

ACT and Region Medical Women's Society Newsletter

Newsletter Number 41

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

January 2012

PRESIDENT'S MESSAGE:

Dr Liz Gallagher

Message from the President



This is the end of my first year as President! I am extremely grateful for the help and support of our committee that has made my inaugural year so rewarding. As I look back I feel satisfied with how things have gone over the past year, and also look forward to bigger and better things next year, as we are joined by a number of new members who have offered to join our committee. It is great to see some young blood coming into the organisation as this adds to the breadth of experiences, ideas, and enthusiasm we have to try and support women doctors in Canberra. It is also great to have our representatives who link us with the AFMW- our parent organisation.

Our first function of the year was the Cocktail party, and I thank Vida and Rod again for their hospitality and the use of their home to hold this annual event. The year started well and we had a good turnout. Our first attempt at an educational meeting, with Jeremy Price talking to us about MRI was well received, although not as well attended as we had hoped. The Deakin Thai Restaurant put on a good feed, and the private venue was a new innovation, worked well, and we hope to be able to use it again for future functions. Our recent presentation dinner was again, a very enjoyable evening, and the introduction of speakers of the XY variety was actually an asset,

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

IN THIS EDITION

President's message	1
2011 Diary	1
Editor's Column	2
Samuel Shem	3
Our Charities 2011	4-5
About AFMW	6-7
Thank you Initiative	8
Be you own best friend	9
AGM Minutes and financial report 2011	10-14

DIARY 2012

15th March – Cocktail Party

The Juggle for Medical Students

17th October – Presentation Dinner @ The Lobby

November – AGM

Dates and other events will be advised closer to the dates

and I thank Scott and David for braving the all female audience to speak about their experiences in the area of women's health. Our less official ski trip was also another good weekend away, and it is always good to see new faces joining us.

Our biggest success this year was the Fundraising Dinner, where we had Samuel Shem and his wife Janet Surrey as our attractions. Although the venue was not ideal, and the timing (in the middle of the school holidays) was not ideal, we managed to raise a significant amount of money to donate to our Charities. We have learnt a lot of lessons, so should be real professionals if we decide to attempt such and event again. Thanks so much to the committee who worked hard to prepare and then run the event on the night. I was very sorry not to have been able to be there, but I was there in spirit from my camping ground in Exmouth WA!

Our goals for 2012 are to increase our membership and numbers at events. Now that we have some younger doctors we should be able to tap into the hospitals, and registrar trainees, who have been a bit scarce in the past. I would also like to see us recruit a few more of the female GPs, who have been under represented as well.

The Medical Women's Society is a great organisation and I have made some very good friends through my association over the years, so hopefully we can help other people find the same. To a successful 2011, and looking forward to 2012!!! Thanks Everyone!!!

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.

The Charity Dinner and Auction with Stephen Bergman (AKA Samuel Shem) was a resounding success and we were able to donate a significant amount of money to our favourite charities. Read about the charities in the later part of the Newsletter. Unfortunately we have been unable to contact our ZOPOM representative, but we hope to continue the association in the coming year.

There is also a message from the President of AFMW. In this edition of the Newsletter, there are the minutes and financial report from the last AGM.

MWS ACT and Region Committee 2012

President

Liz Gallagher

Vice President

Sue Packer

Treasurer

Ann Hosking

Secretary

Natalie Boulton

Assistant Secretary

Yin Lan Soon

Membership Secretary

Julie Hewitt

Newsletter Secretary

Jane Twin

Specialist Rep

Simone Campbell / Diana Rubel

Calvary Rep

Susanna Powell

Public Service Rep

Jo-Anne Benson

Committee

Susie Close
Felicity Williams
Jennie Bromley
Brenda Masters
Caroline Luke

GP Representatives

Rural: Marjorie Cross
Urban: Jill Hutton

Student Year Reps

2. Rebeka Eling
3. Kate Mahony
4. Phoebe Moore/ Mel Angstmann

Young Doctors Reps

Moniza Kumar
Ivy Tan
Lucy Bates

AFMW Rep

Marjorie Cross (Rural)
Sue packer
Jane Twin

Samuel Shem Biography

Samuel Shem, is the pen name of Stephen Bergman, a doctor, novelist, playwright and activist. He wrote the classic novel about medical internship, THE HOUSE OF GOD (1978) and the sequel MOUNT MISERY (1996).

He graduated with a M.D. from Harvard Medical School and completed his Ph.D. as a Rhodes Scholar at Oxford University. He was on the faculty of Harvard Medical School for 35 years.

