

October 2015

[afmw.org/vic](http://afmw.org/vic)

Volume 13 Issue 5

## President's Report

### Associate Professor Deb Colville



Dear Colleagues,

Welcome to our October newsletter.

In recent months, hard-working VMWS committee and supporters continued advocating for you in various places. We have visited the Health Department to bring to light the strong and important insights that medical women have into the links between a culture of bullying in medical workplaces and patient safety.

We have put in a submission to the Victorian Royal Commission into domestic violence emphasising the importance of resourcing medical educators who teach anti-domestic violence strategies in our community.

We have participated actively in the anti-bullying strategy forums – women only, men only and mixed – run this year by the AMA. I want to acknowledge Lorraine Baker, Kate Duncan, Magdalena Simonis, Ros Terry, Adele Storch and Rachel Goh in their liaison work between AMA and VMWS.

We have supported several successful events around nominating women doctors for Australia Day awards. Often women feel they are not deserving, yet it is part of our role as VMWS to encourage women doctors to view themselves as worthy of such public recognition.

I am looking forward to attending my next COCO event - we are always after new faces to offer their stories as mentors for these events. Coffee with med students and young doctors is for some of us a refreshing, replenishing break from practice, All VMWS members are welcome to come along. Talk to our organisers first if you like, or just come along. Try it!

Finally, we look forward to our anti-bullying "Individual Strategies" workshop, our AGM itself, and our Constance Stone Oration with the amazing Dr Anne Myers on Saturday November 7th. I would like it if you come along and contribute, and offer your views and expertise in our important VMWS committee work

Best wishes

Deb Colville  
President

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### Upcoming Meetings and Events

- 31<sup>st</sup> October: VMWS Connect over Coffee
- 7<sup>th</sup> November: VMWS AGM and workshop
- 21<sup>st</sup> November: AMFW AGM, Sydney (see inside for details)
- 7<sup>th</sup> December: VMWS Committee meeting

## VMWS Committee 2015

President	A/Prof Deb Colville	
Vice-President	Dr Rosalie Cooper	
Secretary (ex-officio)	Dr Kasia Michalak	
Shadow Secretary	VACANT	
Treasurer	Dr Marissa Daniels	
Public Office	Dr Kate Duncan	
Immediate Past President	Dr Magdalena Simonis	
General Committee	Dr Raie Goodwach	Dr Elysia Robb
	Dr Desiree Yap	Dr Natalie Yap
	Dr Allison Hempenstall	Dr Adele Storch
	Mrs Kelly Hughes	
Newsletter Editor	Dr Sarah Grigg	
Publicity Officer	VACANT	
Sponsorship Officer	Dr Sarah Lonie	Dr Francesca Bridge
Social Secretaries	Dr Rosalind Terry	
Senior Members' Representative	Dr Rosalind Terry	
AMA Representative	A/Prof Jan Coles	Dr Kate Duncan
Vic Reps on AFMW Council	Dr Marissa Daniels	Dr Magdalena Simonis
	Unconfirmed	
IT Officer	Ms Hui Ling Yeoh	Ms Nishani Nithianandan
Student Representative – Monash University	Ms Natalie Ngu	Ms Michelle Li
	Ms Jade Tregoweth	Ms Tiffany Lin
Student Representative -Deakin University	Ms Sylvia Ye	Ms Anisha Haseeb
		Ms Annie Rose
Student Representative – Notre Dame University	Ms Ashleigh Clark	Ms Emma Kelso
Student Representative – The University of Melbourne	Ms Anne Stanaway	Ms Aurora Killey
	Ms Cara Beck	Mrs Kelly Hughes
	Ms Emma-Leigh Rudduck	Ms Asika Pelenda

## *Victorian Medical Women's Society*

announces our

### ANNUAL GENERAL MEETING

Saturday 7<sup>th</sup> November 2015

at

Avant Mutual offices

543 Bridge Rd Richmond

Parking available on Bridge Rd and Palmer St



**Plus, a members-only FREE workshop - Counter Bullying: Practical Individual Strategies**

#### SCHEDULE

- 4:30pm: Workshop. Panel includes Dr Lorraine Baker, Dr Sally Cockburn (“Dr Feelgood”)
- 5:30pm: Pre-AGM drinks
- 6:00pm: AGM
- 6:45pm: Constance Stone Oration. Dr Anne Myers, “My medical career – across the years and across the globe”
- 7:00pm: Dinner

RSVP for each event (workshop, AGM, dinner) to [vic@afmw.org.au](mailto:vic@afmw.org.au)

