



Presidents Report February 2013

By President: Dr. Crystal Cannon



Welcome to the Winter Newsletter and please enjoy reading all the latest news.

It is my pleasure to continue my year as your President. It has been a busy Fall and Winter with a productive Interim Board Meeting (IBM) in January.

Once more I welcome all of you to attend the FMWC Annual General Meeting (AGM) and CME event in Ottawa September 28-29 2013. The AGM Planning Committee with Chair Dr. Monique Bertrand have been meeting regularly and have some exciting speakers and updates on page 8 under "Save the Date".

The Membership Committee has been initiated with a first meeting in January with further discussion at the IBM. It is important that the FMWC develop a strategic plan for recruitment as well as the retention of members.

I welcome input from all of you

concerning this important area. Please contact the National Office to share any ideas you may have for enhancing the value of membership in the FMWC as well as means of reaching out to new members. Our plan is to work closely with the Communications Committee to further increase awareness of the organization. Our Regional Representatives and Branch Presidents are in place to help with these strategies and I welcome their input.

May I ask that you reach out to other medical women to promote the FMWC and encourage them to join us.

Please take the time to share with us your ideas to increase value for membership in the Federation. Why are you a member and why do you remain a member? If you are considering leaving the FMWC, why? and what could we do to encourage you to stay?

The FMWC has initiated an on-line survey (available at www.fmwc.ca) to help create the Women in Medicine Network - and the survey will help us develop on-line tools to make a difference for you, our members. Please see the article on page 5 by Dr. Janet Dollin, our Communications Committee Chair.

The Bylaws Committee with Chair Dr. Charmaine Roye continues to revamp our bylaws in compliance with new legislation from Corporations Canada. The work should be complete in more than enough time to meet the deadline. Since the new bylaws will be shorter much of the working of the FMWC will move into the area of Policies and Procedures.

A Policy and Procedures working group chaired by Honorary Secretary Dr. Anne Niec was struck at the IBM and will be beginning their work soon. I would ask that any of you who are either currently or have been on the Board or Committees of the FMWC send any policies, procedures or knowledge of the workings of the organization to the National office care of the working group.

Any members who have any notes or little pieces of paper from the past outlining how to run our Federation please just send them in! I am sure the working group will look forward to any information that can be shared with them. The plan is for the new bylaws to be presented to the membership at the September AGM in Ottawa. After the bylaws are completed and approved the work on policies and procedures will continue as needed.

Please visit www.fmwc.ca to participate in our on-line survey about how you communicate on the internet.

In the area around my home winter has been white and beautiful, but it is good to feel the days getting longer. Best wishes to all of you for a wonderful Spring season. I look forward to sharing further news with you in our next newsletter and hopefully seeing many of you in Ottawa in the Fall.

All the best,

Crystal

NOW IS THE TIME!

Renew your FMWC membership for 2013

www.fmwc.ca



FMWC Executive Committee 2012-2013

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Dr. Crystal Cannon

President-Elect:

Dr. Monique Bertrand

Past President:

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Honorary Secretary:

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National Treasurer:

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MWIA National Coordinator:

Dr. Cathy Wilkie

FMWC Newsletter

Editor: Dr. Alexandra Greenhill

Committee Members:

Dr. Pat Mousmanis, Dr. Pamela Liao,
Dr. Karen Stillman, Ms. Kimberley
Hogan

The FMWC Newsletter is published three times a year and sent to members as a perk of membership. Next deadline for submissions is **May 8, 2013**.

Views and reports appearing in the Newsletter are not necessarily endorsed by the FMWC. Contributions of articles, reports, letters, notices, resource information and photographs are encouraged.

Submissions and membership inquiries to the National Office:
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Editorial - A View of My Own

Dr. Alexandra Greenhill, MD, Newsletter Editor



Dear busy colleague, pause now and consider: When and how do you remember becoming aware that you are a **WOMAN** physician?

For me, that moment came when I became a mother. Until then, it was never a question of gender – more of interests and capabilities.

My pregnant state suddenly made some clinical things impossible (like intubating someone after my belly reached its sixth month fullness) and impacted my non-clinical activities (when someone assumed that I would no longer be interested in serving on a national medical committee so found me a replacement without first even checking with me).

It got worse from there – how could I practice normally when I was on duty in the ER while my precious bundle was crying or really sick at home? Or when I had to stop doing day shifts when the only daycare I could find was across town and only opened at 8am and the department was not willing to allow me the exception of starting at 8h30am. This created the odd dynamic of having to do evenings and weekends only, which was not easy on family life.

