

QMWS NEWSLETTER

President's Report Dr Lydia Pitcher



QMWS is off to a busy start this year, with an exciting programme planned for 2016, and an almost entirely new and enthusiastic Committee, who are keen to build on last year's successes.

The AGM at our February dinner followed an excellent presentation from the Women's Legal Service, by

Professor Rachel Field (President, WLS) and Angela Lynch regarding the Prevention of Violence Against Women. This was followed in March, with a fundraiser at Aspire Gallery for the same cause. In April, members and friends have had the opportunity to attend a Mindfulness Workshop with Dr Ira van der Steenstraten; additional courses will be available in August and October this year, with members welcome to return for a refresher course.

In May we are fortunate to have Dr Trevor Olsen AM, retiring Senior Consultant Haematology, as guest speaker, to recount the history of Haematology practice in Queensland, from the 1970s till now.

Additional events planned include a movie night where partners are included, and a SWIM mentor mixer – stay tuned for more information about these events in the near future.

We have been saddened by the passing of several prominent female practitioners in recent months, including Professor Tess Cramond OA (in December), Dr Mary Pease in March and Prof Lesley Williams in April. There is much to be thankful for the lives of these remarkable women (see obituaries below).

At a national and international level, the AFWM remains very active, and members are encouraged to consider attending the 30th international meeting of the MWIA (Medical Women International Association) which takes place in Vienna in July 28-21 this year.

Our next meeting planned for August, with Dr Fiona Hawthorne, CEO of Hummingbird House, and President, Churchill Fellowships in Australia, as guest speaker. We hope these talks will inspire our members to new heights, and welcome any suggestions for talks in the new year (2017). We also encourage members to invite a guest to the dinner meetings.

We have a new executive team who are working very hard to consolidate the great ground work completed by last year's committee, and look forward to a closer association with other Brisbane Women's groups.

Thank-you to Dr Sudipta Sinnya (past-president), Dr Casey Rowe, and Dr Sabrina Mader who are stepping down from the Committee this year, for everything they have done for QMWS in 2015 and beyond.

Thanks also to our talented Cybrarian, Margaret Donaghue and Dr Marissa Daniels who are helping us step in the digital age with a new Facebook (www.facebook.com/qmws1929) and LinkedIn sites, and a new look to our website that is best accessed through AFMW - Queensland.

QWMS Committee Members 2016

President:

Dr Lydia Pitcher

Secretary & Vice President:

Dr Neela Biswas

Treasurer:

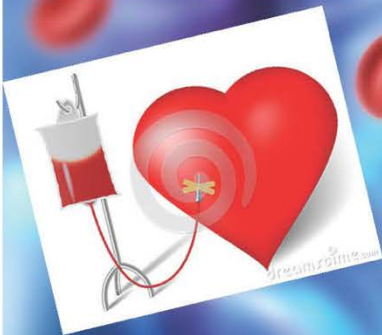
Dr Ira van der Steenstraten

Executive Committee Members:

Dr Marissa Daniels
Dr Kristyn Dean
Dr Miriam Risk
Dr Leigh Waters
Dr Melissa Naidoo
Dr Nancy Huang
Dr Kathryn Mainstone
Dr Elizabeth Waldie

The Queensland Medical Women's
Society invites you to...

"Love, Sweat and Tears – taking haematology in Queensland into the 21st century"



Dr Trevor Olsen AM

Date: 10th May 2016

Time: 6:30pm for 7pm start

Venue: United Services Club,
183 Wickham Terrace,
Spring Hill

\$40 Members
\$20 Students &
\$60 Non-members

Dr Trevor Olsen is a Clinical Haematologist based at The Wesley Hospital. Dr Olsen has dedicated an unprecedented amount of his career to clinical practice and the development of ongoing patient support in the field of Haematology and Oncology.

Dr Olsen was the first Queenslander to be honoured on 21 October 2013 by the Haematology Society of Australia and New Zealand by receiving the Carl de Gruchy Medal and giving the annual Carl de Gruchy Oration, in recognition of his contribution to clinical haematology in Australia.

