

MWIA centennial teasers



1919 – 2019

INTRODUCTION

As Chair of the Public Relations subcommittee, it has been a blessing and a great pleasure to serve alongside a dedicated team of subcommittee members for the actualisation of some innovative initiatives. I owe them a special debt of gratitude for their invaluable assistance.

One of the innovations was to invite members to send in fabric designs measuring 14 inches by 14 inches, and unique to their countries. We received entries from 25 countries. The fabric squares will be tied firmly to one another to make a collage as a symbol of our unity, sisterhood and diversity and we invite you to visit the exhibition area at the Centennial Congress to see the actual fabric collage on display. Our immense thanks go to the Legacy Center Archives and Special Collections, Drexel University College of Medicine in Philadelphia, who have offered to display the collage in their archives after the Centennial ceremony.

Another innovation has been the monthly release of teasers in the run-up to our Centennial celebration. The teasers were designed to entice members towards active participation in the upcoming Centennial. I must give the credit for the idea of monthly teasers and for sharing them on our web page mwia.net and on Facebook, to our President, Prof Bettina Pfleiderer.

The first teaser was a competition, amongst our members, to design a centennial scarf with the emergence of the winning scarf from Italy. We are looking forward to seeing members adorned with the scarf at the climax of the Centennial celebrations in New York from July 25th to 28th and subsequently at all MWIA related events.

The second category of teasers was 23 mouthwatering recipes from MWIA members, all over the world. We encourage you to try out some of the exciting recipes.

Another set of teasers were the decade historic teasers that chronicle the history of MWIA over the one hundred year period.

I would like to acknowledge the indefatigable team of volunteers who contributed in one way or the other to the different categories of teasers and whose names appear in the table of contributors.

We extend our gratitude to our Secretary-General, Dr. Shelley Ross, for disseminating the teasers to regional Vice Presidents who in turn, shared them with their national associations in their regions.

As with most innovative ideas of this nature, it has been a challenging as well as an exciting and rewarding venture. We pray for an even more memorable 100 years ahead.

I now invite you to savour the following chapters of the book, and the display of creativity by members of the Medical Women's International Association.

Long live MWIA!



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2	OCTOBER 2018	Recipe	Nigeria	Yvonne Bouwari Dabota	Naa Adorkor Sodzi-Tettey
		1 st and 2 nd Decade		Bettina Pfleiderer	
3	NOVEMBER 2018	Recipe	Brazil	M Maite Sevillano	
		3 rd Decade		Sarah Khalid Khan	
4	DECEMBER 2018	Recipe	Australia	Marjorie Cross	Naa Adorkor Sodzi-Tettey
		Fabric collage	Robyn Hewland New Zealand Designed by Esther Nitschke	Eleanor Nwadinobi	
		4 th Decade		Bev Johnson and Sarah Khalid Khan	
5	JANUARY 2019	Recipe	France	L' Association Française des Femmes Médecins	Naa Adorkor Sodzi-Tettey
		Fabric collage	Vandana Walvekar Usha Saraiya India	Eleanor Nwadinobi	
		5 th Decade		Sarah Khalid	
6	FEBRUARY 2019	Recipe	USA	Alyssa Brown	Naa Adorkor Sodzi-Tettey
		6 th Decade		Bev Johnson	
7	MARCH 2019	Recipe	Korea	Republic of Korea	Naa Adorkor Sodzi-Tettey
		Fabric collage	Tenin Sanogo Mali	Bettina Pfleiderer ¹	
		7 TH Decade		Yvonne Dabota Buowari	
8	APRIL 2019	Recipe	Thailand	Piyanetr Sukhu	Naa Adorkor Sodzi-Tettey
		Recipe	Italy	Antonietta Vanini	Naa Adorkor Sodzi-Tettey
		Fabric collage	Pattariya Jurarat Thailand	Bettina Pfleiderer	
		8 th Decade		Vetty Agala	
9	MAY 2019	Recipe	Wales	Amanda Owen	Naa Adorkor Sodzi-Tettey
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¹ Credit for translation from French to English

				Glas	Tettey
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		9 th Decade		Rachel Walter	
10	JUNE 2019	Recipe	India	Kamal Hazari	Naa Adorkor Sodzi-Tettey
			Italy	Dott.ssa Maria Gabriella Piccinini	
		Recipe	Mali	Tenin Sanogo	Naa Adorkor Sodzi-Tettey
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		10 th Decade		Danielle Samuel	
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MWIA Historic Teasers

1st Historic teaser: the first 20 years of MWIA (1919-1938)

1919 was a historic year in several ways. The Treaty of Versailles was signed to end world war 1. Nancy Astor became the first woman to sit in the UK House of Commons. The first Distinguished Service Medal was awarded to a woman and senate passed the Women's Suffrage bill. 1919 was also a time when only America, Britain, India and Japan had female medical women associations and in many countries women were still not allowed to study medicine. During the first congress of women physicians in New York, on October 19, 1919, the 140 participants from 16 nations stressed their wish to form an International Association. Twelve participants were chosen by ballot to form a committee to make up a constitution for the **new association which was officially formed on October 25, 1919** at the Waldorf Astoria hotel. Esther P. Lovejoy was chosen to be the first President.



Esther P. Lovejoy 1922



1919 International MWIA Congress, Geneva, Switzerland,

About 200 women from 15 Nations joined immediately after it was founded. In 1924, the number of members risen to nearly 2000 and by 1926, 14 national associations had been formed.

The first MWIA meeting was held on October 25, 1919 in New York, the second meeting in Geneva, Switzerland with 80 women from 14 nations attending and the third meeting was in London, July 1924. The first meeting under the new constitution was held in London, and is therefore referred to as *the first MWIA Congress*. Subsequent congresses were held in Paris 1932, in Stockholm 1934 and Edinburgh 1937. In 1934, the MWIA Northern European Regional Group was formed in Stockholm.

MWIA presidents following Dr. Lovejoy were Lady Florence Barret (1924-1929), Dr. Lasthénie Thuillier-Landry (1929-1934), Dr. Alma Sandquist (1934-1937) and Dr. Louisa Martindale being installed in 1937 .



Elizabeth
Lady Barret



Dr. Louisa Martindale (2)

World politics increasingly affected MWIA and the number of associations had fallen to 19 in 1936, communication was difficult and income fell.

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- (1) https://commons.wikimedia.org/wiki/File:Louisa_Martindale,_President_of_the_Medical_Women%27s_Federation.jpg; the Creative Commons Attribution 4.0 International
 - (2) https://commons.wikimedia.org/wiki/File:Portrait_of_Florence_Barrett_Wellcome_L0004411.jpg; This file is licensed under the Creative Commons Attribution 4.0 International

2nd Historic teaser: Medical women in the second world war and later (1939 - 1948)

The third decade of MWIA's 100-year history was important in many respects. It marked crucial events in world history and for medical women in Europe and North America in particular. The world witnessed the beginning of the second world war in 1939. It was also the year the War Office in England agreed to appoint medical women with equal pay and allowance as medical men. The commissions were not granted immediately but it was a milestone for women doctors. By 1940, the Medical Register in Britain had 6300 women. Advances also happened in other parts of the world. In 1941, women were given temporary appointments by the Indian Medical



Service. Two years later, Margaret Craighill became the first female doctor to enter the US Military in 1943 (picture to the left, (Wiki Commons)). By 1944 due to sustained public pressure the government in Britain decided to allocate public funds only to universities that accepted a reasonable proportion of women. Similar trends followed in the US and in 1945 Harvard Medical School started to admit women. The picture below shows the first batch of women to be admitted in Harvard Medical School, 1945 (copyright: Courtesy of the History of Medicine Francis A. Countway Library of Medicine, Harvard

Medical School).

