



A MESSAGE FROM THE PRESIDENT

A warm welcome to the second quarter of 2022.

Robert Ingersoll said "we rise by lifting others". This past quarter has seen MWAZ finally launch the mentorship program that saw the pairing of 30 mentors to 45 mentees. The mentors are MWAZ senior doctors/ dental surgeons who volunteered to nurture and pass on skills to the younger generation. We are excited and looking forward to hearing great stories that will come out from this great program.

Thank you to Dr. Deanna Saylor for the mentorship training she conducted at the start of the program.

The MWAZ Sisters Keeper program continues to provide a safe place for our members to call when victimized, stressed, harassed, depressed, anxious or just feeling under the weather. It simply means having someone to talk to who is just one call away.

Three weeks ago, MWAZ went international and paid a visit to Nigeria and managed to meet the President of the Medical Women's Association of Nigeria (Lagos Chapter). It was an amazing opportunity of networking with the international community.

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MWAZ doctors continue to hit the airwaves on CAMNET TV every morning at 07:00hrs as they raise awareness on various health topics. These are broadcasted across Zambia as well as surrounding countries. Catch up more on the CAMNET TV programs through the links posted on our page.

Last month, I was privileged to meet Dr. Catherine Muyeba, a consultant psychiatrist and addictions specialist based in the UK, who visited briefly for holiday. Among the many things we discussed, was the need for an aggressive recruitment drive of MWAZ members in the diaspora. We would love to thank all those who paid their subscription as the funds raised helped us do many activities some of which are in this newsletter. According to our constitution, one is not considered a MWAZ member unless they are fully paid up.

We invite those who have not done so to join this great sisterhood by paying subscription and be available to share your knowledge and unique skills for the benefit of all.

Remember, we are stronger together and together, we can do so much more.

Dr. Cheswa Vwalika,
President,
Medical Women's Association of Zambia..

ECHOES OF DETERMINATION



Songiwe Chiluba's story echoes determination and resilience. She lost her parents at a young age and was raised by her grandfather. He was a medical doctor and he became her source of inspiration.

The passion breathed in her saw Songiwe take up leadership roles during her early days. She was a member of the Junior Engineers, Technicians, and Scientists (JETS) club. She rose through the ranks and served at the helm as president of the Kabulonga Girls Secondary School JETS club and won various prizes.

To this day, she attributes her success to her grandfather for being there for her during difficult times. Being an epitome of consistency and sheer brilliance, She continued to forge ahead on this innovative path and was top of her class throughout her training at the University of Zambia School of Medicine.

Earlier in her sixth year, Songiwe engaged in research and was provided with a platform to develop further by the Young Emerging Scientists (YES) Zambia. This exposure and recognition made it able for her to do presentations at some national conferences in the country.

She is motivated by the fact that solutions are not very far from us humans and hence, there is need to look within ourselves if we are to solve our problems.

she recently graduated and now holds a Bachelor of Science in Human Biology (Bsc.HB). and a Bachelor of Medicine and Surgery (MBChB).

Dr. Songiwe Chiluba aspires to become a paediatric neurosurgeon because she believes this embodies her strengths and passion.

As a young lady in science, She believes that girls and women have what it takes to take up any tasks that may be presented to them in any field as long as they are determined to take up that role/ career path.



2022 INTERNATIONAL WOMEN'S DAY CELEBRATION

On Tuesday, March 8th 2022, the World celebrated International Women's Day under the theme "Gender equality today for a sustainable tomorrow".

MWAZ joined thousands of Women from various organizations and marched from the University of Zambia grounds up to the Agriculture showgrounds in Lusaka.



Apart from participating in the march, MWAZ, in collaboration with the University of Zambia clinic, set up a Covid-19 vaccination booth where awareness and vaccination services were offered to the public. Thank you to Dr. Clementine Watula and her team for their assistance.

The turnout from the members was very impressive. It was a day filled with joy and laughter, and made it able for members to catch up with old friends and create new relationships.