Then friends who had done women's studies started pointing out things that I thought were random or unexplainable, and showed me evidence of patterns that I could then recognise in real life. My "female condition" suddenly was

revealed to have more of an impact on my career, thinking and perspectives that I had ever imagined.

I gradually become more aware of the challenges we still face today, the number of physician mothers not working or working part-time, the number of talented woman leaders not given the kind of opportunities they deserve. Then I learned more about the history of how far we have actually come – which was energising. At a Federation mentor workshop organised by Dr. Shelley Ross in Vancouver, I was amazed to hear a retired obstetrician describe how she chose medicine as a profession: "When I was growing up, girls had a choice of being nurses or teachers. My father thought it was time to change that, so he told me to become a doctor."

A view of my own has emerged over these exchanges, a perspective untainted by the bigger polarising questions of feminism or post-feminism. A simple perspective on what makes one's life better. The clarity and courage to decide that authenticity requires being who one is and not conforming to system's expectations in an effort to advance. And the pricelessness of the connection to a network of girlfriends who understand the unique challenge of being a woman and a doctor, some who led the way yesterday and some who are leading the way today and for the future.

And you, what is your perspective? I promise to read and answer every one who writes and if you are willing, publish your story in the next newsletter.

Send us your news!

The deadline for submissions to the **Summer 2013** newsletter is **May 8th, 2013**.

The newsletter will be released in late May. Please forward submissions to the National Office at: fmwcmain@fmwc.ca

Please send us submissions/news about:

- Achievements, awards, announcements and congratulations as it pertains to yourself or another FMWC member. Relevant pictures (please include captions) are welcome.
- Creative Corner: We know that doctors have many other talents and we want to showcase them. We invite creative types to submit poems, drawings, cartoons or a humorous column.
- "Letter to the Editor": Please submit your comments to the editor on your experiences/concerns on health care, on women's health, or on your practices.

The newsletter is for your benefit and enjoyment – so please feel free to contribute!



A Leadership Voyage

By: Dr. Patricia Mousmanis, MD CCFP FCFP



Dr. Patricia Mousmanis

As a physician, there are opportunities to volunteer for hospital and community committees, get involved in research, and participate in academic teaching and journal writing. Most of us get so busy with our regular office practices and family commitments that we don't have time to engage in these extra activities. Sometimes, however, when a particular topic area is close to our hearts, it is worthwhile saying yes. One never knows where a 'yes' may lead and in my case, it was indeed a very worthwhile decision.

As part of my family medicine residency training, I became Chief Resident, organized CME workshops for my fellow residents and seriously considered a full time academic fellowship but then made the important decision to start my family right away. As a community based family physician with a young child, my academic plans were put on hold for the next few years.

An opportunity arose to step up to the leadership plate again during my second maternity leave when I volunteered to become the secretary for the Hippocrates Greek Canadian Medical Association organizing Continuing Medical Education rounds for Greek Speaking Physicians in Toronto. We collaborated with the Greek Orthodox Social Services Agency and the Greek Orthodox Church infrastructure to link our outreach with church social activities. We received a grant from the Ontario

Women's Directorate and set up a series of educational workshops on Domestic Violence for the Greek speaking public. We did radio and television interviews to promote the workshops and videotaped all of the educational sessions for rebroadcast on Greek Cable TV. This leadership opportunity was an easy way to start since I had connections to Greek medical professionals, community organizations and understood the Greek culture from my own family background.

About six months later, an opportunity arose to become an on-call physician for the Sexual Assault Crisis Team in my home community of York Region. As a female physician, it was important that I assist in the development of this important service. I was able to continue in this role for 11 years and it allowed me to bring the topic of abuse and assault into other areas of my career. An invitation to participate in a hospital committee on Perinatal Bereavement led to training as a facilitator for Bereaved Families of Ontario. This fit with my interest in palliative care and helped enrich the support I was able to give my patients. Both of these new positions involved extra educational training, review of evidence-based research, committee work and public speaking engagements. I was able to integrate these new roles easily into my personal life as my children were now in school full time.

The Province of Ontario announced an investment in a Public Health Nurse Home visiting program called 'Healthy Babies Healthy Children' in 1997. I was fortunate enough to attend the inaugural meeting in York Region where a new community coalition was set up to administer this new program. Dr. Fraser Mustard was preparing his Early Years Report and his important work inspired the children's healthcare sector to initiate new strategies for optimizing children's life trajectories. Subsequent funding investments for speech therapy,

early intervention programs, Literacy, Parenting and Early Years Centers followed in the next 2 years. As the physician representative for the York Region Advisory Forum for Children, Youth and Families, I was uniquely positioned to inform my local medical colleagues about these new programs and took on the challenge of improving networking, coordination and collaboration among physicians, nurses and community agencies.

