

Issue 1

March 2021

# *THE AUDSS PAPERPOINT*

FRESHER'S EDITION

## *In this issue:*

### **PATRON'S WELCOME**

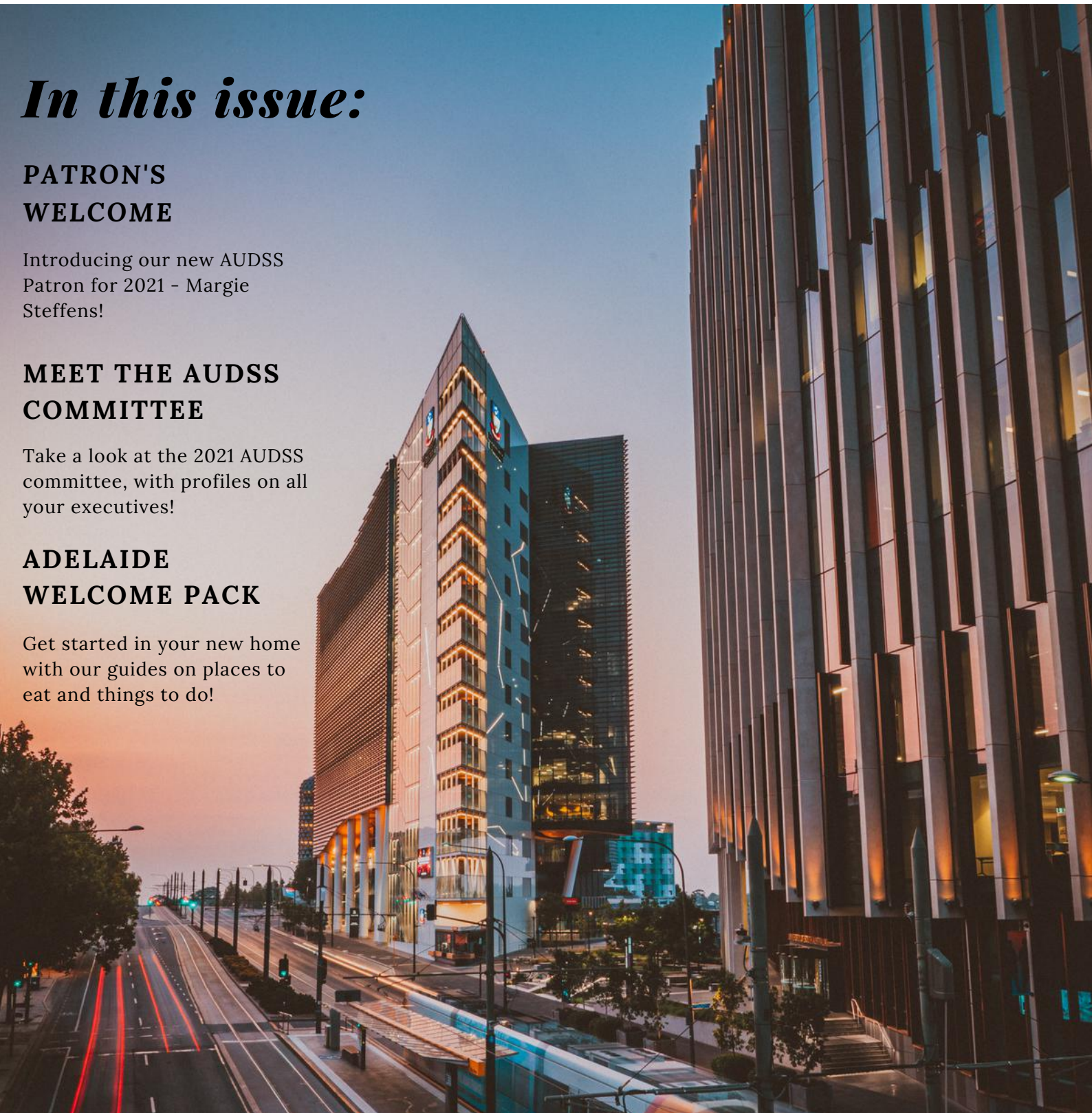
Introducing our new AUDSS Patron for 2021 - Margie Steffens!

### **MEET THE AUDSS COMMITTEE**

Take a look at the 2021 AUDSS committee, with profiles on all your executives!

### **ADELAIDE WELCOME PACK**

Get started in your new home with our guides on places to eat and things to do!