CBU-SOM INTERNATIONAL WOMEN'S DAY CONFERENCE



The Copperbelt University School of Medicine(CBU-SOM) organised a conference on 4th March, 2022 to commemorate this year's International Women's Day.

The sole purpose of this event was to inculcate the **"I can do it attitude in young women in the medical field"**. The event was attended by inspirational women in the medical field and MWAZ was privileged to be in attendance represented by Dr Patricia Mutale.

Among the issues tackled were family and career balance for a young female in the medical field, a woman as a researcher and leveraging various opportunities in the medical field. Another interesting presentation on self care was given by an expert in Social Sciences from the CBU-SOM.

The role of MWAZ at this event was to inspire young upcoming medical women into being aware of this noble association and the benefits that come with belonging to it. Dr Mutale, a Senior Resident Medical Officer under Ndola District Health Office highlighted the origin of MWAZ in her speech and the significance of belonging to the association. The importance of women supporting women and being a sister's keeper was emphasised. She gave many examples of MWAZ members that broke the bias and took up roles and leadership positions that were otherwise previously dominated by the male counterpart.

With great pleasure, the students were given a platform through which even while still undertaking their studies, they could still be a part of the association and on top of that be mentored throughout their studies by members that have various experience and expertise.

MWAZ IN NIGERIA



In April 2022, 20 Zambians received an invitation to attend a 4-day Catholic ceremony at the International Sanctuary of Jesus in Elele, River state, Nigeria. The team comprised of 7 medical doctors (4 of which are MWAZ members), 6 University students, 3 entrepreneurs, an engineer, a nurse, a teacher and a banker.

This gathering of 70 000+ Christians from over 30 countries across the world made it possible for new interactions with other business professionals to form connections, seek advice and learn new things. This experience was described as incredible, mind blowing, eye opening, uplifting, extraordinary and very informative.



The team met Reverend Father Professor Emmanuel Edeh, an extraordinary priest who has founded schools, orphanages, hospices, universities, hospitals and also runs several companies that produce bottled water, drinks, wines, tissue paper, soaps etc.

Father Edeh asked MWAZ to write a proposal that will make it possible for medical students to study at the Madonna University on full sponsorship.

Other exciting opportunities include a chance for Zambian doctors to go to the medical school as visiting lecturers.

MWAZ MEETS MWAN



Dr. Cheswa Vwalika, the MWAZ President was among the 20 who visited Nigeria. During her stay, She met the President of the Medical Women's Association of Nigeria (MWAN) Lagos chapter, Dr. Ibironke Sodeinde. She learnt that Nigerian women face similar issues such as Gender Based Violence (GBV). Dr. Sodeinde with her MWAN team have been producing plays which raise awareness on Gender Based Violence.



Dr. Vwalika also met Dr. Lara, another MWAN member in Lagos, Nigeria. They shared best practices and lessons on how best to run the associations. Nigeria has many elderly retired female medical doctors and dental surgeons and MWAN Lagos recently initiated the "adopt a doctor campaign" in which an elderly doctor is paired with a younger doctor so as to maintain communication between the generations.

Dr. Vwalika shared the MWAZ Mentorship program and Sisters Keeper that MWAN is planning to adopt. The two associations plan to collaborate and network in future.

