSCE, well that's a hope-based approach i.e. just hope it comes to you on the day!

MEDI6200



MEDI6200 also sees us exposed to a wider range of placements, and students this year experienced 6 GP, one Radiology and one Drug and Alcohol Rehabilitation placement. The expectation of medical students shift as our knowledge has grown, and we found these placements more exciting and rewarding as a result. Many students were also surprised to know radiologist actually leave their computers during their shift, but still enjoy the comfort of their dark office when they can. We felt particularly honoured and grateful that the patients were willing to share their very personal stories with us. Our placements throughout MEDI6200 gave us as a taste of what to look forward to in our clinical years. We pushed through endless hours with our heads in Robbins, glued to our Anki decks or practising our clinical skills

with that little taste of the coming clinical years keeping us motivated to keep pushing through. So here we are, halfway through our Doctor of Medicine! Our second year felt like the longest year of lives, yet somehow these last two years have also felt like the fastest. Our Halfway Dinner celebration has pulled the biggest ticket sales to date, and we can't wait to dance the night away! We have grown and learnt so much in our Preclinical years, stark contrast to the nervy little saplings who entered Drill Hall on that very first day. As we now fly the nest off to metro, rural and remote placements across WA, it is safe to say we will sorely miss seeing each other in the hallowed halls of ND35. However, we are so excited to enter our clinical years and our distance from one another will only make our hearts grow fonder!



# YEAR REPRESENTATIVES

MAX ETON & GERALD RYDER

“2022 started off with a BANG, yes I know so cliché – but for us it really did happen. Let me tell ya how it all went down. It was during O-camp, on a scorching Sahara-desert like afternoon, where we all had congregated together in one of the timber bunkhouses to begin the o-camp festivities. As we ignored the heat and tuned into whatever the president was saying, we were interrupted with a big bang caused by some battery exploding in some guy’s bag (yes, it was Woody’s bag). First it was the loud explosive noise and flames, then it was 80 or something med students screaming in high pitch, running with a beer in one hand and out through the doors. But hey, no one was injured and I gotta give credit to MSAND for keeping the situation under control.

Another experience worth mentioning is the Wheatbelt trip. The cohort was given the opportunity to escape med school for the day and immerse their selves in experiencing the Wheatbelt. The cohort was divided into two groups, one headed out to Northam and the other down to Narrogin. The highlight of the Northam trip was visiting Bilya Koort Boodja; where students met local Noongar people and learned of their experience living in the Wheatbelt.

On the other hand, the Narrogin group mentioned their highlight being DMak followed by cameras, and I recall one of the students responding to this sight “its giving me influencer vibes”. Overall, the wheatbelt trip was a 7/10 and in my humble opinion, the experience would have been better if we had stayed with the host families because we were forced to send some random items that had meaning to them – lol I sent my host family a twig (still trying to come up with some meaning behind it).

With COVID-19 still lurking in mid semester 1, the school decided to introduce alternate rotations to alleviate any potential transmission – funny enough this did not interfere with the cohort bonding with each other... nice try SoMF. As time went on, the stress levels increased with mid-year exams and students left those exams deflated. The best advice I’d give for mid year exams is to wear ear plugs – that’s unless you want Darren yelling in your ear perforating your tympanic membrane. After exams, most of the cohort got together at Gage Roads to sink a few hard-earned celebratory beers, where we discussed whether we had picked option A or B for one of the exam questions – but the correct answer was C (and yes we did eventually cry knowing this).

MEDI6100



The best and most efficient way we handled stress this past year was the over-use of meme sharing. We decided to create a Facebook page, named Memeatology UNDF Med (how's that for a name) where top-notch funny memes were posted almost every day. I'd like to also give mention to meme-lords Mia, Clare and Woody for carrying us through the year with their hilarious meme contributions. If you're lucky enough, we may show you one. And while we're here doing shoutouts, I'd like to thank Paul on behalf of the first year cohort. Thanks Paul for being 'that dude' – the one who got us through our triumphs and tribulations. This is the perfect segue to announce that we have inspired Paul to follow us into second year to become our 2nd year coordinator. I'm joking, but yes this is mutual wishful thinking – we want Paul. The cohort also sends praise to Prof. Pete Carroll, and despite his protests, he was deservedly voted Educator of the Year.

