

# Country Connections



## President's Report

by Amber Moynihan, President, RMFN Victoria

The year is rapidly coming to a close. This year has been a busy one with three mentoring workshops, networking luncheon, and some divisions running family days which were funded by RMFN.

Our bursaries have been used by spouses for various projects, and some use has been made of the crisis counselling. The careers counseling has also been used.

July saw Gina and I travel to Tasmania to join with the other states to show case the work of the different RMFNs. It was a successful meeting and the position of national President has now passed to South Australia.

I would like to thank Gina for the extra work she did in support of the National RMFN, whilst I was President.

The annual RDAV Conference was held in Melbourne in conjunction with ACRRM and RDAA. Gina and I were on the planning committee for the event. The number of spouses and children attending the event was low and meant that some of the planned events had to be cancelled. Gina ran an exhibition booth.

I would like to wish you a Merry Christmas and New Year.

Have a relaxing break with your families.



*Gina Lambe, CEO RMFN, arriving in Tasmania.*

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### INSERTS

- Expression of Interest for Spouse Weekend Forum 2010
- Contact list update

### NEXT ISSUE

Your contributions will be most welcome until our deadline of 1st March 2010.



# regional news

## Goulburn Valley

### Chicago

Fifty-seven guests stepped outside general practice for a night of murder, greed, corruption, violence, exploitation, adultery and treachery.....

A Chinese banquet, and theatre tickets to the musical Chicago was the next instalment on the social calendar for GPs in the Goulburn Valley.

Members and partners feasted on traditional Chinese cuisine at Shark Fin House, in Melbourne's Chinatown before entering Her Majesty's Theatre.

Chicago, a universal tale of fame, fortune and all that jazz; one show-stopping-song after another; and the most astonishing dancing you've ever seen.

A toe-tapping time was had by all and members still want more!

Many thanks to the RMFN for their grant to subsidise this event.



### Dralion

The Goulburn Valley Division continues to provide quality social and networking opportunities for members.

On Sunday 7 June, 2009, 50 guests, consisting of GPs, partners, family and friends, travelled from Shepparton by coach to see the dynamic performance of 'Dralion' performed by Cirque du Soleil.

It was pleasing to see everyone relaxing and spending time with family. The day allowed time for a quick lunch and shop around the Docklands precinct prior to entering the big top.

Defying the laws of nature, Dralion was a celebration of life and the four elements that maintain the natural order: air, water, fire and earth. The audience was lead to dream and extend their imagination during this outstanding performance and story.

Members rated the day as fun, social, entertaining and value for money as it was generously subsidised by the Division and the RMFN grant.

*Both reports by Melissa Dobson  
GVGPs - CPD Coordinator*



*Dr Emmanuel Ndukwe with his daughter on the way to see 'Dralion'.*

## Mobile friend or foe

Most of us have at least one mobile phone. We also give them to our children.

How much data should we keep on them?

When we delete a photo or data are they still there?

The answer is yes, the phone makes extra copies around the phone memory card.

Is it possible to overwrite the data?

Yes, there is a commercial product zerofill which helps overwrite it.

If you smash your SIM card the forensics can recreate the SIM by the data saved in the handset. Also by sticking the SIM together again.

Can people spy on you from your handset?

Yes, if someone gets hold of your hand set they can install software that can listen to your calls and read your text messages.

## Improving your phone security

Switch on the handset security setting that requires a PIN.

When giving your phone away you can download a programme to clean the data up.

You can download a software programme which you access at a remote point to make it make a loud noise, great if you lose it.

If your phone is a company phone the employer has the right to check the data on it.

The company has the right to send the phone to have its data retrieved.

## So is your phone friend or foe!

*Article provided courtesy of Amber Moynihan.*



Not regretting the office Christmas party...

With Christmas fast approaching, employees across Australia are turning their attention to the office Christmas party season.

Almost everyone can remember a Christmas party where someone did something they later regretted. Some people were maybe a little too enthusiastic on the dance floor or the karaoke machine. Others were maybe a little too quick to give the boss some new ideas about how to run the business. Sometimes though it can be something more serious. Countless employees have landed themselves with a sexual harassment complaint after they behaved inappropriately at the office Christmas party.

More often than not, the people involved in these incidents have been drinking. More often than not, they have been drinking too much.

We all know that alcohol affects your judgment. What many people don't realise though is that the rules that apply in the office also apply at the Christmas party. Unwanted sexual advances at an office party are just as serious as in the workplace, and can lead to disciplinary action and even dismissal. Think about whether your behaviour would be acceptable in the workplace, and if it wouldn't be, don't do it.

Try to make sure you don't live to regret the office Christmas party. Know your limits and make sure you stick to them.

Converge International wishes you all the best for a happy and safe holiday season.

If you struggle to keep your alcohol intake in check, you might find counselling helpful. Our experienced counsellors can help you with practical tips and guidance to enable you to keep in control while still having a good time. If you would like to arrange an appointment, freecall anytime on 1800 337 068.