Our innovative and groundbreaking work in York Region helped to modify health care delivery systems for children's services across Ontario.

One never knows where a 'yes' may lead and in my case, it was indeed a very worthwhile decision.

My new role was challenging, so in order to improve my leadership skills, I enrolled in the Women's Leadership Seminar hosted by the Federation of Medical Women of Canada. Subsequently, I attended six separate Physician Manager Institute workshops organized by the Canadian Medical Association where I learned new techniques to assist in my leadership role. I met many talented physicians from across Canada and built new cross-country relationships. This training and my role in the community led to new invitations to write articles, participate as a speaker at conferences and become a local opinion leader.

In August 1999, I informed the Chief Executive Officer for the Ontario College of Family Physicians (OCFP) about my community role. As a direct result of this conversation, I was invited by the OCFP to become the Coordinator of a teaching program for the family physicians of Ontario in the field of Healthy Child Development. This was an expansion of my role in my home community and allowed me to

...continued on page 4



Leadership Voyage.. *continued*

interact with academics, researchers and policy makers at a provincial and federal government level. I entered the world of Interdisciplinary Continuing Medical Education, developed educational manuals in collaboration with many experts in the Early Years field and took the lead on the development of core curriculum for physicians, nurses, social workers, mental health counselors, early childhood educators and speech therapists. This program has expanded, evolved and is now delivered across Canada.

My teaching has increased my skills as a primary care practitioner. My continued front line medical work has made me a much better teacher because I use the evidence based information from my workshops in day to day practice settings.

Invitations came for the Mayors Roundtable for Children and Youth for the City of Toronto and the National Children's Charter hosted by the Canadian Pediatric Society, Canadian Medical Association and the College of Family Physicians of Canada.

Participation in the Guidelines group for the 18 Month Enhanced Well Baby Visit included reviewing the latest evidence based literature on child health and the development of an innovative interactive web site that provides important

resources for both professionals and parents.

In the past six months, I have been asked to join the Royal College Early Years Committee and help them design their new National policies. In November 2012, I was appointed the chair of the College of Family Physicians Child and Adolescent Care Committee. These new positions allow me to build on my prior leadership skills, contribute to policy documents and have an impact on a Provincial and National stage.

Developing innovative educational programs helping women and children was the right decision for me because this topic was close to my heart and fit with my personal and professional goals. I have learned so many new skills, met many fantastic people and thoroughly enjoyed my experiences.

When there were frustrations, my new leadership skills have allowed me to recognize underlying causes of conflicts, identify strategies for improving communication and to develop action plans.

My leadership activities have led to an academic and research career which enriched my personal life and have given new depth to my medical career. A bonus of my leadership activities has been the opportunity to get to know many parts of Canada and apply my

new knowledge to different cultures and communities. I have travelled across Canada as a lecturer from Prince Rupert British Columbia in the West, to Inuvik in the Northwest Territories and to Goose Bay Labrador in the East.

My family was very supportive of my new role because I was able to integrate my leadership activities into manageable blocks of time while preserving our vacations and interaction time.

The FMWC Ottawa conference in 1999, St Andrews by the Sea conference in 2001 and Alaska cruise in 2002 were our annual family vacations.

My Leadership Journey has been a life changing experience and it all started when I said 'yes' to a small volunteer position for my local medical association.

Do you have a
Leadership Voyage
that you would like to share?



Submissions to the FMWC newsletter are gladly received and welcomed by our committee and members alike.

FMWC National Office

By: Kimberley Hogan, Executive Coordinator

As usual, the FMWC National Office is a busy place. With January came the Interim Business Meeting and the preparations that event entails.

Additionally, January is when the office starts to prepare for our annual audit - so there is much tidying of files and finalizing of financial information in preparation for the February visit from the auditors. Frankly, this event

is as much anticipated as a visit from Santa - and requires a similar amount of preparation and planning ;) January and February are also the "official" months for membership renewal (*psst - have YOU renewed yet?*) and we are busy making sure that everyone is taken care of.

On the horizon is the AGM for 2013 (September 28th and 29th, 2013 in Ottawa), Membership Recruitment, a

Members' Survey, the Redesign of our Website, and the PAP Campaign (October 20 - 26, 2013) during Cervical Cancer Awareness Week. We look forward to hearing from you and look for the next newsletter in late May 2013.





Help Us Build the Women in Medicine Network (WIM'N)

by Dr. Janet Dollin, MD, CFPC FMWC Communications Committee Chair

Who are we?

FMWC is YOU. Our membership represents Canadian Women in Medicine who are working in all fields and at all levels.

