

QMWS NEWSLETTER

President's Report Dr Lydia Pitcher



In this final newsletter for 2016, we report the successes of our last two meetings, and look forward to an eventful program next year.

We have had two dinners since our last newsletter, both enthusiastically received, through the efforts of **Dr Margaret Oeziemski**, and ably assisted by our very industrious committee members. In September, we were fortunate to learn first-hand about the new palliative care facility for children (**Hummingbird House**) from the CEO, **Dr Fiona Hawthorne**, who also gave us some insights into the **Churchill Fellowship scheme**. Our most recent meeting, on November 1, was a very well received, and comprehensive Update on Melanoma, sponsored by **Sullivan and Nicolaides Pathology** (see Margaret's more detailed report overleaf).

It was wonderful to see so many attend, some coming from as far away as the Gold Coast, with many new faces from the Wesley and St Andrew's group (whose CEO, **Dr Mellissa Naidoo** has recently bravely spoken about her personal journey with breast cancer, for Breast Cancer Awareness Week, featured in this newsletter). **Dr Liz Waldie** provided a report of recent **AFMW activities**, and we were finally able to formally acknowledge the work of our **immediate past President, Dr Sudipta Sinnya** who has been studying hard.

In between these meetings, we also enjoyed a successful **movie night fundraiser at Blue Room Cinebar**, and together with popcorn, watching the thriller "**Girl on a Train**". Whilst confronting, and not your usual "feel good" movie, it had theme that reflects current concerns relating to domestic violence. And there were some wonderful raffle prizes distributed at the end of the night.

To finish off the year, we plan to celebrate with a **Christmas party at the Medley Bar and Café**, asking partners to join us for a truly social event. At this event, we will be joined by the **Women's Health Queensland Wide**, a state-sponsored free health network for women, with their mini-launch, that may be echoed at a later dinner meeting.

In the New Year, we have chosen a more light-hearted topic, to coincide with the Annual General Meeting: "**Style and Substance – how to find and present yourself at your best**". At this meeting in late February, we will be voting for our new management committee for 2017, so please consider these positions and use the attached form for your nominations prior to this meeting. We hope you will encourage your friends and colleagues, and new graduates to come along to the 2017 events – and to review and "like" our **Facebook page** to obtain regular updates. Alternatively, you may prefer to contact our very efficient and industrious **secretary, Dr Neela Biswas**, to be added to our emailing list. Sincere thanks also to **Dr Ira van der Steenstraten** for her hard work as Treasurer this year, who has ensured that we meet our legal, financial and insurance obligations.

We are very grateful to **Dr Leigh Waters** for representing our group at the AFMW AGM on 19 November 2016, and look forward to her report at our **QWMS AGM and Dinner meeting on February 21st 2017 meeting**.

We wish you all a happy, peaceful and safe festive season and all the very best for 2017.

QWMS Committee Members 2016

President:

Dr Lydia Pitcher

Secretary & Vice President:

Dr Neela Biswas

Treasurer:

Dr Ira van der Steenstraten

General Committee Members:

Dr Marissa Daniels

Dr Kristyn Deen

Dr Jacqueline Deen

Dr Leigh Waters

Dr Mellissa Naidoo

Dr Nancy Huang

Dr Kathryn Mainstone

Dr Elizabeth Waldie

Events Calendar

Date	Event	Location
Nov 19 th	AFMW AGM	Sydney, Aus
Nov 20 th	QMWS Christmas Party and welcome to new members for 2017	Brisbane, Aus
Feb 21 st	QMWS AGM Theme: Style and Substance – How to find and present your best self	Brisbane, Aus
Mar 13-24 th	United Nations Commission on the Status of Women Forum <u>Priority theme:</u> Women's economic empowerment in the changing world of work <u>Review theme:</u> Challenges and achievements in the implementation of the Millennium Development Goals for women and girls.	New York City, USA
Aug 25-27 th	Western Pacific Regional Meeting	Hong Kong
May 10-13 th	Northern European Regional Meeting Theme: 100 years of Medical Women: Past, Present and Future. In Celebration of 100th Anniversary of Medical Women's Federation	London, UK

Event Report: November Meeting Dr Margaret Oziemski

We were very grateful to have Dr Victoria Atkinson, Medical Oncologist PA Hospital, speak at the November Dinner on the new therapies revolutionising the survival outcomes in patients with advanced melanoma.