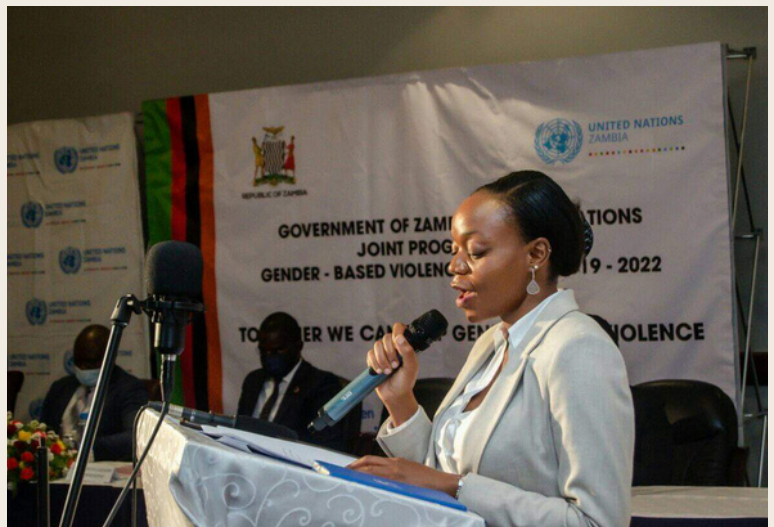
THE GIRLS IN STEM AGAINST GBV SUMMIT



The Girls in STEM against Gender based Violence (GISAG) summit was held on 14th April, at Cresta Golfview Hotel in Lusaka, Zambia.

The summit was hosted by the Zambia National STEM Foundation, in collaboration with the Government of the Republic of Zambia (GRZ)-United Nations (UN) Joint Programme on Gender Based Violence Phase II led by the Gender Division.

The theme of the summit was to "empower Girls to achieve economic independence through STEM Education to fight against Gender Based Violence (GBV)".



The MWAZ Vice President, Dr. Mah Asombang spoke on Sexual Health Education as a mode of preventing the risk of Gender Based Violence, advocacy for Human Rights and empowering the young girls.

The objective of this event was to equip approximately 80 girls from the rural areas of Central Province with information and skills STEM to fight against Gender Based Violence (GBV).



MWAZ HITS THE AIRWAVES



MWAZ has partnered with CAMNET TV, a community broadcasting network to raise awareness on various health matters.. Topics covered so far are non-communicable diseases, emergencies in the home, Covid-19, Cholera, Polio, Congenital Heart Diseases, oral health, adolescent sexual reproductive health etc.

Recordings are made every Sunday afternoon. These are edited and aired as separate 10-15 minutes sessions from Monday to Friday during the CAMNET Breakfast show which runs from 07:00hrs to 08:00hrs every morning.



We hope more of our members will take up the challenge and be part of this amazing team.

MWAZ MENTORSHIP PROGRAM LAUNCHED



Mentoring is the act of taking someone less experienced under your tutelage and helping them to grow. on 30th April, MWAZ finally launched the mentorship program which saw the pairing of 45 mentees to 30 mentors. In healthcare, mentorship is crucial. Studies show that those with a mentor are able to achieve more, are better equipped to handle the stress of what they are going through and are also prepared to mentor others when the time comes. It can be a rewarding experience for the mentor and the mentee and at the same time, it can be challenging. In order to get the most out of the mentorship program, a mutually beneficial relationship based on respect, trust and open communication should be built.

The program will hold weekly webinar's on various topics. The first topic was personal branding; etiquette, appearance, time keeping, dress code, respect for seniors/ elderly. All thanks to our speakers; Dr. Jane Mwamba Mumba, and Dr. Mulaya Mubambe-Mwanza, Obstetrician Gynaecologists for the great meeting, knowledge and insights they shared. These sessions are held every Saturdays from 18:00hrs to 19:00hrs for the next three months. The mentor- mentee pairs have started communicating via different platforms. Above is Dr. Bushimbwa Tambatamba and Dr. Muchenelah Chibasa on their first meeting. We look forward to hearing more exciting stories and experiences during this program.

MWAZ SISTER'S KEEPER

THERE IS NO GREATER
AGONY THAN BEARING AN UNTOLD
STORY INSIDE YOU.

Maya Angelou

As women, our default setting is to look after the needs of everyone else and we often forget and ignore our own. As a fraternity of strong Zambian Females who have been given the mandate to take care of the nation in our capacity as doctors, we recognize the need to promote self care and the need to be there for each other by embracing the spirit of sisterhood by being each others' keepers.

A key goal of MWAZ is to encourage and empower its members to achieve their greatest potential, as well and lead a meaningful and fulfilling life. This is best achieved if we actively help each other keep afloat mentally, spiritually, financially, emotionally, physically and socially.