What are we doing?

Networking to share our experience and wisdom.

What is our mission?

To be the voice of Canadian Women in Medicine.

Why?

FMWC last redesigned its website in 2007-2008. It is now 5 years later and so much has changed. The website is undergoing a transformation. We had been using a website-accessed searchable database for mentoring across the country and we recognize the need to expand this from Mentoring to Networking- and create a less formal opportunity to connect with others of like mind who may share common issues.


- Because our members are doing great things and we want to advocate for the workplaces that will foster that
- Because our members are doing great things and advancing to leadership positions in our communities
- Because our members are doing great things to advocate for the health of our communities
- Because our members are doing great things for the health and wellbeing of women and children across Canada and Internationally

Who are you and what are you up to?

Use the FMWC website and Women in Medicine social network to find others with similar interests, to meet your own career building needs, to help you balance career and life, and to meet others across Canada who can help you achieve what you dream of achieving.

How might you help another woman in medicine?

Join our Women in Medicine Network to share your experiences so that others can learn from you and you can share a communal voice.



Our goal is to create a network that suit your needs. Please take the time to complete our on-line survey using the link at www.fmwc.ca.

Member Survey

www.fmwc.ca

The Voice of Canadian Women in Medicine is louder if we speak together.

If you are a savvy social networker, FMWC needs YOU! to join us and help lead this change. For more information, please contact fmwcmain@fmwc.ca

Call or email now - be part of the change.

Congratulations to Marisa

...who was fortunate enough to have won a Vanier Canada Graduate Scholarship (ranked in the top 20 in Canada; worth a total of \$150,000 over three years). Marisa is a MD/PhD candidate working with the Institute for Infectious Disease Research (HDR) at McMaster University.

“The Vanier Canada Graduate Scholarship (Vanier CGS) was created to attract and retain world-class doctoral students and to establish Canada as a global centre of excellence in research and higher learning. It is worth \$50,000 per year for three years.”

Great Job Marissa!





Do you remember: Estelle Mary Stevens ? (nee Heakes)

FMWC National Office



Estelle Mary Stevens

Shortly after midnight, on Tuesday December 4, 2012, Estelle Mary Stevens (nee Heakes), MD, FRCP(C) peacefully died in Vancouver, BC. Surrounded by family in her last months, her love for life was the glue that bound her family together.

Estelle's daughter, Marjorie contacted the FMWC to inquire if the Federation had any information on her mother's involvement with the Federation, beyond what she already knew. Clearly, Estelle was a pioneer for women in medicine, and her journey and life are shared with you in this article based on her published obituary. If you remember Estelle, kindly contact the National Office so that we may provide more history to the family of her involvement with our organization.

Born to Harold Harty Heakes and Mary Belle Heakes on September 19, 1926, she was their second child and their first daughter. Always a stellar student, she seemed destined to become a doctor after her tumble from the roof of the family's garage when she watched how the doctor, nurses and a certain physiotherapist (Eleanor 'Nora' Jane Ely) helped with her recovery. When she announced that she wanted to be a nurse like her mother, she was told to be the one giving the orders rather than the one taking them.

Estelle was accepted into the University of Toronto's Medical School in an accelerated program due to WWII. In entering medical school at that time, she was one of a group of pioneering women who

increased the number of women physicians in Canada and it took the university over 40 years to match the percentage of women doctors graduating through this accelerated program.

While at U of T, she met Arnott 'Pete' Hume MacGregor Stevens, a dashing war vet who was in the year behind her in medical school. While trying to court, these two young student doctors had to grab minutes where they could. As Pete described it, he was always able to have lunch with her in the pathology lab as she waited for her turn to work on a cadaver. They were two of a kind and never lost this ability to eat lunch or dinner as they discussed or watched surgeries, much to their children's horror.

In 1947, her mother passed away shortly after Pete had asked for her hand in marriage. In early 1949, much to the delight of Estelle, Nora became her stepmother and as Nora told it, as soon as she had walked down the aisle as the new Mrs. Heakes, Estelle asked her to organize her own wedding in June. She had delayed her wedding to fulfill her father's dream of having a Dr. Heakes in the family, even if it was for only 24 hours. She married Pete the day after she graduated from medical school.

When asked how she dealt with the constant changes in her life through children, moves, and her medical career, she said that you had to look at life as an adventure.

Pete's career resulted in numerous moves for the family and with each move, Estelle would temporarily put her career on hold to provide her family with stability. She would spend the first six months after each move to help establish her family in each new location. Only then would she continue with her medical career.