The evening continued with an insight of the patient's perspective in their healthcare choices from Hayley Anderson, CEO of Melanoma Patients Australia, with the evenings proceeds from the raffle and sale of cards going to MPA. We were able to raise \$350 to contribute towards the purchase of a laptop for data storage.

Dr Blake O'Brien from Sullivan and Nicholaides Pathology also spoke on the new genomic testing for melanoma which highlights the advances new technologies are making in our understanding of this disease. S&N were also kind sponsors for the evenings proceedings held at the United Services Club.

We had around 50 attending and it was an evening for sharing our personal stories of melanoma highlighting how it touches many. We had great feedback regarding the evening and as a result of the new networks established with the Wesley and St Andrews hospitals future meetings will hopefully be attended by an increasing number of new members and invited guests.

Extending Christmas Greetings to All and Wishes for a Safe and Peaceful New Year.



South Bank to turn pink in support of Breast Cancer Network Australia

Felicity Caldwell (Brisbane Times – Oct 18, 2016)

One of the surprisingly hard things about dealing with cancer can be the period after the chemotherapy, surgery and radiation – that time when you're trying to discover your "new normality".

Emma-Louise Moss and Mellissa Naidoo, both diagnosed with breast cancer three years ago, are featuring in a wall gallery at South Bank, which includes a collection of photos and stories, as October marks Breast Cancer Awareness Month.

Dr Naidoo, of Bulimba, said the focus was often on "survivorship". "I think sometimes we don't talk enough about, or pay enough attention on, what it's like afterwards –because it's not always rosy," she said.



Dr Naidoo was diagnosed when she was 37 years old and her children were aged just three and two, and her friend Ms Moss was diagnosed when she was 36. Dr Naidoo said she was well at the moment but still needed follow-up health checks every six months. "There's a lot of anxiety around the times of testing and waiting for those results and while life kind of goes back to the new normality in between it's kind of a reminder regularly that life isn't quite normal and there's always a risk and I think that's always really challenging," she said.



Dr Naidoo, who trained in paediatrics and works as a medical administrator, said it was interesting having a medical background during treatment "I was very lucky that I had an excellent GP who picked up very quickly that something was wrong and that I needed to be investigated and didn't let me procrastinate about that as I probably would have, and as a lot of doctors do about their own health," she said. "I saw the image on the screen and I could tell straight away that it was cancer. I went into shock mode. I didn't think I was at risk, it was the last thing I thought would happen to me."

The women are among 11 people who have lived through breast cancer to tell their personal stories at South Bank as part of Breast Cancer Awareness Month, with a pink gallery on a wall in Stanley Street Plaza featuring their photos and comments.

South Bank Corporation chair Dr Catherin Bull said the gallery was part of an coming week-long line-up of pink lighting, retailer events and community activities in the precinct to emphasise the role of Breast Cancer Network Australia (BCNA).

BCNA helps people affected by breast cancer make informed decisions about their treatment, connect with others and share their experience.

Unveiling the gallery, Deputy Premier Jackie Trad said the project was an amazing way for South Bank to raise awareness of breast cancer and to give back to the BCNA support group.

"One in every eight women are diagnosed with breast cancer," Ms Trad said. "There are so many amazing organisations out there supporting women and their families and also men who are diagnosed with breast cancer, we shouldn't forget them, supporting them and their families when they do go through the process of the diagnosis and the treatment."

Unveiling of Medical Women WWI Plaque – Welsh Church

Associate Professor Deb Colville (President VMWS)

