

Sue's News

Springing Forward March 2019

Hello everyone,

Sorry to mention the S-word.

It must be Spring somewhere just not here in Alberta! I have lots to share this month but the English part of me has to begin every conversation with the weather!

On the subject of evocative words and the natural world - please read on.



"Once upon a time, words began to vanish from the language of children. They disappeared so quietly that at first almost no one noticed—fading away like water on stone. The words were those that children used to name the natural world around them: acorn, adder, bluebell, bramble, conker—gone! Fern, heather, kingfisher, otter, raven, willow, wren... all of them gone! The words were becoming lost: no longer vivid in children's voices, no longer alive in their stories."

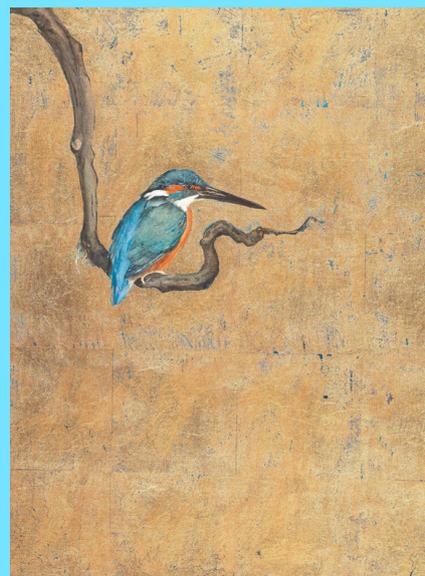
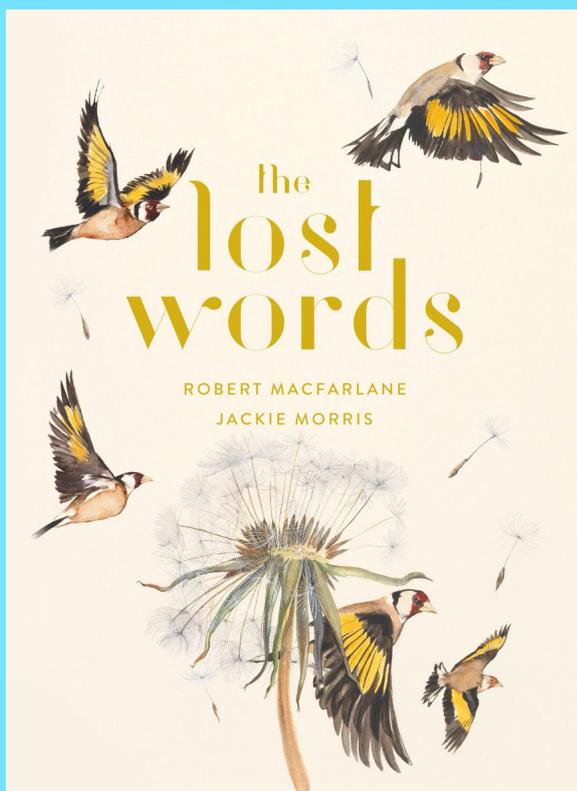
"Among the words taking their place were attachment, blog, broadband, bullet-point, cut-and-paste, and voice-mail".

Created in response to the removal of these commonly used words from a well known children's dictionary, **The Lost Words** is an exquisite book of "spell songs" intended to be read out loud.

Written by Robert Macfarlane and illustrated by Jackie Morris.

More on her website [HERE](#).

Her bio is [HERE](#). At the bottom of that page there is a link "alternative biographies". Fun to read and also got me thinking about my what my alternative biography might include.



Protest can be beautiful

Jackie Morris

otter

otter

Otter enters river without falter – what a supple slider out of holt and into water!

This shape-shifter's a sheer breath-taker, a sure heart-stopper – but you'll only ever spot a shadow-flutter, bubble-skein, and never (almost never) actual otter.

This swift swimmer's a silver-miner – with trout its ore it bores each black pool deep and deeper, delves up-current steep and steeper, turns the water inside-out, then inside-outer.

Ever dreamed of being otter? That otter underwater thunderbolter, that shimmering twister?

Run to the riverbank, otter-dreamer, slip your skin and change your matter, pour your outer being into otter – and enter now as otter without falter into water.



Jackie Morris reads "otter" while painting [HERE](#)

A group of otters on land are rather wonderfully called a romp!

A group hanging in water is a raft and there is always room for another otter to join so no one drifts away or drowns.

A Raft of Otters has become an iconic image of support for women in medicine working to change medical culture.

Dr Dara Kass speaks on the topic at FemInEM 2018 [HERE](#)

A "Tweertorial" by Dr Esther Choo [HERE](#)





Me Do you think maybe I could be part of the on call physician support line?