## NOTICE OF THE AFMW's ANNUAL COUNCIL MEETING & DINNER

Notice is hereby given that the **Annual FACE-TO-FACE Council Meeting for the Australian Federation of Medical Women (AFMW)** will be held on **Saturday 21<sup>st</sup> November 2015**

The Meeting will be held at:  
**The Anaesthetic Department**  
**St George Hospital, Gray St, Kogarah, NSW**

*Enter via Gray St main entrance, catch the lift to Level 1, follow directions to the Day Surgery Unit. The Anaesthetic Department is down the sloping corridor, on your left, from the Day Surgery Unit.*

**(MAP ATTACHED)**

Meeting commences at 10am and should finish by 5.30pm.

The Council meeting will include strategic planning and will be followed by dinner at a local restaurant at 7pm.

Please **RSVP your attendance** for the Annual Meeting & dinner to:  
the AFMW Secretariat, Melissa Morey  
by email to [afmw.@afmw.org.au](mailto:afmw.@afmw.org.au) **BY Monday 2<sup>nd</sup> November 2015**

### AFMW AGENDA/BUSINESS

1. Welcome, Apologies, Honours, Deaths
2. Adoption of Minutes of Annual Council Meeting held on 17 November 2014
3. Minutes of the AFMW's *Triennial General Meeting* on 17 November 2014 to be adopted at the next Triennial Meeting in 2017  
(reports can be accessed via Drop Box)
4. Receipt of the President's report.
5. Receipt of the Honorary Secretary's report
6. Receipt of Honorary Treasurer's report, audited accounts and Auditor update.
7. Receipt of State reports
8. Continuation of office bearers and AFMW representatives to other organizations/committees for AFMW TRIENNIUM 2014-2017
9. AFMW Constitution
10. Strategic Planning
11. Any other business