Shem, has been referred to as "the comic genius and the holy terror of medicine," "Rabelaisian," and "the raucous and insightful physician of the soul."

THE HOUSE OF GOD (1978) was named by The Lancet as one of the most important American medical novels of the 20th century. The sequel, MOUNT MISERY (1996), about psychiatric residency, has been called "another medical classic".

His novel THE SPIRIT OF THE PLACE (2008) won the National Best Book Award 2008 in General Fiction and Literature from USA Book News, and the Independent Publishers National Book Award in Literary Fiction 2009.

In 2007, he and his wife Janet Surrey won the Performing Arts Award by the National Council on Alcoholism and Drug Dependence for the off-Broadway hit play "Bill W. and Dr. Bob" about the founding of Alcoholics Anonymous. In 2009, the couple also won the Boston Interfaith Council's Paradigm Shift Award for the nonfiction book "We Have to Talk: Healing Dialogues Between Women and Men"

Shem has been honored as one of Boston Public Library's "Literary Lights," as one of "Boston's Best Authors," and as a speaker at the Hemingway Centennial Celebration at the JFK Library. He has received the Vanderbilt University Medal of Merit.

References

Pennington, C, "Samuel Shem Is the Guest Speaker for 2010 Commencement Address" Health Centre Today, February 11, 2010.

The Official Web Site of Samuel Shem, "About the Author" <http://www.samuelshem.com/v2/about/>

Yin Lan Soon



MWS ACT CHARITIES FOR 2011

Mercy Ships

Mercy Ships is an international Christian charity using hospital ships partnered with land-based programmes to deliver transformational health care at no charge to the world's forgotten poor.

Since 1978, Mercy Ships has had more than 2.2 million direct beneficiaries. The countries served by Mercy Ships are ranked as the poorest in the world by the United Nations Human Development Index (UNHDI).

Mercy Ships programmes promote health and well-being by serving the urgent surgical needs of the world's forgotten poor and empowering developing communities. Since 1978,

Mercy Ships has provided services in developing nations valued at more than \$808 million, including the following:

- Performed more than 47,000 life-changing operations such as cleft lip and palate repair, cataract removal, orthopaedic procedures, facial reconstruction and obstetric fistula repair.
- Treated over 422,120 patients in village clinics with more than 456,400 procedures performed.
- Treated over 95,800 dental patients with more than 228,100 dental procedures performed.
- Trained over 15,300 local health-care professionals who have in turn trained many others.



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

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.

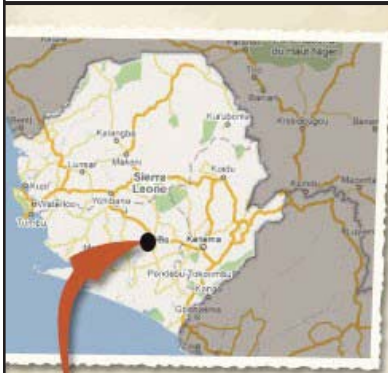
The Newpin program:

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

BO CHILDREN'S HOSPITAL SIERRA LEONE



CHILDREN'S HOSPITAL



Dr Nuli Lemoh

Nuli was born and grew up in Bo in the African country of Sierra Leone. Through the assistance of a HELP scholarship from Bo District Council and Australia, he was able to achieve his dream of becoming a Doctor. After completing the study of Medicine at the Sydney University in the 1970's, Nuli specialised in Pediatrics in London. Then he

spent many years trying to improve the standard of health among severely impoverished children in Bo. In 1998 he was inspired to build a Children's Hospital in Bo as a result of an interview heard on .ABC radio. In 2009, some Rotary Clubs, including the Rotary Clubs of Turramurra and Ku-ring-gai are planning to develop and build health education and research units in the Bo Children's Hospital, Sierra Leone. These will decrease the mortality rate among children and definitely improve their health standard.

It is proposed that the hospital initially cater for out-patients only, with 20 beds later to increase to 60, with a laboratory and imaging facilities and an operating theatre. The Health Education and Research Unit is to educate children and parents on nutrition and the prevention of disease, to train nurses and paramedics and to research local health issues.

The foundation and structural work for stages 1,2 and 3 are complete and the finishing work for Stage 1 is nearing completion. The building will soon be ready for offering medical services.

The project team is now concentrating on staffing and facilitating the building ready for its first patients.

FIJI VILLAGE PROJECT

More information



Students nationwide are selected each year in the September-October period.

Health screening is an integral part of FVP, collaborating with local hospitals to help villagers

Applicants are required to fill out an application form and forward their CV to the National Coordinator.