Ellen Mum, you've been a listening ear for your colleagues & residents for years. Why don't you be a Voice instead?

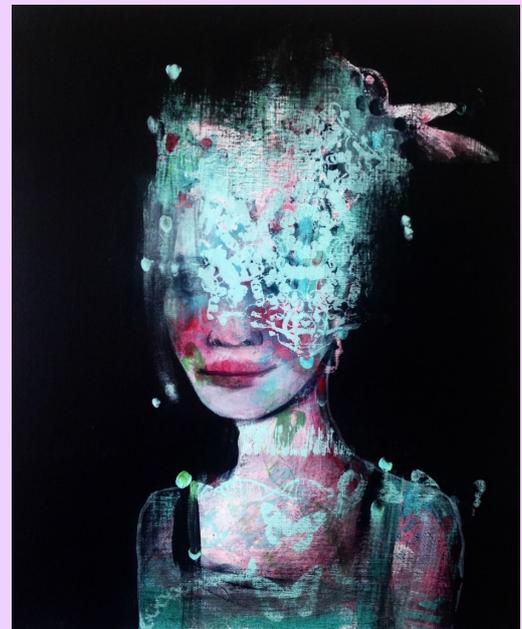
OK then

Sue's Outside Voice

To the men in medicine who silenced me
ignored me abused me bullied me frightened me
dismissed me excluded me diminished me
threatened me shouted at me swore at me
laughed at me belittled me
supported and encouraged me.

I resented you and bitched about you
listened to you laughed with you flattered you
smiled at you agreed with you excused you
tolerated you fed you forgave you
supported and encouraged you.

It's time for change.



Sophie Mckay Knight

**Women are not inherently passive or peaceful.
We're not inherently anything but human.**

Robin Morgan

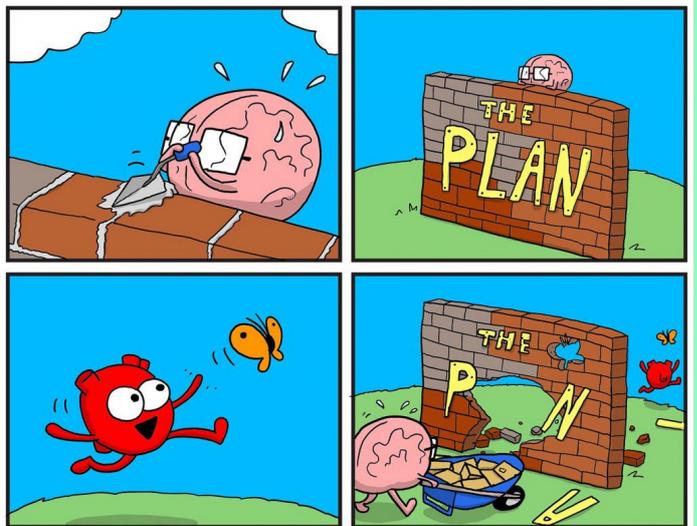
From the Twitterverse!



You know who you are!

Joke of the day 3/11/19
How do you handle metronidazole?
Carefully... because it's Flagy! 😊

@MUSCSurgery



theAwkwardYeti.com



Sue's Views



Editorial.

VOLUME 393, ISSUE 10171, P493,
FEBRUARY 09, 2019

Feminism is for everybody.

"Today The Lancet publishes a theme issue on advancing women in science, medicine, and global health, with the aim of showcasing research, commentary, and analysis that provide new explanations and evidence for action towards gender equity.

This theme issue is the result of a call for papers that led to over 300 submissions from more than 40 countries.

The overwhelming conclusion from this collection of work is that, to achieve meaningful change, actions must be directed at transforming the systems that women work within—making approaches informed by feminist analyses essential."

Overview of this initiative from The Lancet [HERE](#)

The contents of this landmark issue and abstracts are [HERE](#).

The theme issue was launched in London with an all day meeting. And yes, I have watched the whole thing! It is a masterclass in strong women presenting their work and views without apology. Many of them Canadian. Full video [HERE](#)

In case you don't have a spare 6 hours you can find Dr Gigi Osler CMA President in the first pm session around point 3.05



13:00 Session 2: Institutional barriers to retention and advancement
Chair: Imogen Coe, Ryerson University, Canada
@ImogenRCoePhD

Panellists:
Nahla Gafer, Khartoum Oncology Hospital, Sudan (@Nahlazzahra)
Behrouz Nezafat Maldonado, City Sunderland Hospitals, UK (@behrouzn)
Nana Odom, Royal United Hospital Bath, UK (@Nanaodom82)
F Gigi Osler, Canadian Medical Association, Canada (@drgigosler)
Elizabeth Viglianti, University of Michigan, USA (@L_VigliantiMD)