Yours sincerely

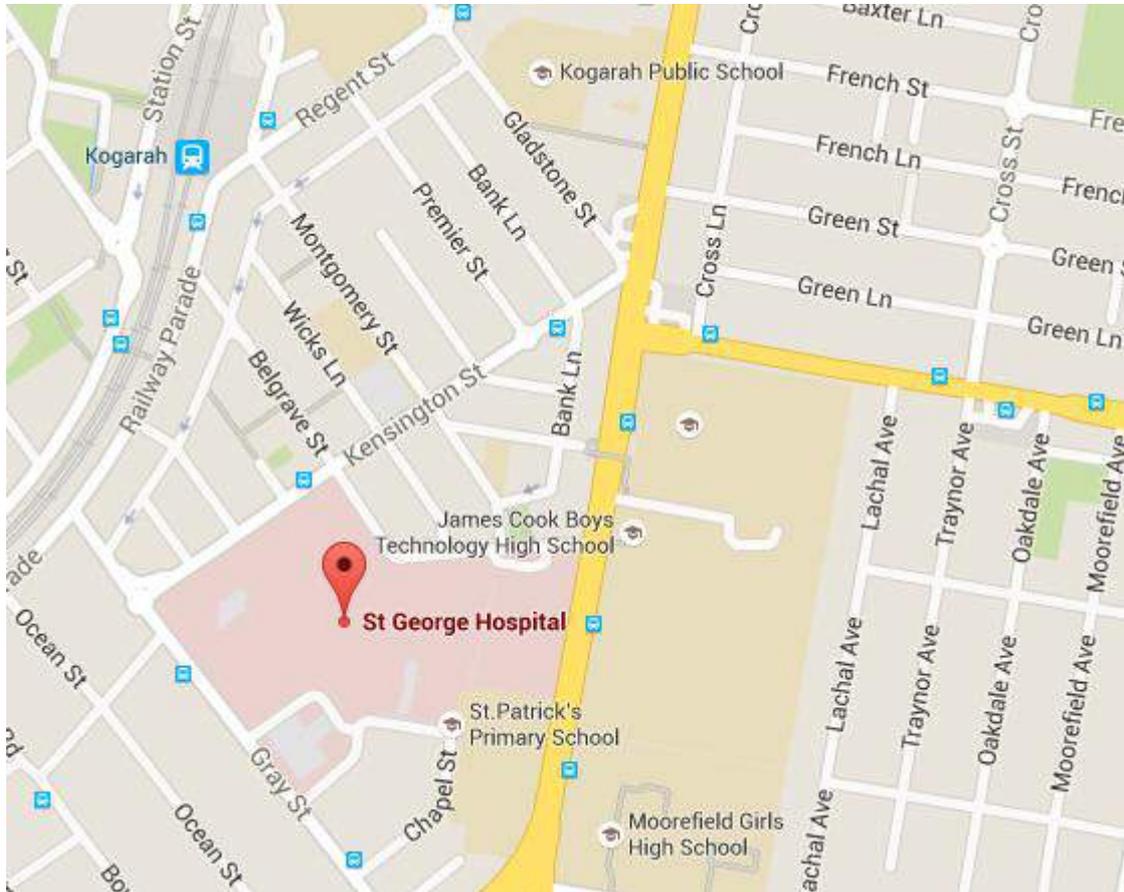
**DR MARJORIE CROSS**

**Secretary, The Australian Federation of Medical Women (AFMW)** Dated: 10 October 2015

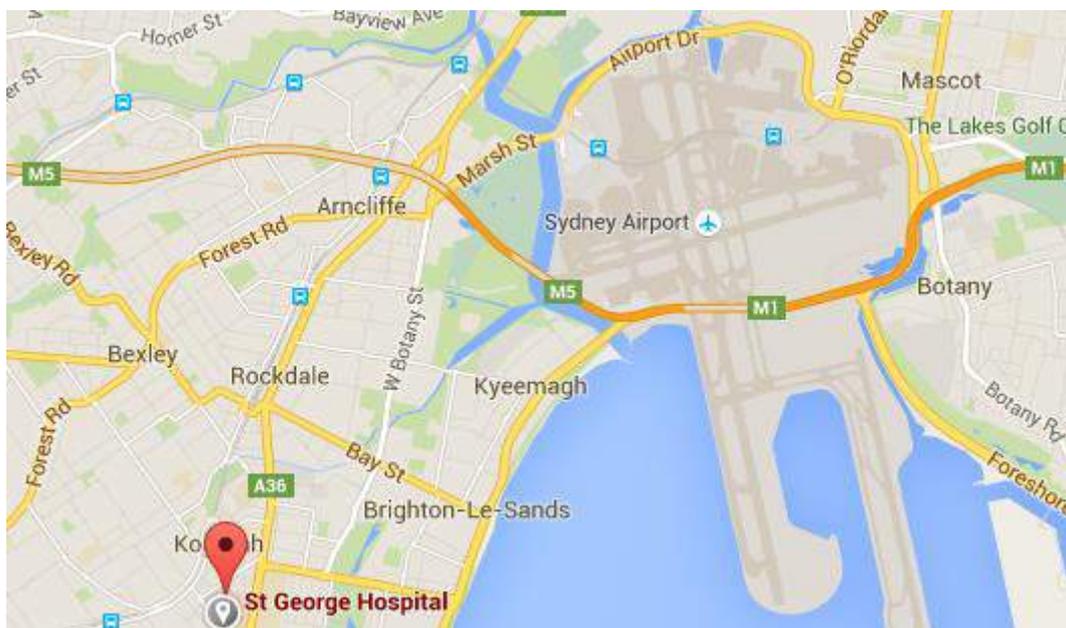
## The Anaesthetic Department

### St George Hospital, Gray St, Kogarah, NSW

Enter via Gray St main entrance, catch the lift to Level 1, follow directions to the Day Surgery Unit. The Anaesthetic Department is down the sloping corridor, on your left, from the Day Surgery Unit.



#### Location Map:



The Victorian Medical Women's Society invites you to

## *Connect Over Coffee*

where female medical students and female medical practitioners can exchange experiences and support



Saturday 31st October 10am  
Sonido  
69 Gertrude St, Fitzroy

RSVP  
Allison - Committee Member  
ahempenstall7@gmail.com



Incoming newsletter editor  
2015/6

Mrs Kelly Hughes

Submissions for the newsletter, whether articles, photos, event details or advertisements are welcome, as is any feedback.

PO Box 202  
East Melbourne  
Victoria 3002  
vic@afmw.org.au

VMWS newsletter is going GREEN and moving towards an electronic format. If you opt to still receive your VMWS newsletter as a paper copy via post, please contact us at [vic@afmw.org.au](mailto:vic@afmw.org.au) or contact Dr Rosalind Terry, Seniors' Representative on 0427 366 516.

## Connect Over Coffee – August

*Dr Elysia Robb*

What a lovely way to spend a Saturday morning: walking through the wilderness of the Dandenong Ranges, chatting to mentors and mentoring (hopefully) along the way. Recently, our President Deb and Student Representative Anne, organised a bushwalking COCO. A handful of medical students, Deb and recently retired GP Dr Ailsa Walbran, myself and my son Orlando attended. The weather was perfect, cold but still. The bush was stunning, wet from the winter, lusciously green and audibly alive.