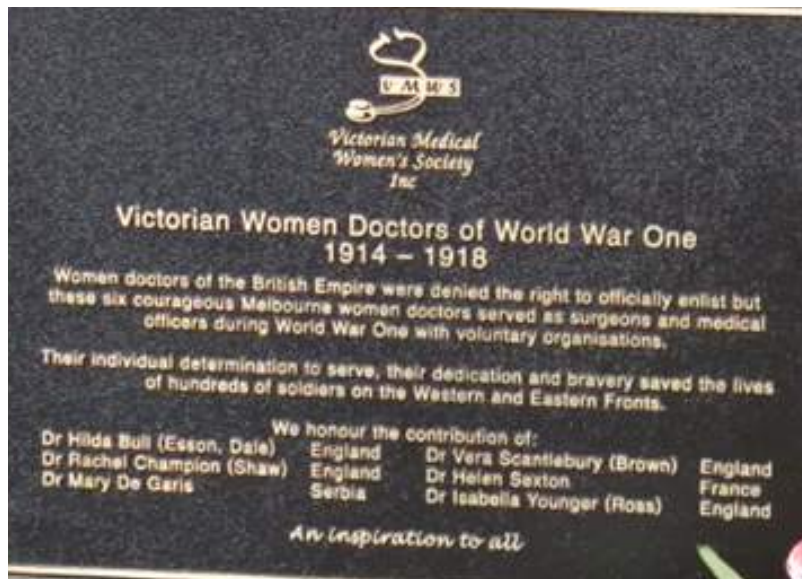
QWMS are encouraged to visit the Welsh Church located on LaTrobe Street, when next visiting Melbourne, to see the newly unveiled plaque to recognize medical women of WW1. This project was supported by the Victorian MWS, and AFMW. There are now plans to fundraise for a suitable sculpture at the site.

The Memorial Plaque Unveiling for the Women Doctors from World War One was held on Sunday 11th September 2016.

As an update following the event, it was a huge success and was well attended. The beautiful Welsh Church on LaTrobe Street was almost at its capacity.

The service was conducted by Reverend Sion Hughes who entertained us. We heard a detailed account from Dr Heather Sheard and Dr Merrilyn Murnane highlighted Dr Constance Stone's background and her struggle to become one of Australia's first women medical doctors and her pioneering efforts to have women accepted by the University of Melbourne. The six Melbourne Medical Women who were honoured are: Rachel Champion, Hilda Bull, Mary de Garis, Helen Sexton, Vera Scantlebury and Isabella Younger.

The memorial plaque has been made possible by The Anzac Centenary Local Grants Program, via Adam Bandt MP, the VMWS, the Australian Federation of Medical Women (AFMW) and generous community donations.



Dr Marjorie Cross, Secretary, Australian Federation of Medical Women (AFMW) & Associate Professor Deb Colville, President, Victorian Medical Women's Society holding the plaque in situ at the Welsh Church.

2017 QMWS Committee Nomination Form

Nominations for:

- **Executive Committee Members:** President, Vice President, Secretary, Treasurer
- **General Committee Members:**
 - Committee members hold varying portfolios including AFMW representative, AMA representative, Sponsorship and Liaison Officer, Media Officer, Communication Officer, and General Office Bearers

I, Dr _____ nominate _____

for the position of _____

Your Signature:

Dated: _____ / _____ / 2016

Name of Nominee: _____

I accept the nomination for the above position and I am a financial member of the QMWS.

Nominee Signature:

Completed forms must be returned to the QMWS Secretary (secretary.qmws@gmail.com) on or before Tuesday 21st February 2016.

A nominee may submit their CV (optional) to the QMWS Secretary together with their signed nomination form.



QMWS presents...

AGM Dinner Meeting

“Style and Substance -

*How to find and present your
best self”*



Date: Tuesday 21 February 2017

Time: 6:30pm for 7pm start

Venue: United Services Club
183 Wickham Terrace
Spring Hill

Cost: \$40 Members*
\$20 Students &
\$60 Non-members

**Please feel free to bring a
medical colleague/ friend at
member's price!*

RSVP DUE: Friday 17th February
to:
secretary.qmws@gmail.com

Parking: Available at rear

Featuring guest speakers:

Maree Clancy
Voice Consultant - Say It Now

Maree coaches clients to communicate, speak and present and her main focus is to ensure they don't deviate from who they truly are. She doesn't produce clones, but rather, an individual who communicates their message with commanding presence and influence, whether they be introverts or extroverts, they can heighten their level of charisma and presence with authenticity.

Helen Moroney
Personal Image Stylist

Helen is an internationally trained Personal Stylist who has been creating individual style and transforming the image of her clients for more than 15 years.



SPEAK UP, SPEAK OUT
WITH CONFIDENCE

