



SGA Update & Semester Review by Sheetal Gandotra

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With five-weeks to go and the count-downs having begun long ago, we take a few moments to recap the happenings of this semester at Saba. The Summer 2009 semester began with a well-attended Mentor-Mentee Event that allowed first semesters to meet fellow new students, their Mentees, and other upper semester students. From the buzzing conversations, it was apparent that our new students acquired advice on everything from study tips to hints about Saba eateries.

Amidst the exams and daily studies, the semester has been filled with cultural, sporting, and fundraising events for the Diwali and Eid festivities that are always much anticipated. SASS hosted a hopping Bollypops night early in the semester. As always, it was a packed house with a full dance floor with the tunes of Bollywood blaring late into the night.

This semester's Kir-tan, an evening of prayers and food, held by the Sikh Students' Association occurred a few weeks ago. It was sup-

ported by many students who cooked for the langar meal that everyone shared to close the evening. Each semester, kirtan provides students and professors an opportunity to gather, share prayers and hymns – an invaluable experience here for many of us since it is often difficult to find time for spiritual endeavors, which at home are often a communal custom. Having attended for three semesters now, it can definitely be said that this event always highlights the vocal and instrumental talents of the students at Saba. Congratulations to all the students who rose to the challenge of singing, playing the tabla or harmonium and cooking for their peers and professors.

Over the past few weeks, two MSA bake sales have tantalized the taste buds of the Saba community. Fundraising for the upcoming Eid celebrations, the members of the MSA have outdone themselves with brownies, cakes, and of course the much fought-over cheese cake.

SUSOM has opened a new gym for the students in

the old building next to the microbiology lab. The new gym is bigger and accommodates more students at a time. The new improvements include: more treadmills, ellipticals, free weights, and new equipment. The new space and cooling units are a greatly appreciated addition to Saba's facilities.

Thanks to the exceptional planning by Jason Wybenga, the External Affairs Coordinator, we had several successful sports tournaments. The External Affairs Coordinator is responsible for setting up events outside the school for the students to take part in. Since there is such limited time with the staggered exam schedule, every semester there are very few opportunities for the students to enjoy outings together. Two of the bigger events included the Soccer Tournament held at Booby Hill, and the Basketball Tournament held at St. John's Gym. The 1st semesters were victorious in the annual Soccer Tournament, whereas the new 2nd semesters won the Basketball Tournament for the second consecutive semester.

Semester Review:

- Mentor/Mentee Event
- SASS events
- Kurtan Prayers
- MSA/EID
- Gym improvements
- External Affairs/ Events
- Basketball tournament

SGA Update & Semester Review (cont'd)

Looking Ahead and Some Acknowledgements...

The SGA has been working on implementing a white coat ceremony for upcoming classes. The ceremony will include a welcome from the Dean, introduction to the faculty, presentation of white coats and signing of the honor pledge. SGA feels that the ceremony will give new students a sense of entry into the medical profession and a

glimpse in to the awaiting future.

We are also eagerly awaiting the launch of the new SGA website which has been produced and is just awaiting integration with the school website. The students would also like to extend a special congratulation to Pat and Nation on their healthy baby boy. Finally, thanks to all the executive members of SGA, class reps and clubs for their work

throughout the past few months.

With the semester drawing to a close, the students will get one last chance to participate in the Summer 2009 Masquerade Midway before buckling down for the semester-end exam rush. We can only hope that next semester proves to be as event-filled as Summer '09.



CSA—by Amanda Stinson

The Christian Student Association (CSA) is a group of non-denominational Christian students, spouses, and Sabans who meet each Sunday at 9am in the Saba University cafeteria to provide a supportive atmosphere for fellowship with one another and with God. Each Sunday provides a unique message arranged by medical students, music and worship by talented musicians, and opportunities to meet, ask questions, and interact with other Christians. The first Sunday of each

month (10am) we have “Pot-Bless”, a pot-luck style meal which is a great setting for seeing what we’re focused on, and what the church and its congregation represent. Please feel free to drop in and have a snack and chat! Our diverse group features students from all semesters who have found a support system while here on Saba. We’re always excited to see new faces interested in worshipping God through teaching, prayer, and music.

