WHAT'S HAPPENING IN AMWA

Volume XIV, Number 2/Spring 1989

Schroeder, Waxman, Smeal to Address Interim Meeting

Come to AMWA's 1989 Interim Meeting and learn the skills you'll need to help AMWA make an impact on national legislation. If you're a branch president, state director, or national past president, you have a special stake in joining our legislative team. Just look at what the Legislative Seminar has in store for you:

- *Health Care Advocacy and Current Health Issues*
  Representative Henry A. Waxman (D-CA)
- *Current Health Issues in Congress of Interest to Women*
  Representative Patricia Schroeder (D-CO)
- *Should You Run for Office?*
  Eleanor Smeal, Fund for the Feminist Majority

This fast-paced program featuring members of Congress and legislative and lobbying experts will be followed by a participatory plenary on Saturday morning. A professional facilitator will help AMWA members set policy priorities and develop strategies for our own legislative agenda. Committees, task forces, and the Board will meet on Friday.

You will also have the opportunity to see AMWA's stunning new national office and meet our enthusiastic new staff. The office relocation was a major goal of our association, involving extraordinary planning, effort, and cooperation. Don't miss this chance to see the immensely successful result—it's a home we can really be proud of.

Of course, there will also be time for relaxation and networking. The legislative program will end with a Congressional reception followed by dessert at our national office. On Friday evening, a special reception will be held at the National Museum of Women in the Arts, and then AMWA members will gather for dinner at the home of Constance U. Battle, MD.

By the end of this Interim Meeting, AMWA will not only have moved to the greater Washington area, we will have *arrived*! If you haven't saved the dates—June 21-24, 1989—do it now! Call 914-946-3059 to register today, and have your Visa or MasterCard number ready. See you on Capitol Hill!

Early Registration Raffle. As a special incentive to register early, all registrations postmarked by May 11 will be entered in a raffle for a gold AMWA pin, valued at $95. Don't delay—register today.

From Your President: AMWA's Board Retreat

The Board of Directors held a retreat January 13-15, 1989, which was attended by 40 AMWA leaders. A great deal was accomplished. Retreat activities of special interest are summarized here.

Membership. Membership development is still our number one priority. A workshop on this subject was facilitated by consultant Jane Pierson with assistance from Constance U. Battle, MD, membership chair, and Regina Sanborn, membership director. AMWA's "persona" was articulated and its appeal to potential members was analyzed. Groups targeted for recruitment this year include minority women, women in the last year of fellowship or training, specialty society members, members-at-large, and single women.

The importance of one-on-one contacts and recruitment was emphasized. Short easy-to-get-across messages for each of the targeted groups were developed: Minority women—"Strength from diversity"; Women starting practice—"Strong networks build strong practices"; Women in the last year of training or fellowship—"Arrive, thrive, survive with AMWA."

The question of how to respond to negative comments from those we try to recruit was discussed. A bouquet of such comments was assembled and will form the basis of a brain-

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President-Elect Susan C. Stewart, MD, left, and Deputy Director Lois Schoenbrun, right, at work at the Board retreat.

AMWA President in Pakistan

President Lila A. Wallis, MD, represented AMWA at the Ninth International Conference on Health in Lahore, Pakistan in December 1988. Her trip illustrates AMWA networking on an international level. Dr. Wallis was invited to speak by the Alumnae Association of Fatima Jinnah Medical College, one of the conference cosponsors. The president of the alumnae association is Sarwat Malik, MD, founder and first president of AMWA Branch 65 in Rochester, New York. Dr. Malik, who served as chair of the scientific program in Lahore, ascribed the huge success of the conference to her AMWA training.

Dr. Wallis addressed more than 300 physicians, and the women among them cheered when she suggested they organize a Pakistani women's medical association and join MWIA. In addition to her speech at the inaugural session, Dr. Wallis also lectured on osteoporosis, cervical cancer, and Cornell University's Teaching Associates Program.