Dr Olsen was instrumental in the establishment of the Leukaemia Foundation in 1975, and is also a founding partner of the Haematology and Oncology Clinics of Australasia (HOCA) in 1988, which is today known as Icon Cancer Care.

RSVP DUE

Tuesday 3rd May to:

secretary.qmws@gmail.com

Proudly sponsored by:



INVITATION SOIREE FOR WOMEN OF UGANDA



Drs Judith Goh, Hannah Krause, Barbara Hall & John Taylor

Invite you and your friends to

Our fifth annual fund-raising soiree.

This year we hope to fund Obstetrical Fistula & Prolapse Repair
Camps in Kasese and Kagando in July and December.

WHEN: SATURDAY 18TH JUNE 6PM TILL 10PM

WHERE: 133 RYAN STREET WEST END

COST: TAX DEDUCTABLE DONATION OF \$50 PER

PERSON - FOOD AND DRINKS INCLUDED

QMWS Aspire Report Dr Lydia Pitcher

The QMWS had a very successful cocktail event on Friday at Aspire Gallery, in support of the Women's Legal Service, and the care of those affected by domestic violence.

Many thanks to our treasurer Dr Ira van der Steenstraten and secretary Dr Neela Biswas for organising such a wonderful event.

Despite competition with a Bronco's home game in Paddington that evening (!), the event was well attended, with representation from Brisbane Women's Club, the Women's Legal Service, Hope's Room and our Queensland Women's Medical Society.



Jocelyne Chirside in action whilst presenting 'Bridge Builders' – teaching children to deal with everyday conflict and bullying.



Prof Rachael Field (President Women's Legal Services) and Dr Lydia Pitcher (President QMWS).

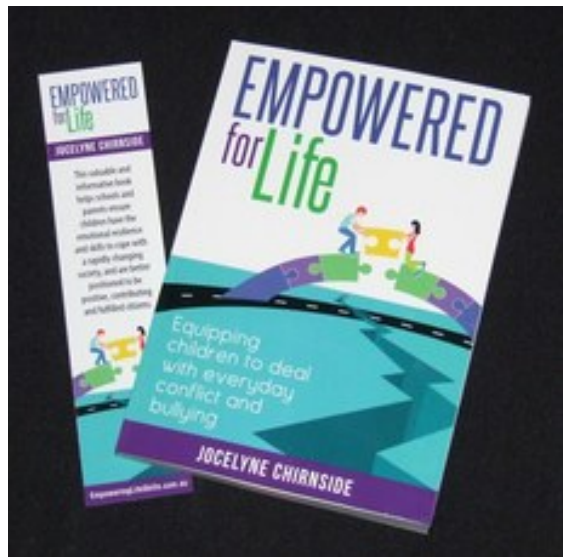


JC presentation.



Debbie Spink, Sallyanne Keevers – directors of Hope's Room, and Robin Francis – president of Brisbane Women's Club.

Jocelyn Chirside's presentation on "Bridge Building" was excellent and very well received.



The book by Jocelyne Chirside.

Artist Priscilla Jean gave a very moving account of her approach to creating her work, and the raffle of her painting has allowed us to provide further support to Hope's Room.



'Be Present' is the artwork created by Priscilla Jean that was donated and used for the fundraiser.

Many of the artworks created for the exhibition have been sold, with funds going to WLS for the prevention of domestic violence.

We are grateful to all QWMS members

who attended, and gave their support, and look forward to future successful events in future.



Dr Margaret Oziemski, member QWMS.

Those who were unable to join us for the evening, may like to visit the gallery in their own time to view these works – it is a beautiful venue, and a very worthwhile cause.

If you would like to contribute to the funds raised by the cocktail party, please let us know – we will be adding our contribution to that raised by WLS for the "Regeneration – A story of change" exhibition.

The QWMS executive are working hard to update our social media profile to facilitate and promote these opportunities for networking with our sister organisations. Thanks once again for your support.

Congratulations

QWMS members extend their warmest congratulations to Dr Catherine Yelland (past-president, QWMS) as she commences her term this month as President of the Royal College of Physicians.

AGM Recap

Dr Ira van der Steenstraten



The first dinner meeting of the year and AGM was on 23 February. It was a wonderful and informative evening with an inspiring presentation of prof Rachael Field and Angela Lynch, two lawyers of Women's Legal Services Queensland called: "Changing the rule of thumb: doctors, DV and the law".

Thank you to all members for coming.

Mindfulness and Pilates

Dr Ira van der Steenstraten

The February 2015 QMWS dinner meeting had a presentation on 'Evidence Based Mindfulness'. The evening was well received and it resulted in the launch of 'Mind & Body' workshops that are held in East Brisbane, exclusively for QMWS members and their friends. The workshops are run by Dr Ira van der Steenstraten, Life Coach, and Marije Pathuis, certified Pilates instructor, and are aimed at improving your general wellbeing by presenting the basic principles of Mindfulness and Pilates, combined with practical exercises. Juggling all your responsibilities can be stressful and just taking a morning to do a workshop that aims your attention to your own wellness can be so beneficial and inspiring.

feelings of stress went down from 0.5 to 0.8 (1.0 = completely relaxed) and feeling content at that present moment from 0.65 to 0.83.

These workshops are popular and there will be another one later in the year.



Pilates exercises - for all levels of fitness.

"Pilates develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit."
Joseph Pilates

The most recent Mind & Body workshop was held on Saturday 16 April and it had excellent feedback.

Some of the remarks were: "Excellent, Professional, Achievable and Warm and supportive environment. Personal, Authentic, Very clear presentation. Excellent Pilates. I liked the guidance and direction. Excellent workshop with new information that was very relevant. I loved it and would recommend it to others and would come again. It was worthwhile both personally and professionally." It was wonderful to welcome non members as well. The atmosphere was warm, positive and inspiring. We did a short evaluation and the women that were present improved feeling connected to their bodies from 0.65 before the workshop to 0.83 after the workshop,



One of the Mindful exercises and a very popular one- Mindful Eating.



The location of the 'Mind & Body' workshops is the beautiful hall of East Brisbane State School

Obituaries

Emeritus Professor Tess Cramond (nee Brophy) AO, OBE



Our much-loved, and esteemed colleague, Professor Tess Cramond AO OBE passed away just after Christmas, aged 89 years.

Tess devoted her life to medicine, with an internationally recognised career in anaesthesia and pain medicine, whilst making an enormous contribution to the Queensland medical services.

Her legacy includes the Professor Tess Cramond Multidisciplinary Pain Centre (PTCMPC) at the Royal Brisbane and Women's Hospitals, with almost all current medical specialists having benefited from her tuition during decades of lecturing to medical graduates in the field of pain control.

Tess was a frequent speaker for QMWS, and in her retirement, remained a loyal and regular attendee at QMWS meetings, until her health no longer allowed this.

As a recipient of many awards, including the AMA Women in Medicine Award, she pioneered the way for female medical graduates, as a role-model, mentor and advisor to many.

We would like to express our sincere condolences to her family at this time of loss.

Emeritus A/ Professor Lesley Williams AM

Extract from her Eulogy, delivered by her good friend Laurel Bell at Christ Church St Lucia

A/Prof Lesley Williams, a highly regarded member of the Queensland medical and University teaching community, has passed away on 5 April 2016.

As a Lecturer in the Department of Anatomy for many years, she provided a sound basis for the medical knowledge and practice of thousands of Queensland medical graduates.

She was a Commonwealth Scholarship recipient, receiving First Class Honours in her Science Degree, with her other qualifications including a Master of Science, PhD, Bachelor of Arts and formal qualification in Theology.

As an innovative teacher, she developed a computer based learning unit in the early 1990s, as well as a highly acclaimed interactive video of her extensive collection of histology slides.

She was awarded the UQ Excellence in Teaching Award in 1989, and the Vice-Chancellor's Prize in 1992. In 1995, she was made an Member of the Order of Australia for services to medical education and the history of medicine.

Prior to retirement in 2007, she was awarded the AMA Award of Distinction.

A keen writer and historian, she took a special interest in pioneering medical women, and was the author of several academically acclaimed works including "No Easy Path- the Life and Times of Lillian Cooper", and "No Better Profession, Medical Women in Queensland, 1891-1999".

She will be remembered as a gentle, wonderful person, friend and colleague.