

The official
newsletter of



THE PULSE

Fall 2010 Edition

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IMPORTANT DATES

November
.....24th
 OMSA Meeting
.....25th
 Schulich World
 Aids Day Event

December
.....1st
 Blood Drive
.....10th
 FENDWIC

January
.....7th-9th
 Med Games
.....15th
 Winter Formal

February
.....12th-13th
 Integration
 Weekend

March
.....4th
 HFC Gala
.....5th
 Pre-Departure
 Training &
 Schulich-Palooza

A Presidential Welcome **Mike Verbora, President**

A lot has been going on behind the scenes and we have had a great start to the year. O-week has received numerous compliments and big thank you goes out to Merry Maclellan, Jenn Huynh and Ryan Herriot for facilitating the arrival of the new 2014 class! Overall, the new 2014 class is fitting in quite well, lead by the incoming 2014 president, Colin Mascaro.

By mid-September, the Hippocratic council fall elections took place. Over 20 students ran for 6 positions. Congratulations to everyone who has joined Hippo. A special thank you goes out to David Mikhail and Ammara Ghumman for boarding a flight to the CFMS conference within 12 hours of being elected. Our community relations officers, Adrienne Elbert (Jr) and Charles Ho (Sr), also deserve recognition. They have been hard at work approving new clubs and club budgets; currently, Schulich medicine is proud to have around 90 clubs, so this is no small task. Recognition is also

due to Ed Stack, VP finance, for continuing to ensure our finances are in order (and passing a record budget in record time)!

OMSW this year was a great success and feedback from other schools has been phenomenal. Thank you to the Chairs, Caitlin Symonette and Tony Di Labio and the remainder of the phenomenal organization team: Sandeep Dhaliwal (Logistics), Kelsey Cassidy/David Mikhail (Fundraising), Erin Moody (Social), Melissa Huynh (Photography), Amber Kaufman (Volunteer Coordinator), Nicole Hugel (Registration), Rob Moreland (Website), Emily Liu/Andrew Cormier/Clark Eeuwes (Marketing), Dennis Cho (Speakers), Charles Ho (Technical Workshops), Leslie Morrison/Ed Stack (Finances) and the entire volunteer team!

This year Hippo has some novel ideas and has made some modifications. First, Hippo will be creating the "Hippo Innovator Grant" – a monetary award (up

to \$5000) that will go to a group of medical students who have a novel idea they want to develop. More details regarding this grant have been distributed. We have also begun a major makeover of the Hippo office. Our goal is to use this as legitimate office space and the UWOMJ room as clubs storage.

We hope this newsletter will update you on the many activities Hippo has been involved in these last few months, and some our newfound ventures. Please do not hesitate to contact me if you have any questions, comments or concerns!



Mike Verbora

Constitutional Updates **Chris Gall, Past President**

It is great to be back and as usual time flies when you are having fun. Incredible we are into November already!

The council has gotten off to a great start and I look forward to more of the same moving into the new year. Congratulations to the newest members of Hippocratic Council elected this fall: David Mikhail (VP External Jr.), Adrienne Elbert (Community Relations Jr.), Ammara Ghumman (Global Health Liason Jr.), Christine Nicholas (USC Rep), John Hachey (Athletic Director), Kelsey Cassidy (Social Director), and Colin

Mascaro (2014 President).

This year I will be building on the significant constitution overhaul of two years ago by previous president Dr. Dave Smithson. As we continue to grow across two cities the constitu-

tion needs to be flexible to reflect our changing needs as students at "one school two campuses". I have already had some suggestions for improvements and will continue to review with Hippo members important aspects of the constitution as we move forward. Please let me know if there is anything YOU would like to see changed to better the Schulich experience!

In the meantime back to the books!



Chris Gall

CFMS , OMSW, & OMSA

Tony DiLabio & David Mikhail,
VP Externals



Tony DiLabio

“We have received nothing but positive feedback regarding every aspect of the OMSW ”



David Mikhail

This year started off with a bang at the CFMS AGM in exciting (and very cold) Saskatoon from September 17th to 19th. Your VPXs were joined by this year’s Hippo president, Global Health reps and Political Advocacy Committee reps to discuss issues affecting medical students with students from across the country. Topics discussed included management of clinical overcrowding due to increased enrollment, the “standardization of electives” initiative, distributed medical education, equal access for low socioeconomic status students, professionalism policies, and re-organization of the CFMS for sustainability and ease in transition.