During her stay in Lahore, Dr. Wallis was the guest of Syed Amijad Ali, former Pakistani ambassador to the United Nations. This was the result of another AMWA connection. Mr. Ali is a friend of Barbara Bartlik, MD, president of AMWA Branch 14.

At the end of the International Conference on Health, Dr. Wallis journeyed to Peshawar in northwestern Pakistan to lecture on osteoporosis at the Khyber Medical College. Here, a special treat was in store for the American visitors. They were escorted by the Khyber Rifles to the Khyber Pass, now off limits to civilians and tourists due to the fighting in Afghanistan.

The last leg of Dr. Wallis's trip took her to India, where AMWA connections once again paved the way. Friends and relatives of Satty Keswani, MD, were there to greet and guide her. The success of this trip proves that the arms of AMWA networking reach around the globe.

Dr. Wallis, standing, addresses the International Conference on Health; Dr. Malik is seated extreme right.

Mark Your Calendar

June 21-24, 1989	**AMWA Interim Meeting** Hyatt Capitol Hill Washington, DC
July 7-31, 1989	**President's CME Trip** Egypt, Kenya
August 25-27, 1989	**Region IV Conference** Butler State Park Carrollton, Kentucky
September 3-8, 1989	**MWIA 21st Congress** Seoul, Korea
October 25-29, 1989	**AMWA Annual Meeting** Beverly Hilton Hotel Los Angeles, California
TBA 1990	**Region I Conference** New England
TBA 1990	**AMWA Interim Meeting** New Orleans, Louisiana
TBA 1990	**AMWA Annual Meeting** Philadelphia, Pennsylvania

FROM YOUR PRESIDENT, *continued*

storming session at the Interim Meeting. The goal: a list of at least 20 appropriate responses.

Osteoporosis. With the help of AMWA's publicist Linden Berry, Osteoporosis Task Force Co-Chair Ruth Ann Fitzpatrick, MD, and myself, Board members were trained to speak on osteoporosis to audiences of general practitioners, patients, and the public. The training consisted of a series of participatory workshops using a modified set of slides from the National Osteoporosis Foundation, provided by Norwich Eaton. Ms. Berry gave individual attention to Board members who wished to manage the media on the topic of osteoporosis. In addition, a preliminary videotape summarizing controversies in osteoporosis (based on the seminar held in Chicago) was aired for feedback, corrections, and additions.

All these workshops were very well received. A similar session for all AMWA members will be offered at the 1989 Annual Meeting in Los Angeles. Rosalind Shorenstein, MD, the other co-chair of the Osteoporosis Task Force, and I used the slides again at the January 28th Region XII Conference in Newport Beach, California in a workshop entitled "Speaking to your patients on osteoporosis."

Award Winners. Candidates for the Elizabeth Blackwell and Camille Mermod awards were considered. The Elizabeth Blackwell medal is the highest award given by AMWA to a

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LEGISLATIVE ALERT

AMWA Moves to Protect Reproductive Choice

Following more than 20 years of national resolutions in support of reproductive choice, AMWA's Board of Directors resolved to become involved in the escalating struggle to retain safe, legal abortion. The Board voted to: 1) draft a position paper on reproductive choice, 2) sign onto an amicus curiae (friend of the court) brief in the upcoming case before the Supreme Court, and 3) join the April 9 march on "Women's Equality—Women's Lives."

The renewed national effort in support of a woman's right to choose was sparked by the U.S. Department of Justice's request that the Supreme Court hear a 1986 Missouri case, *Webster v Reproductive Health Services.* The Justice Department has specifically asked the Court to use this case to overturn *Roe v Wade*, the 1973 decision making abortion legal. Although many attempts to restrict and outlaw abortion have been made in recent years, 1989 may be the year —and *Webster* the case—that will give anti-abortion forces their first clear success. At press time, the Court was scheduled to hear the case in April.

The Missouri law, which was struck down by a federal appeals court, includes the usual prohibitions against using public funds to pay for abortions or abortion counseling, but goes on to formally state that life begins at conception. It would also require physicians to perform viability tests before aborting pregnancies of 20 weeks gestation.