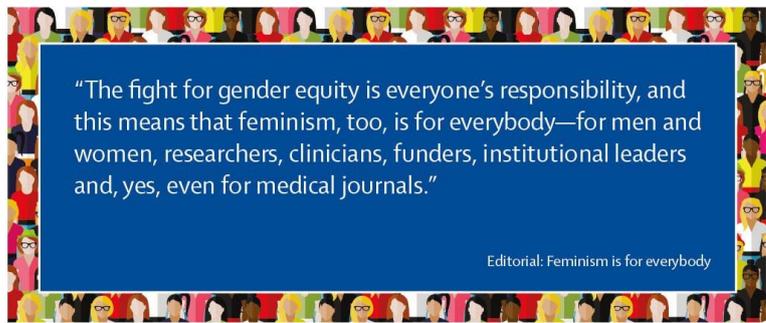
#LancetWomen

THE LANCET
The best science for better lives

To be 'feminist' in any authentic sense of the term is to want for all people, female and male, liberation from sexist role patterns, domination, and oppression.

bell hooks

Sue's Views



THE LANCET

The best science for better lives

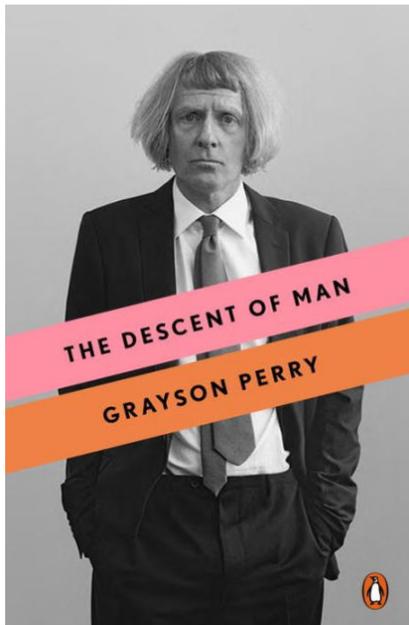
Dr Jocalyn Clark is the Executive Editor of The Lancet and Dr Richard Horton is Editor-in-Chief.

Dr Horton gives an enthusiastic and entertaining 10 minute talk at about 5.57 in the video [HERE](#) Well worth watching!

He outlines male culture in the UK as "clubbability" meaning members of clubs that exclude women. He also looks forward to a "new narrative that replaces rogue masculinity with progressive feminism where men are welcomed and can be standard bearers in Science, Medicine and Global Health."

More thoughts about masculinity in general from the artist Grayson Perry.

"Grayson Perry's timely, entertaining book explores how rigid masculine roles can destroy men's lives" Matt Haig in The Guardian [HERE](#)

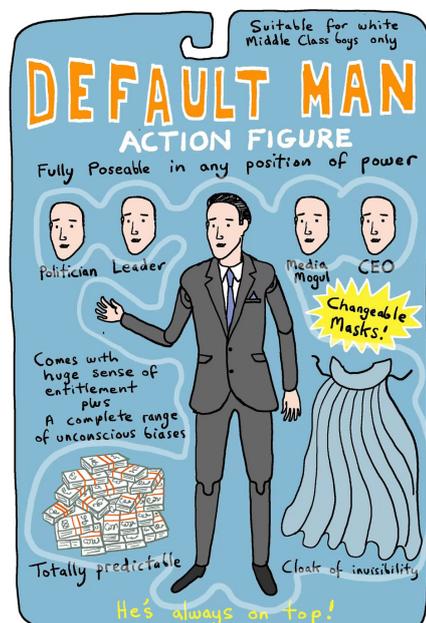
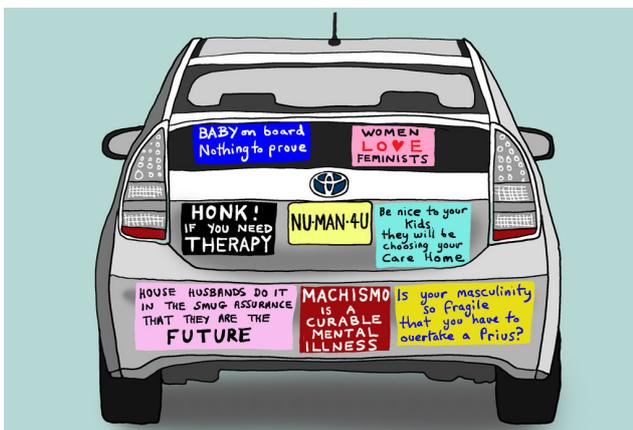


Men's rights

- The right to be vulnerable
- The right to be weak
- The right to be wrong
- The right to be intuitive
- The right not to know
- The right to be uncertain
- The right to be flexible

The right not to be ashamed of any of these

Grayson Perry, The Descent of Man



Sue's Views

TIME'S UP

Takes on Sexual Abuse and Discrimination in Healthcare. From experiencing assault in dark corridors of the ER, to feeling like **“the operating room is the locker room,”** women in medicine are speaking out as part of Time's Up and demanding safe, equitable workplaces, now.”