This year the weekend in-

cluded separate break out sessions for regional representatives and presidents of the various schools. We are proud to say UWO is well ahead of the curve in many issues including satellite campus integration, fundraising policies and IT.

OMSW 2010 was held here in London on October 15-17th weekend. The organizing committee, led by Caitlin Symonette and Tony Di Labio, worked very hard for the past year to put on a successful conference and we have received nothing but positive feedback regarding every

aspect of the weekend – especially the formal, where “networking” reached an all-time high. Huge thanks goes out to the organizing committee, volunteers and all the delegates from Western who made OMSW 2010 unforgettable!

The OMSA met for most of Sunday, October 17th to discuss school updates, services, conference bursaries, our voice in the OMA and Lobby Day (stay tuned). For the first time, this meeting included a full “OMSW transition” involving UWO’s 2010 committee and NOSM’s 2011 committee. Our next meeting is November 27th and we will be asking to hear your opinion on topics closer to the date!



Western delegates and volunteers at OMSW

Financial Matters

Ed Stack, VP Finance

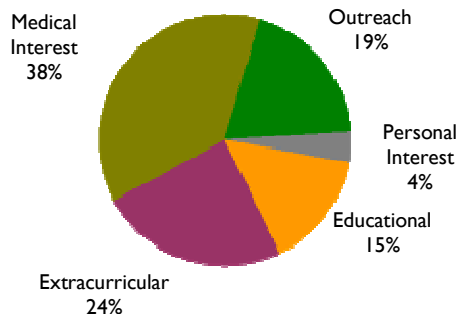
The 2010-2011 budget was passed on October 13. This year’s budget is approximately \$83,000 which is up approximately 45% from last year. The biggest factor in the increase is the Dean’s contribution which is now \$52,000, up from \$31,888 last year. Every aspect of the budget has increased – clubs allocations up 25%, Hippo officer allocations up 40% and major item funding (O-Week, Disorientation Week, class transfers, MedGames transportation, Windsor transportation, etc.) up 60%. The Dean’s contribution reflects the additional costs associated with the Windsor campus as well as higher enrolment – many

thanks to the Dean’s office who have made it possible to fund new and enhanced student initiatives.

New this year:

- \$5,000 Hippocratic Council Innovator Grant
- \$6,000 for lounge improvements

- 80% increase in funding for Windsor transportation to Integration Weekends
- UME office has agreed to fund Hippo officer travel to next year’s CFMS conference, which should free up some room in next year’s budget



Breakdown of clubs funding

Other than that, I will be busy writing cheques until January, when I will take another look at the budget and make sure we are still good. Email me if you have any questions.

The Generosity of Schulich Meds

Charles Ho & Adrienne Elbert,
Community Relations

Some schools may hesitate to hold two charity events back-to-back in the same number of months, but here at UWO we know the strength of our energy and generosity! Community Relations started off the year with two charity events in the past two months, and we want to thank everybody for the incredible amount of blood, time, food, and money you have given to the London community. First off we want to thank everyone who donated in the September Blood Drive. We started off the year with 65 donations and we raked in an incredible 41 donations! This means we already broke one hundred in September with one more blood drive to go in December! Don't forget to sign up with Partners for Life (PFL) to make sure your donations count towards the school goals! A common misconception is that PFL signifies that you must

donate for the rest of your life. That is NOT the case! The PFL program simply means that your donations -whenever and wherever you decide to donate- will count towards the school goals. Check in with your community relations directors for help in doing this.

Secondly, the London Food Bank will be happy to know that a little friendly competition between the 2014 and 2013 classes has produced an incredible haul for our October Food Drive. The first and second year classes filled their donation box with dry goods and then challenged the other class to lift their donation box to showcase just how much has been donated. The 2014s brought in an impressive 159 items and taunted the 2013s for their seemingly fewer contributions. However, a quick shopping trip the night be-

fore the deadline allowed the 2013s to pull ahead with 298 items, with 72 kgs of it being bags of rice alone! The 2013s also raised \$82.03 to subsidize our last -minute grocery trip, but the shoppers (Thach L, Josh H., and Charles H.) generously agreed to give it as a donation to the London Food Bank. In addition to this, both classes also participated in Trick or Eat. In our second year participating, students dressed up in costumes and collected dry goods from local neighbourhoods for the Food Bank. This was a great opportunity for students to reconnect with our childhood, as going door to door kind old ladies would then throw piles of canned goods at us and toss chocolate bars along the way too. All in all it was a great night! Thank you Schulich for another incredible charity event.