These restrictions, besides limiting a woman's reproductive choice, also strike at the heart of the doctor patient relationship and interfere with the ability of the physician to order appropriate, indicated tests and procedures for a patient. AMWA will be signing onto the main medical amicus curiae brief, which is being written by the AMA and joined by ACOG, the APA, AAP, and ANA, among others.

Dozens of AMWA members also participated in the April 9 demonstration in Washington, DC. The march brought more than 300,000 women to our nation's capital in a strong display of support for reproductive choice.

AMWA members and friends march behind our banner.

Notes from the Legislative Chair

With our national headquarters now located in the greater Washington area, AMWA is poised to launch its legislative program. The first part of that effort will take place at the upcoming Interim Meeting, June 21-24. The Legislative Seminar will offer a "how to, when to, why to" contact your Congressional representatives. A good beginning would be for every Interim Meeting participant to schedule a visit with her representatives and senators during her stay in Washington. If you have never done it, lobbying can be inspiring. Our elected representatives are much smarter than they are frequently portrayed, and I guarantee that you will be the smartest, most respected and articulate lobbyist they will see all day.

A special invitation to attend the legislative seminar has gone out to state directors. Plans are underway to delegate to them the important task of recruiting local members and organizing them into a powerful lobbying group. With this kind of network in place, AMWA will be able to generate national letter writing campaigns on bills that need our attention as they are introduced. Remember, members of Congress *do* respond to letters on your own stationery and in your own words.

—*Barbara W. Thulin, MD*
Legislative Committee Chair

FMLA Needs Help

The Family and Medical Leave Act of 1990 (HR 770) has moved quickly through committee in the House of Representatives. It was reported out on March 8, 1989 with two new amendments and changed only slightly from last year. Your representatives **need to hear from you now**—especially if you live in Alabama, Arkansas, Florida, Georgia, Louisiana, Maine, Nevada, New York, North Carolina, Oklahoma, Pennsylvania, South Carolina, South Dakota, Tennessee, Texas, or Virginia. Send letters to House of Representatives, Washington, DC 20515.

STUDENT SENATE

Building Toward Leadership: The AMWA Model

Leadership training is a major component of AMWA's strategic plan, and is one from which students can benefit tremendously. Leadership skills enable one to turn crises and challenges into opportunities; they must be built on a foundation of efficient and effective management skills, and can be applied equally well to running a medical practice, an AMWA branch, a household, or a Fortune 500 corporation.

At the 1988 Annual Meeting in Chicago, a large group of physicians and students attended a daylong workshop sponsored by the Leadership Task Force. Aimed at building personal and professional skills, the workshop coached participants in several specific areas, and provided an extensive take-home workbook for future reference and additional reading. For those of you who attended, review this article to renew your enthusiasm and determination to manage your hectic lives effectively. When chaos seems imminent, browse through your workbook for true inspiration. For those who didn't get a chance to join us in Chicago, this is an overview of some important concepts. Ask yourself how you can apply them to your life, and assess your strengths and weaknesses. Then, keep your eye out for leadership training workshops at future national and regional meetings.

- An important component of all interpersonal relationships is assertive behavior, by which a person stands up for her legitimate rights without violating the rights of others. Leaders are assertive, not aggressive; they are able to make requests of others, and are able to say "no" when necessary.
- To improve time management, construct a timeline of your life, then set priorities among your commitments according to your current position on that line. Plan what you're going to accomplish during each day and over the long term.
- Leaders must be able to communicate their visions. Practice public speaking skills as often as possible, and in any context.
- Successful meetings depend on careful planning and systematic organization. Written agendas should be circulated before every meeting. Learn parliamentary procedure! *Roberts' Rules of Order* is available at bookstores; even rudimentary skills can create order out of chaos so that issues can be addressed.
- When negotiating, analyze, plan, *then* discuss. Separate the people from the problem and focus on interests, not positions. Before trying to reach agreement, invent options for mutual gain and insist on objective criteria.