Launch story Feb 28 including the accounts below [HERE](#)

Men in medicine speak out about harassment in TIME'S UP Healthcare Allies Video [HERE](#).

TIME'S UP
HEALTHCARE

I stand with TIME'S UP Healthcare
for a safe, equitable, and dignified
healthcare workplace.

#TIMESUP #TIMESUPHC

“Healthcare can’t afford to have toxic environments.”

Photo by Steve Craft

“

If you can't solve the problem, you feel like you have no voice and no advocate, then you leave.

I was watching women leave jobs they had trained so hard for, for so long — in all fairness at the cost of debt and their twenties — and I didn't want them to leave. I thought there was a better way.

Dara Kass, MD
Founding Member of TIME'S UP Healthcare,
Assistant Clinical Professor of Emergency
Medicine Columbia University

Read the full *InStyle* Magazine story at
instyle.com/times-up-healthcare-launch

TIME'S UP
HEALTHCARE

“

So, you know what this was all about, right?"
I said no, I didn't. He replied, "I am very interested in you. If you would be my girlfriend—" This might be a good time to mention that he was married, so he was saying "girlfriend" and meaning "mistress." But anyway, "If you would be my girlfriend, I can help you out, too. I can pay for your loans," he said.

He was so well respected and important to the program that I felt like if I told anyone what happened, they'd find a way for me to be in the wrong. I only told two male co-residents, who both urged me not to say anything because they thought he was the best teacher in the program and they didn't want him getting in trouble.

QUOTE FROM INSTYLE MAGAZINE ARTICLE:
**My Married Boss Offered to Pay Off
My Med School Loans — if I Slept With Him**

TIME'S UP
HEALTHCARE

“

There is a culture in healthcare, especially in nursing, that no other field would tolerate. It is a mindset that says caregivers are supposed to take absolutely everything they are given from patients, because patients are vulnerable. In other words, patients can scream and call me names, they can grab me inappropriately, they can tell me they want to “f— the scrubs off of” me, and all I can do is remain professional, report it to the charge nurse, and let it go.

This work environment would never fly anywhere else. It's time that it stops flying here.

QUOTE FROM INSTYLE MAGAZINE ARTICLE:
**For Nurses, The “Patient's Always Right”
Attitude Opens the Door for Abuse**

TIME'S UP
HEALTHCARE

No one told me, and my boss and organization were fine undervaluing my contributions and keeping me in the dark. It is like I was let in the door and allowed to be an orthopedic surgeon, but the guys still have the power because they have a network. They have someone else saying to them, "Hey, hey did you know this," or "make sure you ask for this." I did not have that. I had no mentor; no leaders invested in my career development.'"/>

“

I would say to myself, “I am here. They let me in.” The second part of that thought was even more naive: “They let me into their club. So, they can't really be discriminating against me.”

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QUOTE FROM INSTYLE MAGAZINE ARTICLE:
**In My Medical Specialty, You Have to Be
“One of the Guys” to Get Ahead**

TIME'S UP
HEALTHCARE



How did I miss Edmonton's interactive Happy Wall? [HERE](#)

Thanks to Dr Kim Kelly for braving the freezing cold to create this message and for sharing her photo.

International Women's Day is Friday March 8.

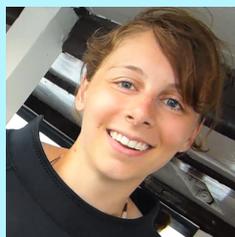
This year's theme is BalanceforBetter supporting creation of a gender balanced world. Website [HERE](#)

Check out [#dancerevolution](#) and post a video if you want to dance for joy on [#IWD2019](#).



Celebrating IWD2019 I want to recognize and thank Dr Mamta Gautam and Dr Shahina Braganza for their friendship and support, and for keeping me afloat when I forget how to swim.

And my daughter Ellen - the central Otter in my Raft.



Let's be kind to each other, & kind to ourselves.
Let's build each other up,
and in so doing build ourselves up.
There is no more powerful empowerment
than that which comes from empowering others.

Dr Shahina Braganza

PS.

Just when you thought I was done

Super cute Otter Pup

1 minute clip [HERE](#).

Thank you so much for reading,
All good things, Sue

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