In 1946, the British Medical Association council appointed the first women members. On the other hand, in Britain after the end of the war many medical universities closed doors for female students again.

There had been no MWIA meeting for 9 years. In 1947, the fifth MWIA Congress was



congregated in Amsterdam consisting of 350 members with the theme: *What are the responsibilities of Medical Women in the Reconstruction of the World, as Physicians, Social Workers, Internationalists?* It was also the year Gerty Cori became the first female doctor to win



the Nobel Prize in the category of medicine and physiology in 1947 (picture to the left (Wiki Commons)). The National Health Service (NHS) was established in England in 1948. It promised free access to healthcare with consideration to women. Inauguration of the NHS catalysed educational reforms which required universities to accept a reasonable proportion of female students again.

Join me in looking out for the account of the next decade and see which other countries blazed the trail for women in medicine.

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Photo: Margaret D. Craighill Copyright: Wikimedia Commons

https://commons.wikimedia.org/wiki/File:Margaret_D._Craighill.jpg

Photo: Gerty Theresa Cori. Copyright: Wikimedia Commons

https://commons.wikimedia.org/wiki/File:Gerty_Theresa_Cori.jpg

3rd Historic teaser: The Amazing Story of MWIA continues (1949-1958)

Over the years, medical women have proven their mettle and have left a mark on the pages of history. They have battled stereotypes, racism, and sexism within the field of medicine. We remember them today with pride and find ways to keep them alive in our memories.

The occasion of MWIA's Centennial is an opportunity to give pause and consider where women physicians have come from, honour the rich history of MWIA and look at our story together. Let's first focus on the major events of this Fourth decade, 1949-1958 and then a few of the medical milestones.

This period in history includes the Korean War (1950-53), colour TV arrives to American homes in 1953 and in 1952 Princess Elizabeth becomes Queen Elizabeth. Other highlights of the decade include the discovery of DNA in 1953 and Sir E.P. Hilary and T. Noorgay became the first men to reach the summit of Mount Everest. The soviet satellite Sputnik was launched in 1957. Probably the most notable event during the years of 1949 to 1958 was in 1954 that the World Health Organization (WHO) and the United Nations Economic and Social Council (ECOSOC) granted MWIA consultative status as a non-governmental agency.

In 1949, the Blackwell Medal was initiated in honour of Dr Elizabeth Blackwell, and is awarded annually by the American Medical Women's Association to a woman physician with outstanding performance in the field of medicine.



The world of cancer research and treatment changed in 1951 because of a woman named Henrietta Lacks who was not a medic but led to one of the most valuable contributions in medicine. The tumour cells taken from her, whom she had never consented to giving, led to medical research that won two Nobel prizes.

There are many remarkable achievements of medical women during the 4th decade. In 1952 **Virginia Apgar**, an anesthesiologist in New York, introduced the APGAR Score in clinical practice to evaluate the health status of newborns that is still the stand of care worldwide today. Apgar (Photo to the left², (Wiki Commons)), was honoured with a commemorative US postage stamp in 1994 and inducted into the National Women's Hall of Fame in 1995.



Rita Levi-Montalcini (Photo to the right³), an Italian neurophysiologist, isolated the Nerve Growth Factor in 1952 and was the co-winner of the 1986 Nobel Prize in medicine. In 2001 she became an Italian senator for life for her contributions to science and died in 2012 at 103, never marrying or having children.

² This photo is from the New York World-Telegram and Sun collection at the Library of Congress. According to the library, there are no known copyright restrictions on the use of this work.

³ Rita Levi-Montalcini, circa 1975; Courtesy of Becker Medical Library, Washington University School of Medicine

A few years later, the work of **Dr. Isabel Morgan** (Photo to the left⁴) and her team created history. Her work was crucial in the development of the Jonas Salk vaccine for polio in 1955. Those efforts have brought the world to a point where the elimination of polio sometimes seems possible.

Medical women have fought to push their boundaries further and further in areas other than medicine. In 1952, **Edith Irby Jones** became the first African-American student to enroll in what



was at the time a segregated medical school. Today, African-American students form the largest number of applicants to medical schools in the US with the number of women graduates being more than men.

We, as medical women, stand before the world today as the borne fruit of the efforts of all these brave and courageous women who challenged the ideas of their time.

During this decade three MWIA Congresses were held:

1950: *Congress in Philadelphia, U.S.:* Anemia in Women-Pathology and Hygiene of Housework

1954: *Congress in Gardone, Italy:* The Menopause

1958: *Congress in London, UK:* The Adolescent. The Photo to the right shows Esther Pohl Lovejoy receiving a plaque at the MWIA meeting, London, 1958.⁵

MWIA presidents were: Dr. Charlotte Ruys, Netherlands (1947-1950), Dr. Ada Chree-Reid, U.S.A. (1950-1954), Dr. Jolanda Tosoni-Dalai, Italy (1954-1958) and Dr. Janet Aitken, U.K, being installed in 1958.

MWIA Honorary Members (4th Decade) were: *E. Pohl Lovejoy:* Cofounder of MWIA, *L Martindate:* specialist in the early treatment of cervical cancer, *H. Acosta-Sison:* first Filipino woman that became a medical doctor and Professor obstetrics and gynecology, *E. Trapp:* President of the National Cancer Institute of Canada, *L. Gianferrari:* founder of the Prematrimonial Genetic Counselling Bureau and *A.C. Ruys:* expert in hygiene and public health.

This 4th decade was a period of growth for MWIA from its 16 founding nations⁶ in 1919 to an **incredible 33 National Associations in 1958**⁷.

Stay tuned for the story of the next decade in MWIA's important history!

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⁴ Courtesy: Post-Polio Health International; <http://www.polioplace.org/people/isabel-merrick-morgan-phd>

⁵ Medical Women's International Association meeting, London, 1958," Courtesy of OHSU Historical Collections & Archives.

⁶ Australia, Austria, Canada, Denmark, France, Germany, India, Italy, New Zealand, Sweden, Switzerland, United Kingdom United States of America, Hungary, Mexico, Spain

⁷ 1959: Australia, Austria, Canada, Denmark, Finland, France, UK, Norway, Netherlands, India, Italy, New Zealand, USA, Sweden, Philippines 1949, Switzerland 1949, Israel 1950, Cuba 1950, Germany 1952, South Africa 1954, Hong Kong 1954, Iran 1954, Taiwan 1954, Thailand 1954, Lebanon 1956, Greece 1956, Portugal 1956, Turkey 1956, Argentina 1958, Peru 1958, Japan 1958, Vietnam 1958, South Korea 1958

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4th Historic teaser: Under the glass ceiling (1959-1968)

The fifth decade of MWIA's history began with the official emblem being approved in 1960.

The MWIA presidents of that decade were Janet AITKEN, U.K. (1958-1962), Fe del MUNDO, Philippines (1962-1966), Lore ANTOINE, Austria (1966-1968) and Lorna LLOYD-GREEN, Australia (1968-1970).



The 1960s were an exciting as well as a challenging time for medical women. Even though medical schools had started to admit female medical students in the 1940s, the number remained low. In 1960, the percentage of female medical students for example in the US was still 5.8% and medical institutes still had a preference for male students. In 1961, the percentage of practicing physicians in the US was a mere 5.7%. The situation was quite similar in many countries all over the world.