Future and present AMWA leaders at all levels should apply their skills within the context of AMWA's three-pronged leadership model:

1) *Thinking strategically: Shaping the organization's vision.* Formulate long-term goals, then set priorities and stay focused on them.

2) *Building the constituency: Empowering members.* Base leadership on action and dialogue, rather than on command and control. Continually recruit and nurture future leaders.

3) *Managing change: Linking diverse stakeholders.* Draw members into a coalition that meets their varying interests.

— *Katherine Schneider*
Columbia University

Student Activities Update

Innovative programs, lectures, and functions that fulfill the needs of AMWA's student members add to the success of each branch. Regional coordinators polled current student branch presidents about recent successful activities. The response was so good that we've had to divide the update into two; we report here on Regions I through VI and will follow with Regions VII through XII in the summer newsletter. We hope that these synopses will give student branches new ideas for planning similar functions.

Region I: Students from the University of Massachusetts, Tufts, Boston, and Harvard Universities attended a physician sponsored panel and buffet on "Choosing Your Specialty." An April seminar/workshop on leadership strategies was attended by students from the region.

Region II: Cornell University Medical College hosted an AMWA student regional conference focusing on "Hot Issues in Residency" (new hours, maternity leave, etc.) and on developing leadership skills for life, career, and within AMWA. Columbia University AMWA members sponsored a humorous Valentine's Day card/condom sale. Valentine cards with condoms enclosed were sold to augment branch funds.

Region III: At the Medical College of Pennsylvania, students sponsored several programs including "Women in the Healing Arts," a lecture series on women in alternative forms of health care. MCP also hosted the regional conference last April and sponsored a mentor lunch where student members met informally with women physicians in different specialties.

Region IV: Northeastern Ohio University College of Medicine planned a panel discussion with practicing physicians and first-year residents (both male and female); the theme of the discussion was "Transitions." NEOUCM also has a support group, which discusses topics such as "Failures and Setbacks" and "Prepar-

Message from the Director of Students

AMWA created the national and regional coordinator positions and mandated student member representation on all standing committees and task forces. The bylaws provide for a student senate meeting at least twice a year to give student members a chance to discuss their own issues. Students in AMWA have extraordinary opportunities for involvement at all levels of the organization, starting with student branches up to the regional boards and then on to the national level. A commitment to a national position is a serious and time consuming yet a very challenging one. Although most appointments are for one year, the opportunities for learning and growth cannot be overestimated.

Recruiting and retaining student members must be a continuing goal for all AMWA members, student *and* physician. Nurturing and developing our student members into leaders, however, must be spearheaded by the Board, committee chairs, and task force leaders. Students must not be viewed as transients and a burden to bear; they must be respected. Remember, we were *all* students once and must never lose their perspective. Committee chairs must include students in their communications and the students must, in turn, show a commitment to their work. Recognizing students' leadership abilities is rewarded by their continuing involvement in committee and task force work. We have already seen some of the fruits of our labor, former national student coordinators are now in national and board positions. Some students who were instrumental in landmark resolutions have seen the evolution of task forces as a result.

The 1989 Interim Meeting in Washington, DC offers students an excellent opportunity to attend a legislative workshop and to meet legislative leaders. The National Boards should be over by then, so plan on being there. This is also an early call for the Annual Meeting in Los Angeles, October 25-29. Make plans now and consult the meeting and calendar guide for details. We are keeping student needs in mind—activities, workshops, housing, meals, fees, etc—to make the meeting affordable for all of you. It is not too early to ask for funding from your schools and to get fundraising projects off the ground. I look forward to seeing you all in both Washington and Los Angeles.

—Lillian Gonzalez-Pardo, MD

ing for Academic Review Committees."

Region V: The University of South Carolina branch is working on a project with the Public Health Service researching the high neonatal fatality rate in the state. The University of Florida branch has started a journal club and is involved in a research study of how AIDS issues affect medical students' residency and career choices. The East Carolina University School of Medicine annually volunteers to assist with "Breast Cancer Awareness Day" and raises funds by selling school sweatshirts.