They had five children; lived across Canada in Ontario, Saskatchewan, BC, Nova Scotia and Manitoba. The family also lived in London, UK briefly and then in Rome, Italy and in Mehlmen, Germany. She was the rock of our family unit that

allowed us to move from culture to culture and most of all, she was proud of all of us. When the family returned to Canada, she completed her fellowship in 1978 and opened her private practice.

She was licensed to practice medicine in British Columbia in 1951, Ontario in 1953, Nova Scotia in 1963 and Manitoba in 1968. While living in Ottawa, she began to study psychiatry and continued to work in this field, specializing in child and adolescent psychiatry, in Nova Scotia, Manitoba and British Columbia.

She was well known and highly respected within the medical community and served as President of the BC Psychiatric Association for a term.



She was also an active member of the Federation of Medical Women of Canada and attended international conferences in Europe and Asia one of its delegates.

Pete died in 1985 and Estelle concentrated on her painting to help her deal with his loss. She also continued to travel, including a trip to Japan to visit Marjorie that showed her she could travel without her life's companion. However, her most memorable trips were her painting trips to Corsica and Tuscany.

She was a devoted wife who had a partner for life and in her passing she will now be reunited with this love. We, her children, were witnesses to her devotion; we are all so blessed to have been raised by this amazing woman with such a vibrant and caring spirit.

Our condolences to Estelle's Family.



FMWC AGM: The student experience

By: Ms. Robin Kaloty

Thanks to the FMWC's inclusive mandate and generous support, I had the privilege of visiting Halifax, Nova Scotia last September for the 2012 AGM. I gained a rich learning experience from the excellent speaker line-up, networked with the country's most successful women in medicine, and explored a gorgeous Canadian community I had never visited before.

I walked away from the whole experience feeling inspired and proud to be a woman in medicine. I learned how to be great, not just good. I gained tips on the types of people to surround myself with for success. I came to terms with my inner critic. I learned about the important contributions made by our members to up-and-coming advancements in medicine. And, perhaps most importantly, I got to meet and talk to several amazing FMWC members in the flesh! I heard their first-hand accounts of what success as a woman in medicine entails, and how to maintain a healthy work-life balance amidst it all.

I feel lucky to have built connections with such accomplished female physicians from all across the country, which will surely be of benefit as I advance in my education and career. I was relieved to hear about the satisfying and diverse lives these women lead, and was in awe after witnessing their outgoing personalities during the social events. You can have a successful career as a woman in medicine AND maintain a healthy, balanced lifestyle. Who knew?



Furthermore, meeting the key players that keep the federation running successfully and witnessing the major decision-making processes provided me with valuable insight into what further leadership within the FMWC entails. I look forward to continuing with my involvement and contributions to the FMWC as I grow into a resident and eventually a physician.

Attending last year's FMWC AGM was an experience that I will remember and cherish forever. I would like to give a million thanks to the FMWC for maintaining the AGM's accessibility to students like myself with its generous sponsorship, and for developing such a fantastic program. I look forward to attending this year's AGM to build on the incredibly positive experience I've had with the federation thus far.

Robin Kaloty, U of T Student
FMWC Toronto Chapter Student Representative

MWIA Calendar of Upcoming Events 2012 - 2013

March 4 - 5, 2013, New York, NY
Commission of the Status of Women
Topic: Violence Against Women

March 15 - 17, 2013 New York, NY USA
98th Annual Meeting of the American Medical Women's Association at the New York Palace Hotel
www.amwa-doc.org

May 22 - 25, Copenhagen, Denmark
First Global Conference on Contraception, Reproductive and Sexual Health
www.escrih.eu/events/esc-events/2013

May 28 - 30, 2013, Kuala Lumpur, Malaysia
3rd Global Conference of Women Deliver
www.womendeliver.org

July 31 - August 3, 2013, Seoul, Korea
29th International Congress of MWIA
www.mwiasoul2013.org

October 16-19, 2013, Fortaleza, Brazil
World Medical Association General Assembly www.wma.net

October 25-26, 2013, Sao Paulo, Brazil
The São Paulo MEDICAL WOMAN Congress
"Quality of Life of the Woman Doctor"
Venue: Uninove University

MWIA is also on twitter
[@MedWIA](https://twitter.com/MedWIA).