Selected participants are required to fundraise \$500 for the project's resources that year. Current selection remains restricted to medical students.

Need more information? Please go to the FVP website at www.ensign.org.au/fjivillageproject.htm



Vinaka!

An international student-run initiative



Contact:
 Fiji Village Project
 ANU Medical School
 Frank Ferner Building 42
 The Australian National University
 Acton ACT 0200
 Australia

Email: (Australian National Coordinator): u4616405@anu.edu.au

www.ensign.org.au/fjivillageproject.html

Modeled on WHO and IFMSA initiatives



Australian Federation
of **Medical Women**
the voice of australian medical women

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



The recent AFMW news includes:

A Medical student Survey on dealing with patients who have experienced sexual violence is underway (an AFMW Happy Healthy Women: Survivors of Sexual Abuse follow-up study)

Volunteer opportunities for doctors to work in remote and rural PNG

Information regarding ShareLife: Make your voices heard for Australians in need of organ transplants

Launch of the AFMW Thank You Wall – nominations continue to be received

Pursuing of Sex Discrimination exemption, Tax Deductible Status and UNDPINGO affiliation

Launch of a new AFMW Facebook page and the AFMWorgau Twitter account

Representation of AFMW in Canberra at the Roundtable on Gender Violence in the Asia Pacific region by Raie Goodwach and Jan Coles

AFMW pursuing Sex Discrimination exemption

Tax Deductible Status – ongoing – have lodged the first stage form, waiting on reply from ATO

AFMW applying for UNDPINGO affiliation - ongoing

Dr Desiree Yap
AFMW, President



Australian Federation
of **Medical Women**
the voice of Australian medical women

*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>.

The AFMW Thank You Initiative

Do you have a teacher, mentor or senior colleague who has made an invaluable contribution to your medical journey?

AFMW recognises the many physicians who help our members through outstanding teaching, mentoring or instruction. We have established the **AFMW Thank You Initiative** to give our members a way to formally recognise and express their gratitude for the invaluable contributions of their mentors and teachers.

How it works:

- You nominate a mentor, teacher or senior colleague for the Thank You Initiative.
- The nominated individual will receive an individualised Thank You certificate from AFMW on your behalf, signed by the AFMW President.
- The nominated individual's name will be placed on the AFMW Thank You Wall at our website and listed in the AFMW newsletter.
- Each AFMW member is entitled to nominate 1 individual annually.
- Additional nominations can be purchased at \$50 per nomination.

What we need to receive from you

1. Your name and email address
2. The name and mailing address of the individual you wish to thank (including their title; if the individual is not a doctor please let us know)
3. The state medical women's society you are a member of (eg QMWS or a state member of AFMW)

Send these details to afmw@afmw.org.au and we will do the rest!

Your privacy is important to AFMW. Your contact details and those of the individual you nominate will not be shared with a third party.

Be your own best friend

I'm hopeless!" Karen exclaimed. "The house is a mess, the kids are out of control and I'm always making mistakes at work. I feel exhausted and burned out, and there just never seems to be enough hours in the day to get everything done!"

What would you say to Karen if she was your best friend?

You might point out that Karen does an amazing job juggling the roles of mother, partner, friend, daughter, employee, housekeeper and more. Maybe you would suggest that she take a break from worrying about everyone else for a change and do something that makes her happy. If this sounds familiar then congratulations, you are a good and wise friend. The challenge now is to apply these same concepts of kindness and acceptance when *you* start to become too self-critical.

Psychologist Dr Mandy Deeks from the Jean Hailes Foundation for Women's Health believes many women can relate to feeling overwhelmed and inadequate. According to Dr Deeks, "Women are much better at criticizing, rather than congratulating themselves. Sometimes it can be very helpful to take a step back, recognise our achievements, big or small, and pat ourselves on the back." Dr Deeks believes too many women have unrealistic expectations of themselves. "It's important for women to realise that putting

yourself first is not selfish, because taking time out to relax and rejuvenate is essential for overall health and wellbeing. It actually helps give you the energy to be there for everyone else."

How to be your own best friend:

- When someone gives you a compliment, try to say thank you rather than protesting or putting yourself down.
- Try to set realistic goals and take pride in achieving them, no matter how small.
- Make time for yourself; even 10 minute blocks scattered throughout the day can be helpful.
- Prioritise. Try not to take on more than you can handle and remember it is ok to say no.

Think about what you might say to a friend if she/he was in the same situation and then take that advice yourself!