Region VI: Branches at Michigan State University College of Human Medicine and the College of Osteopathic Medicine jointly hosted a regional conference and sexual assault workshop presented by Jeanne Arnold, MD. Loyola University's Stritch School of Medicine has potluck lunches with area physicians and discusses such topics as specialty choices and lifestyle after training.

— Gerrie Gardner
COMP

AWHS Travel Grant

Last year's recipient of the AWHS Travel Grant wrote, "I am anticipating the realization of a dream I have had for a long time—practicing medicine in an underserved and culturally rich part of the world." To help make dreams like this a reality, the AWHS Travel Grant contributes to transportation costs for women medical students pursuing studies in off-campus settings that serve the indigent and medically neglected.

The grant is awarded to a national AMWA member who is in her final year of a traditional four-year U.S. medical school (students in other years may be considered) or who is a resident spending no less than three months and no more than one year in a sponsored program that serves the medically needy. The program must be sponsored by a medical school or an outside agency, or, if there is no sponsor, it must be a program for which your school takes responsibility and provides academic credit.

Applications for travel in 1990 are being accepted. For details about this opportunity and to request an application form, contact Marie Glanz at the national office: AMWA, 801 North Fairfax St, Suite 400, Alexandria, VA 22314; 703-838-0500.

Deadline Reminder

The deadlines for two other AMWA student programs are coming up. Essays for the Glasgow Award ($1,500) are due May 15, 1989, and papers for the Carroll Birch Award ($500) are due June 30, 1989. For details of each award see the Winter 1989 newsletter or call Marie Glanz at the national office.

AMWA
The American Medical Women's Association
We care about your love and your life.

This is the "Valentine Wish" Columbia University AMWA members sent in their card/condom sale fund raiser.

Membership Recruitment Needs You

Attention psychiatrists and obstetrician/gynecologists: AMWA needs your help recruiting members at the annual meetings of your specialty societies. AMWA's Membership Director Regina Sanborn will be in San Francisco May 7-10 for the APA meeting and in Atlanta May 22-24 for the ACOG meeting—plan to spend some time with her in the AMWA booth.

Ms. Sanborn's first promotional trip of the year—she took the AMWA booth to the annual meeting of the American Academy of Pediatrics in Orlando, Florida in March—was successful. "The response was good," said Ms. Sanborn. "Many women physicians stopped by the booth and most showed a real interest in AMWA."

The key to this kind of recruitment is the one-to-one contact. "AMWA members who scheduled time at the booth at the AAP meeting made a big difference," she said. "There's real potential for AMWA among specialty society members—one of the groups targeted for this year—if AMWA members participate in recruitment."