A breath of fresh air came in 1964, when a female physician, **Dr. Taussig** was awarded the **Medal of Freedom** for her work on cyanotic heart diseases in children and in 1965 became the first woman president of the American Heart Association. Still the numbers of female medical students grew slowly in the UK and many other countries and e.g. in 1968, female medical students accounted for 20 - 25% of all medical students in the UK.

Membership Development

Affiliation of new National Associations: 1962: Brazil, Columbia, 1964: Madagascar, Spain, Guatemala. At the end of that decade **MWIA had 34 National Associations** in total. However Cuba, Greece, Turkey and Portugal discontinued with their membership.

MWIA meetings

In 1963, the 9th International MWIA congress was held at the Manila Philippines Auditorium



named after Dr Esther Lovejoy at the Congress.

This was also **the first International MWIA congress in Far East**. The picture to the left is from the 9th MWIA international congress at Philam Auditorium, Manila, December 30th, 1963. Pictured are Doctors Ora, Arellano, Lovejoy, [Aisken?] and Reid⁸

⁸ Courtesy of OHSU Historical Collections & Archives

An extraordinary general meeting was held in Norway with 585 participants from 26 countries. The picture to the right shows the departure of American MWIA members for the extraordinary meeting in Norway. 1964⁹.

Further International MWIA congresses were 1966 in Rochester, N.Y., U.S.A and 1968 in Vienna, Austria

Change is not easy to bring about. The decade of 1960s comes across as a time when although females were allowed to pursue a medical degree and practice medicine afterwards, it was still a challenge of astronomical proportions. Interpreting how, where, when, how much and why the number of female medical students and female doctors grew is not easy or straight forward. What is clear is that it has been a struggle that continues even today. **Join us next month to unfold another decade of the struggles of female medical doctors.**

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⁹ Courtesy to Legacy Center Archives, Drexel University College of Medicine

5th Historic teaser: MWIA witnessed its golden (50 years) Jubilee celebration (1969-1978)

Let's shine a light on the 6th decade of MWIA – some highlights: the decade begins in **1969 with the establishment of the permanent Secretariat in Vienna and a celebration of its golden jubilee**. The opening ceremony at the 12th International MWIA congress in Melbourne Australia was a roaring success and a description can be found in Dorothy Wards book¹⁰

“Beginning in **1919 with two member associations, 50 years later MWIA had 35 national associations**. As the story unfolded, with its portraits of famous women, each nation mentioned was indicated by a golden light on the map, and the National Corresponding Secretary of each member association appeared on the stage, holding aloft her national flag, which she presented to the President, receiving in return a certificate of membership. The timing was perfect and the audience responded with enthusiasm and applause, as it watched the pictorial history on the screen, described by the clear, confident voice of the narrator, and saw the slow pageant of smiling, beautifully dressed women, some in national costume, carrying their large colourful flags across the stage, while lights indicating their countries flashed on to the map. A graph on the screen showed the growth of the MWIA over a period of fifty years, and lights showing all 35 countries appeared on the map”.

The MWIA presidents of that decade were Lorna LLOYD-GREEN, Australia (1968-1970), Leone McGREGOR HELLSTEDT, Sweden (1970-1972), Alma Dea MORANI, U.S.A (1972-1974), Harumi ONO, Japan (1974-1976) and Helga THIEME*, Germany (1976-1978).



In 1974, MWIA received its first large grant of 50.000 USD with the cooperative efforts of the U.S. Agency for international development and the Family Planning International Assistance

Fund. The money went to the Philippine affiliate with the sponsorship of MWIA.

The MWIA President joined with others to encourage the **United Nations to declare 1974 as “World Population Year”** and the 14th international congress was held in Manila, Brazil to celebrate this achievement. Dr. S. Oludayisi Oduntan who attended this Brazil Congress came back to her country of Nigeria, inspired and in 1976 the **first medical women association from black Africa was inaugurated in Nigeria** (MWAN), see their historic photo (Inauguration: Medical Women Association of Nigeria, 1977 (2)).

Membership Development

The decade ended with **39 National Associations** and added **25 individual members**. Of note, there was no communication from Lebanon after 1969. Sadly in 1978, the medical association in Argentina ceased to exist.

MWIA meetings

¹⁰ Dorothy Ward, “They cure in a motherly spirit. History of the Medical Women’s International Association, Glasgow, Fledging Press, 2010, page 120

1969: 12th Congress, Melbourne Australia; Golden (50 years) Jubilee celebration. “The Health of Women in Industry“

1972: 13th Congress, Paris, France; “Toxoplasmosis“



1974: 14th Congress, Brazil; “Genetic and Environmental Factors affecting Human Health“



1976: 15th Congress, Tokyo, Japan; “Viral Infections and their Sequelae“

1978: 16th Congress, Berlin, Germany; “Mass Media and Medicine“

The International MWIA Congress in Berlin, Germany, was vividly kept in the memory by many, since MWIA president Dr. Helga Thieme arrived at the gala dinner by a horse carriage (1)!

Other global events of that decade:

MWIA members all celebrated when the **Australian medical women doctors won equal pay with their male colleagues** in 1969.

The decade saw the end of a three year Biafra civil war of starvation that took place from **1968 to 1970**, when photographs of starving children with huge distended stomachs adorned television screens and the front pages of newspapers. Documented by Chinua Achebe in “*There Was a Country*“, and the award winning fiction by Chimamanda Ngozi Adichie *Half of a Yellow Sun*.

Sources

Morani, Alma Dea, A short history of the Medical Women`s International Association in Transactions and Studies of the College of Physicians of Philadelphia, Volume 42, Nr.4, 4.April 1975

Ward, Dorothy, They cure in a motherly spirit. History of the Medical Women`s International Association, Glasgow, Fledging Press, 2010

(1) Courtesy of German Medical Women´s Association

(2) the MWAN legacy 2006 - Nwadinobi,Ulasi,Njike

6th Historic teaser: The 7th decade of MWIA: MWIA Celebrates Diamond (60years) Jubilee (1979-1988)

MWIA grew in number and became more influential during this decade. Dr Robyn Hewland for example represented MWIA at the centenary of the international council of women in 1988 in Washington DC (USA).

The young forum was established in 1982 which is now known as the special interest group for young doctors and medical students. Dr Shelley Ross became the Chair of the Young Forum in 1984 after the MWIA Congress in Vancouver, years later she became MWIA president and later Secretary-General. **During the decade, two member national associations celebrated their silver (25 years) jubilee Finland and Thailand.** The MWIA historical records were deposited for the first time in the archives of the Women's Medical College, Pennsylvania.

The first regional conference in the Near East & Africa region took place in Jerusalem, Israel.

The Indian Medical Women's association donated a golden jubilee scholarship to its young members for an outstanding clinical research while the Japanese Medical Women's Association awarded research grants to six young doctors. A primary healthcare project was established in Nigeria in 1981 to cater for mothers and children.

This decade also witnessed the award of the **Nobel Prize in Physiology or Medicine in 1983 to Dr Barbara McClintock** for her discovery of "jumping genes".

Publications of the Decade:

- Women Physicians of the World published in 1980
- The MWIA Public Relations and Publicity Committee published a newsletter for the first time.

Membership Development

39 national medical associations were affiliated with MWIA by 1988 with individual members from 26 countries. There was no communication from Sri Lanka in 1982 and Vietnam in 1984 while some others ceased to exist as Spain in 1982 and Iran in 1970.

