

NEWSLETTER

Welcome to our first issue!

This will grow over time...with your help and input!



Hi! My name is Stephanie Lareau and I'm serving as you 2008-2009 WMS Student Representative. I'm currently a 4th year at Wake Forest and am applying for emergency medicine residency.

I enjoyed getting to meet several of you at the annual conference this (see next page)

summer. I feel like as a group we have a lot of enthusiasm when we have time for wilderness medicine which was seen by students volunteer work at the conference, hiking trips, rock climbing trips, etc.

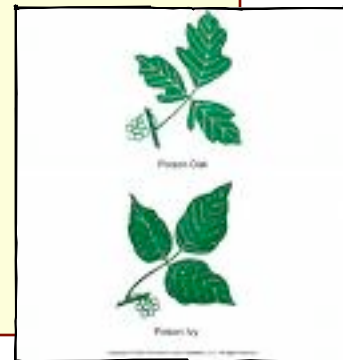
In This Issue...

A welcome from Stephanie Lareau, our student representative.

Become a student member of the Wilderness Medicine Society.

Learn how to set up a WMS Student Interest Group at your school.

This issue's wilderness medicine tip: poison oak or poison ivy can be treated in a variety of ways. Nettles anyone?



MEMBERSHIP OPTIONS AVAILABLE TO STUDENTS

Hello Wilderness Lovers!
Wondering how to become a student member of the WMS or how to get your Student Interest group (SIG) officially recognized? Follow these instructions and you'll be enjoying membership benefits before you can say "Giardia"!

STUDENT MEMBERSHIP

Go to www.wms.org and click on the "join" tab. Student membership is \$50 per year and includes a print subscription to the Wilderness Medicine magazine and an online-only subscription to Wilderness and Environmental Medicine, the official publication of the WMS.

FROM THE STUDENT REP

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My goal as rep is to get things more organized. Part of that organization is sharing ideas through a forum such as Google groups. I also like to keep stories about groups up on the website and filling the pages of this quarterly newsletter. I've been working with several committee leaders to make the info about starting a SIG a bit more clear, get the website up to date and keep elective opportunities current. So please take some time and shoot me an email and let me know what you'd like to get out of your membership to the WMS. The key to this organization being successful is your participation - so get involved!

Attached to this newsletter is a description and application for the associate student rep position for this year, which will become the student representative for 2009-2010. Please let me know if you have any questions.

Thanks, Stephanie

WMS STUDENT INTEREST GROUP

(continued from page 1)

If you have a group of students at your institution that are interested in forming a WMS SIG, you'll need to fill out a registration form that can be found at www.wms.org/studentgroups/sig_web_site/sigresources.htm. Scroll down to "registration procedures" and open the link. SIG benefits include one print copy of the Wilderness Medicine magazine and one print copy of the Wilderness and Environmental Medicine journal. In order for your SIG to be considered active, at least one member of your group must be a WMS student member (see above).

If you have any questions about membership, or if you don't see your club's info reflected on the WMS website, don't hesitate to contact me at bwatters@llu.edu.

- Ben Watters
Student Membership

THIS MONT'S WILDERNESS MEDICINE TIP: POISON OAK/IVY

Just writing the words "poison oak/ivy" makes me itch. Here in the Pacific Northwest, we have poison oak, and it spreads its cheer year 'round. In the winter, the stems look as though they've been bitten off by deer. The shiny leaves remind us of their oils the rest of the year, but sometimes, we are so engrossed in the scenery, we forget.

The rash starts. And spreads. We typically carry some sort of topical corticosteroid, calamine lotion, and some antihistamines in our backpack. But what a pain.

Here's a different solution: a tincture made from equal parts nettles, khella, and turmeric. It can be taken internally or placed directly on the affected areas with calendula comfry ointment.

Nettles (*Urtica* spp.) is a natural astringent. Khella (*Amni visnaga*) is a mast cell stabilizer. And turmeric (*Curcuma longa*) is an anti-inflammatory as well as an anti-oxidant.

Internal Dose: 1-2 ggt q 3-4 hours prn.

Topical Dose: same as internal but mix with calendula cream.

Availability: Any compounding pharmacy.





2008 WMS ASSOCIATE STUDENT REPRESENTATIVE ANNOUNCEMENT

Greetings fellow WMS students. It is my pleasure to announce the application for the Associate Student Representative position for 2008-2009. This position will last two years, during which the first year you will work with me at the national level until late Spring 2009 when you would become the Student Representative for 2009-2010. (The Student Rep. serves as a voting member on the WMS Board of Directors).

The time commitment for the Associate Student Representative position is variable, but averages to about 1 hour per week. June and July are busier months with both the selection of the new student leaders and conference planning while the rest of the year involves helping keep the website up to date and working with the student committees on membership, research opportunities, and increasing awareness of the WMS student interest groups. You may also be helping answer questions from students and interest group leaders as well as assisting other schools in forming their own interest groups.

The application for the Associate Student Representative position is included. Any current WMS student member interested in the position is encouraged to apply. If you are the leader of a WMS student interest group at your school, I request that you forward this application announcement to all of your members. **It is essential that the applicant is able to attend the 2009 WMS Summer Conference and Student Round Table in Snowmass, CO (~3-4 days in late July of 2009).**

Please submit applications by email no later than Friday, 9/26/08. We will announce the new Associate Student Representative by 10/3/08 and your responsibilities will begin at that time. Please feel free to email me directly with any specific questions regarding the position.

--Stephanie Lareau, WMS Student Representative
wmsstudentrep@gmail.com



2009 WMS ASSOCIATE STUDENT REPRESENTATIVE APPLICATION FORM

Please type your responses below adding additional space as needed.

Name:
Institution:
Anticipated Graduation Date:
Address:
E-mail:
Telephone:

Are you a member of the WMS?

Have you attended a WMS annual meeting, if so which ones?

Does your school have a WMS SIG? If so please describe your involvement.

Please briefly describe your interests in the outdoors, wilderness medicine. Please note any accomplishments in the field.

Please list any leadership roles you have held in college and medical school.

Please describe any involvement you've had with the WMS on a national level.

What improvements would you like to make for students as student rep? What strengths will you bring to the position?

I understand that to function as the student rep my duties will include:

1. Attendance at the 2009 WMS Annual Snowmass Meeting in July.
2. Organizing student volunteers and student housing for the 2009 annual meeting.
3. Overseeing all student committees for the 2009-2010 year.
4. Assisting the student rep for the 2008-2009 year as the associate student rep.
5. Regularly checking and responding to emails sent to the student account.
6. Acting as a board member by communicating with the board of directors to promote student interests.

Signature: (Typing is fine)

Date: