

AUSTRALIAN ROTARY HEALTH MESSAGE STICK



Supporting healthier minds, bodies and communities through research, awareness and education

May, 2009

ABOUT OUR INDIGENOUS HEALTH SCHOLARS

Volume 1 Number 2

STUDENTS AND SPONSORING CLUB

Australian Capital Territory

Marion Bateup	Australian National University	Nursing	RC of Canberra Woden
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New South Wales

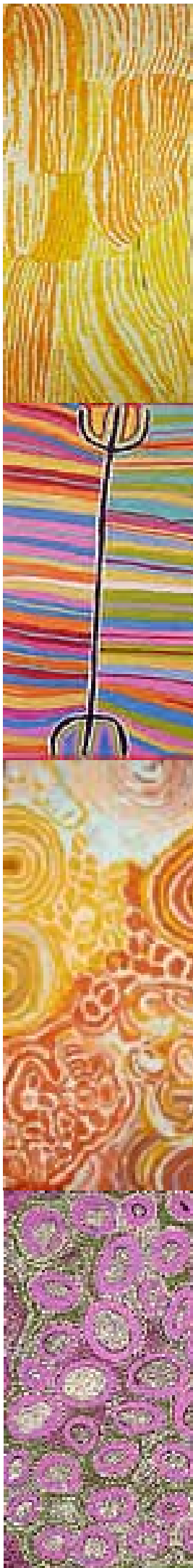
Leah Butcher	Charles Sturt University	Indigenous Mental Health	RC of Parkes
Andrew Green	University of NSW	Social Work	RC of Burwood –TBC
Murray Haar	University of NSW	Medicine	RC of Parkes
Kim Hansen	University of Sydney	Health Science	RC of Burwood –TBC
Tarni Hinton	University of Sydney	Physiotherapy	RC of Gymea
Brenda Holt	Southern Cross University	Indigenous Health Studies	RC of Grafton
Christine Humphries	University of Sydney	Health Science	SPONSORSHIP AVAILABLE
Erin Lowrie	University of Sydney	Occupational Therapy	RC of Miranda
Kristy Morgan	University of Western Sydney	Medicine	RC of Macarthur Sunrise
Susan Morris	University of Newcastle	Nursing	SPONSORSHIP AVAILABLE
Christine Ohrin	University of Sydney	Health Science	RC of Bulli & Northern Illawarra
Robyn Shields	Sydney University	Medicine	RC of South Sydney
Haylee Solomons	University of NSW	Medicine	RC of Fairy Meadow
Michael Strong	University of Newcastle	Medicine	RC of Orange North
Hannah Sutherland	Sydney University	Occupational Therapy	RC of Kiama
Sean White	University of Newcastle	Medicine	RC of Parkes

Northern Territory

Christine Abdulla	Bachelor University	Primary Health	SPONSORSHIP AVAILABLE
Cassandra Dodd	Charles Darwin University	Social Work	SPONSORSHIP AVAILABLE

Queensland

Courtney Bethel	University of Newcastle	Nursing	RC of Geebung
Nicole Ellis	University of Sunshine Coast	Biomedical Science	RC of Mooloolaba
Ines Francia	Griffith University	Pharmacy	RC of Geebung
Shelly Fraser	James Cook University	Medicine	SPONSORSHIP AVAILABLE
Rena Silver	University of Sunshine Coast	Social Work	RC of Aspley
Melissa Walker	University of Southern Queensland	Masters of Mental Health	SPONSORSHIP AVAILABLE
Hylde Wapau	James Cook University	Nursing	RC of Mt Isa South West
Gari Watson	James Cook University	Dental Surgery	SPONSORSHIP AVAILABLE
Nicole Willmet	University of Sunshine Coast	Psychology & Exercise Science	RC of Nambour
Judith Whitfield	University of Sunshine Coast	Social Work	RC of Redlands Bayside