# THE AUDSS PAPERPOINT

## Publications Team

**Editor** Yannii Pouferis

**Content Writer** Tarek Abasseri

**Content Writer** Haran Ragupathy



## On the cover

View of the AHMS Building from Morphet Street

Photo by Christian Polychronis  
Event & family photographer // South Australia

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DENTISTRY

# *Patron's Welcome*

## *Margie Steffens*

Welcome to the world of Dentistry and Oral Health – on behalf of the AUDSS and the Adelaide Dental School. As the 2021 Patron (can I say I am “well Chuffed” – I think my sons would sigh at my descriptors because “you are old Mum” and tell me I am eccentric!!! Kids! ) I am looking forward to meeting the new intake of students and encouraging you all to be active members of your new community.

My name is Margie Steffens and since graduating as a Dental Hygienist (too long ago now!) I have had the privilege of continuing my studies at the University of Adelaide – B.Sc. Dent (Hons) – which has enabled me to pursue my passion for Community dental care, health and social equity, and to then establish the Community Outreach Dental Program.



I worked for 10 years in private practice then began work in the Special Needs Unit (the date probably predates your birth-date!!!) and consider myself to be a fortunate person to work in areas that are really my passion – Special Needs and Community Outreach. Along with my two greatest achievements in life – my sons – my life has encompassed more than dentistry – from working for an airline, pharmacy assistant and pharmaceutical wholesale to name a few! Singing, painting, reading, (the occasional binge watch of a Netflix series), live music and theatre, walking, spending time with friends and family over a good meal and a “cheeky little glass” of good wine – what could be better! Most importantly it is about you... you have chosen a profession that can truly make a difference. You all have different reasons for choosing a dental career – Whatever your motivation there will be times when you wonder why you are doing this and how will you ever reach the completion of your studies? Remember that every single person – staff and students – have all been in that same place and that you have many people who are there to ensure you are supported and not disadvantaged. Remember everything that is worth-while takes effort and commitment.

My philosophy – “Under promise and over deliver, never agree to something that you don’t believe in, life is too short to – make bad friends, spend time doing things you have no heart for, drinking bad coffee, tea or wine! Fill your life with people you care about, look after your communities and environment – laugh at your mistakes and forgive others!” Always be the best version of yourself!

2021 AUDSS Patron  
– Margie Steffens OAM



# *2021 Publications*

## *Executive*

### *Yannii Pouferis*

Congratulations and welcome to all the first year Dentistry and Oral Health students!

I'm sure it's been a long road to get here, but now that you are here it's time to sit back, relax (for now) and enjoy the moment. My name is Yannii Pouferis, I'm a BDS5 student and the AUDSS Publications executive for 2021.

Between the publications team and myself, we will ensure that you will have your fill of dental school news, tips, tricks and completely unrelated digressions - keep a lookout for our quarterly Paperpoints, frequent Articulating Papers and our newly minted AUDSS Podcast!

A shout out to all the international and interstate students that have moved to their new home away from home. As a local student, I insist that you check out our 2021 Adelaide guide as well as some of our archived publications and podcasts, both of which are available on the AUDSS website and the latter wherever you get your podcasts. There is so much to see and do here in South Australia that you might just decide to stay after you're done with your degree.

Lastly, on a personal note, as someone who has gone through a different program previously (B.Sci), I encourage you all to make the most of your time here. You will also discover that unlike many other programs at the University of Adelaide, the dental school community tends to be quite tight knit, with the AUDSS playing a large role in organising the events that bring students together. As we move towards a post-Covid-19 Adelaide, I can't recommend enough that you sign up and involve yourselves in these events - this degree can only be what you make of it!

Wishing you all the best for 2021!



- Yannii Pouferis

# 2021 Publications Team

## Tarek Abasseri

Hey everyone! Welcome to the Adelaide Dental School. My name is Tarek, and I'm a current BDS5 student.

Being a typical Sydneysider, I started life in this city groaning and complaining to anybody that would let me in, about how Adelaide was just not like Sydney. After 4+ long years here storying heaps of sunsets, many excursions around SA with my wife, trying the best burger and wood-fired pizza CBD joints, getting full and bloated on warm strawberries at Beerenberg Farm (whilst still "picking"), ranting to my patients as they had various fingers and cotton rolls in their mouth about how supermarkets need to stay open longer like they do in Sydney,

leaving the room when somebody complains about Adelaide's traffic, long drawn-out conversations with my friend Yannii as he droned about Adelaide's understated superiority – that often put you to sleep – I can now say that I love Adelaide.

I've really come to appreciate its quirks and beauty, and see it as home. So, if you too are from interstate, I think you've made the best choice coming to Adelaide. I hope you come to love it as much as I do – only quicker.

So, this year, me, Haran, and our underling, Yannii (the one in charge), hope to continue the great work done by the Pubs committee in 2020, and deliver you excellent and entertaining content upon various platforms.

All the best for the year!