MWIA Meetings

1980: 17th MWIA Diamond Jubilee Congress, Birmingham, UK. *Medical priorities in developing, progressing and established countries*

1982: 18th MWIA Congress, Manila, Philippines. *Humane management in medicine*



1984: 19th MWIA Congress, Vancouver, Canada. *Men and women: biological and behavioral differences*

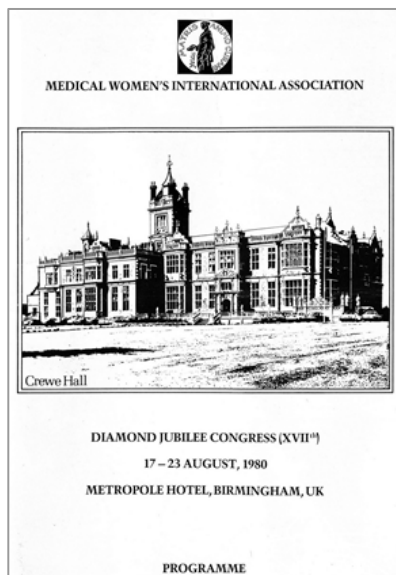
1987: 20th MWIA Congress, Sorrento, Italy. *Adolescence: medical and psychological aspects*

At the 20th Congress in 1987 in Sorrento, Italy a postmark was specially designed.

The presidents of the decade were Beryl D. Corner, United Kingdom 1976-1980; Joan M. Redshaw, Australia 1980-1982; Trinidad A. Gomez, Philippines 1982-1984; Beverly Tamboline, Canada 1984-1987 and Fernanda de Beneditti-Venturini, Italy 1987-1989.

Publications of the Decade

1. Women Physicians of the World published in 1980
2. The MWIA Public Relations and Publicity Committee published a newsletter.



Proceedings of the Diamond Jubilee Congress in Birmingham, UK



20th MWIA Congress Sorrento, Italy, 1987



18th MWIA congress in the Philippines, 1982

Sources

Ward, Dorothy, They cure in a motherly spirit. History of the Medical Women's International Association, Glasgow, Fledging Press, 2010

Photos: Courtesy of the Italian Medical Women's Association and Dr. Sigrun Muthmann-Hellwig.

7th Historic teaser: The 8th decade of MWIA – Increasing visibility and the Young Forum is born (1989-1998)

As we journey into the Centenary celebration of MWIA in New York from 25th to 28th July, we look at the 8th decade with nostalgia as we tease you with our history.

MWIA Meetings and workshops

The 8th decade started in 1989 with MWIA 21st International Congress in Seoul, Korea, with the theme “*Incidence of Cancer in Women in Different Countries*”. In between in 1992, MWIA 22nd International Congress was held in Guatemala City with the theme “*Health for All Children*”, in 1995 MWIA’s 23rd International Congress was in Hague, the Netherlands with the theme “*Women’s Health in a Changing World*” and in 1998: MWIA’s 24th International Congress, Sao Paulo, Brazil with the theme “*The Health of Women in the XXIst Century*”.



MWIA International Congress Tokyo
1994



1995-1998 Executive



Executive, MWIA International Congress
Sao Paulo, Brazil, 1998-2001

The decade welcomed two firsts- the 1st **Southern European Regional Meeting** held in Genoa, hosted by the Italian Medical Women’s Association in 1989 and the 1st **MWIA Regional Central Asia Congress** in Mumbai (India). Also the 2nd **regional Africa and Near East regional** meeting was held in Cairo (Egypt), where important strategic activities for the region were discussed.

Two successful strategic MWIA workshops were held: in Bellagio, Italy (December, 1996) and in association with an Executive meeting in Cologne, Germany (1994) to identify MWIA’s objectives and their strategic goals for the future. At the end of the strategic meeting in Cologne a new publication, the “**MWIA UPDATE**” was introduced.

The MWIA workshop in Bellagio was organized by MWIA President Florence Manguyu (Kenya) and **succeeded to set 10 new goals** for MWIA and define strategies to meet these goals. This meeting was supported by the Rockefeller Foundation.

MWIA statements and resolutions of the decade

MWIA from inception has had an important voice and influence on issues of interest to medical women e.g. work-life balance, maternity leave, career progression, fighting discrimination, mentoring of young medical doctors and students.

During the general assembly's held in the 8th decade, the **following resolutions were made** on Human Rights, HIV/AIDS, Gender Related data, Maternal & Child Health, Violence, Child Abuse, Communicable diseases, Smoking and its effect on a child's health, Aging/ Menopause, cancers & screening, Medical Education & training (1992:9).

Some of statements and resolutions made are still relevant today:

- **MWIA condemns all forms of female genital mutilation** and harmful practices recommending health education of the communities concerning the health hazards of this practice. MWIA actively supported the Inter-African Committee on Traditional Practices and National Associations in their endeavor to eliminate such practices and offers to provide the committee with professional medical expertise. (1992.3 & 1995.9)
- **MWIA recognized culturally appropriate health education** provided by trained personnel to be essential to improving women's health (1995.20).
- **MWIA's recognition of the HIV pandemic**, then a global issue, urged all nations to provide community education about the transmission of HIV and about safe sexual practices which will diminish the spread of this pandemic. (1992.11; 1998.14)
- **MWIA strongly supported strategies to reduce peri-natal and infant mortality** (1995.1).
- As malaria constitutes a major threat to the health during the decade and especially in developing countries, **MWIA strongly supported the World Declaration on the Control of Malaria** made in Amsterdam on 29.10.92 at a conference of ministers from 90 countries. (1995.7)
- In 1998, MWIA made a statement on the **situation of women in Afghanistan presented at UN roundtable**.
- In November, 1998 an **Urgent Statement for the condemnation of traditional and cultural practices harmful to widows**, particularly in Africa and Asia was made in a call on the United Nations by MWIA
- In 1994, **3 new MWIA funds were established**: the Beijing, the Harumi Ono and the Alma Morani funds.

MWIA Membership development

The decade welcomed several new national member associations and individual members increasing to **44 member countries with 86 individual members from 31 Countries**. Sadly Colombia and Ecuador membership was put on hold for non-payment of dues for 3 consecutive years. While the Netherlands ceased to be members, Israel and Austria became inactive in 1998. Thankfully Austria has been reactivated and even hosted the successful MWIA Congress in Vienna July, 2016. The Young Forum, (The Special Interest Group of Doctors (less than 40 years) and medical Students were duly recognized.

The MWIA presidents of that decade were Il Ok CHOO*, Korea (1989-1992), Dorothy WARD*, U.K. (1992-1995), Florence MANGUYU, Kenya (1995-1998) and Lila STEIN KROSER, USA (1998-2001).

Honorary members were: Beverley Tamboline, Canada (1989), Fernanda de Benedetti-Venturini*, Italy (1992), Il Ok Choo*, Korea (1995), Vibeke Jørgensen, Denmark (1995) Catrin Williams*, U.K. (1995), Rinko Yamazaki, Japan (1995), Carolyn Motzel*, Germany and USA (1998) and Dorathy Ward; Scoteland, UK (1998).

Members of Honor added in the decade were Ruth Bonner*, Switzerland (1989) and Rita Levi-Montalcini, Italy (1998).

Other highlights of the decade

In 1995 was also the historic **Beijing women's conference** where Hilary Clinton proclaimed "Women's Rights are Human rights". A landmark celebration during the decade was the **50th Anniversary of the Universal Declaration of Human Rights** with the theme "*From Words to Deeds*".