Charles Ho

"We collected 457 food items and 106 blood donations."



Adrienne Elbert

From left to right: Donating blood; Food collection box lifting competition; Enjoying Trick-or-eat



SAC, Integration and Student Space

Sandeep Dhaliwal,
VP Internal

Updates from your VP internal:

Student Affairs Committee:

- A new SAC website will be launching shortly with content pertaining to career development, clinical electives feedback, and summer opportunities.
- The Summer Opportunities Fair is being organized for the 2nd week of January 2011

London-Windsor Integration:

- The new year will bring a drastic increase in the number of VC-capable rooms at both the London and Windsor sites! This will make it much easier to organize lunch-time and after-

school talks and meetings.

- The Halloween integration weekend was a hit, and the weekend in Windsor on Nov 18 -19 is eagerly anticipated.
- Integration weekends have also been scheduled for Feb 11-13 and Apr 8-10.

Student Space:

- I want to thank everyone who has provided feedback regarding improvements for the lounge. Expect some major changes to be coming towards the middle of December!
- The new quiet study space is being well utilized, although I am still waiting on some finishing

touches to be completed (i.e. whiteboards for the group study rooms).

- Hand sanitizers around all major classrooms in MSB and the VERC itself will be coming shortly.
- I want to thank Marion Malone and the rest of the Gardening Club who have been looking after the Medical Quadrangle. We can't wait to see what blooms come springtime.

If you have any questions or concerns, please do not hesitate to stop and ask me in person, or fire me an email. All the best with the rest of the first semester!!



Sandeep Dhaliwal

Windsor Community Outreach

Andrea Lo,
VP Windsor



Andrea Lo

“Our first SWHLS talk was on the topic of medical futility with over 55 community members attending and 20 medical students participating”

Last year, the Windsor students exponentially expanded the non-academic opportunities available to our satellite campus. Just a few examples are the growth of intramural sports (including partnership with the Windsor Squash Club), formal approval from the District School Board to run outreach programs in the public schools, our very successful Head for a Cure program, and outreach initiatives such as Brain Day, Healthy Responsible Sexuality lectures, and volunteering at a charity baseball camp!

The enthusiasm has continued to this year, and we have 38 new creative and passionate students who have already gotten very involved in existing and new initiatives. Rahul has started an observership feedback database where

students can write about their experiences with different doctors. Abdul is starting a series of info sessions for high school students about medical school. Kenny has started teaching an improv group and Joyce of the 2013 class is giving dance lessons.

My biggest project for the past five months has been starting the Schulich Windsor Health Lecture Series (SWHLS). It occurred to me that many of our lectures, from smoking cessation to disease processes to medical ethics, would be of great interest to the general public. Likewise, these could serve as an ideal source for scientifically sound answers to health-related questions, which are becoming more and more difficult to attain in our media filled society. Therefore I

founded SWHLS to give monthly health-oriented lectures by the faculty physicians and medical students of Schulich Windsor to the various local neighbourhoods. Our first lecture was October 26th, on the topic of Medical Futility. It was a huge success with over 55 community members present, as well as 20 medical student volunteers for the informal Q and A after the talk. Various media reporters were also present. I want to give a big thank you to Rob who helped me create our website (www.swhls.com), Dr. Liang who is funding our project this year, all the lecture coordinators in charge of each lecture and most especially my exec team of John B, Flynn J, Ding W and Dave M, without whom this lecture would not have been such a **success!**

From left to right: Attentive attendees of the first SWHLS; Members of the SWHLS student team.



All Things Academic

Jai Jayakar, VP Academics



Jai Jayakar

Uptodate

The renewal of our on campus and off campus subscription to Uptodate has been very well received by the medical student body. A strong word of thanks to Schulich and Western libraries for making this happen!

BCOE

The tradition of BCOE is alive and well, and we are continuing to see good participation in the BCOE process from the student body. Kudos especially to the 2014s with 112 of their 171 class members participate in the ITM BCOE survey. Keep up the good job guys! I highly encourage all medical student readers to participate in BCOE focus groups and surveys and get

their opinions out there—they do count! Process is underway for creating a BCOE impact report. Currently, academic reports are being collected from previous years, and these will be used in the creation of a BCOE impact report that will describe curricular changes influenced by BCOE. Furthermore, some funding has been secured from Hippo to provide for BCOE survey incentives, and academic teams are deciding how to use these funds. Myself and the 2013 academic team would also like to thank the 2013 class council for generously contributing to BCOE survey!

