

ACT and Region Medical Women's Society Newsletter

Newsletter Number 42

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

July 2012

PRESIDENT'S MESSAGE:

Dr Liz Gallagher

Message from the President



PRESIDENTS REPORT

Welcome to our second Newsletter for 2012. Thanks to Jane Twin for putting it all together for us to enjoy! We have had a busy 2012 and I thank my hard working committee for their efforts and support. There are formal reports on each of our functions later in the newsletter so I will only mention them briefly.

Our first event this year was our "ANNUAL COCKTAIL PARTY" hosted very generously 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.

Our second event was our "JUGGLE" which is an event we put on for the female medical students. Here they 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, the difficulties 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

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DIARY 2012

17th October—Presentation Dinner @ The Lobby

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**

so openly and honestly.

Finally, recently we held our fund raising activity which we thought 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.

We will be hosting our ANNUAL PRESENTATION DINNER at the Lobby Restaurant in October. This will be the 15th Anniversary Dinner for the formation of the MWS of the ACT and I hope to see a few of the foundation members there. Please put the date of 17th October in your diaries and join us for what is always a good night. We may even have a surprise speaker- still waiting to confirm.

All our members should be receiving your renewal notices soon. Please remember to send them in, and make sure all your details are up to date so we can keep in touch. If you know anyone who may be interested in becoming a member please pass on a copy. Remember this also gives you membership to the AFMW, our national body.

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.

The Quiz night 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 an update from the AFMW Newsletter and a message about forming a book club or movie club. Anyone interested????

MWS ACT and Region Committee

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

1. Roxanna Lane
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

TRIVIA NIGHT

19TH JUNE 2012

OVER \$3500 WAS RAISED



Brenda and Caroline keeping us all in order

Quiz masters extraordinaire, Brenda Masters and Natalie Boulton, ably supported by MC Caroline Luke ran a tight ship with tricky questions in six fields. The acronyms stumped most groups, but the winning table, "The Captain's Table" took the honours just ahead of Gooseheads and the Awesome Foursome

The best table name went to Menaced myStic Woolies (MWS acronym!).

We were invited to be creative. Turn over for some of the limerick competition entries.



The balloon raffle and hamper raised **\$1335**.

Thanks to birthday boy Anthony for being a very persuasive balloon seller.

Thanks to our major sponsors (see over) and all those who donated the numerous prizes (ranging from the pleasurable to the ridiculous) needed for 70 balloons.



Natalie judging us all



119 members and friends attended the event held at the All Season's Hotel, Narrabundah.

OUR CHARITIES THIS YEAR ARE:

New Pin Fiji Village Project Mummy's Wish Women and Environment of the Congo (PFE)

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!

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

Email: (Australian National Coordinator): u4816405@anu.edu.au

www.ensign.org.au/fjivillageproject.html

An international student-run initiative

FIJI VILLAGE PROJECT
MEDICAL STUDENTS WITH THE COMMUNITY

Modeled on WHO and IFMSA initiatives

VISION: Helping mums with cancer

MISSION: To provide practical support and information to mums with cancer

The co-founder of Mummy's Wish, Bernadette Vella, was diagnosed with Hodgkin's Lymphoma just 14 weeks into her second pregnancy. Bernadette called the charity Mummy's Wish because her wish is that there was no need for such a charity to exist.



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. Through 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.

LIMERICK COMPETITION

The limerick had to contain three things:

- A colour
- A type of sport
- A type of cheese.



There was a young girl from ANU
Who belonged to a bad rowing crew
So she fed them all fetta
And then they fared better
And ended up winning the blue.



A football team played in dark blue
And their form was sadly untrue
So to help them win
They resorted to gin
And ate Danish cheese well-veined in blue.

There was a young girl from Torquay
Who decided to go out and ski
She ruptured her spleen
And turned very green
After eating a bad piece of brie.



There was a young cyclist from Oz
Whose love of fine food was "très pos"
We gave him blue cheese
He said "no more please"
And proceeded to turn up his snoz.

QUIZ NIGHT MAJOR SPONSORS

Murrumbateman Wine Region
Garran-teed meats
Belconnen Market Meats
Capital pathology

COCKTAIL PARTY 15TH MARCH

This was held at the home of Vida Viliunas and Rod Katz. Thanks to Vida and Rod for yet again lending their lovely home for this popular annual event. The catering was done by Vida and her family and was a wonderful array of taste sensations. The cocktail was something special!

This year there were 54 attendees, members, students and colleagues.

We now have 96 paid up members, with several new members joining either at the Cocktail Party or following the event.

Thank you again to Capital Pathology for sponsoring this annual event.

BOOK / MOVIE / SOCIAL CLUB

ANYONE INTERESTED ?

please contact Renata Kruger, at karol.renata@grapevine.com.au

THE JUGGLE

This now fixed event in the MWSACT annual calendar was a great success this year. It was held on 3rd April at Liz Gallagher's home.

This report is by Roxanna Lane.

As the first year representative, I cannot comment the success of the Juggle evenings in the past, but I can without question, confirm that this year's Juggle was, without a doubt, a successful event.

Liz Tate hosted the sizable event at her home, including an exceptionally large turnout of female medical students.

A diverse group of women shared their career and personal stories, detailing their progress through the training pathways, profession and personal milestones and struggles, as well as their current roles and responsibilities. They presented frank stories of the professional and personal challenges that they had faced, as well as the inspiring achievements that they had, without exception, each accomplished.

As someone just beginning on this path, I would like to thank the doctors who spoke to us for their honesty and inspiring for us on how to establish our skills in this juggle. Thank you.

ANNUAL MEMBERSHIP DUE SOON

The annual membership notices will be sent out soon. If you have not received yours by 31st July.

Please contact membership secretary, Julie Hewitt by email jmahewitt@gmail.com



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>.

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.

Did you know? As an AFMW member you will be welcomed at MWIA meetings of other regions. The [Central Asia Regional MWIA meeting](#) will be held in Cheng Mai, Thailand on October 7-9, 2012. For those interested in extending their stay the [World Medical Conference](#) will be held one week later in Bangkok, Thailand. For more information contact [MWIA](#) or the AFMW National Co-ordinator A/Prof Deb Colville via afmw@afmw.org.au.

NEWS FROM THE AFMW E-NEWSLETTER

JULY 2012

You are all invited to the

AFMW AGM

20th November 2012, Melbourne in association with the Victorian MWS AGM

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!

Mothers in Medicine



[Mothers in Medicine](#) is a group blog by physician-mothers, who "write about the unique challenges and joys of tending to two distinct patient populations, both of whom can be quite demanding. We are on call every. single. day."

Male doctors paid more than female doctors

Male doctors make \$12K more annually than their female counterparts even when factoring in medical specialty, title, work hours, productivity and more, say researchers. [Read more](#)