Sources

Ward, Dorothy, They cure in a motherly spirit. History of the Medical Women's International Association, Glasgow, Fledging Press, 2010

MWIA website: www.mwia.net

Photos: courtesy of Waltraud Diekhaus

8th Historic teaser: The 9th decade: MWIA – a strong advocate for Gender Mainstreaming (1999-2008)

In 1994, at the 4th International Conference on Women's health in Beijing the topic of gender mainstreaming was discussed and MWIA decided to choose gender mainstreaming as one of its top priority topics. Therefore, experts and the MWIA Executive met at a **workshop at the Rockefeller Center in Bellagio, Italy and developed a Training Manual for Gender Mainstreaming in health in 2001**. The picture to the right shows some MWIA leaders and experts in Bellagio (Courtesy



Gaye Casper, Australia). **It was published in 2002** and updated in 2013 (<https://mwia.net/wp-content/uploads/2013/07/TrainingManualonGenderMainstreaminginHealth.pdf>). Later MWIA stood up to its role as an educator once again and **published a Training Manual For Adolescent Sexuality in 2004**, which was updated 2013 (<https://mwia.net/wp-content/uploads/2013/07/TrainingManualforAdolescentSexuality.pdf>).

MWIA also continued on fighting for a better health care for children and women. **Of the projects conducted four are to be listed her:** *One on Widowhood rites in Nigeria* by Dr Eleanor Nwadinobi; *Pain relief in cancer patients* in Calcutta by Dr Judith Goh; *Urinary incontinence after genital tract fistula repair* in Ethiopia by Dr Tulsi Basu and *Emergency healthcare for women and girls released from rebel lines in Sierra Leone* by Dr Dinah Jarrett. After the HPV vaccination was approved, MWIA strongly advocated for every young girl receiving this vaccination!

But not only great projects were conducted, it was **time to celebrate the Indian Medical Women's Association 100 Years Anniversary in 2006** as well as the **reaching of 10.000 MWIA members in 2004!** MWIA now consisted of 47 National Associations at the end of the decade as compared to the two when it originally was founded in 1919.

Another achievement was the **foundation of a special interest group for medical students and young doctors in 2007**. It served as a replacement for the young forum which was dissolved in 1998. At the International Conferences a special program was put in place for them such as poster sessions or study hospital visits.

MWIA Meetings

2001: 25th MWIA Congress, Sydney, Australia. *Women's Health in a Multicultural World*

2004: 26th MWIA Congress, Tokyo, Japan. *Medicine in a New Life Style*

2007: 27th MWIA Congress, Accra, Ghana *Women in the World of Medicine*

This congress marked another milestone. It was **the first Congress in Africa!**

The MWIA presidents of that decade were Lila STEIN KROSER, USA (1998-2001), Shelley ROSS, Canada (2001-2004), Gabrielle CASPER, Australia (2004-2007) and Atsuko HESHIKI, Japan (2007-2010).

And as MWIA always keeps up with the times, it **introduced a MWIA updates newsletter via Mail** in this decade!



MWIA Congress, Sydney, Australia 2001



Cruise: MWIA Congress, Tokyo, Japan 2004.



MWIA executive at 27th MWIA Congress, Accra, Ghana 2007.



Congress, Accra, Ghana 2007.

Sources

Ward, Dorothy, They cure in a motherly spirit. History of the Medical Women`s International Association, Glasgow, Fledging Press, 2010

Photos: Courtesy of Dr. Waltraud Diekhaus.

9th Historic teaser: The 10th decade: MWIA in the digital and online era (2009-2019)

Highlights and Challenges of the decade

Medical feats were achieved in this decade including 2011 - world's first synthetic organ transplant, 2013 -first creation of human embryonic stem cell cloning, first gene therapy and complex surgeries performed by robots.

In December 2013, the world lost an icon, Nelson Mandela, who championed Global women's health and rights. 2013 to 2016, witnessed the most widespread outbreak of Ebola virus in history mostly in the West African region. The middle of the decade was the deadline for the Millennium Development Goals (MDG) in 2015 and birth of the Sustainable Development Goals (SDG) The Nobel Peace prize went to the physician Dennis Mukwege and Nadia Murad in 2018 for their efforts at ending the use of sexual violence as a weapon of war.

MWIA went with the times and the decade saw the increased use by MWIA of digital technology, webinars and skype meetings:

2011: Piloting of first MWIA online journal 84 years after MWIA hard copy journal of 1927

2013: Overhaul of MWIA website.

2014: Launch of a MWIA webinar series.

2016: Launch of a MWIA teaching module on violence with case studies.

2017: MWIA membership survey; over 1150 responses.

2017/2018: MWIA survey on sexual harassment.

2017: New MWIA flyer in English, Spanish and Portuguese.

2017: New Facebook page and group: <https://www.facebook.com/mwia.network>

2018: Piloting the first MWIA workshop on violence at the MWIA regional meeting Africa & New East, Nairobi, Kenya

2019: Modernization of MWIA statutes and by-laws



MWIA executive (2016-2019)



yMWIA executive (2016-2019)

MWIA Meetings

- 2010: 28th Congress, Muenster, Germany. Muenster, Germany. *Globalisation in Medicine – Challenges and Opportunities.*
- 2013: 29th Congress, Seoul, South Korea. *Medical Women Advance Global Health.*
- 2016: 30th Congress, Vienna, Austria. *Generation Y Challenges of the Future for Female Medical Doctors.*

- 2019: 31th centennial Congress, New York, USA. *Ambassadors of Change in a Challenging Global World*



Participants at International MWIA Congress, Vienna, Austria, 2016



Sand painting, Seoul, South Korea, 2013

MWIA Membership development

MWIA's membership included at the end of the decade 35 member countries and individual members from 9 countries. Sadly no communication with many of the previous individual members was seen. Cessation of national medical women associations: Sierra Leone, Norway, Israel, Argentina.

Further MWIA Activities:

- Birthing kits for Afghanistan and India
- Donation of ultrasound machines by DAK Foundation, Australia to Nigeria and Sierra Leone

The MWIA presidents of that decade were Atsuko HESHIKI*, Japan (2007-2010), Afua AJ HESSE, Ghana (2010-2013), Kyung Ah PARK, Korea (2013-2016) and Bettina PFLEIDERER, Germany (2016-2019).



From left: Atsuko Heshiki (2007-2010), Afua Hesse (2010-2013), Kyung Ah Park (2013-2016), Bettina Pfleiderer (2016-2019)

Honorary members were: Joan Ford, Canada (2010), Gabrielle Casper, Australia (2010), Margaret Maxwell, New Zealand (2013), Susanne Close Australia (2013), Deborah Colville, Australia (2013), Kyung Ah Park, Korea (2016), Afua A J Hesse, Ghana (2016), Ameyor Adadevor, Nigeria posthumously * (2016)

Members of Honor added in the decade were Dr. Wariara Mbugu, USA (2007) and the DAK Foundation (the Rickards Family) 2019.

Sources:

Ward D. They Cure In A Motherly Spirit: History Of MWIA, Fledgling Press, Glasgow, 2010.

Pictures: Courtesy of MWIA, Dr Uzoma M. Agwu Picture Gallery, Austrian Medical Women's Association (<https://www.history.com/topics/womens-history/womens-history-us-timeline>)

SEPTEMBER TEASER - TEN MONTHS TO GO TO THE MWIA CENTENNIAL

“The unveiling of the centennial scarf”

After a very rigorous process, we now have an MWIA centennial scarf!