We walked about 3 kms, at a leisurely pace. I carried Orly on my back, with thanks to Anne for bringing her carrier, and he had a hoot of a time. He was surprisingly quiet, perhaps stunned by the stillness, silence and beauty surrounding him. He was proud to be the bearer of a purple and green flag that Anne made to identify the group and was excited to see the occasional rosella, which, surprisingly to me, he recognised.

We stopped for strawberries and homemade date scones along the way. Many thanks to Anne's mum: women looking after women!

I had many interesting conversations - about retirement, financial planning, starting internship, finding and approaching referees, my part-time intern position, of course mixing children with medicine and often feeling torn between the role of doctor and parent. And as usual, I left feeling supported, inspired and empowered.

It really was an excellent and lovely way to spend a Saturday morning - well worth the effort, both physically and mentally energising.

Thank you Anne and Deb for organizing; I highly recommend this event for next year!

## Exploring the unique potential we share

*Ms Annie Rose*

This past 12 months has seen women of the medical world sustain a particularly strong focus on the complex issues of bullying and harassment in our workplaces. As we continue to negotiate these matters, we should also consider the distinct contributions that we as female health providers can bring to the health and the empowerment of women on a more global scale.

I recently returned from a most inspiring medical student elective in South Africa. I was based largely in an emergency department in Cape Town, but spent time working with the local volunteer organization SHAWCO – a University of Cape Town student-run outreach program, delivering primary health care in under-resourced communities. During my six weeks in the country, I was reminded on a daily basis of how lucky we are to live, receive quality education, and work as females in Australia. Despite the long-standing discrimination still impacting women in our chosen profession, we have come such a long way from the sexism and discrimination experienced by our predecessors.

Whilst on elective, I experienced the National South African celebration of 'Women's Day' on the 9<sup>th</sup> of August. This holiday commemorates the strength and resilience of women during the resistance, remembering, in particular, the day in 1956 when 20,000 women of all races came together to challenge an oppressive government and petition against racist legislation during apartheid. However, rape, domestic violence and issues relating to gender inequality are still disturbingly prevalent in a country that has progressed greatly in the fight against discrimination.

Women are observably under-represented in senior medical positions within the South African hospitals I visited, yet form the majority of the local medical student cohort. I also noted few women amongst the many overseas students and volunteers I met along the way – which to many may not be overly surprising. A lone female venturing across the world to work in a country with such a notoriously extreme crime rate is not viewed by all as a sensible idea. However, as I have experienced, it is these pioneers undertaking such roles overseas who contribute to the gradual acceptance of women as doctors and who consequently aid in breaking down barriers to empowerment of women.

I volunteered as a physiotherapist in Papua New Guinea several years ago, and my time spent with a group of international female doctors was the inspiration for my own pursuit of further education and a career in medicine. These volunteers highlighted the importance of educated women in society, actively taking part in local communities and leading in positions of power. In a role still often dominated by white, male medics and volunteers, women working as health care professionals overseas often permit our female patients to divulge important health-related information. It has also been shown to promote help-seeking behaviours in women who might have otherwise felt obstructed by societal norms and local culture. Moreover, it is the ability of female health workers to educate and inspire local women to advocate for themselves that reaps the greatest rewards for a community. Much of our contributions to poverty alleviation tend to emphasize immediate but ultimately low-yield measures, such as provision of pharmaceuticals, when we know that it is the empowerment of locals - women in particular - who often have the biggest impact on a community's health and development.

Obviously, working and volunteering in developing nations is rarely ever a completely altruistic venture. It can often be extremely valuable for career development, may offer opportunities for learning or practice of specific skills (I did a hell of a lot of lumbar punctures and chest drains in Cape Town!), or might just be an opportunity to escape to some warmer weather and interesting cultural experiences!

But regardless of motives, I believe that experience outside Australia in third world, male-dominated cultures is paramount to women understanding and appreciating what we do have in Australia. These experiences have certainly given me the confidence to work hard for what I want and what I am entitled to as a woman in the health sector. Education is the key to empowerment of women, whether it be within the medical fraternity within Australia or in a developing society abroad. Just I was inspired to become a doctor by amazing women working overseas, I hope to enable other women to recognize their potential and the important role they can play in the fight against poverty and discrimination against women.

To our fantastic body of strong-willed medical students and junior doctors currently pondering career paths: I highly recommend taking a break from dwelling on the things our society suggests you *can't* do with your future, and instead explore the unique potential and amazing opportunities that this career *can* offer both you and women world-wide.