For more information on emotional health and wellbeing, contact The Jean Hailes Foundation for Women's Health on 1800 151 441 or visit www.healthforwomen.org.au

The Jean Hailes *Foundation*
for women's health

Partner Rape: Know about it, Respond effectively, Prevent it

Partner Rape is an educational film for health and legal professionals, for women affected by partner rape, for men's groups and for the community. It is based on the 2008 research report, *Raped by a Partner*.

The DVD can be viewed online (<http://whealth.com.au>) and is available free from Women's Health Goulburn North East thanks to funding from Wesnet (Women's Services Network). For a copy of the DVD, report, postcards and further information contact Women's Health Goulburn North East - **Tel:** 03 5722 3009, **Email:** whealth@whealth.com.au.

The Partner Rape Report can also be downloaded free online or ordered from WHGNE (<http://whealth.com.au>) at a cost of \$25 (includes postage).

You can now find us on Facebook!

Join the Canberra Medical Women's Society and Australian Federation of Medical Women Facebook Groups and *network online with medical women just like you*

Sign up for your free AFMW e-newsletters!

Are you receiving e-newsletters from the Australian Federation of Medical Women (AFMW)? If not, visit the AFMW website at <http://afmw.org.au> to subscribe free of charge online! The AFMW website contains a wealth of information about activities and events relevant to you, so do yourself a favour and visit today!

Mother and Daughter Doctor Heroes

Have you heard about the "Saints of Somalia"? Check out the inspiring video of Dr. Hawa Abdi and her daughter Deqo Mohamed at the TED website as they discuss their medical clinic in Somalia, where -- in the face of civil war and open oppression of women -- they've built a hospital, a school and a community of peace. Then, browse all the amazing and inspirational talks at the TED website (<http://www.ted.com>) about everything from street art to global health.

Link: http://www.ted.com/talks/lang/eng/mother_and_daughter_doctor_heroes_hawa_abdi_deqo_mohamed.html



Farm Health and Safety Resources for Health Professionals

Research shows that farming is one of Australia's most dangerous industries. The health and safety of farmers, their support workers and their families is a major factor in the continued sustainability of rural and regional Australia. Doctors can play a significant role in fostering a greater awareness of the importance of farm safety, and especially in encouraging farmers to take better care of their health. As part of the Farming and Fishing Health and Safety (FFHS) Collaborative Partnership, there are more than 30 free publications to help doctors understand the issues involved and how they can be addressed. The publications include "Living Longer on the Land", "The Health and Safety of Older Farmers in Australia - The Facts", "Respiratory Illness in Australian Farmers" and "Testing and Delivering Media Communication Strategies for Child Farm Safety".

Link: <https://rirdc.infoservices.com.au/collections/ffhs>

Medical Women's Society of ACT and Region

Annual General Meeting 2011

Date: 10th November 2011

Venue: 30 Sheehan St, Pearce, ACT

Time: 1830 hrs.

1. Welcome and apologies

Present: Liz Gallagher, Jo Benson, Ann Hosking, Marjorie Cross, Jane Twin, Caroline Luke, Kate Drummond, Jennie Bromley, Jill Hutton, Julie Hewitt, Di Rubel, Simone Campbell, Rebeka Eling, Brenda Masters, Susie Close, Karnie Falk, Moniza Kumar

Apologies: Carolyn Cho, Deborah Thornton, Sandra Hogg, Juli Fergusson, Kathy Timms, Jane Dahlstrom, Ruby Curtis, Nicci Sides, Kate Molinari, Anne Bicknell, ?Suzanna Powell, Tracey Lu, Jennifer Dunlop

2. Acceptance of Minutes of 2010 AGM

Proposed: Liz Gallagher

Accepted : Ann Hosking

3. Business arising from 2010 AGM

None

4. President's report : See attached

Motion: that the treasurer's report be accepted

Proposed: Jane Twin,

Seconded: Julie Hewitt

5. Treasurer's report: See Attached

Discussion

Money in fixed deposit discussion. In the past money did accumulate due to drug company sponsorship, which has now dried up. It was felt that there needed to be some money in reserve for functions which are not sponsored. Therefore need for cushion in running account.

Fixed deposits due to accumulated funds from sponsorship and generous past members.

Ann suggests use interest from accounts.

Sponsorship from John James used for students, but use excess \$1000 for future events.

Motion: that the treasurer's report be accepted

Proposed: Jane Twin,

Seconded: Liz Gallagher

Jennie Bromley proposed thanks to Ann for the outstanding account keeping.