The process which started on the 1st of July 2018 had 12 entries from 5 countries. It was a very difficult choice to make, because all the entries were novel, well connected to the Centennial theme, and appealing. However, only one design could be chosen as the winning entry. The winning scarf was designed by **Associate Professor Marina Di Domenico** from Napoli in Italy. Marina says she loves to paint and to design scarves. In her words, “I love the clinical research in molecular oncology and I transfer my artistic sense in experimental work where it is possible to use fantastic and coloured combinations to detect target proteins related to cancer progression.”

The winning MWIA scarf design by Marina features the central MWIA logo surrounded by different flowers, as diverse as medical women belonging to the Association”.



The scarf is bordered by canary yellow, the dominant colour of purple and lilac, which are the colours of royalty, joy and a healthy life.

The design has flowers of diverse shapes, sizes and colours intertwined with a ribbon weaving its way through the arrangement and tied in neat bows symbolizing togetherness.

The arrangement symbolizes diversity and just like a beautiful bunch of flowers, each one displaying its splendour and yet as a bunch producing a blend of fragrances in one unique essence. One can only imagine the fragrance that the multiple flowers would give off as a collective.

Just like our centennial celebrations, where there will be a bridging the past with the present, **Marina Di**

Domenico’s artistic gift can also to be found in the genetic traits of her family as she says “ My grandmother, a Neapolitan noblewoman, at the beginning of last century began collecting clothes of the time and created a theatrical satoria, that, in little time counted thousands of costumes from every historical period. These costumes were resold and fenced for theatrical performances and television fictions. My visits to the grandparents who lived in ancient and big houses near the tailor's shop consisted of trying hats, nineteenth-century clothes. I was fascinated and attracted most from buttons, laces and colored fabrics. These objects and colors whilst interacting, would give life to a wonderful creation.

The scarf will be worn by attendees as a symbol of our unity, as a means of identifying with the Association, and item of celebration at the MWIA centennial and a memorabilia.

I hope you enjoyed the September teaser. Please be on the lookout for the October teaser!

Dr. Eleanor Nwadinobi- MWIA PR Subcommittee Chair.

Two others finalist of the MWIA centennial scarf competition:

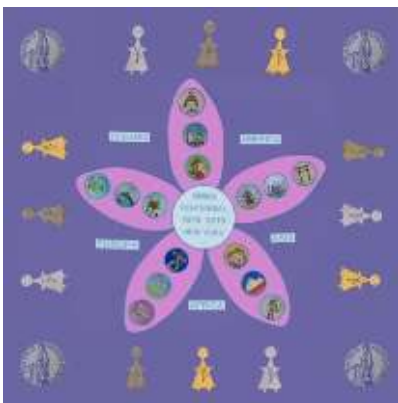
Dr. Chyong-Huey Lai (Sherry) - Taiwan



This design shows lilies with a subtlety of the colours that run from pale to dark shades of lilac to purple and light to dark again with an almost watercolour affect. The merging of colours running into one another, shows how there are no boundaries as to the continued impact of the MWIA into the lives of those that we reach and impact daily. The MWIA logo appears like a water mark in the centre.

As Sherry explains, “Lilies are native all over the world and hold importance in different cultures. This led to various breeding programs, resulting in thousands of different colors and petal patterns we can find today. The strength and beauty of this international flower has cemented its place in diverse cultures of the world. With such an elegant look, it’s no wonder the lily flower means royalty, rejuvenation, and purity. The Lily flower symbol reflects the elegance, affinity, knowledgeability, and internationality characteristics of the MWIA”.

Dr Francine Violette – France



The design is like a five - petal flower radiating out from a circle in the centre. The circle contains the centennial dates and venue. Within each petal are monuments representing the different continents. The edge of the scarf is lined with human figures of different shades depicting our diversity. The MWIA logo is proudly visible on each of the four corners. Interspersed between the petals are the names of each continent.

In the words of the designer, “I wanted to symbolize the female doctors of the five continents in the world, with their cultural and geographical diversity, united by their profession.

MWIA Recipe Teasers

Appetizers/Soups

Name: Dr Dabota Yvonne Buowari

Specialty: Anaesthesia

Country: Nigeria



Name of dish	Agidi with Tomato Stew and Lemon Grass Tea	
Ingredients (with measurements)	Agidi	
	Ingredients	Quantity/measurements
	Organic corn starch (known as 'Akamu' in 'Southern' and 'Eastern' Nigeria, 'Ogi' in 'western' Nigeria)	$\frac{3}{4}$ cup (95 g)
	Water	4 cups
	Freshly cut broad green leaves (for wrapping Agidi) (Plantain leaves, banana leaves or any leaves used for wrapping food can be used) Substitute suggestion for leaves - Aluminum cooking foil, muffin tray	As needed depending on sizes of leaves.
	For Tomato Stew	
	Ingredients	Quantity
	Tomatoes	6 large
	Onions	1 medium sized

	Chili pepper	2 or as desired
	Crayfish (ground)	1 teaspoon
	Turmeric	1 teaspoon
	Thyme	1 teaspoon
	White pepper	1 teaspoon
	Ginger (dried)	1 teaspoon
	Chicken	As desired
	Carrot	As desired
	Peas	As desired
	Olive oil or any vegetable oil	4 tablespoons
	Salt	To Taste
	For Lemon Grass Tea	
	Ingredients	Quantity
	Lemon grass	1 Bunch or as desired
	Water	3 cups
Directions	<p>Agidi</p> <ul style="list-style-type: none"> • Place all the cornstarch into a bowl. Add a quarter cup of water and mix. Keep adding little amounts of water until it forms a paste that easily drops from a spatula or spoon. • Bring the remaining water (about 3 and a half cups) to boil. • Add the hot water to the corn starch paste stirring it to avoid lumps. • Bring the mixture to boil over low heat still stirring until it thickens. • Rinse broad leaves in water. • Place the thickened mixture in small quantities in the broad leaves or aluminum foil and wrap. Makes 2 to 4 portions. The mixture can be poured into muffin tray wells to portion. • Allow to cool. Mixture solidifies when cooled. • Serve warm. <p>Tomato Stew</p> <ul style="list-style-type: none"> • Chop or blend tomatoes, pepper and onion. • Remove bones from the chicken, season with, salt, pepper, ginger, turmeric, curry and thyme. Steam until cooked. • Place oil in saucepan over medium heat. • When the oil is hot add the tomatoes, pepper, and onion blend. Allow to cook for ten minutes then add steamed chicken with stock, chopped carrots and green peas. Cook for five more minutes. <p>Lemon Grass Tea</p> <p>Boil lemon grass in water for five minutes. Strain and serve tea.</p>	

<p>Other relevant information</p>	<p>Agidi is a Nigerian dish.</p> <p>It is nutritious and wholesome, eaten with tomato stew or any soup of choice as part of any meal or as a snack.</p> <p>Its soft nature makes it particularly suitable for children, the aged and the edentulous.</p> <p>Easy preparation using easily available cornstarch in many countries makes it an excellent carbohydrate source food for all including homeless people in our city streets, refugees and internally displaced persons. It is well tolerated by convalescing patients.</p> <p>When banana or plantain leaves are used, they are first roasted to make them flexible.</p> <p>A variant of Agidi is <i>Agidi Jollof</i> in which gravy is first prepared with tomatoes, vegetable oil, pepper, and onion. The gravy is added to the hot corn starch paste during preparation. Soft edible bones broken into small cubes are added while wrapping <i>Agidi Jollof</i>. In Nigeria, usually brisket bones are used.</p> <p>Lemon grass is a plant of the <i>Cymbopogon</i> species.</p> <p>The botanical name of the broad leaf used is <i>Thaumatococcus daniellii</i>. In Nigeria, it is also used in wrapping food which requires steaming.</p>	
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Name: Dott.ssa Silvana Capasso

