

# ACT and Region Medical Women's Society Newsletter

Newsletter Number 43

<http://afmw.org.au/act>

January 20123

## **PRESIDENT'S MESSAGE:**

**Dr Liz Gallagher**

### **Message from the President**



## **Presidents Report 2012**

The end of my second year as president is now at an end....how time flies! I thank my hard working committee for their efforts and support. We held a number of functions this year that fulfilled a number of roles, a nice mixture of social, mentoring, fundraising, and education.

Our first event this year was our ANNUAL COCKTAIL PARTY meet and greet, very generously hosted, yet again, by Vida Viliunas and Rod Katz in their home. We had a fantastic turn out and I thank The Canberra Doctor for help with advertising, and Capital Pathology for their sponsorship. This is an annual event that has been held for many years and is a good start to our year.

Our second event was our JUGGLE which is an event we have put on for the female medical students. I believe this was our 4<sup>th</sup> year of running it, and by far our best attended. The students get the opportunity to listen to more senior colleagues from varying areas of medicine about their journey to get them to where they are with their career at the moment and the difficulties and challenges balancing partner's careers, children and training. This year we had a massive turnout thanks to our enthusiastic student members doing such a good job advertising. Thanks so much to those that gave up their evening to talk so openly and honestly.

We held our fund raising activity in July. We thought we would be a low key event as we had such a big one last year. We decided on a TRIVIA NIGHT for something different and were overwhelmed by the response we got. We thought about 60 people would be a reasonable number to aim for, and got over 100 so are able to donate much more than we anticipated to our charities. The charities we supported this year were: The ANU Students Fiji Village Project, Mummy's Wish, Women and the Environment of the Congo, and New Pin. We chose these charities as they are small and rely on small donations rather than corporate advertising to support themselves. We received some beautiful letters of thanks.

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## **DIARY 2013**

**7th March Annual Cocktail Party (see flyer in this letter)**

**19th September—Presentation Dinner @ The Lobby**

**26th October—AFMW AGM Melbourne**

**November—AGM date and time to follow.**

**Dates and other events will be advised closer to the dates**

**ACT and Region Medical Women's Society  
PO Box 178, CAMPBELL 2612**

Our education evening was not a standard medical education evening. I thank Simone Campbell who organised a wine appreciation and tasting evening and winery tour for a small group of us at the Majura Winery. We all learnt a little more about the production of our local champagne equivalents, and the local wine industry.

Our ANNUAL PRESENTATION DINNER was held at the Lobby Restaurant in October. I am very grateful to our speakers, some of whom stepped up at very short notice. They provided us with a broad range of talks. I thank Drs Hanna Kovats and Dr Tracey Smart who spoke about aspects of their medical careers, Michael Krasovitsky, one of our ANU medical students who spoke about his time in a Cambodian Women's Hospital, and Jenny Eling, a local Midwife who has recently been on a study tour in Africa.

I encourage all members to keep up their renewals and keep in touch. About half the membership fee goes back to our national body, the AFMW, that also have a forum on the international stage advocating for issues of women's health and education worldwide. If you have any colleagues who you feel may be interested, please encourage them to come along.

If there is anyone interested in coming on our very active committee, please let us know- you will be very welcome as many hands make light work.

That's all for now, look forward to touching bases some-time!

Liz Gallagher

President MWS of ACT

### **Editor's column**

#### **Contributors sought**

Hello and welcome another edition of our (ir)regular Newsletter. This is a learning process but many of the delays are due to lack of material for publication. Travel advice and adventures, book reviews, notices and information are all very welcome.

## **MWS ACT and Region Committee**

### **President**

Liz Gallagher

### **Vice President**

Sue Packer

### **Treasurer**

Ann Hosking

### **Secretary**

Vacant

### **Assistant Secretary**

Brenda Masters

### **Membership Secretary**

Julie Hewitt

### **Newsletter Secretary**

Jane Twin

### **Specialist Rep**

Diana Rubel

### **Calvary Rep**

Vacant

### **Committee**

Susie Close

Felicity Williams

Lucy Bates

Natalie Boulton

### **GP Representatives**

**Rural:** Marjorie Cross

**Urban:** Jill Hutton

### **Student Year Reps**

1. TBA

2. Roxanna Lane

3. TBA

4. Rebeka Eling

### **Young Doctors Reps**

Phoebe Moore

### **AFMW Rep**

Marjorie Cross (Rural)

Sue packer

Jane Twin

# Greetings from Our charities

## Fiji village Project 2012



Dear

On behalf of our all PFE members, we would like to present our Best Wishes to your organization and members. We take this opportunity to say a Big Thank You for the all support that hundred of women have received in South Kivu and North Kivu during 2012 through your donation. This past year was very difficult to many women, especially to those who are leaving in Goma where our Center Victoire is based, because of the war. Let 2013 be a peaceful, successful and prosperous year for all of us.