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Freecall 1800 337 068

[www.convergeinternational.com.au](http://www.convergeinternational.com.au)

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# photoboard

## Rural Medicine Australia 2009

The annual conference of the Australian College of Rural and Remote Medicine and the Rural Doctors Association of Australia. This year, welcomed the participation of the Rural Doctors Association of Victoria and the Rural Medical Family Network.

Held over 29<sup>th</sup> October to 1<sup>st</sup> November at Rydges Hotel Bell City in Preston, Melbourne.

Conference participants enjoyed the post-Welcome drinks BBQ sponsored by the RMFN where they were entertained by 'Crazy Pete' the Magician.

RMFN Victoria displayed various brochures and marketing material at one of the Exhibition Booths, whilst also promoting the National RMFN with information from some of the other states. It provided the opportunity to inform interested delegates about RMFNs support to rural medical families.



*GP Registrars seeking information at the RMFN booth.*



*Mark and Jane Zagorski, Sue Cunningham, Mike Moynihan and Andrew Cunningham.*



## Recipe Corner



### Mince Pies

The medieval mince pie, or "chewette", actually contained liver or chopped meat mixed with boiled eggs and ginger. Dried fruit and sweet ingredients would be added to the chewette's filling for variety.

By the 16th century 'mince' or shred pie was considered a Christmas speciality, but in the 17th century Oliver Cromwell made the eating of mince pies on Christmas Day illegal. (This law was voted fourth most ridiculous British law in a 2007 poll.)

In the mid-17th century the liver and chopped meat was replaced by suet and, by the 19th century, meat products were no longer generally used in the 'mince'. (Courtesy of Wikipedia.)

To make yummy mince pies, try this recipe at:  
<http://www.cuisine.com.au/recipe/christmas-mince-pies>

### Christmas Cheer

#### Sparkling Burgundy & Cranberry Punch

- 1 1/4 cups cranberry juice
- 1 cup white sugar
- 1 black-leaf teabag
- 125g raspberries
- 250g hulled & quartered strawberries
- 125g blueberries
- 2 cups ice cubes
- 750ml bottle sparkling burgundy

Combine cranberry juice and white sugar in a small saucepan; stir over low heat until sugar dissolves. Bring to boil; remove from heat. Add black-leaf tea bag, stand for 15 minutes; discard tea bag, cool tea.

Combine raspberries, strawberries and blueberries in a large jug. Stir in ice cubes and cranberry mixture; refrigerate 2 hours.

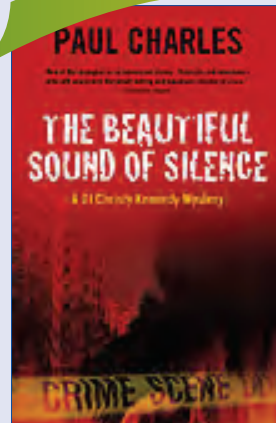
Stir in sparkling burgundy before serving.

**Serves 8** (makes 2 litres)

Source: *The Australian Women's Weekly Christmas*, 2009,

## Book Reviews

by Amber Moynihan



### The Beautiful Sound of Silence

Written by  
Paul Charles

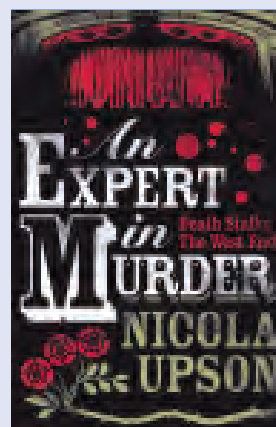
Published by  
Brandon

This is the latest Paul Charles book about Detective Inspector Christy Kennedy.

If you like a murder mystery this book is for you. It is set in North London in around Camden town and Hampstead. As the author resides in the area he is able to capture the ambience of the place.

The murder takes place on Primrose Hill on Guy Fawkes Night. DI Kennedy has to investigate the murder at the college. Charles holds your attention by twists and turns of the investigation.

An enjoyable light read.



### An Expert in Murder

Written by  
Nicola Upson

Published by  
Faber

This book is set in London 1930's with the backdrop of West End Theatre.

The plot is cleverly constructed to keep one guessing who done it. She highlights the jealousies and betrayals of the theatre and contrasts it with the consequence of World War I.

A top read.



## CEO's Report

by Gina Lambe, CEO, RMFN Victoria

Since writing in our last newsletter, RMFN has relocated to a 'virtual office' with a Collins Street, Melbourne address. The move from the RWAV offices took place at the end of September. From our member's point of view, nothing has changed except our office telephone no. Our fax and postal address still remain the same. The new office telephone no. is (03) 8610 6318.

### GP Family Networking Events

Goulburn Valley has been proactive and held two events which are reported on the Regional News pages.

RMFN would encourage other divisions to hold events and if you as a member have a suggestion for such an event or would like to assist in the organisation of an event, please either make direct contact with your division or give me a call on (03) 8610 6318.