Well Done!

to Drs Dollin and Liao for their publication in
Canadian Family Physician

Half a century of the oral contraceptive pill: Historical review and view to the future Pamela Verma Liao and Janet Dollin Can Fam Physician 2012;58:e757-e760 <http://www.cfp.ca/cgi/content/full/58/12/e757>



Student Perspectives

...from Emerald Lake Retreat 2012

The Calgary FMWC Emerald Lake Retreat of 2012 was an incredibly well-organized and rejuvenating gathering. It was with great fortune that 6 other classmate-colleagues were able to share this experience with me because of the generous support to make the gathering accessible as possible to the student budget. It was also great to meet a network of physicians (in all different fields - psych, family and pediatrics just to name a few) from Calgary and the surrounding area sharing their stories, wisdom, life outside of medicine and good humour. I am very much looking forward to the next opportunity to open dialogue with seasoned physicians and hike beautiful surroundings again! - *With gratitude* , Michelle Chan, FMWC Student Rep



The FMCW retreat at Emerald Lake Lodge was a fun and enriching experience. As a medical student, it was great to meet new friends and colleagues at all different stages of their medical careers, and candidly discuss challenges, and rewarding aspects of being a woman in medicine. It was a beautiful setting, and a memorable part of my time in medical school! - *Julia Saar, Class of 2014*

As a member of the Emerald Lake organizing committee, I got to see the retreat build from the ground up. Through countless hours of work on the part of some very busy physicians, supported by two student representatives, we managed to create a really amazing event! I feel very lucky to have been able to take part in this retreat as a student - it was invaluable to have the opportunity to interact with inspiring women from all areas of medicine, and to get to know classmates better. - *Christine East FMWC Student Representative, Class of 2014*

Save the Date

2013 ANNUAL GENERAL MEETING

Opening Reception—Friday September 27, 2013 7:00 p.m.

Educational Sessions—Saturday September 28 and Sunday September 29

A thought provoking look at “preventive” medical techniques in health care to provide our participants with information to improve their own health as well as that of their patients.

Program objectives: to allow physicians in practice and in training to

- showcase preventive medical techniques across medical disciplines highly relevant to women;
- gain insight into the important role of “Prevention” as part of the physician toolkit;
- improve clinical expertise by providing our membership with learning opportunities they can immediately apply to themselves, their practice and their patients; and
- develop networks between physicians and to foster mentoring between physicians and medical students.

Confirmed Speakers:

- **Dr. Renée Hessian, MD, FRCPC** Cardiologist, Internal Medicine University of Ottawa Heart Institute
- **Dr. Anna Reid, MD** President, Canadian Medical Association
- **Dr. Alison Freeland MD,** RCPSC Psychiatrist, Associate Chief of Psychiatry Royal Ottawa Health Care Group
- **Mr. Joe Schwarcz, PhD** Director McGill Office for Science and Society
- **Dr. Sue Swiggum, MD, FRCPC** Senior Physician Risk Manager
- **Dr. Vivien Brown, MD, MDCM, CCFP, FCFP, NCMP** VP Medical Affairs Medisys Health Group



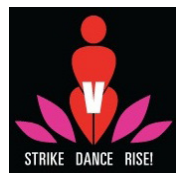
The Westin Hotel in Ottawa

Congratulations !

...to Dr. Shelly Ross who was selected by the Honourable Rona Ambrose, Minister for Status of Women as a non-governmental organization (NGO) delegate on the Canadian delegation to the 57th session of the United Nations Commission on the Status of Women (UNCSD), which will take place in New York from March 4 – 15, 2013.

ONE BILLION RISING

On the 15th anniversary of V-Day, 14 February 2013, ONE BILLION women and those who love them were encouraged to WALK OUT, DANCE, RISE UP, and DEMAND an end to violence against women.



Check it out:

www.onebillionrising.org

ASSOCIATION
MÉDICALE
CANADIENNE



CANADIAN
MEDICAL
ASSOCIATION

Canadian Medical Association
announces new website:
www.medicalfoundation.ca
Twitter Feed (@CdnMedicalFound)