## New option for internship sparks hope for future workforce equity

*Mrs Kelly Hughes*

As most medical women would be aware, the predominant model of medical education in Australia is now graduate entry, with students typically (but certainly not always) attaining an undergraduate in basic or health sciences. The University of Melbourne, for example, accepts applicants who have completed their undergraduate degree up to ten years prior. This shift to training more mature students sees many more at universities who have an existing role as a carer in their family – as a parent of their children, or for their own parent or relative - alongside their commitment to medicine. While this provides no end of challenges during their medical degree, the transition to the medical workforce holds even less certainty with regard to accommodating the additional responsibilities of these junior doctors.

The Postgraduate Medical Council of Victoria (PMCV) is responsible for matching junior doctors to available intern or HMO positions. This year, as part of a pilot programme, a two-year, part-time internship was offered for 2016, involving St Vincent's, Austin and Northern hospitals. Interns work 20 hours per week in each of their six-month rotations, and can do additional hours if they choose, however these are in a locum capacity and do not allow them to finish their internship before the two year term expires. Next year, the programme will be available in the west of Melbourne, and will involve The Alfred and the Western hospitals, and probably a third facility. Three interns will work in this 2016 position, all soon to graduate from The University of Melbourne, and I was pleased to have a brief talk with each of them about their views on the part-time internship.

Alison Gould worked previously as a naturopath, and is the mother of two girls aged 14 and 10. Whilst she was willing to work full-time, the rostered and unrostered overtime that is invariably associated with traditional internship would leave her largely unavailable to her children. Alison is considering specialising in emergency medicine, and is looking forward to her rotation in ED at the Austin Hospital, which in the context of this programme, will last for 30 weeks.

Greta Perovic, a former marketing manager (complete with MBA) and tennis player extraordinaire, has recently become a mother whilst in the midst of a research project, university assessment tasks and deadlines. She worked diligently to ensure that she could complete all the requirements for her research semester either side of Julian's arrival. Her beaming baby boy will be nine months old at the beginning of Greta's internship, and, without the option of her own parents to help look after Julian, she preferred not to place her son in full-time childcare at such a young age.

VMWS committee member Anne Stanaway holds a science degree and a certificate III in conservation and land management. After many adventures in Australia and beyond, she was almost set to begin a PhD in stem cell biology and signalling transduction when she was accepted into medical school in mid-2009, expecting to finish with an MBBS. Now, in 2015, Anne will graduate with an MD, several credits towards an MPH and two young children, Pema, aged five, and Huon who is soon to turn one. Anne's husband, Rudy, travels frequently as part of his work, and is often away from home for many weeks at a time. Neither Anne nor Rudy have family locally who can assist with caring for their children, and like many parents, Anne was not willing to have her children in full-time daycare. Anne also has numerous interests outside of medicine that she hopes to pursue alongside her part-time internship, including hiking and mountaineering, and the completing of her MPH at the end of next year.

The part-time internship pilot programme represents a small but important step towards equity in the medical workforce. At this early stage, there has been limited publicity even amongst medical students. This article aims to raise awareness of part-time internship as an option for future interns who have a caring role, and to increase the expectation that this programme should become a normal part of postgraduate medical training, rather than the exception. The obvious group to benefit from these positions is mothers, particularly of younger children, however our ageing population would suggest increased future need for flexibility for junior doctors who may also care for their older or unwell parents.

Now available: Merrilyn Murnane's book, **HONOURABLE HEALERS - Pioneering Women Doctors**

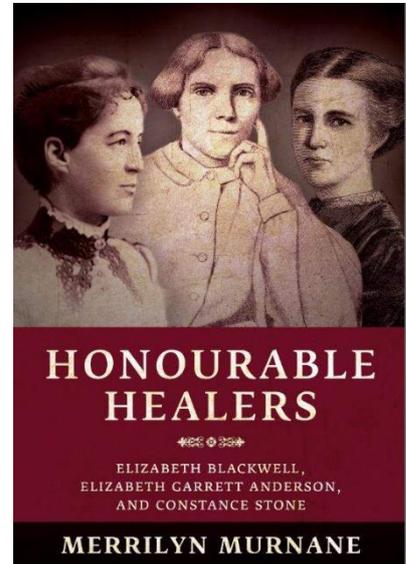
"Three continents, three women...

Elizabeth Blackwell, Elizabeth Garrett Anderson and Constance Stone were women of vision and courage who gave honour to the field of medicine.