- Tarek Abasseri



# *2021 Publications Team*

## *Haran Ragupathy*

Hello! Congratulations first years on getting into Dentistry and Oral Health!

All the hard work has paid off and you have a lot to look forward to in the coming years. My name is Haran and I'm a BDS 3 student on the publications general committee. I'm sure many of you will be moving to Adelaide either from interstate or overseas. Personally, I'm from Melbourne and have come to enjoy Adelaide, and I am sure you will too.

In first year, you will have a lot of opportunities, inside and outside of university, and time to do new things and making use of those chances is the key to a good year. This year's Fresher's Edition Paper Point even has a few ideas for you so keep on reading!



- Haran Ragupathy

# 2021 AUDSS President Esther Cheng

Hello Freshers! Welcome to the Adelaide University Dental Students' Society (AUDSS) and congratulations on entering the BDS/BOH program! My name is Esther, a BDS5, and I am proud to be your AUDSS President for 2021.

Established in 1919, the AUDSS has a long history of representing students studying the Bachelor of Dental Surgery (BDS) and, more recently, the Bachelor of Oral Health (BOH). We are an organisation that strives to enrich university life and experience, and to enhance student learning, welfare, and support. We provide many opportunities for our students to make friends, relax, and most importantly have fun!

It's a new world for many of you this year and, while it may seem scary, I know all of you will quickly get the hang of everything. Be sure to make the most of the AUDSS and cherish your short university life – it passes by in a flash!

We mainly operate on Facebook so make sure to join our Facebook groups and like our page for updates throughout the year. We organise a myriad of social and academic events and there are also opportunities for you to work with the wider community. Watch out for our first few events: Freshers' BBQ, Traffic Light Party and Dent Camp, which are fast approaching!

Our committee members are very friendly so please don't hesitate to approach us with any queries, or just for a chat! Don't be afraid to say hi if you see me around, I am excited to meet all of you 😊

I wish each and every one of you all the best, and I hope to see you all around soon!

- Esther Cheng



# 2021 AUDSS Vice President Elaine Yu

A huge congratulations on getting into BDS and BOH! I am Elaine, the 2021 Vice President and a fifth year student in BDS. I will be working closely with our president, Esther, to make 2021 our best year yet. I am excited to meet all of you, it feels surreal to think that it's already been four years since I was in your position...

Our committee have grand plans for this year, especially to make up for the seemingly endless string of unprecedented circumstances that was 2020. As we enter into March and one of our busiest times, we are pushing full steam ahead. It would be naïve to say that we won't encounter roadblocks throughout

the year, especially as the pandemic rages on, but one thing I can promise is that we will be working our absolute hardest behind the scenes to make your dental school experience an amazing one. We hope to not only reinstate cancelled events but also introduce new academic and social opportunities. Make sure to stay tuned to our Facebook page and group if you don't want to miss out!

BDS1/BOH1 is a year of excitement, chaos and growth. Make friends and make mistakes, all while you make smiles – if I could give one piece of advice it would be to cherish all your days in dental school, even the harder ones. Trust me when I say they will be over before you know it!

Hope to see you guys around and please don't be afraid to get in contact. Whether you're just looking for some tips to survive dentistry or if you have any questions about the society, feel reassured that our doors (or should I say dms) are always open!



- Elaine Yu



# 2021 AUDSS

## Committee

Secretary: Tiensa Tran

Treasurer: Edward Jin



Hello Hello Freshers! Congratulations and welcome to the start of your dental careers. My name is Tiensa and I am the AUDSS Secretary for 2021. I am currently in 5th year and so excited to meet you all.

My job is mostly behind the scenes work to ensure that you have the most enjoyable year with lots of fun activities. So be sure to make the most of everything we prepare for you.

Start this year in a new course is a big change for most of you, but this is the perfect time to begin this new adventure.

Everyone is in the same boat as you. Ready to work and more importantly have fun.

Congratulations again and I look forward to meeting you all soon.

- Tiensa Tran



Hey Freshers! Welcome to the BDS/BOH program. My name is Edward, I'm a BDS5 student and your Treasurer for 2021.

I look after anything money related like budgeting for the various social and academic events the AUDSS run, and management of our funds. That's not something you guys will see so I'll mainly be a friendly face around uni. There will be a lot to navigate with dentistry, whether it be moving to a different state or country for some of you, balancing social life with studying or making new friends. Don't be afraid, most people are in the same boat as you! The AUDSS is a great place to make

The AUDSS is a great place to make new friends, learn from your seniors and have fun throughout the year.

Hope you all enjoy O'Week and see you guys around!