### Rural Medicine Australia 2009

This was the joint conference of ACCRM and RDAA which included the annual Rural Doctors Association of Victoria (RDAV), held at Rydges Hotel Bell City in Preston, Melbourne from Thursday 29<sup>th</sup> October to Sunday 1<sup>st</sup> November 2009.

RMFN prepared a program for spouses/partners and children however, as is often the case when conferences are held in Melbourne, the conference did not attract families and it was necessary to cancel the program.

RDAV plans to go 'rural' again next year and information about this will be available early in 2010.

If you have suggestions about the sort of family program you would like RMFN to organise please

contact the RMFN office, or send an email to [gina.lambe@rmfn-vic.com](mailto:gina.lambe@rmfn-vic.com)

### RMFN Spouse/Partner Education and Training Grants – Round 13

The guidelines and application form for Round 13 will be accessible early in January on the RMFN website [www.rmfn-vic.com](http://www.rmfn-vic.com).

Closing date for submissions is 11<sup>th</sup> March 2010.

### RMFN Spouse Weekend Networking Forum 2010

It is proposed to hold a networking weekend for spouses in the first half of 2010.

Expressions of interest are sought in this newsletter.

### Contact details

It is important to keep your contact details current on the RMFN database and therefore I would encourage you all to complete and return the enclosed contact sheet. In particular, email details appear to change constantly nowadays and it is often one of the most critical contact details to keep current.

Little did I think I would be writing this to you from hospital. However, due to a recent loss of footing I was unfortunate enough to fracture my hip – hence, a total hip replacement. The six-week recovery period will be up on Boxing Day... fortunately for me this year my daughter is hosting Christmas lunch and tea!

I look forward to catching up with many of you early in the New Year and in the meantime wish you and your families every happiness for the Festive Season.



*NRMFN Group pictured L to R: Gina Lambe (Vic), Amber Moynihan (Vic), Wendy Williams (WA), Todd Fergusson (NSW), Sandy Hammett (SA), Gillian Smith (Qld) Monika Tropiano (WA), Eunice Horne (Tas), Bev Naiker (Tas), Scott Mackay (Qld), Liz Wragg (NSW).*

### National RMFN Annual Meeting 2009 – Launceston, Tasmania

This year's National RMFN meeting was held at the offices of General Practice Workforce Tasmania and provided an opportunity for RMFN Tasmania ex-committee members to attend for the first time in three years. We were delighted to welcome Bev Naiker and Eunice Horne.

Others attending were: Monika Tropiano and Wendy Williams from RMFN WA; Gillian Smith and Scott Mackay from RMFNQ; Todd Ferguson and Liz Wragg from RMFN NSW and Sandy Hammat from RMFN SA; as well as Amber Moynihan and Gina Lambe from RMFN Vic.

Julie Lecons from RMFN SA was unable to join us this year. However, given her nomination to National President, Julie joined by teleconference for a short time and accepted the nomination.

We thank GP Workforce for their hospitality and the NRMFN Committee looks forward to its annual meeting in 2010.



**NEW PHONE NUMBER**  
**(03) 8610 6318**



## Who to Call

### RMFN Committee

#### President

Amber Moynihan 5033 1870

#### Members

Michelle Bensley 5658 1513

Lynn Griffiths 0428 831 637

Deborah Jones 5529 5232

Magdy Shamaly 0412 868 068

#### Chief Executive Officer

Gina Lambe 9349 7806

### Useful Contacts

Beyond Blue 1300 22 46 36

Kids Help Line 1800 55 1800 (freecall)

Lifeline 131 114 (cost of local call)

Mensline Australia 1300 78 99 78

Suicide Prevention Crisis Line (02) 9331 2000

## Dates for Your Diary 2010

### Mallee Division / RMFN GP Family Networking Event

Sunraysia Resort  
24 February 2010

Check website for latest details  
[www.rmfn-vic.com](http://www.rmfn-vic.com)



## Counselling Services

### Telephone Counselling FREECALL 1800 337 068

#### Converge International

24/7 We are there for you

Converge International, a not-for-profit and fully independent organisation, has been operating since 1960. It has the wellbeing of people and their families still at the heart of all we do.

The growing clouds of depression, stress, addiction, conflict, bullying and unethical corporate behaviour are just some of the challenges our team of over 300 experts help manage every day.

#### Career Counselling

This service is available to the families of general practitioners working in rural Victoria. Secondary students, tertiary students and mature age people are eligible to have consultations with a careers counsellor by telephone, over the internet or in person.

The service is provided by a career counsellor from Box Hill Institute (BHI) in Melbourne.

Please contact the RMFN Office on (03) 9349 7806 to obtain contact details or further information.

VDHP is a confidential and compassionate service for doctors and medical students with health concerns including stress & anxiety problems, substance use disorders, mental health disorders, any other health problems, including physical health concerns.



Telephone 9495 6011

Aikenhead Building,  
Level 8, 27 Victoria Parade, Fitzroy, VIC 3065.



## Bush Crisis Line 1800 805 391

Confidential 24 hour freecall telephone counselling and debriefing service for remote and rural health practitioners and their families.