The CSA held the Easter Café in the school cafeteria this past April which featured free coffee and treats for all the students and staff. It was a huge hit, and the interest in the church and new attendees brought positive encouragement to our mission. Thanks to all those who helped make the event a success and for all the students who came out to see us!

Welcome New Faculty! Dr. Stany Wilfred Lobo



Dr. Lobo

Professional summary:

Postgraduate in Anatomy from Manipal University, India

Doctorate in Anatomy from L N Mithila University, India

Ten years of teaching experience in Anatomy for Medical students

Thirty scientific publications in Indexed Journals

Dr. Lobo in Brief:

Scorpion from India, happily married with Suzan and blessed with daughter, Sian.

I am Jack of all trades & master of none! Teaching is my passion & obsession!

I like simplifying the complicated things, and counseling the troubled.

Saba MSA Update



The Muslim Students' Association of Saba University School of Medicine has been and continues to be amongst the most active of the student groups. The MSA regularly holds congregational prayers on a daily basis as well as a traditional weekly sermon and special prayer every Friday. It also holds regular halaqas (religious gathering) joint with potluck dinners per block which provides an open and relaxing atmosphere open to all.

MSA and other medical students during the month of Ramadan, the ninth month in



the Islamic calendar, is a month in which Muslims fast during daylight hours. Like in previous Ramadans, the MSA is planning to host open iftaars – dinners for the fasters – every weekend of the month. The end of Ramadan is marked with the celebration of Eid-al-Fitr which is marked with spe-

cial prayer in the morning and a dinner that night. To extend the celebration to everyone, the MSA held – and is planning to hold again – its most prominent and well known event, the Eid Dinner! Last year's turnout was spectacular having most students and many local Sabians come – including the Lt. Governor of the island himself. There was delicious food, education and entertainment. There were numerous opportunities to



learn more about Muslims and their faith and to get your hands decorated with Henna. Be ready for the upcoming Fall semester as Ramadan will have already begun when we return!



As the auspicious month of Ramadan approaches, the MSA is planning to host a number of events for members of the



SAAPD Grand Rounds, 2009 Update by Jenny Vassilikos

The Students' Association for the Advancement of Professional Development had two noted presenters at Saba University in February to kick off Grand Rounds 2009, and if the engagement of the crowd and enthusiasm of the presenters at the sessions were any indication of what can be expected in coming sessions, the school is in for a treat this year.

Dr. Rob Horner, a Saba grad from the class of 2004, was back at the university on February 23 to talk about his experiences going through Saba University, then on to Canadian clinicals and residency. The next night, Dr. Peter William Kujtan, provincial coroner

for the Province of Ontario, Canada, talked to students about his experiences as a coroner in a presentation titled, "20,000 Tales from the Bottom of the Morgue." Both presentations were very well attended; the students were engaged while the presenters were engaging.

Dr. Horner held a casual discussion on what his experience was like while going to Saba five years ago, and then what he did when he left the island, through clinical rotations and residency. Currently, he is a member of the Faculty of Medicine for the University of Saskatchewan, and an emergency department physician at

the Humber River Regional Hospital in Toronto. He is certified in three provinces, and has worked as a physician family medicine and intensive care. "Dr. Horner was able to do all of his clinicals in Canada, so he knows very well how the system works, and how it can work for those of us who are Canadian students," said Josh Peachey, a third semester Canadian student, after the event. "It was validating and encouraging to have a 'been there and done that' perspective from someone who has successfully gone through the Canadian process. I really enjoyed it." (cont'd on back cover).

The Saba MSA invites students and members of all faiths and backgrounds to join, participate and to learn more about Islam. For more information, or to become a member, please contact sabamsa@googlegroups.com



Dr. Anthony Dash



Dr. Horner & Dr. Kujtan



WMSA Update - Lara Kujtan



The Women's Medical Student Association launched the semester off by participating in the Walk/Run for Breast Cancer. The walk has held on a sunny Saturday morning on the 9th of May. The Women of Saba, a local community organization, organized the event in an effort to raise awareness about breast cancer and funds for breast cancer research, with local businesses pitching in generous sponsorship. Interest for the Breast Cancer Walk/Run was fueled in part by the recent passing of Saba resident Joan Hassell. Many participants wore t-shirts with her image printed on them in her memory, bringing a special meaning to an already remarkable day.

Over 160 people participated in the trek from

Windwardside to the Sunny Valley Community Center in the Bottom. At the finish, participants were greeted with cold juice, water and healthy snacks. The WMSA was also on-hand at the end of the walk, armed with information pamphlets and artificial breast models, graciously lent out by Saba faculty. Medical students led demonstrations on how to best conduct self-breast examinations, after which participants had the opportunity to try the artificial models out for themselves. The WMSA was delighted to have been invited to participate on this occasion, and is looking forward to future successful collaborations with the Women of Saba. Congratulations to Sally Myers and the Women of Saba for

hosting a wonderful event, and to all the extraordinary people who completed the walk!

In other news, the WMSA general meeting in May was well attended by both males and females alike, thanks to all who attended. The executive committee for this semester includes Kyla Dewar as Vice-President, Amanda Brown as Treasurer, and Neil Mangat as our Fundraising Representative. To keep updated on upcoming events and for information about past events, don't forget to check out the WMSA group on Facebook. Have a great semester!



"Special Thanks to the Local Business for their Generous Donations and helping make this year's Easter Egg Hunt a Success!"

Easter Egg Hunt 2009 by Dawn Desreux

The SOS (Significant Others of Saba) and SGA (Student Government Association) joined forces this year to put on the most successful Easter Egg Hunt ever in Saba! The weather was perfect as many children and their families flocked to the park beside the museum to share in the Easter fun. The attendance was estimated to be 250 persons. The Day started off with a few games led by volunteers from the Student Government Association. The kids really appeared to enjoy hanging out with the medical students. There was a great deal of laughter and silliness to be had

by all. Next came the Easter Egg hunt which has become an annual event here in Saba. Usually the SOS puts on the event, however this year the SOS and SGA combined forces. Volunteers from both organizations came together early in the morning to hide 500 eggs all around the park. The children had a wonderful time running around the park and trying to find the eggs (which they did in a matter of minutes!). After the hunt, there was face painting for the children, again thanks to the volunteers from the SGA. There were some very talented painters in the group and the kids

were thrilled. Lunch was offered thanks to the generosity of many local businesses (and Rachel's canvassing! Thanks Rachel) as well as contributions by the parents and children themselves. Hotdogs, crackers and dip, chips, cookies, candies and beverages were just some of the foods available. The event was a roaring success and it was exciting and rewarding to see the students, spouses and the community come together to offer a day of fun and play for the children of Saba. Thanks to everyone who volunteered their time and who came to the event to make this a special time for the kids.



What is SOS? By Dawn Desreux



The Significant Others of Saba (SOS) is an organization that provides support to the spouses and children of medical students here at Saba University School of Medicine. SOS plays a vital role in assisting new spouses and their children in their adjustment to life on Saba. The involvement begins as soon as the SOS becomes aware of a spouse coming to the island, as SOS members reach out via email to incoming persons and answer questions that they may have in terms of planning their move and transition here. That support continues throughout the spouses' time here in many forms such as the delivery of a welcome package, which consists of a basket with some essential food and supplies as well as a welcome message, contact numbers of fellow SOS members and a letter that speaks to adjustment and culture shock. At the beginning of each semester, the SOS hosts a welcome dinner for new and current members. This semester's dinner was held at Eden restaurant and it was a huge success! Eden provided a spectacular meal to a group of approximately 20 persons. Everyone in attendance was treated to fantastic

food, great hospitality, some fun and games and prizes. It was a great evening! This semester, a few new families came with children so the SOS added an informal meet and greet at the park to introduce new members and their children to each other. This was a great opportunity for families to get to know each other very early on in the semester.

The SOS hosts a number of activities throughout the semester. Some of the activities, such as the Annual Easter Egg Hunt are island wide. This year's Easter Egg Hunt was put on by SOS in partnership with the Student Government Association. It was held at the park and over 200 persons participated in this event! The children were absolutely delighted and had a wonderful time searching the park for hidden treasure-filled eggs! A great spread of food was also offered to everyone thanks to the generosity of many local merchants. Other activities that SOS has offered this semester have included weekly park days, which provides an opportunity for families with (or without!) children to spend time together and play, monthly cooking nights (our first in June was offered by new SOS Heather Fontenot who taught our group how to make authentic Louisiana Cajun Gumbo! Stay tuned for

July's Mediterranean night!), a dessert night, again held at Eden (the group had to go back for more!) and a Beach Picnic at Cove Bay. We at the SOS believe that spending time together, supporting each other and planning and participating in fun events really contributes to the time spent here on Saba.