Faculty Committees

HUMEC meets with Dr. Rebel on a regular basis, and we have had the opportunity to discuss several issues that are current and relevant to our medical education. These issues include the podcast project, transition period courses in Windsor, better learning management tools, clerkship writing orders, and of course, ways to improve BCOE, including the impact report. Other Faculty committees continue to meet on a regular basis to address medical education issues, and reports for ITM and Endocrinology will be presented at one of these this week.

Feel free to contact me if you have any academically related concerns.

Let's Get this Party Started!

Kelsey Cassidy,
Social Director



Kelsey Cassidy

Homecoming: a great success!

- First & second years hosted a joint party after the Homecoming parade

Hallowe'en Hijinx: also a great

success!

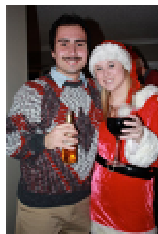
- Almost 350 tickets sold between all four years!

Law/Med social: coming up in November, watch for more details!

FENDWIC: scheduled for Friday, December 10

Planning underway for winter & spring formals

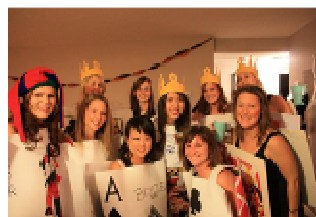
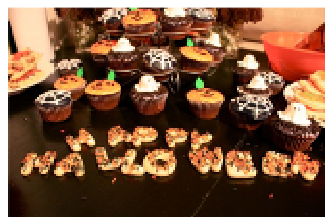
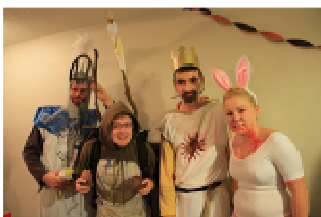
Thanks to the **class social directors** for all of their help in planning so far!



From top to bottom: Homecoming events; FENDWIC; Halloween.



Class social representatives



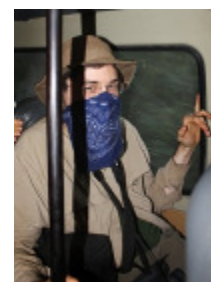
Technically Speaking

Ed Weiss & Rob Moreland,
IT Directors



Ed Weiss

About to do something scientific that probably shouldn't be done but is cool. Just stand back.



Rob Moreland

Guarding our servers from Lions or something – those servers aren't going to protect themselves.

This last fall we have been working hard to get several systems upgraded and stabilized for the coming year. Hopefully everyone has gotten a chance to look at and use the new upgraded uwomeds site – now more styling and functional than ever before.

Our biggest concern this fall was the podcast project restart and we are happy to say that things are now stabilized and rolling along thanks to the amazing support of all the classes – we cannot thank you enough for being there when we most needed it! In addition to meeting the new administration requirements for the project we now have access to recording

lectures hosted at Windsor, full capture of any videos lecturers played, and also anything displayed on the document cam in the room. This means we are now capturing EVERYTHING which is just awesome. Special thanks to the podcast committees!

Similarly with the collective push from all the years we have now arranged for permanent student positions on the Education Technology Administration committee. This awesome news means we are now able for the first time ever to have direct input into the school's decisions on technology upgrades – including the V.C. upgrades, VERC computers, WebCT and the rest of the learning technolo-

gies. We are working hard to get more VC capabilities – stay tuned.

Finally In the coming months we have a number of things launching:

- New admissions website and blog system - time for the school to enter the 21st century
- (Next week!)
- New Student Affairs Committee Website with a ton of usual information (Jan 2011)
- New Club Website builder – create and manage your own club site on our servers (Coming mid next year)



Colin Mascaro

Class of 2014:

Colin Mascaro, *President*

On the weekend of November 19 – 21, the Schulich students will be participating in an informal integration weekend to Windsor. On Friday, students have a choice of seeing the Cirque du Soleil Dralion show playing in Windsor, or seeing the Detroit Red Wings play at Joe Louis Arena. On Saturday, students will have four options. The

first is a trip to Harrow or Leamington to get a first-hand look at rural medicine, which will be followed by a trip to Point Pelee. The second involves students getting a look at various health care teams in Windsor with a trip to the Windsor Art Gallery and a tour of Hiram Walker Distillery scheduled in the afternoon. Two

of the choices will take place in the United States where students can see the Motown Museum and take a tour of Henry Ford Hospital, or go on a tour of Beaumont hospital with a shopping trip to Somerset Mall to follow. Students are quite excited for this inaugural integration trip.

