

Newsletter

The University of Sint Eustatius School of Medicine

Volume 1, Issue 1

Spring 2010

Name the Newsletter Contest

For All Students and Professors...

The newsletter will be published each semester to share events, news, programs and updates of our University community with the Island community.

Your newsletter will include a welcome by the SGA president, news from each campus club, and a faculty and student spotlight. We will also report the educational and professional achievements, services and accomplishments of professors and students. We look forward to your input.

Please go to page 5 for submission guidelines. ♦

Name the Newsletter! Submit suggestions via email before July 15 to:

SGA President, Derrick Strunk

derrikastrunk@yahoo.de

Please, type NEWSLETTER as the subject title.

SGA President Welcome

All Medical School Students are members of SGA...

Welcome one and all to the University Of Sint Eustatius School Of Medicine's very first newsletter. First and foremost I would like to thank Marianna Musengo for presenting and devoting her time to start our university newsletter. Hopefully as semesters come and go and the university grows, so will this idea of bringing better community involvement between the university itself and the island of Statia with the help of this newsletter. The Student Government Association is set in place to voice the concerns and problems of every student within the university. At USESOM we are all lucky to have such a diverse group of students and a great faculty who are more than willing to assist in our success. The officers and reps of SGA wish you a successful semester.

Best Regards,
Derrick Strunk



Faisa Abdillahi, Secretary

Derrick Strunk, President

Reena Ghodasara, Vice president

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Faculty Spotlight

SESOM Professors bring their service to Haiti...

On June 2, Dr. Samah Nasser along with Dr. Asmah Nasser presented the first "lunch-time seminar" about their second trip to Haiti.

During the last two weeks of April through the organization www.medishare.org the two doctors worked side by side with volunteer physicians, surgeons, nurses and medical students to aid Haitians in need after the devastating earthquake of Jan 2 that demolished the regions' hospital and medical facilities. Thank you to Statia's Pharmacy who donated much needed medicines for Drs.Nasser to bring along.

Dr. Samah's slide presentation included the tent hospital with dirt floors, where they worked in up to 107degree temperatures. Medical teams performed surgeries, treated diseases, delivered babies and helped create a makeshift neo-natal intensive care unit. Drs Samah and Asmah plan to return this summer.



Drs. Asmah & Samah Nasser



Student lunch provided

"In the world, you are only one person...and to one person, you are the world" ♦

Student Spotlight

Tutors for Spring Semester 2010...

Kudos goes to these students who are among the highest grade earners in their respective courses last semester. Below they offer their top 3 suggestions for academic success:



TuMy Vuong:

Histology

"Pace your studying – Don't procrastinate – Try to organize your notes – If you're unsure about something, don't be afraid to ask for help."

Jackie Guliano:

Biochemistry

"Dedicate time to each class equally so you are prepared for all your exams – Manage your time from the start of each block so your not overwhelmed come exams – Do practice questions to make sure you can apply what you've learned."

Derrick Strunk: Physiology, Neuroscience

"Involve yourself with a healthy support system on and off the island – I find that God, family and friends play a humongous role in success – Pick a few classmates within your term to build a successful & beneficial study group with – Remember why you are here, and keep site of your goal."

Anh Thu Nguyen:

Microbiology

"Manage your time wisely - make studying your top priority! Keep a balanced life - find time to relax and enjoy a good laugh with friends. Do not be afraid to ask for help - use the resources around you ie; fellow students, tutors, and professors."

Ed Packard:

Pathology II

"Eliminate Facebook – Study starting from day 1 of each block – Get enough sleep."

Bridget Paul:

Pharmacology

"Develop a routine which allows you to stay focused by going to class and studying - Take time for you, whether that's watching TV and movies, attending church or going to the beach that takes your mind off school for a few hours, otherwise it is entirely too easy to become overwhelmed - Stay connected with family and friends back home. Their encouragement and support is indispensable."

Chak Vivacharawongse:

Anatomy

Stephanie Sin Yan Too:

Psychology

Muhammad Razaq:

Pathology I

See the flyer posted on the Bulletin Board for tutor contact information.

♦

Open Mic Night

Celebrating after block exams...

On Wednesday, June 2 we celebrated the end of block exams with the first Open Mic Night. Dr.Keller organized the evening for the University community. Dr. Aziz provided driving rhythms with his new six string just purchased at Rivers' Department Store. We got together to sing, play guitar, musical instruments, and perform as amateurs - just for fun and for something to look forward to after stress of exams. Open Mic Night will be every Wednesday evening, after each block exam. Come out and join in the fun.