- Edward Jin

# 2021 AUDSS Committee

## Sponsorships Executive: Chris Wheate

General Committee: Yousif Haddad & Derrick Zheng

Hello all! I'm Chris (BOH DPR PP), a third year BDS student and your Sponsorships Executive for 2021. It's an exciting time for all as we either begin our first or another year at dental school.

For those beginning congratulations on your success! All your hard work has paid off and you've embarked on a journey that will challenge you intellectually, creatively, and physically. Despite the stressors of either program, you'll find that the next 3 or 5 years will have you developing strong friendships and memories that will last a lifetime.

Having graduated from UQ's BOH program in 2011 (circa iPhone 4s), working for 7 years, and now halfway through my BDS, I have an appreciation of what life's like in both programs and the real world. This puts me in a unique position to liaise with current and future AUDSS partners. These partners fund the society and provide talks, events, and many services which you'll all end up using at some stage or another. I'm looking forward to the challenges that this executive position presents while working with my Gen Comm Yousif Haddad and Derrick Zheng (I can personally vouch for Derrick's IANB skills).

All the best for 2021!

- Chris Wheate



### **A normal conversation with me:**

You: "Hey Chris! What's going on?"

Me: "Have you tried Anki?"

# 2021 AUDSS

## Committee

### Events Executives: John Bouras & Vatsala Bhatia

General Committee: Alizafar Wahidi, Matviy Zhylikhovskyy, Annika Ramesh, Samantha Tang, Om Vora & Jingyang Li

Hey Guys! John and I are your events executives for 2021! We are responsible for organising all of the AUDSS events throughout the year and we have lots planned for you all so get keen!

Events are a really great way to meet people, make friends and settle into the AUDSS family. They are part of the reason we are all so close-knit, seniors and juniors alike. We hope to give the freshers the same warm welcoming we had and make it a memorable year for you all.

Events to look forward to include:

- Freshers BBQ – You never forget the friends you make on day 1 at freshers. Some of these people will stay with you throughout your entire dental school journey. Enjoy a sausage sizzle, mimosas and of course the infamous boat race.
- Dent camp – as our previous cohort of first years was deprived of their first camp, you can expect double the fun this year.
- Grand dental ball – (a particularly boujee affair; everyone gets dressed up in suits and dresses, and sips on a combination of orange juice and sparkling white wine).
- Lots of wholesome events – enjoy the sunshine, food, music and good company at AUDSS picnic events, beach days and movie nights.
- Friendly competition between years 1-5 at games nights and
- AUDSS sporting events such as soccer and netball.



Hope to see you all out this year!

- Vatsala Bhatia & John Bouras



# 2021 AUDSS

## Committee

### Student Affairs: Michael O'Laco & Fiona Guo

General Committee: Bernard Lee, Brendan Nham, Jerica Fung,  
Coral Yeung & Sukhmani Dhillon

Hey Freshers! We're so excited to welcome you to the AUDSS family and wish you luck for the long 5 years ahead.

We're Michael and Fiona from fourth and third year respectively, and we'll be helping you overcome mental breakdowns, survive 1st year and settle into Adelaide - which trust us, you'll discover is an amazing city you'll learn to love.

Also on our committee are Coral, Bernard, Jerica, Sukhmani and Brendan. Student Affairs is responsible for supporting your academic learning and mental health, and we run events, talks and workshops that supplement your

curriculum and facilitate developing any interests you may have in particular specialties.

Furthermore, we run initiatives and mentorship programs that support you in overcoming the inevitable demands and hardships of dental school, and help remind you that you're not in this alone. Our best advice to make the most of this year is to attend events, talk to upper years, get involved and ask questions.

We can't wait to meet you all, have a chat and ride out a hectic 2021 together!!



- Michael O'Laco & Fiona Guo

# 2021 AUDSS

## Committee

**Marketing: John Beji Daniel**

*General Committee: Saumya Kakria & Yatin Paditham*

Hello mates!

A warm welcome to all the first years, and the rest of us back at uni for a great year ahead! My name is John, I'm in BDS3 and I'll be the marketing executive for this year.

The marketing team members are essentially the ones responsible for publicising and contributing to the digital design aspects of all the amazing events we have on this year – including Dent Ball, GILs, pubcrawls, sports events, etc. This includes designing and organising pub crawl T-shirts, delivering merch such as hoodies, and putting together the membership bag.



This year, the marketing team is also going to aim to increase the social media presence of the dental society, especially via Instagram and Facebook. This will include doing fun and entertaining videos and interviews, and posting more relevant and frequent posts to our platforms this year. We will also work closely with Chris and the sponsorships team to increase the publicity of our amazing sponsors, and make sure that all our members know what they are all about.

Also, for the first years (and others) who haven't done so, be sure to head over to our Instagram page @theadss and chuck as a follow! Also head over to our public Facebook page "Adelaide University Dental Students' Society" and be sure to give the page a like so you can stay up to date with what's happening with the society!