Federation of Medical Women of Canada
Fédération des femmes médecins du Canada

FMWC Membership Application Form

We encourage you to register on-line at: www.fmwc.ca

First Name:		Last Name:	
Address:			
City:	Province:	Country:	Postal Code:
Tel (Office):	Tel (Home):		Fax:
Email Address:			
Specialty:		Areas of Interest:	
Privacy Choices/Directory: <input type="checkbox"/> No, I do not want to share my coordinates, although I realize that I will not be included in event mailings. <input type="checkbox"/> Yes, you may share my coordinates (name, address, email) with other FMWC members. I understand that this information will be included in the Membership Directory (accessible only to viewing by current FMWC members). <input type="checkbox"/> Yes, I am willing to be contacted for mentoring (check all those below that apply): <input type="checkbox"/> Available for students <input type="checkbox"/> Available for colleagues <input type="checkbox"/> By Email <input type="checkbox"/> By Phone <input type="checkbox"/> In Person Meeting <input type="checkbox"/> For Electives <input type="checkbox"/> Preceptorship			
Media: <input type="checkbox"/> Yes, I would be willing to be interviewed by the media on behalf of the FMWC			
Newsletter: The Newsletter will be delivered to all members with email addresses (this is the default) unless you sign up for a paper copy by mail: <input type="checkbox"/> No, I really prefer to have a paper copy			
New Members: How did you hear about the FMWC? _____ A member suggested I join (member's name): _____			
Membership Categories:		<input type="checkbox"/> Full Membership: \$175.00	<input type="checkbox"/> Resident: \$50.00
<input type="checkbox"/> Associate: \$90.00	<input type="checkbox"/> Retired: \$50.00	<input type="checkbox"/> 1 st /2 nd Year in Practice: \$90.00	
<input type="checkbox"/> Out-of-country: \$50.00	<input type="checkbox"/> Medical Student: \$25.00	<input type="checkbox"/> Associate Student: \$25.00	
Membership Dues:	\$ _____ A tax deductible receipt will be sent.		
Maude Abbott Loan Fund Donation:	\$ _____ A tax deductible charitable donation receipt will be sent.		
Maude Abbott Research Fund Donation:	\$ _____ A tax deductible charitable donation receipt will be sent.		
TOTAL:	\$ _____		
Method of Payment:	<input type="checkbox"/> Cheque (Payable to "FMWC") <input type="checkbox"/> BCMA * <input type="checkbox"/> Visa /MasterCard		
Credit Card Number: _____	Expiry date: ____/____/____		
Signature: _____			

* BCMA members must also register via our website to receive full member benefits.



Upcoming Events



1ST ANNUAL CONFERENCE

Ottawa, Ontario | May 3 - 5, 2013

SAVE THE DATE

Menopause Redefined: Building on the Evidence

May 3 to May 5 2013

Fairmont Chateau Laurier Hotel

Ottawa, Ontario



14th Annual Women's Health Care Seminar

Leading Innovation in Medicine

May 2, 2013 • 8:30 a.m. – 4:30 p.m. • Hamilton Convention Centre

Topics include:



Leadership



Cancer Care



Immunization

Leading Innovation in Medicine
May 2, 2013

8:30 a.m. – 4:30 p.m.

Hamilton Convention Centre

The 14th annual Women's Health Care Seminar is complimentary to OMA members, and has been accredited in previous years for CME credits.

To register, visit www.oma.org/AGM,

or

contact Jennifer Csamer

at 1.800.268.7215, ext. 3461,

or

via email (jennifer.csamer@oma.org).



*The Canadian Medical Association
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CANADIAN CONFERENCE ON PHYSICIAN LEADERSHIP

MAY 31-JUNE 1, 2013
VANCOUVER, BC



2013 Canadian Conference on
Physician Leadership
Connecting: An Essential Skill for
Physician Leaders
May 29 - June 1, 2013
Hyatt Regency Hotel, Vancouver

Don't miss out on the amazing PMI
and CSPE pre-conference workshops -
numbers are limited

Why should you attend?

- Acquire new skills that drive results
- Network with peers & share learning
- Practise your leadership skills through interactive sessions
- Stay current - pick up innovative ideas

In face-to-face discussions with
colleagues and international experts,
you will have the opportunity to:

- Acquire a number of communication tools and techniques that will allow you to connect with colleagues, government officials, health authorities and the media
- Discover a variety of skills that will improve your abilities in conflict resolution, social media and negotiation
- Identify the challenges facing physician leaders in the health care system and acquire practical tools to deal with them
- Demonstrate ongoing commitment to physician leadership

Thank You !

Thank you to our generous donors
who supported our charitable funds in 2012:

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Julie Williams*

Maude Abbott Research Fund

MARF complements the existing Maude Abbott Grant Fund and other awards that are given to members of the FMWC. The research grant offered by MARF enhances the mandate of the FMWC to promote the well being of women and women physicians.

Research grants of **\$1,000 to \$2,000** will be given to Federation members for a research in the areas of Women's Health, Education and Promotion.

The application form and details can be found on the website @ www.fmwc.ca

Please contact the national office if you have any questions about MARF or require a paper copy of the application form. The deadline for applications is **June 30, 2013**.

Information regarding the application for the MARF grant:

1. All active members, resident and student members of FMWC may apply for a grant for clinical research, education and promotion of women's health.
2. Topics for research, education and promotion of women's health should be consistent with the goals and objectives of FMWC
3. Applications will be reviewed and grants (\$1,000 to \$2,000) will be awarded by the MARF committee. The number of grants will be subject to the availability of funds
4. Ethics approval will be the responsibility of the applicant. Funds will not be released until FMWC receives written confirmation of research ethics approval.
5. Recipients of the award will present their research findings, or description of educational or health promotion project, at the scientific session of the Annual Meeting of FMWC and/or publish the results in the FMWC Newsletter.