STUDENTS AND SPONSORING CLUB *Continued*

South Australia

Lauren Aitken	Flinders University	Psychology	RC of Brighton
Wendy Barth	University of SA	Nursing	RC's of Group 4, D9500
Rebecca Boltje	University of Adelaide	Nursing	RC of West Lakes
Aaron Bulner	University of Adelaide	Oral Health	RC of Hyde Park
Treena Clark	University of SA	Public Relations	RC's of Group 9, D9500
Melanie Coulthard	University of SA	Nursing	RC of Adelaide
Susan Darcy	Flinders University	Nursing (part-time)	RC of Goolwa
Hannah Fyfe	University of Adelaide	Medicine	RC of Alice Springs
Justine Gladman	Flinders University	Medicine	RC of Mildura
Kamara Green	University of SA	Nutrition & Food Science	RC of Adelaide East
Meggan Keain	Flinders University	Midwifery	RC of Stirling/Class of 67
Jasmine Keeler	University of Adelaide	Oral Health	RC of Augusta*
Felix Kerry	University of SA	Nursing	RC of Mitcham
Talisha King	University of SA	Medical Radiation	RC of Mt Barker/F.M Centre
Jessica Koolmatrie	University of SA	Nursing	RC of Charles Sturt Grange
Jonathan Newchurch	University of Adelaide	Medicine	RC of Morialto
Danielle Oatway	University of SA	Applied Science	RC of Eastwood
Meridee O'Neill	University of SA	Nursing (part-time)	RC of Norwood
Shereen Rankin	University of SA	Aboriginal Studies	RC of St Peters
Rebecca Richards	University of Adelaide	Psychology	RC of Campbelltown
Jeremy Rigney	Flinders University	Nursing	RC of Blackwood
Brodie Rodman	University of SA	Medicine	Prof Michael Sage/RC of Mawson Lakes
Kesha Roesch	Flinders University	Criminal Justice	RC of Mildura
Tania Shearer	Flinders University	Behavioural Sciences	RC of Prospect
Lauren Sperring	University of Adelaide	Medicine	Dr Helen Sage/RC of Unley
Alex Splitt	Flinders University	Nutrition and Dietetics	Margaret Mayo/RC of Noarlunga East
Emma Thurling	University of SA	Nursing	RC of Campbelltown
Kudnarto Watson	University of Adelaide	Medicine	RC of Adelaide
Maria Wilson	Flinders University	Environmental Health	RC of Alice Springs

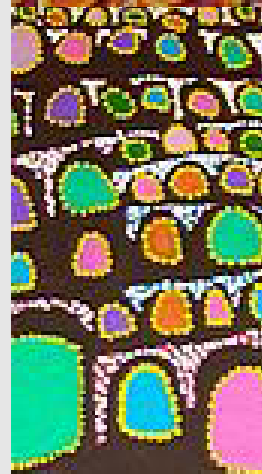
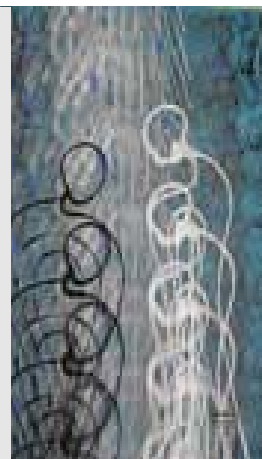
2 Scholarships have yet to be decided and names and details will be submitted in the next Message Stick

Victoria

Jessica Bowron	Deakin University	Nursing	RC of Geelong
Alyce Bulman	La Trobe University	Health Science	RC of Mitcham
Marika Cox	Australian Institute of Professional Counsellors	Counselling	RC of Mornington
Michael Debono	Deakin University	Nursing	RC of Mt Martha
Veronica Kyle	University of Melbourne	Medicine 2nd Semester	RC of Rosebud
Stacey Lancaster	Victoria University	Nutrition	RC of Rosebud
Jessica McConnell	University of Melbourne	Medicine	RC of Waverley
Kylea Sinnett	ACU National	Nursing 2nd Semester	RC of Baumauris
Fiona Rigney	University of Melbourne	Social Work 2nd Semester	RC of Baumauris
Troy Walker	RMIT, Bundoora	Chiropractic	RC of Glen Waverley

Western Australia

Daniel Hunt	University of WA	Medicine and Surgery	SPONSORSHIP AVAILABLE
Mary Lane	Notre Dame University	Nursing	SPONSORSHIP AVAILABLE
Chantel Thorn	University of WA	Dentistry	SPONSORSHIP AVAILABLE



SNIPPETS FROM THE STUDENTS IN 2008

I successfully completed all subjects and have now entered the fifth year of the degree. If I successfully complete this year it will be my final year.

Other activities I undertook during last year were two trips to the old Aboriginal mission in Wellington to perform community service auspices by UNSW. During these trips we repaired an old building and painted it, the building is used for an outreach clinic by the local Aboriginal Medical Service, we fixed up the old basketball courts, removed rubbish from around the houses, builded a fire break around the houses, planted trees and painted fences around the mission.