PRESIDENT'S PAGE

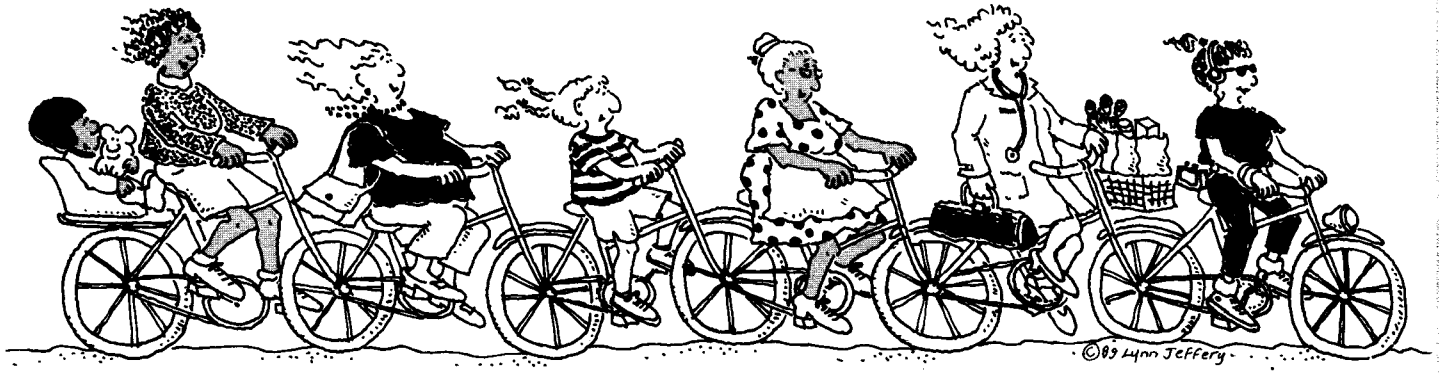
woman doctor who has done most for women physicians and women's health. The 1989 Elizabeth Blackwell medalist is Helen Dickens, MD, professor emeritus of obstetrics/gynecology and associate dean for minorities at the University of Pennsylvania School of Medicine. Dr. Dickens is a black woman physician with more than 50 years in medicine. Her two major contributions to women's health are in the areas of Pap smear education programs and the establishment of a clinic for pregnant teenage girls that stresses parenting skills for expectant mothers and fathers. The Camille Mermod award is given to a nonphysician who has done most for AMWA. The 1989 Camille Mermod Awardee is Jane Williamson, the managing editor of *JAMWA* and AMWA's newsletter.

Board Reorganization. The need for Board reorganization was first articulated in 1987 and Eden Kavanagh, MD, and her incredible committee have been hard at work to outline a proposal that would decrease the number on the Board to 20, all elected.

The Board retreat offered an opportunity to discuss the restructuring proposal in depth. The issues are complex and the Board applauded Dr. Kavanagh and her committee for a logical approach to the task. More work and discussion will follow. The committee will take one aspect of the proposal at a time, probably starting with the nominating process.

Members with interest and/or experience in and knowledge about other boards of directors are invited to contact Dr. Kavanagh at 518 North Halifax Ave, Daytona Beach, FL 32018.

— *Lila A. Wallis, MD*
President



THE CYCLING WOMAN

A Multidimensional Approach to Hormone and Life Cycle Issues

American Medical Women's Association

74th Annual Meeting

October 25-29, 1989
Beverly Hilton Hotel
Los Angeles, California

AMWA's 74th Annual Meeting offers a unique mix of programming that will provide an experience you won't soon forget: a scientific plenary on the problems and dilemmas of woman's cycling nature; receptions, lunches, and dinners to facilitate networking and mentoring; practical workshops on everything from leadership to fundraising. And the entire meeting has been shortened to fit into a long weekend format so that many more busy physicians, residents, and medical students can attend. Register today (before September 13) and save $50 off the cost of a full registration (regular members only). Call 914-946-3059 and have your VISA or MasterCard number ready.

Bulletin Board

Nominations, Resolutions Due

The Nominating Committee will convene at the Interim Meeting in June to draft a slate of candidates for national office for 1990. If you would like to nominate yourself or a colleague, the candidate's CV must be received by May 15. Offices open in 1990 include president-elect, vice-president, secretary, treasurer, councilor of professional development, director of students, and MIT representative.

The Resolutions Committee invites resolutions on issues of concern to women physicians. In order to be printed in the House of Delegates Workbook, resolutions must be received by July 15, 1989. Send nominations and resolutions to AMWA, 801 North Fairfax St, Suite 400, Alexandria, VA 22314.

AMWA on Safari

Join AMWA President Lila A. Wallis, MD, and Jean Fourcroy, MD, for 15 days in Egypt and the game parks of Kenya. Earn CME credits while visiting the ancient wonders of Egypt as well as Africa's magnificent wildlife. The educational program, "Women's Health 1989," will feature visits to local health facilities and meetings with government health officials. Scheduled for July 7-21, 1989, the tour is priced at $3,499 double occupancy (add $459 for a single room). The tour fee includes round-trip airfare to and from New York City, deluxe accommodations, all sightseeing, and most meals. Contact International Marketing Tours, 676 Winters Ave, Paramus, NJ 07652; 201-967-0880.