We thank you for sharing your knowledge, your experiences and your persuasiveness that pharmacology can be easily understood.

Ok, time to wrap it up and with that I'd like to thank my fellow first years for being the best bunch to embark on this medical journey with (no bias intended). It has been a pleasure to have had the chance of getting to know you all – and your dance moves, caffeine addiction and sleep-deprived study habits. I wish you all the best with exams and I am confident you will all go on to do great things (holding back my tears).

All the best Class of 2025!"

-Gerald Ryder

"Solid year; solid people. Cheers, fam."

-Max Eton



# EMERGENCY MEDICINE INTEREST GROUP

CAMILLA LINHART & GEORGIA BORSHOFF

The Emergency Medicine SpIG started out 2022 with a truly inspiring line-up of speakers at the first event for the year, a panelist Q and A session via Zoom in the true spirit of pandemic Med Ed. We were privileged enough to have FACEM consultant and St John Ambulance Medical Director Dr Paul Bailey regale us with cautionary tales and salient advice collected over a number of decades of experience in critical care medicine; to have the brilliant Dr Jenne Love thrill us with stories of wilderness medicine and trauma surgery both here and abroad, and to have a wonderful colleague of Georgia's, Eugene Duffy (RN) give us valuable insight into the nursing perspective of a career in emergency medicine and pre-hospital care. An excellent turnout led to a number of insightful questions and a valuable conversation in both directions. We hope to have Paul, Jenne and Eugene join us again in the future.

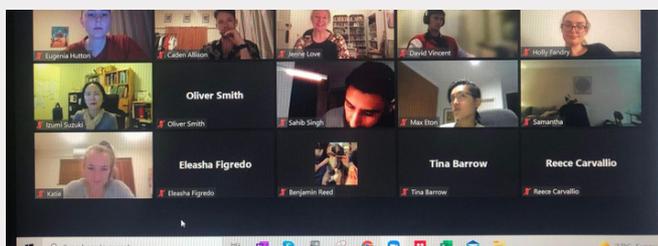
The Emergency medicine SpIG also hosted another event in early September, "24 hours in ED". The event provided us with a perspective of what ED can look like in a 24-hour period.

It was also a great opportunity for us to touch up on our essential basic life support skills. Our most wonderful Dr Sue Sharp taught us valuable skills during a MET call and how as interns we can stand out. Dr Kieran Lennon, a UK-trained Anaesthesiologist and Intensivist provided an ICU perspective on advanced life support. Our amazing Dr Ramya Raman, current Chair of the WA faculty of the RACGP and clinical tutor here at ND, revised high-yield chest x-rays with us all, and Dr Rachel Ozanne an ICU trainee loved torturing us medical students with her ABG's. The night was filled with lots of laughter, plenty of information, questions, real-life cases, stories and lots of pizza.

Quote from the novel 'This is going to hurt' By Adam Kay.

*'During the day, being an intern is manageable if not completely mindnumbing and insanely time-consuming...essentially I am a glorified PA. The seniors are in ED reviewing patients for admission. While I am up on the wards, sailing the ship along, a ship that is enormous and on fire and that no one has really taught me how to sail'*

We both cannot thank our Emergency medicine SpIG team members enough for all their hard work this year in helping put these events together. Vicky Ferdinands and Reece Kashwagi, you guys put the E in emergency. Absolute troopers!



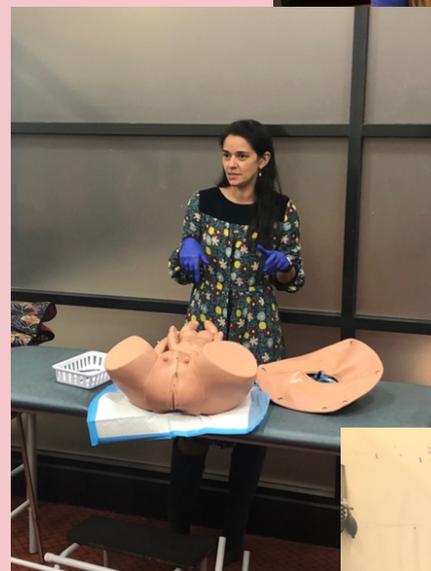
# OBSTETRICS & GYNAECOLOGY



CHARLOTTE CRANTOCK & KAITLYN MCGINTY

We began the year with an online careers evening featuring three incredible guest speakers – Obstetrician and proud mum of two Dr Fiona Langdon, Gynaecologist and Fertility Specialist Dr Jennifer Pontr , and our very own Notre Dame graduate and RANZCOG trainee Dr Diana Ethell. We gained insight into the daily life of an obstetrician and heard about the challenges of training and the long days but overall learnt that O&G is a fantastic career, and you really can manage that work-life balance!