Class of 2013

Rob Moreland, *President*

Thanks to the amazing work of many people in the class our year is off to a great start and there is still a lot more to come! Our council has some big plans for the year –some of which has already taken place! Highlights include:

- A larger yearbook to cap off our preclerkship
- A career development program at Schulich with podcasts of all the speaker talks, a new mentor program, and centralized site for all the materials we are collecting.
- Support for a variety of new



Top: Brenna (VP) and Rob (Pres) discussing council business over tea. (Not really but the idea is awesome); Bottom: Mackenzie (VP Windsor) and Andrea (Hippo VP Windsor) having fun



practical skills based clubs

- A successful clothing drive which raised over \$3500 for our charities and graduation events – outstanding!
- Introducing a variety of new social events to keep things interesting!

Also this fall we decided on new class charities for the London (Rotholme Women's and Family Shelter) and Windsor (Windsor Women's shelter (Hiatus House)) campuses. We are hoping we can provide consistent support for these important local charities for

the remainder of our program with time, funding and material donations throughout the year.

We have also been working hard to ensure Windsor and London fairly share the proceeds our charity fund raising efforts and total class budget, and the two campuses work even closer together in the future. More frequent integration weekends, and campus visits are coming up!

Please check out our website for updates and let us know if you have suggestions!

Class of 2012

Caitlin Symonette, *President*



Caitlin Symonette

The Class of 2012 has embarked on our most exciting year at Schulich yet! With faint memories of VC'ing, the VERC, and half days- we are now in the full swing of clerkship with one block under our belts. Learning to navigate early morning teaching, call, rural rotations, and the hospitals, has proved to be both humbling and motivating.

Between hitting the books- the 2012's have been staying connected to each other and our lives outside of medicine. On October 23rd, our Windsor colleagues came to London to celebrate "Scotchtoberfest"- a fun-filled Scottish themed end-of-block party that even included our very own Scotty Rieder on the bagpipes. Our class council has also kick-started a few initiatives- in-

cluding our new clerkship webpage, the clerk-of-the block award, and monthly athletic events. In addition to all our recent class nuptials and engagements from Summer 2010, we are very excited to congratulate Anna Burianova and Taylor Johnson on their recent engagement!

Looking forward to continuing the clerkship adventure! We wish everyone at Schulich the best of luck in the year ahead.

End of dictation



Class of 2012

Class of 2011

Sarah Knowles & Trish Uniac, *Presidents*

Fourth year is a whirlwind year! Right now our class is around the country and the world doing electives and working on our CaRMS applications to residency programs. We are looking forward to being back in London starting in January! We have many fun and exciting events planned! Our class council is currently working on some bigger projects, including fundraising for our class charity and graduation.



Left To Right Sarah Knowles & Trish Uniac

From a Global Perspective

Ian Pereira & Ammara Ghumman,
Global Health Liaisons

Pre-Departure Training:

At Schulich, Pre-Departure Training is an exciting one-day conference designed for students planning to travel to resource-limited settings through international electives, research placements, or any other programs at home or abroad. For more information or to get involved with planning this great initiative please contact

Alysha Nensi at anensi2013@meds.uwo.ca. To get involved with one of the many rewarding research projects, contact Ian Pereira at ipereira@meds.uwo.ca.

Canadian Access to Medicines Regime (CAMR):

The purpose of CAMR is to help provide essential medicines to patients in developing countries. Unfortunately, as stated by Dr. James Orbinski, co-founder of Dignitas International, "CAMR is a rhetorical success and a practical failure. Bill C-393 is an effort to make CAMR a practical success."

Bill C-393 aims to streamline CAMR and is currently before the Senate, but is unlikely to pass without the support of a major party leader!

At Schulich we were able to circulate a petition to the first and second year medical students in support of Bill C-393 – thanks to everyone who signed in support! Even if this bill doesn't pass, there's still a lot to be done in promoting equal access to medicines worldwide! For more information, please refer to: <http://www.aidslaw.ca/EN/camr/index.htm> or contact your GHs at aghumman2014@meds.uwo.ca or ipereira2012@meds.uwo.ca.