I also attend and played at the National Indigenous Student Games, held in Perth. Our team, the UNSW Flames were runner up in the touch football. In addition I volunteered as a mentor and supervisor at the UNSW Indigenous winter school for Year 10, 11 and 12 Indigenous students from across the country. This is a week long program and residential camp during July. I also lectured to the Indigenous Pre-Social Work students during the four week residential program at the end of the year. The lectures I did were on being an Indigenous uni student and also on Indigenous Health.

Andrew Green—*Bachelor of Social Work*

University of NSW

Sponsored by RC of Burwood

I am finding my tertiary studies extremely rewarding as I have a great interest in the emotional and spiritual wellbeing of Indigenous peoples. This course has enabled me to better understand the place of health in society and the challenges faced by Indigenous people to gain better access to health services and therefore improvements in health.

In 2008 I applied for and was fortunate to receive the Australian Rotary Health Indigenous Scholarship in support of my educational pursuits. Without this scholarship I would not be able to focus specifically on my studies as I would have to pursue part-time work outside of University. I am financially independent of my parents and therefore any income I receive goes straight towards the costs of University.

I speak to other Indigenous students about the opportunities available to them and encourage them to apply for the scholarships such as the ones that the Rotary make available. Such support alleviates the disadvantage faced by Indigenous students and assists them to realise their dreams.

Alyce Bulman—*Bachelor of Health Science*

La Trobe University

Sponsored by RC of Mornington

I was pleasantly surprised by my results in 2008. It's not to say that I did not work hard for them but in the past I felt like I was putting in all this work and it wasn't reflected in my results, it was just nice to see that my hard work did finally pay off.

One of the units I enjoyed last year and found very rewarding was Removable Prosthodontics. This unit had a theory and a practical component. The practical part was very rewarding as you could see the concepts that you learnt in lectures come to life as you worked in the laboratory. This enabled me to utilise my artistic ability, as we had to create all of the appliances manually and were graded on the craftsmanship of our individual work. A unit similar to this was Operative Dentistry.

I have been assigned three patients that I regularly tend to and will provide them care throughout the year and follow them up in the future. Two patients are general maintenance patients that require restorations, adjustments and oral hygiene instruction. One patient is a denture patient. I will be seeing him on a regular basis during the process of fabricating him a new set of dentures. I am really enjoying this part of my dentistry degree and it helps keep me focused on the big picture.

Chantel Thorn—*Bachelor of Dentistry*

University of Western Australia



MANY OBSTACLES WITH A GOOD OUTCOME

My first year studying Medicine at the University of Adelaide was definitely challenging. I was not sure what to expect of the course, I did not know how to study properly, although I didn't realise it at the time. After receiving the results I made a very conscious effort to improve. I had meetings with staff from the faculty of medicine to discuss study strategies, I had more regular tutoring sessions with my tutor and I had some extra tutoring sessions.

During the second semester I was also going through some personal struggles with a family health problem and a personal health problem which made things harder for me to cope with the level of work required. I have loved every minute of the past year, even including the long hours, lack of sleep and constant stress.

I have been involved partially with Indigenous activities throughout the year. I have made many friends through Wilto Yerlo, the Indigenous Centre at Adelaide University, particularly the other med students. I am a member of the Australian Indigenous Doctor's Association (AIDA).

Rotary involvement has been really interesting and enjoyable. I've met with the Rotary Club of Unley twice during the year, and spoke at the second meeting. I have also have regular contact with Dr Helen Sage and Chandra Sluggett who have been amazingly supportive during the year, especially at times when I was convinced I didn't have any chance of passing the year.

Lauren Sperring—Bachelor of Medicine
University of Adelaide

Sponsored by Dr Helen Sage & RC of Unley, SA

Pictured Natalie Moore, Lauren Sperring and Rotarian Chandra Sluggett



STUDENT NURSE MOVES INTERSTATE TO HELP NURSE SERIOUSLY ILL FAMILY MEMBER



Academically, last semester was a very challenging and rewarding year as I commenced my second year nursing subjects. The practical component of nursing was definitely the highlight for me when I spent two weeks in a nursing home in the dementia wing for our nursing practical. It was very difficult at times trying to do simple tasks like showering and administer medications due to the patients condition. I received excellent feedback from my clinical facilitator.