Best Regards

Salomé NTUBUBA (Women and the Environment, Congo)

# Cocktail PARTY

# 2012



Thanks to our photographer and host Rod Katz

# Medical Women's Society of the ACT and Region

*presents their*

# 2013

# COCKTAIL PARTY

*for female doctors and medical students*

The Medical Women's Society of the ACT is a great group of female doctors who indulge in education pursuits, supporting grass-roots charities whilst catching up with our students and colleagues. Our cocktail party provides an excellent opportunity for female doctors and students to meet and mingle over cocktails and scrumptious finger food. It's a unique chance to network and talk about your future in medicine, make new friends within the profession, or just catch up with your mates.

***MWS of ACT & Region once again welcomes you to this fine event.***

When: Thursday 7<sup>th</sup> March

Time: 6.00pm till 8.00pm

Where: 80 Empire Circuit, Deakin ACT

Cost: \$10.00 paid at the venue (FREE for students)

RSVP: Dr Ann Hosking by Friday 20<sup>th</sup> February for catering purposes

Please respond preferably by email: [anngeo@ozemail.com.au](mailto:anngeo@ozemail.com.au)

Or SMS 0418 336 217

***Kindly sponsored by Capital Pathology***



## NEWPIN

**Newpin** (New Parent and Infant Network) is an intensive child protection and parent education program that works therapeutically with families under stress to break the cycle of destructive family behaviour and enhance parent-child relationships.

Newpin provides an intensive, therapeutic approach to breaking the cycle of intergenerational child neglect and abuse.

The Newpin program:  
Work with both the parent and the child or children

Focus on emotional development and well-being as an essential foundation for learning and change

- Address issues of child safety and well-being during the parent's learning, healing and personal development processes

## Women and Environment of the Congo Project



PFE is a French programme which was established in 1999 in Kivu, Democratic Republic of Congo (DRC) by an association of women committed to developing socio-economic and environmental initiatives for rural and urban women in Kivu.

The organization aims to facilitate the socio-economic reintegration of vulnerable women, and assist in their recovery by empowering them through a variety of environmental, social and educational support programs

Mummy's Wish was founded in 2007 by two Brisbane mums, Bernadette and Gayle. Thorough their own experiences with cancer, they understood firsthand the challenges they faced with having a young child and also having cancer.

Surviving cancer treatment is difficult for anyone, but trying to survive it whilst being a wife and mother to young children is nearly impossible. Bernadette and Gayle were fortunate to have an extensive support network of family and friends available to help them every step of the way. After their own battles with cancer, they had learnt a lot on their journeys and wanted to be able to share that information with others to help them through. They made a promise that if they survived they would start a charity to help other mums in similar situations.

Mummy's Wish seeks to help others in similar situations and so that is our mission - to ease the burden of cancer diagnosis on mothers of young children.

Mummy's Wish is a personalised support service for mums. We ease the burden of cancer diagnosis on our mums by supporting them with practical assistance. In 2008 we supported 5 mums, in 2009 we supported 40 mums, in 2010 we supported 75 mums and in 2011 our aim to support over 150 mums with cancer. Our goal is that by 2015 we will be able to reach and support the 1000+ mums a year diagnosed with cancer in Qld. Once we have been able to reach and support all mums in Qld then we then hope to expand our service to all areas of Australia.

book / movie / social club

anyone interested?

Movie Club Update. We had very nice Film outings last year, mainly to Dendy's and Greater Union in Manuka.

There is a new Palace Electric Cinema opening soon in New Acton with interesting program including French Film Festival.

Anyone interesting please contact Renata Kruger, email:

[karol.renata@grapevine.com.au](mailto:karol.renata@grapevine.com.au)



## 2012 mws ski trip

In 2012, 12 of us gathered in Thredbo at Candlelight Lodge and enjoyed some of the best snow ever seen in Australia. It snowed all Friday, 40cm of beautiful light powder. What a challenge! The snow stayed good, squeaky packed powder for the rest of the weekend, and the sun came out to make it a perfect weather weekend. Much fun was had by all (we won't talk about the dramas - we all have those). The proof is captured below.