Newcomer Health Project (NHP):

NHP held its first training session on October 20th! This 2-hour session included tips on interviewing through an interpreter, information on the refugee and immigration process in Canada and cultural sensitivity. To get involved in the project can contact

Alex (ahodgson2013@meds.uwo.ca) or Suzana (sbuac2013@meds.uwo.ca).

Living With AIDS

Held November 25th, this is a concert-style event as part of AIDS Awareness week that will provide perspectives from students and professionals both locally and abroad illuminating the HIV/AIDS crisis and barriers faced by the 40 million people living with HIV today.

Hear the sounds of the Schulich Meds Choir performing an excerpt from the musical Rent and enjoy songs and dance celebrating African culture performed by the African Students Association. Personal testimonials about working with HIV/AIDS patients abroad will be provided by homegrown initiative Western Heads East, and a speaker from the Aids Committee of London will share their personal perspective on living with AIDS.



Ian Pereira



Ammara Ghumman

Parking Improvements

Christine Nicholas,
USC Representative

As the USC Representative, I have been attending the USC Council meetings for the past couple of months, voting on behalf of the Undergraduate Medicine program. As of yet, no major initiatives have been brought forth that significantly affect medical students. Additionally, I have joined the Commu-

nication Standing Committee on the USC Council where I act with several other councillors to develop ideas relating to how USC communicates with undergraduate students as a whole.

In terms of parking, I have established a parking contact within

Parking Services. They have been extremely receptive to hearing medical students' ideas surrounding our parking situation. I currently am planning on meeting with him in the immediate future to discuss what possibilities there are in regards to parking for the program.



Christine Nicholas

Athletics

John Hachey,
Athletics Director

Thanks to everyone for putting up with a little confusion over MedGames registration. Schulich once again came out in force and we are sending over 200 students this year. So grab your morph suits and get ready for an amazing time (If you don't have one, then get one).

Intramural sign-ups will happen as soon were back in

January. Be on the ball and have an idea what you would like to play.

Important Dates:

- MedGames – January 7-9
- Intramural Registration – January 10-14
- Other Events: Golden Balls, Haase Race, Class Hockey Tournament, Squash Tournament - TBD



John Hachey



Liz Randle



Elliot Nguyen

Our fundraising directors have been hard at work recruiting new sponsors!

Fall 2010 Edition



Important Contacts

roombooking.schulich@gmail.com

Room bookings

events.schulich@gmail.com

Event calendar submissions

Please visit our website @

www.uwomeds.com

for the most up to date information!

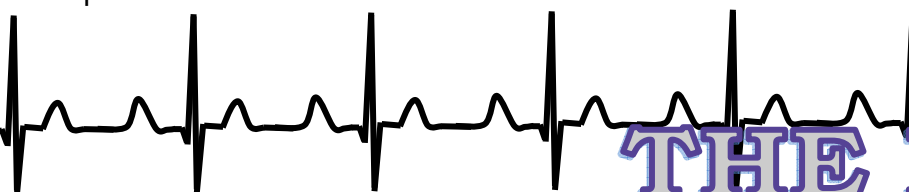


Hippocratic Council teambuilding activities

For comments regarding this newsletter and suggestions for future newsletters please contact Tara Andrusiak, VP communications @ tandrusiak2013@meds.uwo.ca



Tara Andrusiak



THE PULSE

**O-Week 2010:
Rise, Shine and Eat Your Breakfast!**

**Jenn Huynh,
Merry Maclellan,
& Ryan Herriot,**
O-week Coordinators

We are pleased to report that Orientation Week 2010 was a huge success! The class of 2014 was welcomed to the Schulich family with 11 days of hearty Breakfast-themed fun.

A few of the week's highlights:

- Team BBQs to kick off O-Week which featured all of our favourite breakfast fare
- Team Cream of Wheat's Double Rainbow performance at the Waffle Talent Show
- A smashing Windsor Day, ending with all your favourite hits at Crazy Horse
- Breakfast of Champions Sports Day which featured an excellent relay race & human foosball

- Saturday Morning Cartoon Costume Party, best costume going to team Pop Tart for their amazing Sponge Bob Square Pants outfits

- Everyone looking their very best for the Breakfast at Tiffany's Formal

We'd like to give a huge thank you to all of the members of the 2013 class for their help in planning/running events and being amazing team leaders, and to the class of 2014 for their enthusiastic attendance of all O-Week events. We hope that everyone enjoyed themselves and that the fun continues throughout the school year.



Costume party Sponge Bob Squarepants invasion!



Jenn Huynh



Merry Maclellan



Ryan Herriot