Specialty: Pediatrics

Country: Italy



Name of dish	Anchovies with Origan	
Ingredients	Ingredients	Quantity (for 4 persons)
	fresh anchovies	1 kg
	stale bread, crumbled by hand	150 gr
	garlic	1 clove
	Extra virgin Olive oil	4 tablespoon
	Lemon	1
	Origan	
	Ground black peppers	
Directions	<p>Clean the anchovies, removing head and the innards and opening bookwise, rinse well and let drain to dry them. Turn on the oven at 180 C°.</p> <p>Mix minced garlic with bread crumbs, grated lemon rind, origan, salt and pepper and put aside. In a baking pan , well greased with oil, , place the anchovies on the back ,cover them with the flavored bread mixture and then make another layer of anchovies and bread. Repeat until the ingredients are finished: the last layer must be of bread.</p> <p>Drizzle with oil and lemon and bake in a hot oven for 15 minutes.</p>	

	Let it rest a bit and serve hot.	
Other relevant information	<p>Due to the intuition of Ancel Keys, who came to Naples in 1952 for a FAO convention and learned from Gino Bergami, a Neapolitan physiologist, that in our territories the cardiovascular diseases, affecting young United States citizens, were virtually unknown, the Mediterranean Diet became popular worldwide. Confirmed by numerous epidemiological scientific researches, Mediterranean Diet had given an important turn to the way of feeding entire populations of the western world. Ancel Keys lived forty years with his wife and collaborator in Pioppa, Cilento (Campania) following nutrition and the lifestyle of local farmers and fishermen. He preferred legumes, tomatoes, fresh greens, sardines and anchovies, also flavoured with extra virgin olive oil, eating no more than 2 kilos of meat per year. He died in 2004, two months before his 101st birthday and his wife in 2006 at the age of 97.</p>	

Name: Alyssa Brown

Specialty: MD-PhD

Country: USA (Appalachia)



Name of dish	Delicious Homemade Biscuits of Appalachia		
Ingredients	Ingredients	Quantity	
	Salted butter	one 80 oz stick	
	Self-raising flour		
	(Add one tablespoon of baking soda to same quantity of all-purpose flour to substitute for self-raising flour) 2 cups		
	Buttermilk -Whole or low-fat. (Add one tablespoon of lemon juice or white vinegar to a cup of ordinary milk to substitute for buttermilk) ¾ cup		
Directions	Pre-heat the oven to 375 F. Grate the frozen stick of butter into the flour and mix well. Create a divot in the center and pour the buttermilk into it. Mix the butter milk into the flour mixture. Mixing can be done with fingers or with a spoon until a doughy texture is obtained. Flour your workspace and roll the dough to ¼ to ½ inch thick. Cut with a circular cutter or the edge of a cup of the size that you would like and bake for 20 minutes. The raw biscuits can be frozen for later use.		
Other relevant information	This recipe is a family favourite from the hills of Appalachia because it requires very few ingredients. It is a very modifiable recipe. People tend to vary it and even roll the dough out in different ways. The author recommends playing with the recipe and experimenting!		

Name: Amanda Owen

Specialty: Psychiatry

Country: UK



Name of dish		Cawl (Welsh Broth)	
	Ingredients	Leg of Lamb Onion Swede potatoes Pinch of salt Turnip Bay leaf	Turnip, carrots and stalks of parsley can be included.
Directions and Preparation time		Put all ingredients together in a large cooking pot and cook for 45 minutes. Skim off film of starch on top before removing from heat. Allow to cool before serving. Cooling strengthens the taste and texture of cawl.	
Other relevant information		This is the most famous Welsh dish. It is simple yet nutritious and is usually served with cheese and bread. Cawl is typically eaten on St David's Day March 1 st .	

Name: Dott.ssa Antonietta Vanini

Specialty: Hematology and angiology

Country: Italy



Name of dish	Ferrara's Breadsoup (PANA')	
Ingredients	Ingredients	Quantity (for 4 persons)
	Stale bread cut into pieces the size of walnuts (Approximately 4cm)	300 g
	Beef broth	1.5 liters
	Tomato sauce	4 tablespoons
	Olive oil	50 g
	Grated Parmesan or Goat cheese	As desired
	Rosemary	1 sprig
	Garlic	1 clove
Directions	<p>Put the bread in a tureen and soak with the broth, leaving for about 2 hours until the broth is almost completely absorbed.</p> <p>Put the soaked bread and broth into a heavy saucepan and simmer for about 30 minutes stirring often to avoid sticking to the bottom of the saucepan.</p> <p>Add rosemary and garlic and continue cooking, stirring occasionally for about an hour and half.</p> <p>Take out the rosemary and garlic and add olive oil, salt and pepper leaving to simmer for 10 minutes more.</p> <p>Turn off the fire, add the cheese and mix well.</p> <p>May be served hot or cold.</p>	
Other relevant information	<p>Ferrara's Breadsoup is one of the many recipes in Italian Cuisine which make use of left-over bread (Venetian, Panada, Tuscan, Ribollita, etc).</p> <p>It has a special place due to the type of bread used. The "la</p>	

	coppa” bread used is a twisted bread which first appeared in Ferrara on the duke’s table during the 1536 Carnival. Since then it has been considered Ferrara’s bread of excellence and is still eaten every day in most families.	
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Ferrara’s Breadsoup is one of the many recipes in Italian Cuisine which make use of left-over bread (Venetian, Panada, Tuscan, Ribollita, etc). It has a special place due to the type of bread used. The “la coppa” bread used is a twisted bread which first appeared in Ferrara on the duke’s table during the 1536 Carnival. Since then it has been considered Ferrara’s bread of excellence and is still eaten every day in most families.

Name: Dr Gvantsa Gorgodze
Specialty: Dentist
Country: Georgia



Name of dish	Gebzhalia	
Ingredients (with measurements)	Ingredients	Quantity
	Sulguni (softened cheese) -	300 grams
	Curd cheese	200 g
	Pounded mint	50 g
	Salt	to taste
Directions and Preparation time	<p>To prepare Gebzhalia, it is better to choose a thick-bottom pot. Put water into the pot and boil it. Until the water gets boiled cut the cheese into thin slices and then put the cheese slices in the boiled water slowly.</p> <p>Reduce the heat; knead the cheese with a wooden spoon. You will see that the pieces of cheese are joined together.</p> <p>As soon as you get a homogeneous mass and the cheese surface becomes glossy, remove the cheese ball from the pot, put it on the wooden board and roll it well.</p> <p>Add a very small amount of water to the ground mint and spread over the flattened cheese well. Put the curd cheese in a separate container with a mixture of mint and a little salt, mix well and spread to the flattened cheese by hand or if you want through a spoon.</p> <p>Finally, roll up the flattened cheese layer. Cut the roll in small pieces and set aside.</p> <p>You can eat Gebzhalia in dry form, but many people like to eat Gebzhalia in its sauce.</p> <p>Gebzhalia's sauce is the simplest to prepare: add ground mint, curd cheese and salt to the cheese broth. Mix well, so that you get the mass of medium thickness and move it into a deep bowl or plate. Wait until it cools down and put the cut pieces of Gebzhalia into this mixture. That's</p>	

	all! The delicious Gebzhalia is ready!
Other relevant information (e.g. origin or story behind the recipe)	Gebzhalia (Georgian: გებჯალია) is an antique dish from Samegrelo, western region of Georgia. It is made from cheese, curd cheese and mint. Usually it is consumed with Ghomi, Georgian cornmeal. It has a well-defined flavor of mint, which makes the dish unique.