This year I will continue to complete the compulsory nursing subjects and select two electives. The electives I have chosen will assist in me having the knowledge and understanding to complete my ultimate goal of practicing nursing in rural and remote Indigenous Communities in Northern Territory.

Outside of study I have continued to invest a significant portion of my time into volunteering at the Wesley Hospital, Brisbane. My sister and I were recently recognised and commended for our involvement at a presentation during Volunteer week. We are the youngest volunteers to have served at the hospital.

The financial rewards provided by this scholarship has continued to make my dream of successfully completing my Bachelor of Nursing possible.

Courtney Bethel—Bachelor of Nursing
Queensland University of Technology

Sponsored by RC of Geebung, Qld

Courtney will be continuing her studies at University of Newcastle so she can help with the nursing of a sick family member returning to visit her sponsoring Rotary Club.

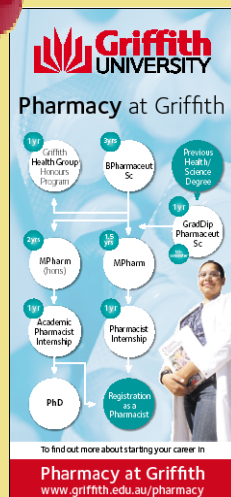
INES FRANCIA PROMOTION FOR GRIFFITH UNIVERSITY

The past 12 months have been an exciting year for myself as a Pharmacy student as I have just completed the final year of my undergraduate degree and will be embarking upon a masters degree. This is required to become a fully qualified Pharmacist.

I had an article written about myself in Smartstart 2009 magazine, which is targeted for high school leavers nation wide. I was chosen because of an interesting career pathway different from the status quo as a Registered Nursing transitioning to become a Pharmacist.

I recently attended a National Australian Pharmacy Students Association congress for the first time in Perth. At the end of the congress I had the honour of receiving an award for outstanding contribution in activities. I also received another honour of representing the Griffith University School of Pharmacy by having a close to life-size photo of myself on the school banner.

Ines Francia—Bachelor of Pharmacy—Griffith University
Sponsoring Club RC of Caringbah, NSW



leadersinwaiting



With a nursing degree from Griffith already under her belt, **Ines Francia** has embarked on a career change and is studying pharmacy at Griffith for the opportunity to deliver health care to indigenous communities. She looks forward to combining specific medication knowledge with the counselling aspect of pharmacy to make a difference in the lives of people with chronic illnesses such as diabetes. "Leadership is the ability to positively influence and inspire people, lead by example and not be afraid to go against the status quo."

AUSTRALIAN ROTARY HEALTH INDIGENOUS HEALTH SCHOLARSHIPS

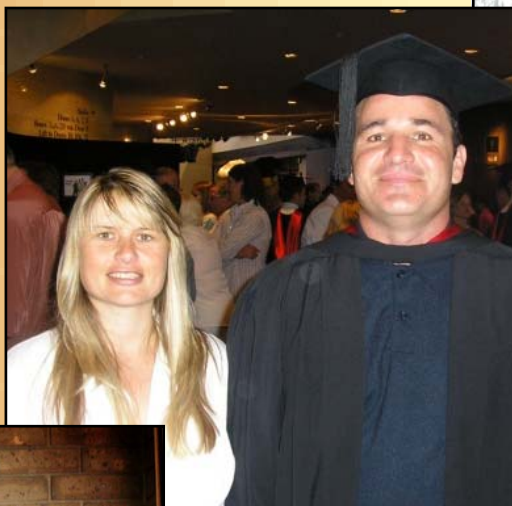


Scholarships value to students \$5,000 per year
\$2,500 from Rotary Clubs and
\$2,500 from Commonwealth or State Government

Australian Rotary Health helped me achieve my goal
to become a Podiatrist

I received an Australian Rotary Health Indigenous
Health Scholarship that helped to support me
through university

I graduated university and
I was the first Indigenous
Podiatrist in South Australia



If your club would like to help a
student become an indigenous
health worker—contact
Cheryl Deguara and get involved



Proudly sponsored and supported by:

Australian Government—Department of Health & Ageing
Government of SA—Department of Human Services
NSW State Government—Department of Health
Victoria State Government—Department of Human Services

For further information please contact Cheryl Deguara—Programs Co-ordinator
Phone: 02 8837 1900 Fax: 02 9635 5042 Email: cheryldeguara@australianrotaryhealth.org.au