6. AFMW Report: Susie Close

AFMW are proud to announce the acceptance of Her Excellency Quentin Brice as patron of AFMW.

The AFMW is active in MWIA and also at a local level with the production of the report: Happy Healthy Women, Not Just Survivors.

The AFMW AGM is to be held in Melbourne, 19th November.

7. Membership Secretary's Report

80 paid up members

No member declined to receive the AFMW newsletter directly.

8. MWS prize – not given this year, alternate proposal to be discussed.

9. Other business

9. Motion

That there be a reduced annual membership fee for retired members.

For: 17 (all present)

Against: None

Proxies: 7 in favour, none against

The motion was carried unanimously.

Discussion :

Liz Gallagher – We still have to pay \$50 to AFMW,

Jo Benson proposed the motion: The reduced annual rate for retirees would be the AFMW \$50 + 5 = \$55 with option to donate up to full membership.

Seconded: Julie Hewitt

Carried unanimously

10. News of Births, Deaths, Marriages, Babies or Honours amongst our members or past members

Karnie Falk married Paul Mullins.

11. Appointment of Auditor – Brian Hewitt

Motion to pay an honorarium of \$100 to Brian Hewitt.

Brian Hewitt was appointed as auditor for the next year.

12. Election of Office Bearers.

Nominations :

President : Elizabeth Gallagher

Vice president: Sue Packer
Secretary: Natalie Bolton,
Assistant Secretary: Yin-Lan Soon
Publications Secretary: Jane Twin/Caroline
Treasurer: Ann Hosking
Assistant Treasurer / Membership Secretary: Julie Hewitt
Public Officer: Sue Packer
Rural GP Rep: Marjorie Cross
Urban GP Rep: Jill Hutton
Specialist Rep: Simone Campbell, Di Rubel
AFMW Rep: Marjorie Cross (Rural Rep), Jane Twin, Sue Packer
Calvary rep: Susanna Powell
General Representatives: Jennie Bromley, Caroline Luke, Susie Close, Brenda Masters,

Junior doctor: Lucy Bates, Yin Lan Soon, Moniza Kumar, Ivy Tan

Student Reps: Yr 1 TBA
Yr Kate Mahony
Yr 3. Rebeka Eling
Yr 4. Phoebe Moore

There being no other nominations for the positions, all were elected unopposed.

Close of business 20.20

Treasurers Report for AGM 2011

Attached are the Balance sheet and Profit and Loss for the financial July 1st 2010 to June 30th 2011 from the MYOB. And as presented to our auditor.

Two significant features of the **balance sheet** for comment.

- The Charity account includes part of the income just before the event so with the exception of the donation to ZOPOM most of the money collected for the dinner and auction has been paid to the charities chosen.
- The committee approved the commencement of short term deposits with Community CPS. This Organisation is able to accept small deposits from Societies such as ours and offers competitive interest rates. The lower limit for banks is \$10000 for a Society. We have to carry a significant amount of money in reserve to pay our dues to the Australian Federation 12 to 15 months after it is collected as part of our annual membership fees. This money is better placed in an interest bearing deposit. Another 12 month deposit of \$5000 has been made in October. I think it is possible I can make use of their even shorter 3 and 4 month term deposits as we have periods of not needing a reserve such as from now until the Cocktail party and between other functions.

Looking at the Profit and Loss

- You will notice that Administration Income was \$7821 and outgoings are only \$3070. This is due to the timing of our payment to the AFMW. Our payment in November 2010

related to membership in year 2009 to 2010 which was only \$30 a member .Our annual membership fee collected after July 2010 had to be increased to \$80 as AFMW fee was increased to \$50 a member. This delay in payment of dues was part of the reason we could allow such a generous subsidy for the Presentation dinner this year.

- Commenting on functions
 - The legal dinner which did not have sponsor had a loss of \$280.
 - The AGM dinner had a loss of \$151.
 - The cocktail party showed a profit of \$452 this year as against a loss last year. This was due to several factors. We did not use a commercial caterer and thanks to the hard work of committee members I think the food was better than previously. The students did not let members slip through without paying. Once again we had the generous sponsorship of Capital Pathology.
 - The Juggle is well received by students and again thanks to the hard work of committee members and generosity of Dr Gallagher can be paid for from general funds.
 - There is no Presentation Dinner in this year's report as the 2010 Dinner was held in April.
 - The Charity function was very successful and a full report will be in next year's Treasurer's report. All money related to this function is accounted for separately as it belongs to the charities we sponsor.

Signed

Ann Hosking