If anyone is interested in 2013, we are beginning to gather numbers - email Jane Twin at [jane.twin@bigpond.com](mailto:jane.twin@bigpond.com)



# Medical Women's Society of ACT and Region

## Annual General Meeting 2012

### MINUTES

**Date:** 29th November 2012  
**Venue:** 30 Sheehan St, Pearce, ACT  
**Time:** 1830 hrs.

1. Welcome and meeting opened by the President at 1845hrs.
  - a. Present: Jane Twin, Liz Gallagher, Natalie Boulton, Ann Hosking, Jill Hutton, Julie Hewitt, Brenda Masters, Sue Packer, Jennie Bromley, Phoebe Moore.
  - b. Apologies: Diana Rubel, Simone Campbell, Caroline Luke, Marjorie Cross, Roxanna Lane, Moniza Kumar, Julie Neale, Deborah Thornton, Sindy Vrancic, Jenny Ross, Jenny Dunlop, Dawn Wiles, Melissa Robbie, Carmel McInerney, Katy Lees, Carolyn Cho, Linda Welberry, Irene Giam, Jane Dahlstrom, Brenda Tait, Kate McCallum, Kate Lubbe, Jo Benson.
2. Acceptance of Minutes of 2011 AGM
  - a. Proposed: Jane Twin
  - b. Seconded: Brenda Masters
3. Business arising from 2011 AGM
  - a. Reduced membership fees – not implemented this year. Ella Stack could be the first to be offered a reduced membership rate. Plan is to commence offering this reduced fee next year to our retired members.
4. President's report
  - a. Report Attached
  - b. Report Accepted: Proposed: Jennie Bromley. Seconded: Brenda Masters
5. Treasurer's report
  - a. Report Accepted: Proposed: Liz Gallagher. Seconded: Sue Packer
  - b. Discussion about current financial situation
  - c. Deposit to Lobby Restaurant for 2013 Presentation Dinner to be made by Ann.
6. AFMW Report
  - a. Marjorie Cross will deliver this report at the next meeting
7. Membership Secretary's Report
  - a. Report verbally given
  - b. Julie Hewitt thanked by all present for all her hard work with membership
8. Other Business
  - a. Director's insurance – AFMW has this insurance but it doesn't extend to the subordinate committees. The concern is that we as committee members are personally liable in the event a lawsuit is brought against us. Julie Hewitt to contact Ian Ruff to explore this issue.
  - b. Public liability insurance – deemed by consensus not formally required at this stage. All events are held at facilities that are considered to have public liability insurance.
  - c. Auditor's Report – concern regarding issue with having deposits and no identifying details against them as it is difficult to do this in practice. Minutes could have been provided if it was requested.
  - d. MWS Essay Prize – on hold as Julie has been unable to contact Christine Phillips as yet.
  - e. Flowers presented to Ann Hosking for her tireless hard work to the ACTMWS and for her 80<sup>th</sup> Birthday last weekend.
  - f. NEWPIN – Christmas Appeal requested for families in the ACT. Sue Packer gave posters for those to place in their practices.
  - g. Requirement for backup of portable hard drive – options could be dropbox or additional hard drive. Liz Gallagher to investigate options. Natalie to upload minutes to hardrive and give to her after the meeting.
9. News of Births, Deaths, Marriages, Babies or Honours amongst our members or past members:
  - a. Katherine Gordiev – daughter
  - b. Hannah Kovacs – OBE
  - c. Phoebe Moore – Engagement and finishing Med School
10. Appointment of Auditor – Mr Brian Hewitt is proposed by Liz Gallagher and Seconded by Sue Packer. Gift Voucher for \$150 approved for the cost for the Auditor's service.
11. Election of Office Bearers.

**Nominations :**

President : Liz Gallagher – Elected unopposed  
Vice President: Sue Packer – Elected unopposed  
Secretary: Vacant - TBA  
Assistant Secretary: Brenda Masters – Elected unopposed  
Newsletter Secretary: Jane Twin – Elected unopposed  
Treasurer: Ann Hosking – Elected unopposed  
Assistant Treasurer /  
Membership Secretary: Julie Hewitt – Elected unopposed  
Public Officer: Sue Packer – Elected unopposed  
Rural GP Rep: Jill Hutton – Elected unopposed  
Urban GP Rep: Jennie Bromley – Elected unopposed  
Specialist Rep: Di Rubel – Elected unopposed  
Young Doctors Rep: Phoebe Moore – Elected unopposed  
AFMW Rep: Sue Packer – Elected unopposed  
Jane Twin – Elected unopposed  
Student Reps: Yr 1 TBA  
Yr 2 Roxanna Lane – Elected unopposed  
Yr 3 TBA  
Yr 4 Rebeka Eling – Elected unopposed  
Committee members: Lucy Bates, Felicity Williams, Natalie Boulton, Susie Close