The SOS actively participates in the community by volunteering their time and skills when possible. Some of the volunteer work occurring this semester includes the delivery of Meals on Wheels, working in the community garden, Book Week assistants, Facilitation of a parenting course, and attendance at the Aids Saba monthly meeting.



Monthly meetings are held at 11 AM on the 3rd Saturday of every month at the park in Windwardside. The meeting allows us to plan more great activities as well as touch base, socialize and play! We urge all fellow members to come on out! For more information about SOS and events, please contact either Dawn at ddesreux@hotmail.com or Rachel at scubarach@gmail.com

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Water Conservation Tips - A Must Read!

As you all know - water conservation in Saba is a must! Saba relies on rain for its water supply. Purchasing water can be costly, but at times, unavoidable.

Please keep a close eye on your cistern, do not let your cistern run out, this can cause damage to your water pump. If you don't know how to check your cistern level, please check with your landlord.

- Here are some basic tips:
Taking a shower—turn off the water when lathering

soap/shampoo.

- Do not let the water run while brushing your teeth.
- Toilet—you know the saying by now : when it's yellow, let it mellow, when it's brown, flush it down
- Washing dishes : fill up each side of the sink, one for washing, one for rinsing. Let pots soak before scrubbing so that you don't run water too long to get them clean
- Laundry - for automatic

washers, consider getting a laundry tub and pump, you can reuse your rinse water for a new wash, or use the water to clean windows, water the garden, etc.

- Check water pipes around sink/toilets to be sure there aren't any leaks. When going home on break, make sure you turn off the water valves
- If you hear your water pump running, unplug it and contact your landlord!



It's Officially Hurricane Season

Saba is located in the North-Eastern Caribbean, at coordinates 17.3 and 63.1(keep this information handy when plotting on a map). Hurricane season lasts through the months of June-November. Below you will find information on being prepared, what to expect, and certain rules to follow. Remember, if you have any questions, please feel free to come to Administration, we are here to help!

What does it all mean?

Tropical Storm Watch: a storm with a strength of more than 35mph but less than 75mph is approaching, and may strike within 36 hours.

Tropical Storm Warning: a storm with a strength of more than 35mph but less than 75mph is expecting to strike within 24 hours or less.

Hurricane Watch: An announcement for a specific area,

that a hurricane condition poses a threat to that area. Residents should initiate their preparedness action and keep abreast with the latest advisories and bulletins. They should be ready for quick action in case a warning is issued for their area.

Hurricane Warning : A warning that in a specific area, within 24 hours, winds of hurricane strength(75+) can be expected. All hurricane preparation should be near completion at this time.

Saffir Simpson Scale (measures Hurricane Intensity)

1. Winds 74-95mph, storm surge about 4-5 ft above normal.
2. Winds 96-110mph, storm surge 6-8 above normal.
3. Winds 111-130mph, storm surge 9-12ft above normal.
4. Winds 131-155 mph,

storm surge 13-18ft above normal.

Winds great than 155mph, storm surge greater than 18ft above normal.

What should I do next?

Monitor weather reports. The Weather Channel (Channel 21 on Cable TV) provides a Tropical Update at ten minutes to the hour, every hour.

Or, check the following websites:

<http://www.weather.com>

<http://www.caribwx.com>

<http://www.nhc.noaa.gov>

The school will notify you if the island is placed under any sort of watch or warning, and of any other important information you will need.

Hurricane season lasts through the months of June-November.

Hurricane Season Preparedness

In the meantime however, as we are in hurricane

season, you should keep the following things on hand:

- canned, non-perishable food items
- 3-4 day supply of water (drinking), also store water in buckets for sanitary uses.
- all prescription/non prescription medications that you require
- always keep important documents in a water-proof/sealed container
- first aid kit
- flash lights, batteries, candles, matches
- battery-operated radio
- fill your car with a full tank of gas

When a hurricane warning is issued: (information derived from Hurricane Action Committee of Saba)

- tune in to the weather channel, or websites listed above
- keep calm, do not pay attention to rumors!!
- Store in a secure place the loose objects found around the house such as planters, garbage bins, lawn furniture, etc. These objects can become destructive weapons when lifted and hurled through the air by hurricane winds.