LONDON BRANCH

Activities from July 2012 – December 2012

An informal get-together was held on July 26, 2012 at the home of Dr. Bertrand. This was a combined event between the London Branch of the Federation of Medical Women of Canada and the Women in Surgery Group at The University of Western Ontario. Through this event, we were able to foster and encourage professional mentorship and social networking opportunities for female medical students, residents, and physicians.

News/ changes for the coming year

- An event is being arranged for January or February and we have arranged a guest speaker, Dr. Sarah Jones. Dr. Jones received a traumatic hand injury that nearly ended her career as a surgeon. However, following a series of surgeries and rehabilitation, Dr. Jones has recovered and currently has a surgical practice here in London.

A new Executive Committee is now in place for the London Branch:

President: Dr. Monique A. Bertrand

Secretary: Dr. Debra Bartley

Treasurer: Dr. Jas Jasbir

Resident Rep: Dr. Grace Yeung

Student Rep: Alice Sly

KINGSTON BRANCH

We started off with an OMA meeting which was attended by FMWC members (Medical Students included). It was a talk on the problem of diet /obesity and its complications (in brief).

The Q and A period vibrant and provided food for thought. Our President Dr. Crystal Cannon attended. She took a picture on her Blackberry and mentioned that she had sent it to the Federation Office.

Some of the Federation members came up to me and asked about a Federation get together!

The Students Branch of the Federation put on a "Women in Medicine Evening" on the 29 October 2012. It was sponsored by Queen's University School of Medicine and Our Federation. It was well attended and the students were comfortable asking questions. It was held in the New Medical building. A big thank you to all of the Physicians that helped to make this event possible and provided helpful and practical advice.

They had their first small group session in OB/GYN early December 2012.

The Student Branch of the Federation has put together 8 small group sessions one Physician attending each.

Thanks to the student members of the Federation Jennifer Kwan, Anastasia Prokubovskaya, and Krishin Singh.

Dr. Phoebe Pereira.

FMWC, President Kingston Branch.

CALGARY BRANCH

PRESIDENT: Muriel Solmon

VICE PRESIDENT: Elizabeth Thakkar

Cook, Mingle and Mix

a fun event for students - cooking class at Sunterra - good turn out!

Meeting with Facilitator

Kelly Dowdell - gave us a vision of where we are headed and where our interests lie Kelly Dowdell helped us to ascertain our goals - to reach a consensus- we were taught listening skills to set priorities. She gave us a list of recommendations which the President gave to Kimberley Hogan on her visit to Ottawa in the summer.

Emerald Lake Retreat

Very successful - attended by 41 participants.

Eat Meet go Greek

Welcoming new students - Greek dinner - raffled piece of pottery.

We are not going to Emerald Lake this year - instead we will encourage members to attend National Meeting in Ottawa this September.

UPCOMING EVENTS:

Gyne Meeting

Get Together and have Psychiatrist

Dr. Anitra Mamen speak of her life experiences

Get together to promote Dr Ellie Steins book Speed Mentoring - try to connect specialists with students

Respectfully Submitted,
Dr. Muriel Solomon

TORONTO BRANCH


Events:

- September: Opening event at Mississauga Campus of U of T: Students and Faculty and Members networking BBQ and introduction of FMWC to the new first year class. We now have student members at all levels and our reps are both 4th year and about to graduate as well as second year student, learning about our organization. We also have a first year student, just joining and very motivated, so our future looks promising

- November: Event called "Out of the Box" where we met and learned about hypnosis and acupuncture. Light dinner, at U of T, well attended and most interesting night.

- Spring: planning a Women's Health and Well Being Event. We have a core group of 5 MDs and now 4 students on our organizing committee and we are looking forward to an upcoming planning session.

Respectfully submitted,
Dr. Vivian Brown
Branch President, Toronto



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Burbidge

*To reach one of the Board members, simply email
fmwcmmain@fmwc.ca or call the National Office and your
message will be forwarded to them: 613-569-5881*

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Telephone: 613-569-5881

Fax (new): 613-249-3906

Email: fmwcmmain@fmwc.ca

Website: www.fmwc.ca

Monday to Friday

8:30 a.m. to 4:30 p.m. (EST)



Executive Coordinator

Ms. Kimberley Hogan

Executive Assistant (Mat Leave)

Ms. Sharon Kazakoff



*Do you like the new
design on our door?*