It was the mid-nineteenth century and women were expected to remain at home, as wives and mothers. In Britain, the United States and Australia, teaching was the only respectable profession for women; even nursing was frowned upon. In this environment, three remarkable women rewrote the history books by becoming doctors in a world where women were not even allowed to vote. Read their stories in *Honourable Healers*, and be inspired."

Copies available from Australian Scholarly Publishing.

<http://scholarly.info/book/441/>



## Meet the Committee

Each newsletter features a few of our fabulous committee members

### Dr Elysia Robb

*General Committee Member*



Elysia Robb is a mother of two, partner of one, daughter and sister of many and part-time intern at Austin Health. She completed her MBBS, graduate-entry, at the University of Melbourne in 2014, taking two semester-long leave-of-absences due to the arrival of her two children. She grew up in the country, did a year-long student exchange in Panama after school and then completed a BBiomedSci and Honours at the University of Melbourne and the Peter MacCallum Cancer Institute before having a career in Alzheimer's Disease research. She has a keen interest in public health and was previously involved in Teach the Teacher, a program aimed at bettering sexual education in schools and hence sexual health in our community. She is currently an active member of the VMWS, as a general committee member and plays a role in coordinating the VMWS student representatives. In her spare time - for the most part, her past-life - she loves listening to music, playing the guitar, dancing and teaching salsa and dancing flamenco.

Elysia is a proud feminist/equalist and is grateful for the ability we have in Australia to choose to work or to stay-at-home. Since becoming a mother Elysia has become even more passionate about equality for women *and* men - "women need wives, men need lives", quote Annabel Crabb. Elysia has faced many challenges while studying medicine and having babies and breastfeeding, and currently strives to meet the demands of two young children, a household and establishing a medical career. As a part-time employee and stay-at-home parent, populations which are still mostly female, she is subject to much indirect sexism and hence more than ever, she is keen to make changes to allow women and men more freedom and leverage in life and especially in the workplace.

## Dr Adele Storch

*General Committee Member*



Originally from Queensland, Adele struggles with the Melbourne weather but has grown to love her adopted city...especially the many inspiring Victorian Medical Women! Adele has nearly survived her internship at the Royal Melbourne Hospital this year with just one rotation to go. She has a special interest in both Women's Health and Mental Health and has been lucky enough to conduct and present research on behalf of the Monash Alfred Psychiatry Research Centre (MAPrc) Women's Mental Health program this year.

Outside the hospital, Adele loves running health education workshops when possible for immigrant groups through the Water Well Project. Pursuing an interest in global health she has also run health promotion workshops in the developing world including Nepal and Uganda and hopes to learn more about this through a MPH degree started this year. Adele also has a huge passion for teaching and currently works for The Ledman Institute as a Workshop Facilitator and Coach for medical students and junior doctors.

Most Sundays are spent playing with kids at the Royal Children's Hospital as a Starlight-Express Room Volunteer. As an example of this "hard-work", last weekend involved crawling around on hands and knees, growling, pretending to be a "feather-tiger"... Her other interests include travel, yoga, cooking and great literature (chick-lit included)!

## Mrs Kelly Hughes

*Student Representative – The University of Melbourne; Newsletter Editor*



Kelly is only a few short weeks away from completing her reign as "the world's oldest medical student". Although probably not a truly accurate title, she is one of the growing number of people who have had a different life before beginning a medical career. Kelly is native to Melbourne, but has spent several years living in other countries, first in Papua New Guinea as a child, and later working as a hospital physiotherapist in New Zealand and then Solomon Islands (the latter as a volunteer with Australian Volunteers International). These cherished experiences have shaped her life and perspectives, and certainly fed into her decision to study medicine. However most of the blame for this change in her life's direction she places on Jesus, who apparently had more in store for Kelly and her family than a nice little life working part-time as a physio whilst raising their children.

Kelly married Steve, the love of her life, almost twelve years ago, and they have two adorable children, 6-year old Zoe, and Daniel, who reports: "at the moment I am two, but in November I will be three!" Kelly studies at The University of Melbourne and St Vincent's Hospital, works as a physio in the ED at Casey Hospital (Berwick), plays the piano and is a beginner self-taught ukulele player, bakes and creates irresistible confectionery (salted chocolate caramels, anyone?), tries to knit things, and helps out with the pre-schoolers programme and plays with the band at her church.

### Medical Association for the Prevention of War presents



A mini-conference, with a range of expert speakers including Julian Burnside, SC.