At our second event, ‘Rural Obstetrics’ at Notre Dame in August, we were fortunate enough to have two wonderful speakers. Dr Chevaun Howard, a GP Obstetrician based in Broome and Dr Jared Watts the Head of Obstetrics and Gynaecology in the Kimberley and the Director of Obstetrics and Gynaecology for the WA Country Health Service. We were delighted to hear about their career journey’s and hear what it’s like to practice in rural and remote areas of the state. This was followed by a series of stations which included perineum suturing, normal vaginal delivery, and a Q&A session with Dr Watts. Overall, a very successful year and a big thank you for supporting ND O&G in 2022!





# TEDDY BEAR HOSPITAL

LILA RODARI & KATE HEWITSON

Teddy Bear Hospital (TBH) is Notre Dame's Paediatric special interest group. Our aim is to provide students with opportunities to learn more about what is involved in Paediatrics and the training pathway by providing opportunities to engage with Paediatric trainees and consultants. A huge part of what we do at TBH involves visits to school and general practices; running our Teddy Bear Hospital we create a safe and fun environment in which young children get to experience a simulated hospital visit. From the waiting room teddicare card, to the fake X-ray machine, our overarching aim is to help reduce their anxiety around healthcare.

This year once again presented its challenges for TBH; COVID-19 continued to limit our ability to bring students together and to run our Teddy Bear Hospitals in the community. Despite the slow start to the year in June we held our first event of 2022, a Paediatric Pathway Night with three incredible speakers joining us to share their love and knowledge of Paediatrics. A huge thank you to our speakers Dr Zeena Al-Obaidi Paediatrics Registrar at PCH, Dr Madeleine K-Bailey, and Dr Robin Guttinger Consultant Paediatrician at FSH and our current paediatrics discipline lead at Notre Dame.

In second semester we had the opportunity to run our first school visit of the year at Hazel Orme Community Kindergarten; this was a huge success, with all the students excited to get involved and help us treat their sick Teddies. Our final event of the year will be held at The Garden Family Medical Clinic where we look forward to joining director and Notre Dame Alumnus Dr Andrew Leech. This is set to be a huge day for TBH with over 100 children invited to bring in their Teddy Bears for a check-up from our enthusiastic and highly qualified Teddy Bear Doctors.

Thank you to everyone who was involved in TBH this year, especially our sub-committee for their hard work and continual support. We look forward to what TBH has in store for 2023!



# RESEARCH INTEREST GROUP

HANNAH BRIEN

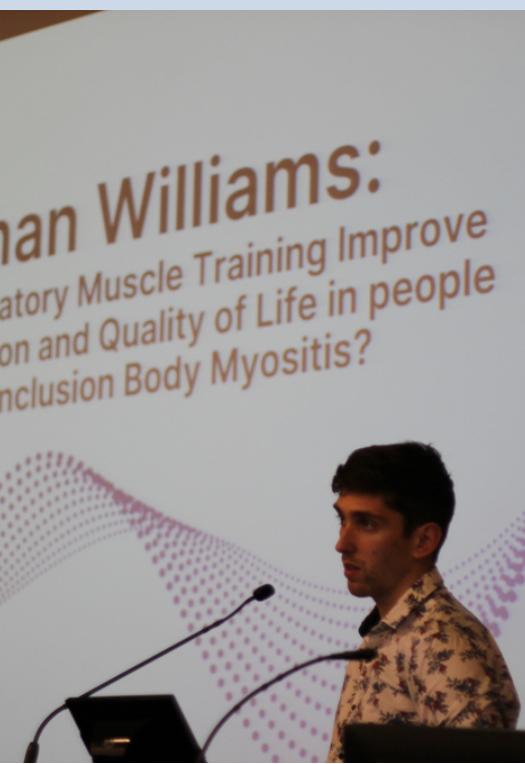
The MSAND Research Interest Group consists of a committee of students passionate about research. We aim to encourage and facilitate student interest in the field of research, as well as provide networking opportunities for students to connect with like-minded clinical researchers. This year, the Research Interest Group continued the tradition of holding a 'Research Showcase', where students are invited to present their 3rd and 4th year research and audit projects. A panel discussion on the audit and research pathway in 4th year also enabled students from 1st, 2nd and 3rd year to hear about the process and help determine which option they would like to choose.