12. Next Meeting: 5 Feb 12 at 1830 at 30 Sheehan St, Pearce, ACT.

13. Close of business: Meeting closed at 1950.

MEDICAL WOMENS SOCIETY OF THE ACT INC

PO Box 178  
CAMPBELL  
ACT 2612

## Balance Sheet

As of June 2012

### Assets

#### Current Assets

CBA \$8,379.99

CPS Savings 03372636 \$5,090.89

Undeposited cheques \$280.00

Cash Drawer \$56.20

Total Current Assets \$13,807.08

#### Fixed Assets

Term deposit 06290550068956 \$20,000.00

Term Deposit 290050253389 \$10,000.00

Community CPS Deposit123041878 \$5,141.15

Community CPS Deposit123046014 \$5,000.00

Total Fixed Assets \$40,141.15

Total Assets \$53,948.23

### Liabilities

Net Assets \$53,948.23

### Equity

#### Owner's Equity

Retained Earnings \$53,316.85

Current Year Earnings \$631.38

Total Equity \$53,948.23

## MEDICAL WOMENS SOCIETY OF THE ACT INC

PO Box 178

CAMPBELL

ACT 2612

## Profit & Loss [Cash]

July 2011 through June 2012

### Income

Administration	
Annual Subscription 2011-2012	\$6,800.00
Annual Membership 2012-2013	\$400.00
Total Administration	7,200.00
Interest	\$1,961.10
Functions Income	
Members function contributions	\$3,820.06
Sponsorship	\$3,125.00
Total Functions Income	\$6,945.06
Charity Income	
Charity Dinner	\$4,580.00
Charity Auction	11,205.00
Trivia night	\$4,790.20
Total Charity Income	20,575.20
Total Income	\$36,681.36

Gross Profit \$36,681.36

### Expenses

Administration	
Accounting Fees	\$100.00
AFMW Affiliation Fees	\$3,550.00
Annual Return	\$35.00
Essay Prize	\$150.00
Office Supplies	\$134.00
Postage	\$185.30
AGM	\$101.65
Total Administration	\$4,255.95
Functions Expenses	
Breast Education August 11	\$1,350.00
Presentation Dinner	\$4,837.50
Welcome Cocktail Party	\$872.53
Total Functions Expenses	\$7,060.03
Charity Expenses	
Charity Dinner July 2011	\$9,457.00
Charity auction July 2011	\$2,205.00
Trivia Night June 2012	\$550.00
Donations to Charities	\$12,522.00
Total Charity Expenses	\$24,734.00
Total Expenses	36,049.98

Operating Profit \$631.38

### Other Income

Net Profit (Loss) \$631.38



*The voice of medical women advocating for,  
and supporting, the health and welfare of our  
local, national and international communities.*

Did you know that when you join the ACT and Region Medical Women's Society you become a member of the Australian Federation of Medical Women?

#### **About AFMW**

The AFMW offers our members, colleagues and the community access to the collective knowledge and experiences of medical women. The AFMW seeks to ensure equity and equality for women doctors, so as to achieve their potential throughout all stages of their professional and personal lives. AFMW also seeks to improve the health of all Australians, especially women and children.

In 1896 Australia's first medical women's society was formed by an inspiring group of ten Victorian female doctors, including Constance Stone. The AFMW was formed in 1927 and is a not for profit, politically neutral, non sectarian, non government organisation.

Today the AFMW offers an important network for female doctors in all regions of Australia. AFMW membership is automatic for doctors who are members of their affiliated state medical women's society; medical women can join AFMW directly where they have no active local State Society. Full membership is open to registered female medical practitioners of Australia. Associate membership includes non-registered female medical practitioners and medical students.

#### **Membership Entitlements:**

- Leadership development, networking and mentoring opportunities
- The opportunity to become actively involved in key issues surrounding the health and wellbeing of women and children, in Australia and globally
- Automatic membership of the Medical Women's International Association, an organization with United Nations representation
- Attend educational and social events
- Join the AFMW leadership skills database
- Receive updates and e-newsletters from AFMW

To ensure you receive emails from AFMW please visit <http://afmw.org.au> and subscribe to the AFMW quarterly e-newsletter. While you are there, check out the new, improved AFMW website!

To find out more about Medical Women's International visit <http://mwia.net>.

### **Make the most of your MWIA membership**

The [29th Medical Women's International Association International Congress](#) will be held in Seoul, South Korea, on July 31 - August 3, 2013.