From myself, Saumya, and Yatin, we wish you all the best for the year ahead! Be sure to say hi if you see us around!

- John Beji Daniel

# AUDSS

## *Social Media!*



### **FRESHER'S FACEBOOK GROUP**

Join the Adelaide BDS 2021-2026 group to stay updated with all the latest news from your peers & year reps.

### **AUDSS FACEBOOK PAGE + GROUP**

Sign up and stay up to date with the latest events from the AUDSS.

<https://www.facebook.com/theAUDSS/>

<https://www.facebook.com/groups/AUDSS>

### **AUDSS TRADES**

The trading ground for almost everything between past and present AUDSS members.

<https://www.facebook.com/groups/636448333162093/>



### **AUDSS INSTAGRAM PAGE**

The official Instagram of the AUDSS

<https://www.instagram.com/theaudss/>



### **AUDSS PODCAST**

Subscribe to the AUDSS Podcast and listen to dental students talk about all things.





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# *AUDSS Events: Save the Date!*

FEBRUARY

22

START OF O'WEEK

MARCH

1

START OF SEMESTER 1

The first day of Dent School for all the BDS1 & BOH1 freshers.

MARCH

4

PATRON'S WELCOME

Join the AUDSS in welcoming our new patron Margie Steffens!

MARCH

7

FRESHER'S BBQ

Drink, eat and get to know dental students from all year levels.

MARCH

11

BUDDY DAY MEET & GREET

Get together with your older year buddies and start learning the ropes.

MARCH

12

LAWN BOWLS

Get a head start on retirement living.



# *AUDSS Events: Save the Date!*

MARCH

26

## TRAFFIC LIGHT PARTY

Green = Single

Red = In a relationship

Yellow = It's complicated

APRIL

2-4

## DENT CAMP

What happens at Dent Camp, stays at Dent Camp.

APRIL

10/17

## START OF MID SEM BREAK

April 10 for BDS1-4 & BOH1-2, April 17 for BDS5 & BOH3

APRIL

25

## END OF MID SEM BREAK

APRIL

26

## START OF BDS5 COMMON WEEK

APRIL

30

## PUB CRAWL 1

Go on, you've earned it!



# **WRITE FOR AUDSS PUBLICATIONS!**



**Your voice is needed on the front lines!**  
**All volunteers can enlist by contacting a member of the  
publications team via Messenger, or following emails:**

**[yannii.pouferis@student.adelaide.edu.au](mailto:yannii.pouferis@student.adelaide.edu.au)**

**[tarek.abasseri@student.adelaide.edu.au](mailto:tarek.abasseri@student.adelaide.edu.au)**

**[haran.ragupathy@student.adelaide.edu.au](mailto:haran.ragupathy@student.adelaide.edu.au)**

# 2021 AUDSS

## Committee

**Community Aid Executive: Denise Yap**

General Committee: Pairavi Athithan

**IT Executive: Lucas Ktoris**

General Committee: Edwin He



Congrats on getting into BDS/BOH! I'm Denise, a BDS3 student, and the Community Aid Executive for this year!

I am an international student and I remember it being a little daunting when I first started uni, not knowing what to expect and living far away from home. AUDSS has definitely played a role in helping me ease into Adelaide's lifestyle and getting to meet new people to build lasting friendships! If you share the same passion in helping the less privileged, you can be a supporter by being a fundraiser yourself or simply by attending our annual events such as SleepOut and Trivia for Timor!

The AUDSS volunteering page on Facebook also provides great opportunities for you to get involved in helping the community. In addition, Community Aid also aims to increase dental awareness in the public through our Dental Health Awareness Week every year! All the best with your journey in dent school and feel free to come up to say hi if you see me!

Hope to see you guys around soon!

- Denise Yap



Howdy y'all! Congratulations on beginning your journey in the Dental School. My name is Lucas, and I am currently a 5th year Dental student. I will be working alongside Edwin in the IT department of the AUDSS to communicate information via the AUDSS website - so, if you haven't already, please check it out!

I will be working closely with other committee members to organise events and upload documents (such as learning resources) to the website so be sure to check in frequently! This year we will be emphasising the use of safe online networking through programs such as Discord - coming soon (so keep an eye out)! If you have any questions, please do not hesitate to contact any of us. I look forward to meeting you all this year!

7

- Lucas Ktoris

# 2021 AUDSS Committee

## Insight Officer: Alice Zhang

Hi everyone! Congratulations and welcome to your first year of dentistry and oral health!

I'm Alice, currently in fifth year and I am the 2021 Insight Dental Officer. Insight is a global health charity organisation run by both the Adelaide Uni Medical and Dental schools, with a focus on improving health inequalities. Our ultimate aims are to promote awareness and understanding of health issues in developing communities, promoting active involvement and to raise funds for various projects.



In 2021, look out for our two main events listed down below:

- Future Callings: students share their invaluable experiences about their past volunteering trips
- Amazing Raise: just like the reality TV series, people race around to certain locations based on cryptic clues to win the final prize (to be revealed closer to the event). However instead of running around the whole country, you get something even better. The grand mighty Adelaide CBD itself.

There are also smaller events throughout the year like a bake sale and our birthing kit workshop! Traditionally, Insight sponsors 4-6 dental students to partake in a two week volunteering trip at the end of the year to Cambodia, however due to the ongoing pandemic it is uncertain whether this will be possible this year however keep an eye out in the future!

Good luck and I can't wait to meet you all throughout the year! Feel free to say hi if you ever see me around :)

- Alice Zhang



# 2021 AUDSS Committee

## BOH Liaison: Edward Miller



Hello everyone and welcome to Dental School (BOH or BDS)! My name is Edward Miller, I am the BOH Liaison for 2021 and I am just beginning my second year of BOH.

I hope that I can assist to provide an inclusive environment for all students of the dental school to get involved with the AUDSS and get to know some of our future coworkers and create lasting friendships.

As well as many great events and activities that are there for us to make the most of university life while we are here! Both fun and educational. Although I may not have all the answers I am always here to help! I am hoping to increase the participation and involvement of BOH within the AUDSS.

Good luck to you all, and I look forward to seeing you around. Say hey if you see me!

- Edward Miller

# 2021 AUDSS Committee ADSA Liason: Uday Sen

Hello, and congratulations on getting into Dentistry at the University of Adelaide. My name is Uday and I am the Australian Dental Students' Association (ADSA) liaison for this year. I am a third year dental student, originally born in India but migrated here in 2008 with my family.

My passion for dentistry developed through my observation of the discrepancies in oral health in rural versus metro regions. It inspired me to join this profession to help create a change by establishing protocols that will enable delivery of "good quality" dentistry to remote regions, where resources are often in shortage.



As your ADSA liaison, I look forward to introducing you all to what ADSA has to offer. Throughout the year we will be organising a variety of educational talks, RUOK day, promoting the blood drive and ADSA Convention. Additionally, ADSA also organises a Dental Outreach Program which involves a group of students visiting rural schools to raise awareness about oral health and impacts of oral negligence, though we were unable to run it this year due to COVID-19.

All these ADSA events provide a great opportunity for you to develop good relationships with colleagues, get involved and further your dental student experience at the University of Adelaide.

I look forward to meeting you all!

- Uday Sen

# 2021 AUDSS Committee

## AURHA Liason: Cecilia Har

Hello everyone! I am Cecilia your AURHA Representative for 2021!

AURHA is a student club that celebrates rural health and is open to anyone with an interest in rural health regardless of whether they come from a rural area, the city or even from another country. It is the university's Rural Health Alliance and encompasses all of the allied health disciplines. We host lots of events throughout the year and you are invited to apply to attend our week-long Yalata Kidney Health Festival in October each year (fingers crossed COVID-19 gets better) to work in a remote Indigenous community, Rural High School Visits (a chance to chat with high school students about university, and



an opportunity to travel to some amazing places e.g. Port Lincoln or Kangaroo Island), and clinical skills trips that take place around the state.

Escape with AURHA is our main social event, and traditionally takes place at a mystery location just beyond the city limits. Dental Rural Careers Night is usually held later in the year – an absolutely fantabulous night with knowledgeable speakers sharing with us their invaluable rural experiences over dinner. It is completely free to sign up to, and a great chance for you to learn more about living and working in rural areas Head to our website:

[https:// www.nrhsn.org.au/aurha/register/](https://www.nrhsn.org.au/aurha/register/) to learn more or send us an email at [dentistry@aurha.org.au](mailto:dentistry@aurha.org.au)

Get involved, make an impact and have fun!

- Cecilia Har





# Welcome to Adelaide!

## Haran Ragupathy

Welcome to Adelaide! You are finally here and you've got some time on your hands. Despite being a constant target of mockery by the residents of bigger cities, there are in fact many things to do in Adelaide. You will come to love the small town vibes, closeness of everything and relative lack of traffic. Here are some suggestions to get you acquainted with Adelaide:

**BEACHES** □ Go for a swim, work on your tan or grab a bite to eat.

**Glenelg Beach** – catch a tram from the city straight to this popular beach, convenient.

**Henley Beach** – less 'touristy' and touted as being nicer, and better for swimming, than Glenelg.

**GARDENS** □ For the budding botanists.

**Adelaide Botanic Garden** – the perfect spot for a picnic.

**Himeji Gardens** – gather some zen energy and/or take aesthetic pictures for Instagram.

**Mount Lofty Botanic Garden** – contemplate which plants are best for your dwelling.

**ANIMALS** □ Whenever you need some wholesome energy.

**Adelaide Zoo** – you are going to walk past it many times on your way to classes and it would be a tragedy to never enter. Think about the animals.