The MWAZ Sister's Keepers initiative is meant to provide its members with that line to call when stressed, overwhelmed, harrassed, victimised, depressed, anxious or just feeling under the weather. At the same time when overjoyed, promoted, had a baby, completed a program or bought a new dress. It's simply someone on hand to talk to anytime you may need to.

We are grateful to our members who have volunteered to be in the first cohort of sisters keepers and we encourage anyone to reach out using any of the numbers they feel comfortable calling. As doctors we are not immune to the pressures of the world, and we will respond as humans.
Everyone needs someone.

Be assured that it's confidential and its safe and it comes to you with love.

MWAZ SISTERS KEEPERS..IT'S A SISTER, A PHONE CALL AWAY.



MWAZ SISTER'S KEEPER

**NEED TO TALK TO
SOMEONE?
DON'T SUFFER IN SILENCE
A SISTER IS ONLY A CALL
AWAY**



- Dr. Veronica Mulenga, Peads -0954239812
Dr. Nita Besa, Chainama, Lusaka -0977809888
Dr. Mah Asombang, CIDRZ, Lusaka -0961875975
Dr. Sarah Nshimbi, Lusaka -0966487838
Dr. Catherine Muyebe, UK - +447961574210
Dr. Cheswa Uwalika, Lusaka -0966823176
Dr. Munalula Mukatimili, UTH -0979882537
Dr. Dorothy .K. Mutti, Lusaka -0977634346
Dr. Kangwa Mugamya, UTH -0977795461
Dr. Angel Chirwa, UTH -0967261284
Dr. Christine Mutelo, Maina Soko -0977477196
Dr. Nancy Mupinga, UTH -0975886468
Dr. Catherine Mwaba, CDH -0978915650
Dr. Enelesi Lungu, Kitwe -0966481873
Dr. Bwendo Nduna, Ndola -0966183841
Dr. Francisca Bwalya, Chainama -0977114122
Dr. Jane Mumba, Ndola -0977757274
Dr. Thandiwe Tembo, Lusaka -0977650526

ALWAYS THERE FOR YOU



UPCOMING EVENTS

- MONTHLY WEBINAR

MWAZ holds monthly webinars to discuss various health issues affecting girls, women and their families.

- MWAZ MENTORSHIP GET TOGETHER

MWAZ will be holding a mentorship get together for mentors and mentees. Date on this exciting event to be communicated.

- MWIA

The Medical Women's International Association (MWIA) conference is scheduled for 24 to 26th June 2022 in Taipei, Taiwan themed, "Young women Young Doctors: Our inspiration Our Future".

- ANNUAL GENERAL MEETING

The MWAZ AGM will be held in June/ July. Date to be announced

- STEM CONFERENCE

MWAZ in partnership with STEM foundation will hold the 1st WOMEN IN HEALTH in July at the Taj Pamodzi Hotel in Lusaka, Zambia. Date to be announced.



For more INFORMATION visit:

Facebook: @officialmwaz

Twitter: @MWAZ_Zambia

email: mwaz.zambia@gmail.com

MWAZ SUBSCRIPTION

**Pay your 2022 MWAZ subscription.
It's very **easy!****

HOW?

ABSA Longacres Branch

Medical Womens Association of Zambia #017-1539536

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HOW MUCH?

Doctors - K500/year Medical Students - K100/year

NOTE!

- You will receive a receipt within 7 days of payment
- The receipt will include your new membership number
- A list of fully paid up members will be published monthly
- We encourage all subscriptions to be paid by 31st March,
- For queries, email mwaz.zambia@gmail.com or sms/contact +260 977 129 802



Let's touch more lives this 2022! **#STRONGER TOGETHER**

for more INFORMATION visit:

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Members in the **DIASPORA**
Pay your 2022 MWAZ subscription.
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HOW?

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1. Go to <https://www.worldremit.com>
2. Follow instructions on the website
3. Add Reference (Full names)
4. Send funds to **+260977129802 (Faith Simushi)**
5. Send the Proof of Payment (POP) and your email address to **+260977129802**

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Let's touch more lives back home this 2022! **#STRONGER TOGETHER**

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