A few folks came early and enjoyed dinner served on the seaside deck of the restaurant. We thank The Golden Era manager Mr. Leroy Mills for providing a comfortable venue. ♦

Upcoming Open Mic Nights:

**Wed, June 23 and Wed, July 21 at 7:30pm,
Golden Era Pool-Patio on Harbor Road.
Come thirsty!**



Clubs & Organizations

SGA – Student Government Association

President: Derrick Strunk,
Vice President: Reena Ghodasara,
Secretary: Faisa Abdillahi

AMSA – American Medical Student Association

By: Lindsay Henderson Lonergan



President: Lindsay Henderson Lonergan
Vice President: Scott Rubin
Secretary: Monika Plonka
Treasurer: Jon Jensen
Action Committee: Selma El-Bittar, Mehboob Kalini
Sgt at Arms: Brian Teme

Events for summer 2010 will be a Fourth of July/Canada Day party and a community wide health screening fair. AMSA has movie nights each term as a fundraiser to provide free snacks & drinks for studying students on Fridays before block exams. Our biggest community contribution is free swim lessons for adults and children every Saturday from 12-2pm at the community pool. Information about USMLE Rx scholarships for AMSA members will be coming soon ◊

Christian Club



Secretary: Russ Clayton
President: Joseph Lee
Vice President: BarbaraJean Arthur

Scuba Club

President:
Derrick Strunk

Our goal is to escape from the of med school. Sint is home to some of diving in the world



provide an stressors Eustatius the best and diving

helps relieve the worries of school for a short time. The Dive Club works with local dive shops to provide discounts and events for student divers. To become certified or for information, contact the club president.

Sankofa By: Amy Mafou Sy

President: Amy Mafou Sy
Vice President: Barbara-Jean Arthur
Treasurer: Dao Dao
Secretary: Stephanie Sin Yan Too
Event Coordinators: Anh Thu Nguyen, Hina Jhawer



In Sankofa we strive to unite everybody from all corners of the world, and to have a good time! With dances, fashion, and food representing our very diverse student body we unite with one goal in mind:
Understanding and acceptance of One another.

MSA – Muslim Student Association

By: Tawfiq Rahman



President: Faisa Abdillahi,
Vice President: Amy Sy
Treasurer: Mohamed Sobh
Exec.Board: Muzaffar Langrial, Tawfig Rahman, Sabih Iqbal



Members MSA

As we strive to become the best physicians, we must also balance our lives by reflecting upon the world around us, regardless of one's faith. Our goal is to provide a relaxed atmosphere where students can unwind and learn about Islam. We are currently planning various presentations, guest speakers, and Q&A sessions.

We invite our non Muslim friends at SESOM to our events; God willing; we shall engage in intellectual dialogue and hopefully learn from one another. Please join us in making MSA a success. ◊

Calendar of Events

OPEN MIC NIGHT

THE GOLDEN ERA POOL/PATIO

WED, JUNE 23, 7:30PM

2010 BEACH VOLLEYBALL

DIVE STATIA BEACH

FRI, JUNE 25, 5:00PM

AMSA 4TH OF JULY/CANADA DAY PARTY

COMMUNITY POOL/SPORTS COMPLEX

SATURDAY, JULY 3

OPEN MIC NIGHT

THE GOLDEN ERA POOL/PATIO

WED, JULY 21, 7:30PM

SGA BEACH VOLLEYBALL & BAR B QUE

DIVE STATIA BEACH

FRI, JULY 23, 4:00PM

SGA YARD SALE

SUAREZ CAFETERIA AREA

FRI, AUGUST 13, 12:00NOON

Statia Summerfest

Carnival 2010

JULY 2 THROUGH AUG 3 - VISIT THE WEBSITE

BELOW FOR SCHEDULE OF EVENTS

<http://www.statiatourism.com/carnival.html>



Why was Statia known as "The Golden Rock"?

"Archaeological resources on this forgotten island in the Caribbean Sea are of great importance to our world heritage. During the 17th and 18th centuries St. Eustatius was known in most every European and American household due to the massive international trade that transpired on this island. After 1750, over 3,500 ships a year from Europe, Africa and the Americas landed here earning the island's nickname-- *The Golden Rock*."

For the rest of the story...visit:

http://www.secar.org/SECAR_Sub_History.htm

Sint Eustatius Center for Archeological Research

You can participate in ongoing world class archeological digs – week long sessions January-August. Do something exciting during a semester break. Have family & friends come down.

www.secar.org

Why is Statia known as "The Historic Gem"?

"Statia was described by archaeologists in the 1980's as having the densest concentration of artifacts in the Americas, because it was a major trade port in the Caribbean."

St. Eustatius Historical Foundation

"The St. Eustatius Historical Foundation Museum is located in the center of Oranjestad in the 18th century house of Simon Doncker, and is open Monday-Friday 9:00am-5:00pm. Historic walking tours can be arranged in advance usually starting at 9am for around 2 hours"...A MUST TO EXPERIENCE! And a must to visit: www.steustatiushistory.org

Submission Guidelines

For All Submissions:

- 1) Send via email to Editor: Marianna Musengo at mmusengo@gmail.com
- 2) Write NEWSLETTER in subject title
- 3) Attach submission in word doc format, Arial size 10 font, approximately 100 words.
- 4) Report on events, activities, achievements, services, community involvement, accomplishments of the University, students and professors.
- 5) Attach photos in jpeg format. When applicable, list names in the order of the people in the photo & date taken.
- 6) Include your full name, and contact phone number with submissions.
- 7) For upcoming events, remember to include day/date, time, location, cost, who to contact for additional information.

Photo Suggestions:

- 1) Use flash for every situation, even in natural light.
- 2) Make sure natural light or electric light is shining ON your subject, not from behind.
- 4) Have groups stand or sit with shoulders touching and level the height differences (shorter in front, etc.)
- 5) More than 3 or 4 people, then stager the 'group', such as sitting with standing behind and/or kneeling in front. ♦