Bed and Breakfast Volunteers Needed

"It was a wonderful experience. What a great membership benefit." This kind of response to our Bed and Breakfast program is made possible by our volunteers. Once or twice a year, a volunteer member may be asked to host a medical student traveling for a residency or job interview or a physician who is attending a conference and wants to share her stay with another AMWA member. The brief time—one, two, or, at most, three evenings—spent hosting an AMWA member is an enriching experience for both host and guest.

How does it work? As a volunteer, you will be called by Marie Glanz and given the name of a member who will be traveling to your city. Only if the dates are convenient and you agree will the AMWA member be given your phone number. She will call you directly to make arrangements.

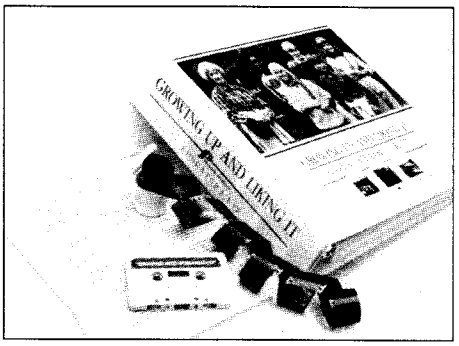
Please add your name to our volunteer list. We need you to continue a program that contributes to our unique association of women physicians and medical students. Just complete the form below and send it to Marie Glanz, AMWA, 801 North Fairfax St, Suite 400, Alexandria, VA 22314. If you have any questions call Marie at 703-838-0500.

Name _____
Address _____
City _____ State _____ Zip _____
Phone/Office _____ Home _____
Preferred Phone _____ Office _____ Home Specialty _____
If you live in a suburb or rural area, please provide the name of the nearest major city and its distance from your home: _____

Promote Your Book/Video

Once again AMWA will offer members the opportunity to display books and videos they have created in a special booth in the exhibit hall at the 1989 Annual Meeting. One copy of the work and order forms or other promotional information should be marked AMWA Meeting/Hold for Arrival and sent to Beverly Hilton Hotel, 9876 Wilshire Blvd, Beverly Hills, CA 90210, or brought to the meeting directly. Please write "Display Copy" on all pieces.

New Product Approved



Growing Up & Liking It is a new series of educational materials that tells today's preteens what they need to know about puberty in a way they can understand and accept. It was reviewed and accepted by AMWA. The comprehensive in-school program uses student booklets, filmstrips, posters, worksheets, and teachers' guides to tackle the emotional, social, and biological issues of puberty from the student's point of view. Personal Products, a Johnson & Johnson company, is offering the program free to every elementary and middle school in the country.

FAMWA on the Move

Help newly elected FAMWA President Sean Callan, MD, revive Friends of AMWA. Encourage your friends, family members, and significant others to join—dues are a mere $10 annually. If you would like to get involved with FAMWA, call Dr. Sean Callan at 312-680-7918 (h), 815-385-6400 (o).

AMWA MEMBERSHIP APPLICATION

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (HOME) _____ (WORK) _____

MEDICAL SCHOOL _____ GRAD YEAR _____

SPECIALTY(S) _____

LICENSE(S) _____

SPECIALTY BOARD CERTIFICATION(S) _____

MAIL TO: **AMERICAN MEDICAL WOMEN'S ASSOCIATION**
801 NORTH FAIRFAX ST., ALEXANDRIA, VA 22314

- ☐ Regular Member $135
- ☐ Member-In-Training $50
- ☐ Student Member $40 four years including subscription to Journal
- ☐ Check Enclosed
- ☐ VISA/MC #

_____
($40 minimum charge)

Exp. Date _____

- ☐ Local Dues

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Lila A. Wallis, MD, President
Eileen McGrath, Executive Director
This issue prepared by Jane Williamson

WHAT'S HAPPENING IN AMWA

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