We would like to congratulate Hannah Bartley (MEDI6400) for being awarded "Best Overall -

Presentation' on the evening, and Jade Franco (MEDI6400) for 'Runner-up Best Overall Presentation'.

This year we also invited our 1st and 2nd year colleagues to present visual abstracts of their JAR articles at the event. Congratulations to Samantha Reddy (MEDI6100) who was awarded 'Best Visual Abstract'.

Professor Merrilee Needham was our keynote speaker on the evening, and although she was unable to attend in person, gave an inspirational presentation on her experiences in clinical research focusing on myositis. We would like to thank all our participants at the Research Showcase, as well as thank the Staff and Research Committee for their continued support.



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# RADIOLOGY & PATHOLOGY SOCIETY

OLIVER TAYLOR & AUNG DU

After gaining overwhelming support from students across all years, Radiology and Pathology Society (RAPS) was able to make its debut year in 2022. RAPS is the first (and only) pathology and radiology based student-led society in WA and we are truly proud to join the Notre Dame's SpIG family.

Our vision to disseminate the love of pathology began with an immunology masterclass. This was a ZOOM session whereby medical students across all four years collaborated to spawn a PowerPoint aimed at covering first year immunological principles. We were delighted to have so many students engaged with this presentation. Some students even ZOOM'ed in from the gym – exemplifying their support to RAPS.

Moving forward, RAPS plans to engage more with the student body for the upcoming year. Currently, we plan to repeat the immunology masterclass in 2023. In addition, more events, including mock bottles, featured pathologies of the week and radiology events are also being planned. We wish to thank the student body, staff and our co-chairs for their support. We may be saying goodbye to this academic year, but the legacy of RAPS has just begun.



**RAPS**

RADIOLOGY AND  
PATHOLOGY SOCIETY

# RUNCLUB HIGHLIGHTS

ISABELLA GHANEM

A little bit of exercising and a lot of socialising sums up this year's Run Club (RC) quite nicely. From Monday morning coffees to Thursday afternoon pints, we made sure to balance out our exercise. A new beginning in 2023 was the birth of our little sister – Walk Club (WC). WC brought about the addition of our first ever fur members – big shout out to Stella and Ferguson!

Monday mornings: run/walk (30 minutes), swim (15 minutes), coffee (2 hours). Despite an early start, we pulled some decent numbers even when my weather forecasting skills were in doubt (and sometimes totally wrong). The swimming component stayed strong thanks to Sophie's tireless commitment which even included her bringing a wetsuit during winter. Behind the scenes of RC, our members took on some very important roles. We had content curators, WC pace setters, merchandise designers and more. What made our Mondays most enjoyable was the friendships we made between year groups (second, third and fourth years). We are still a bit salty at the first years for taking ten months to get on board!

Thursday afternoons were a chance to run away from our demons.

A big day of PBL and CD meant there was plenty to rant about on these runs. I am pretty sure Thursdays only maintained any attendance because Al had been bullying people into coming. Thankfully, the first years decided to sign up to a running challenge which has meant our Thursday numbers have spiked. Maybe Thursdays next year could be followed by a \$5 parmy at the Orient or trivia night at Little Creatures?

Some highlights:

1. Not only did run club make it to Derby this year but it also welcomed a special guest – Professor Chaney. In Derby we didn't produce our fastest pace, but we are pretty sure it was all to do with the weather and nothing to do with our newest member...
2. RC released its first ever merch this year. Shout out to Addy who designed the shirts!
3. RC had 14 members compete in the Perth marathon. With a combination of teams and solos these members did run club incredibly proud.

Thank you to everyone who made RC/WC so enjoyable this year. It has been a delight to be a part of and I look forward to it continuing in 2023!