- Secure your personal belongings, keep items away from areas in the house that may potentially leak, especially electronics.
- Stay away from the sea-shores and low-lying areas.
- Check with your landlord that you block the gutter/spouts leading to the cistern, so that you do not get leaves, dirt and debris in your cistern

If you feel uncomfortable where you are staying, stay with friends. It is a good idea not to be alone during the storm. Your landlord will assist you with securing your residence. There will also be designated shelters in each village. However, please note that Saba has had much experience with Hurricanes, and buildings are very strong.

DO NOT HAVE A PARTY! This is a serious matter, and with proper planning and preparedness, you will be fine!

During the tropical storm or hurricane:

- Do not go outdoors

Avoid alcoholic drinks

- Remain calm and cooperate with the personnel in charge of the shelters (should you be staying in one) or with other person staying at your residence.
- In the use of lanterns, lamps, candles, etc. take necessary precautions to prevent fires.

- The suction created by a difference in atmospheric pressure inside and outside your house can blow open a window or door. To avoid this, even with shutters on the outside of windows/doors, leave open a split in the window on the leeward side (opposite side of winds).

After the storm or hurricane

- In case of sickness or accident procure medical attention immediately.
- Take necessary precautions to avoid fires.
- Do not touch electric lines.
- Stay away from any disaster areas: unless you are qualified to help, your presence as a sightseer may hamper first aid and rescue work
- Immediately after the danger has passed, inspect your property for any possible damage.
- Do not drink water from the cistern
- Check on friends/neighbors



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Special Thanks to All

Contributors!

Happy Reading!

We're on the Web!

www.sabamed.org

SAAPD Update (cont'd from page 3)

**SAAPD also has a
facebook page that lists
updates. All are
welcome to join:
[Saba.univ.school of Medicine
Grand Rounds](http://Saba.univ.school of Medicine
Grand Rounds)**

Dr. Kujtan spoke the next night and gave students an enlightening presentation on his experiences as a coroner, gave students a unique and privileged perspective on another fascinating facet of their future profession.

The two presentations were the first of many we were honored to host for 2009. In March, Dr. John Jenkins, a family Physician, and Head of the Emergency Department at Fisherman's Memorial in Lunenburg, Nova Scotia, Canada, presented on "Abdominal Pain: Evaluating the Great Unknown!" His discussion offered a systematic approach to diagnosing abdominal complaints in primary care, with real life case studies offered at the end of the presentation to illustrate

the points.

Later in March, Dr. James King, Clinical Associate with the Department of Family Medicine at Memorial University, Newfoundland and Labrador, Canada, presented "The Good, the Bad, and the Ugly" – a review of the clinical fundamentals involved in taking patient history, as well as conducting the physical examination, which can lead to an interesting diagnosis in an office setting.

SAAPD also has a facebook page that lists updates. All are welcome to join:
Saba.univ.school of Medicine Grand Rounds

Rounding out our winter semester, Dr. Anthony Dash, Assistant Professor of Medicine, Tufts University School of Medicine, and Chief Of Nephrology, Lawrence Memorial Hospital, Medford, MA, offered a real case presentation, entitled "An Unusual Case Of Acute Renal Failure." The interactive presentation challenged students through a step-by-step, systematic approach to solving the clinical problem. The discussion also involved discussing pathophysiology, differential diagnosis, laboratory and

other tests and treatment. It was a real treat!

On May 22nd, our first guest for the summer semester, Dr. Melanie Gold a core faculty member of both the Centre for Health Care Research, and Centre for Research on Health and Sexual Orientation at the University of Pittsburgh, delighted staff and students with her presentation on Motivational Interviewing. She shared her experience and expertise in using various techniques to encourage behavioral changes in patients and improving patient outcomes.

So far this year, we have been fortunate to have had a wide range of guests and presentations that have been well attended by staff and students. The committee is dedicated to organizing more of these enriching meetings.

All sessions are open to students and faculty. If anyone has friends or family coming to visit the island that are in the healthcare profession (physicians, nurses, social workers, etc.) and interested in giving a guest lecture, please contact saapd.saba@gmail.com.