**Cleland Wildlife Park** – animals in the wild.

**WALKS** □ If the scenery at the gym and monotony of a treadmill isn't cutting it.

**Morialta Conservation Park.**

**Belair National Park.**

**Anstey Hill Recreation Park.**

**Sturt Gorge.**

**Hallett Cove Boardwalk.**

**FESTIVALS** □ Consume beverages, attend shows and listen to music.

**Fringe** – the most exciting month in Adelaide with all sorts of eccentric shows including comedy, circus, music, magic and theatre.

**Dent Camp** – perhaps not a festival but definitely a good time. A lesser known fact is that attending Dent Camp is the fourth hurdle to passing 1st year (the less important hurdles

being clinic, exams and the PIA).

**Spin Off.**

**Groovin the Moo.**

**WINERIES** □ Start your amateur wine connoisseur journey.

**Barossa Valley** – a trip to the Barossa Valley is a must once you have arrived in Adelaide, perhaps an inevitability. So, it's a good idea to get a head start so that you can educate people for every trip thereafter about the best places to go and describe in great detail each wine and its earthy flavour. On your way there you can also have a look at the **Whispering Wall**. Here are some places with cheap tastings to get your itinerary started: Rockfords, Tscharke, Turkey Flat and Elderton.

**McLaren Vale** – the other wine region that I was told, by a sommelier at Rockfords, is very different from the Barossa for... reasons.



**SPORT** □ Achieve your #NewYearsResolution to get fit.

**Rock climbing** – develop those rock solid finger rests at Adelaide's Bouldering Club or Beyond Bouldering (Kent Town or Kreswick).

**Tennis** – North Adelaide has the nicest public tennis courts you will find, located just past the intersection where O'Connell Street becomes Prospect Road. If those are busy you can head down to the Wilderness Tennis Courts in Lefevre Park.

**Badminton** – Uni SA's Pridham Hall (\$5 fee incl. racquets and plastic shuttlecocks), the Uni Adelaide badminton club (one free trial session after which you'll need a membership, equipment is provided) or the Adelaide Badminton Centre (outside the city but they run 'all you can play' deals for \$10 per person, check their Facebook page).

**Basketball** – the previously mentioned tennis courts at the end of O'Connell Street also have height-adjustable basketball rings and are perfect if half court is all you need. Or, you can pay a small fee at Uni SA's Pridham Hall on Hindley to ball indoors (\$5 incl. a ball).

NOTE: This link has the availability for badminton and basketball at Pridham Hall, <https://unisasport.edu.au/citywestcourts>.



# *SOME PLACES TO EAT, SHORTLISTED BY SOMEBODY WHO HAS SHORTLISTED AN EXTREMELY CONSERVATIVE SHORT SHORTLIST*

Tarek Abasseri

## **BREAD AND BONE**

For years, this has been the go-to for late post-clinic meals, or when you just feel like a burger.

Lots of interstate/international students regard it as the best burger joint in the CBD. Me? I don't know – but it's still pretty high up there, and worth a try. The classic smashed patty style burger.

Sure, you've got your overrated Grill'd and Betty's, but this place is not a mass-produced franchise like the formers.

Order online delivery at your own risk – 50/50 chance of getting the order disastrously wrong. And don't expect any courteous assistance. Why is this on the list again?? Because I still eat here often.



## **YUM YAI THAI KITCHEN**

Located just outside the CBD, in Torrensville, this restaurant makes some great Thai food. Not a place you'd go to for an event, more of an authentic kitchen experience. Discovered by chance with online food delivery, and came again in person – was not disappointed! Still think they make the best fish cakes.





## SUNNY'S PIZZA BAR

I admit I am late to this one. Always thought I could find the best Adelaide CBD wood fired pizza at Antica/Hey Bianca, but this place consistently blows them all out of the water. Highly recommend the #1 (classic tomato ad mozzarella), and the #7 (the mushroom one). (These 2 are also vegetarian friendly).



## AND THEIR FRIED CHICKEN.

## MEET DESSERT

Mango Weis bar in a bowl – what's there not to love? Their pomelo and sago, in mango and coconut smoothie mix, is a popular favourite. I would eat this every night, if I could – and you know what? I probably do.