See <https://www.facebook.com/events/1488895628096768/> for details

RSVP: Phyllis Campbell-McRae [eo@mapw.org.au](mailto:eo@mapw.org.au)

Enquiries: (03) 9023 1958

## VMWS Mentoring Programme

Are you interested in being part of our program? We are looking for medical women at all stages of their careers who would like to have a mentor or be a mentor and gain all the fantastic benefits associated with both roles.

Are you a doctor in training who might have some insights to share with students, or an intern wanting advice from an established medical women in your chosen specialty, or a retired physician with a bit more time and would like to share your experiences with a more junior member of the profession? We would love to hear from all of you!

Our programme will involve an initial 12 month commitment with at least one meeting in person and then continued communication of your choice including by email, phone or skype if that works for you. Mentees and mentors will be matched on specialties, medical interests and location.

We currently have students on our list who are looking for mentors in areas including:

- GP
- Global and public health
- Neurology
- Plastic surgery
- Oncology
- General surgery
- Women's health
- Paediatrics
- Emergency medicine
- Anaesthetics
- Dermatology
- Indigenous health

For more information or to register your interest, please email the Mentoring Program coordinator Cara ([carajbeck@gmail.com](mailto:carajbeck@gmail.com))

## Inspiring Women in Medicine (Part 1)

*Ms Sylvia Ye*

The following is an interview transcript from a Deakin University medical student event, where Ms Sylvia Ye interviewed A/Prof Deb Colville and Dr Rosalie Cooper. A/Prof Colville's interview will be published in the next issue of our newsletter.

### **Biography**

Dr Rosalie Cooper was born in Queenstown, Tasmania but graduated with an MBBS from the University of Melbourne 1961 and interned at the Royal Melbourne Hospital. She is widely travelled, completing an MSc in Histology in Montreal, trained as a paediatric resident in Toronto and trained in London. She became very interested in paediatrics and public health and worked in Community Child Health and School Health with the Victorian Government for 21 years. She also worked in the area of Sudden Infant Death Syndrome in epidemiological research; tragically she and her husband lost their second son to it in 1977. She worked under Dr Judith Lumley at the Centre for Mother's and Children's Health doing perinatal epidemiology and was deeply inspired by her. She then worked as a GP for many years before retiring in 2007.

### **Interview**

What does VMWS mean to you and why do you believe it is important to have a medical society dedicated to women?

*I have been a member of VMWS since I graduated in 1961; there were no student members then. It has been a source of inspiration and friendships. Many of my feminist ideas have been encouraged through this organisation.*

What do you believe are some of the biggest issues regarding women in medicine or women's health?

*Women need encouragement and freedom to make their own decisions about their future and lifestyle. Professionally I have been involved with childbirth and parenting areas and the issues for women generally as they pursue careers and family care. Many women need confidence in their birthing and parenting roles especially now that working and a career seems to be expected as well.*

You mentioned that you were inspired by Dr Judith Lumley at the Centre for Mothers' and Children's Health. Can you tell us a little bit about why she made such an impression on you?

*Judith Lumley is an epidemiologist and scientist who applied the principles of scientific thinking to all areas in which her research and teaching developed. The Centre, now at Latrobe University and called "The Judith Lumley Centre" has brought together a group of people, women and men, who follow the same approach. They focus on mother, child and family issues and consult with other professionals in Melbourne. She was a mentor to me and I spent some time studying neonatal and perinatal death and associated events, using the Perinatal database that Judith supervised in the Victorian Health Department. Judith has retired now.*

Have you had to make any sacrifices to get where you are? Were these sacrifices unique to being a woman in medicine?

*I have made sacrifices but they relate to many issues in my life. I do not regret them now; I am content with the way things have turned out. Some of the issues about being a woman in medicine are, that I experienced a few changes in my personality as I went through the course and trainee years. I was too shy to make good decisions and did not appreciate that I did not have the drive to specialise in medicine or surgery at that time and wasted opportunities to move on. In retrospect I loved my time in public child health, research and general practice, once I experienced those areas.*

Do you have any advice for female doctors to balance work, family, friends and finances?

*This is a hard one to answer. We all have to make our own way. I guess I'd say, "make your own decisions" and "don't be influenced by other peoples ideas or prejudices". I had to fight against my parents' wishes in order to go into medicine. It's too long, too hard, etc. You will want get married! I never regretted my choice of career although there was an impact on my life. I did marry happily, 13 years after graduation much to my parents' relief!*

There was recently an Insight episode regarding bullying of female trainees and medical students and junior doctors by their senior supervisors. Do you think that this is currently a real problem in our profession? What do you think can be done to fix this?

*I was quite horrified to find out what a serious problem this has become. It has developed into what appears to be an overt situation in surgery with drastic implications for some women trainees. There has always been discrimination in all professional areas, against women and other groups who are "different". Many subtle and not so subtle comments were made to us as students and interns. We generally ignored them or just discussed them among ourselves. Because the proportion of women was only about 10% they did not seem to present such a threat to financial development and status of the men. Female colleagues admired individual women who specialised and did well, however we realized how hard it could be for them. Hopefully the larger percentage of women will provide support and encouragement for the whole group. The training Colleges are the organisation that should look at their approach to fixing these problems.*

Last words...

*Medicine is a potentially rewarding profession. Those who have survived the ups and downs of student life and the early years of graduation and training, then find a job that suits them, are lucky if they can also find happiness in family life. There seem to be difficulties for many in adjusting to some of the demands of the profession, others just sail through. In the "old days" many women did not marry and devoted themselves to their career. This has changed enormously now, I think for the better. Another change is that medicine now has many choices for a career. Failure in one area is not a disaster as many other avenues open up. We can even have one or two other things to do while pursuing a main choice; it depends on how flexible one can be. Motherhood and student or intern positions seem to be possible. Training programmes need to allow for women to have maternity leave just as women do in employment.*

Thank you to Dr. Cooper for taking her time answering these questions so thoughtfully! I think it is an interesting point about female colleagues being particularly vulnerable targets to bullying in the profession as there is another added dimension of being seen as 'weaker' or 'outsiders' in a traditionally male dominated (although this is rapidly changing) profession. I hope all you all take away some of her advice to help you through your medical career.



# The Victorian Medical Women's Society Inc.

## Membership Invoice 1 July 2015 – 30 June 2016

ABN 67 120 250 797 - Inc A0061560B  
(MEMBERSHIP PERIOD IS FROM 1 JULY TO 30<sup>TH</sup> JUNE)

**Membership Eligibility:** Full membership is open to registered female medical practitioners (FMP); non-registered FMPs can join as an associate member, and Student membership is open to female medical students.

**(NOTE: this invoice becomes a tax receipt upon payment, please retain the top section for your records)**

Full Members	Rural Members (>100km from GPO)	Senior Members	Retired Members (>65 yrs)	Student Members
<input type="checkbox"/> 1 yr \$176.00	<input type="checkbox"/> 1 yr \$77.00	<input type="checkbox"/> 1 yr \$132.00	<input type="checkbox"/> 1 yr \$132.00	<input type="checkbox"/> 1 yr \$38.50
<input type="checkbox"/> 3 yrs \$475.20	<input type="checkbox"/> 3 yrs \$207.90	<input type="checkbox"/> 3 yrs \$356.40		
<input type="checkbox"/> 5 yrs \$748.00	<input type="checkbox"/> 5 yrs \$327.25	<input type="checkbox"/> 5 yrs \$561.00		
<input type="checkbox"/> <b>Donation: \$</b> _____				

Please complete and send the bottom section of this form to the VMWS Inc. via email or mail.

### 1. PLEASE TICK WHICH TYPE OF APPLICATION YOU WISH TO REQUEST:

- I am applying for new membership.** Please complete the Membership Declaration and make payment.
- I am changing my membership category.** Please complete the Membership Declaration and make payment
- I am renewing my membership.** Only renewal payment is required.

**Date payment made:**

### 2. MEMBERSHIP DECLARATION:

I wish to become a member of the Victorian Medical Women's Society Inc., and will support the purposes of the Association and agree to comply with the Rules of the Association (available here).

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### 3. MEMBERSHIP DETAILS

Membership Type: \_\_\_\_\_ Duration: \_\_\_\_\_ Amount: \$ \_\_\_\_\_

Title, First name & Surname: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

Specialty/Area of Practice: \_\_\_\_\_ Year of Graduation: \_\_\_\_\_

Car-pooling: Potential driver:  Potential passenger:

**NOTE:** When you join the VMWS you get 3 memberships for the price of 1!: the Australian Federation of Medical Women (AFMW) and the Medical Women's International Association (MWIA). You will automatically be subscribed to all three mailing lists and your email address may be shared with other AFMW members.

**VMWS newsletters are distributed electronically, unless you request otherwise.**

**4. Membership Payment: CHQ to Victorian Medical Women's Society. Post: VMWS Secretariat, PO Box 202, East Melb VIC 8002; Electronic Transfer to Victorian Medical Women's Society; BSB: 033 089; Act No: 297664.** Please **include your name** in the **transfer info**.

Donations are gratefully received. Please advise if you wish for your donation to be used for a specific purpose.

<http://www.afmw.org.au/vic>

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