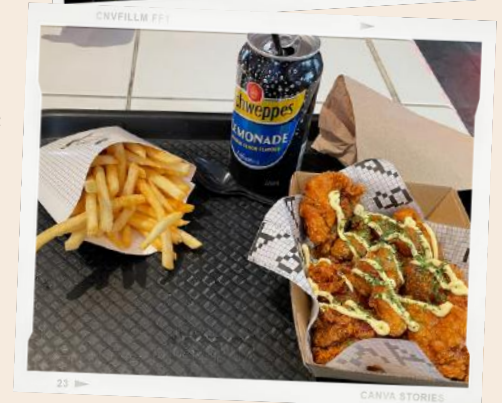
## CENTRAL MARKET

Okay this one is not a restaurant, but if you've read this far, you need to try the smoked mozzarella ball from **Say Cheese**, at Central Market. Also, as an aside, the Central Market is an awesome place to buy groceries, check out the book shops, and inhale pastries.



## little BAN BAN

What can be better than Korean fried chicken, and then some honeydew soft serve to finish. Best combo (not together obviously – unless you like to eat your Maccas chips with soft serve ice cream \*shudders\* – I wouldn't recommend it though).



*On a totally different note, honestly, what would I know – I've often been described as someone who is a picky plain Jane (sorry Jane) when it comes to their food.*



So, I hope you've enjoyed my 2cents.

Tarek

# *The Do's & Don'ts of Dentistry*

## *Yanni Pouferis*

I usually refrain from giving serious advice, but enough is enough. I'm tired of watching every new batch of Freshers make the same mistakes every year – it's time for someone to step up and get you all on the right path.

### **DO be prepared for everything**

Khan Academy won't save you now. Just try to find that middle ground between being the annoying student that answers all the questions and the other annoying student that answers none (especially when it comes to group work). Doesn't mean you shouldn't be able to answer them all, just don't be that guy.

### **DO roll with the punches**

Everyone has butchered a cavity prep or two at some point (Freshers you'll understand this soon enough). Best thing to do is accept the imminent roast from your tutor gracefully and do better next time. For extra brownie points, give accurate (harsh) self-assessments – it appeals to the sadist in tutors and they may show mercy for a time. You're not expected to always get things right, just show the tutor you actually care.

### **DO go to lectures... or Zooms...**

You're probably sick and tired of hearing this, but go to your lectures. No amount of 2x speed echo recordings are going to make up for months of supervised neglect. Just like how watering your plants once a year won't bring back those succulents that were "impossible to kill".

### **DO make laminated running sheets**

I know it feels silly sometimes to have a sheet of instructions to refer to when you're going through an appointment, but it's way better than omitting something important that your tutor roasts you for later. Plus in the absence of a dental assistant and/or a reliable short term memory you need something to write your findings down on. Think of it like training wheels for the aspiring dentist.

### **DO get an AUDSS membership & go to events**

Yes, this is a shameless plug for the AUDSS.

Never mind the AAPDP lectures where you might actually learn something interesting, there are a ton of events where you can meet fellow dental students and have a great time –



watch out for news on events like the Sleepout, Amazing Raise, pub-crawls, camp and more!

### **DON'T date your peers... Well, try at least...**

I know what you're thinking - "I've seen so many college films that getting an education is not even on my radar right now". BUT you'll likely be spending the next 5 years with that person regardless of how things turn out. Be loyal to your one, true love, dentistry.

### **DON'T cut the queue**

I know you really need to get your treatment checked - you're running super late, the patient's checking their watch and you're pretty sure you haven't condemned the tooth to a life of recurrent caries. But people may or may not remember certain individuals that engaged in similarly disgusting behaviour 4 years later. Respect the queue.

### **DON'T piss off the Dental Assistants**

If you haven't realised it yet, you are at the bottom of the dental school food chain, and life can be made very difficult for you in ways you never even realised. So unless you want to be

waiting forever for your material or instrument of choice (while the freshly prepared cavity is being bathed in saliva), I'd think very carefully before gossiping within the walls of your clinic.

### **DON'T cram for exams**

Even if you could absorb a year's worth of information in a few days it's a bad idea. By the time you get back to uni next year all that knowledge will have vacated the premises and you'll be left with a mind as devoid of information as when you first walked through the doors of AHMS.

### **DON'T stress about things out of your control**

Dentistry can be a stressful career choice - particularly when learning or practicing new skills on real patients. I'm pretty sure my heart rate was 100+ bpm during my first filling, root canal and extraction. The key thing to keep in mind is that the tutors are here to back you up, and with every successful (and unsuccessful) treatment you will get better. Don't forget to take a moment (particularly after those stressful clinic sessions) to decompress and enjoy some me time.