Name: L'Association Française des Femmes Médecins

Country: France



Name of dish	GRATINÉE PARISIENNE (ONION SOUP)
Ingredients Serves 6	12 onions 20 cl of dry white wine (.7 oz) 4 pinches of salt 10g of sugar 3 turns of pepper mill 3 cl of olive oil 2 liters of chicken stock ('68 oz) 6 pieces of baguette, 100g of grated Emmental or Gruyère (yellow, medium-hard Swiss cheese)

<p>Directions</p> <p>Preparation time: 15 mins</p> <p>Cooking time 2h 30mins</p>	<p>Peel the onions and cut into fine slices.</p> <p>In a large casserole sweat the onions with olive oil. <i>(Stir the onions in the casserole to coat them with oil. Put the lid on and leave on low heat for 5 minutes. Take the lid off, stir and put the lid back for another 5 minutes. Repeat this until the onions are soft and translucent but not browning).</i></p> <p>Add salt, pepper and sugar.</p> <p>Leave to lightly brown and cook slowly for 20 minutes.</p> <p>Deglaze with white wine. <i>(Add white wine to the hot contents in the casserole, gently scraping the bottom with a wooden spoon to get the browned bits at the base to dissolve in the sauce)</i></p> <p>Keep boiling and stirring until the sauce is reduced by half of its volume.</p> <p>Add the broth and cook for 2 hours over low heat.</p> <p>Cut the baguette into croutons, sprinkle with grated cheese and put in the oven 5 minutes.</p> <p>Serve the soup with the croutons.</p> <p>Bon appetit!</p>
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Name: Elena Dyer, MD, PhD

Specialty: Internal medicine

Country: USA/Russia



Name of dish		Russian Cheese Pancakes (Syrniki)	
Ingredients	Ingredients	Ingredients	Quantity (makes 8 patties)
		Farmer's cheese, firm and dry. In US: Amish farmer's cheese is best, do not use cottage cheese.	1 lbs (450 gm)
		Salt	1/2 teaspoon
		Sugar (to taste)	1 to 4 table spoons
		Egg	1
		Flour	1 to 3 table spoons A dash of vanilla extract
		Vanilla extract	A dash
		Raisins briefly soaked in hot water (optional)	1/3 cup
		Butter	1 tablespoon
Directions and Preparation time		Beat all ingredients together. Shape into small patties using extra flour. Grease a skillet with oil or butter and fry patties until golden-brown on each side.Garnish with fruit preserves/jam over sour cream or honey, maple syrup. Yields 8 small patties. Time: 15-20 min (includes frying). Serves as nutritious breakfast/branch food when fresh and supper, when refrigerated. Refrigerated leftovers will make a great	

	snack the next day. Eat them cold or reheat in a microwave.	
Other relevant information	This traditional fried treat has been a special in Russia and Eastern Europe for centuries. Simple ingredients made it widely popular in poor villages. When Leo Tolstoy became a vegetarian, in his ascetic quest for the good life, syrniki was one of his favorite foods.	

Name: Piyanetr Sukhu

Specialty: Internal Medicine, Nephrology

Country: Thailand



Name of dish	Thai Tom Kha Gai (Chicken with galangal in coconut milk soup)	
Ingredients	Ingredients	Quantity (Makes 4 - 6 servings) Preparation time ~30 minutes
	Chicken tenders	300 grams - diced to about 1 cm cubes
	Water	400 cc
	Sea Salt	¼ teaspoon
	Young galangal root	About 3 cm long - thinly sliced
	Lemon grass	2 stems - thinly sliced
	Coconut milk	250 cc
	Kaffir lime leaves	6
	White Hon Shimeji Mushrooms or other mushrooms	150 g
	Lime juice	3 tablespoons
	Fish sauce	2 tablespoons
	Thai red chilies	3 - lightly pounded (adjust for heat)
	Thai dry red chili	1 - Sautéed then crushed (adjust for heat)
	Coriander leaves	8
Directions	1. Pour the water into a heavy saucepan, add the salt and bring to boil. 2. Put the galangal root, lemon grass and chicken pieces into the salty boiling water.	

	<p>3. Slowly pour coconut milk into the boiling mixture while stirring. Lower the heat.</p> <p>4. Add Kafir lime leaves, mushrooms, lime juice, fish sauce and chili peppers.</p> <p>5. Place coriander leaves on top when ready to serve.</p>	
Other relevant information (e.g. origin or story behind the recipe)	<p>It is a homemade recipe adapted for modern day lifestyle. Originally, our family chef a Thai native, would do everything without measurements and use fresh coconut milk from scratch. I adapted this dish by using a measured portion of meat, and canned coconut milk.</p>	

Main Dishes

Name: Bulgogi, Easy Korean BBQ beef
Country: Republic of Korea



Name of dish	Bulgogi, Easy Korean BBQ beef, Delicious and Healthy Dish with Vegetables
Ingredients Serves 4	<p>1) Main ingredient: 400g sirloin or tenderloin beef, thinly slice</p> <p>2) Marinade ingredients : 1 table spoon Sugar(15g) 1 table spoon Honey(15g) 2 table spoons Soy sauce(30g) 2 table spoons Green Onion(40g), chopped 2 table spoons Garlic(40g), minced 1 tea spoon Sesame oil(5g) 0.5 tea spoon Black Pepper - Optional ingredient : crushed pear, chopped onion, sliced oak mushrooms</p> <p>3) Garnish : 0.5 tea spoon Toasted Sesame seeds(5g)</p>
Directions Preparation time: 15 mins Keep in the refrigerator: more than 30mins Cooking time 15mins How to enjoy	<p>1. Combine marinade ingredients and add the beef and keep in the refrigerator more than 30 minutes.</p> <p>2. Grill or broil it and put it on the plate.</p> <p>3. Sprinkle sliced green onion and toasted sesame seeds over top and serve.</p> <p>You can also try : Eat Bulgogi with Ssam(wrapping leaf vegetables), side vegetables and Ssamjang.</p> <p>Wrap a piece of Bulgogi in a lettuce or wild sesame leaf with a little bit of Ssamjang and a piece of garlic, and put it in your mouth. You can dip carrot or cucumber strips into the Ssamjang and enjoy it.</p> <p>Bon appetit! Masissge Deuseyo(맛있게 드세요)</p>

Other relevant information

HISTORY

The dish's origins stretch back to the Goguryeo era (37 B.C. to 668 A.D.), the evolution of a kebab-like skewered meat preparation called Maekjeok, Maek is a reference to Goguryeo which is one of the earliest Korean kingdom. Over time, Maekjeok became Seoryamyeok, a brothy dish of marinated beef soaked in cold water, which by the early 20th century gave way to Neobiani, a luxurious dish of thinly-sliced, marinated and charbroiled beef favored by Korean royalty. Overtime, Neobiani became Bulgogi, experts agree that by the 1990s, Bulgogi was collectively regarded as the most popular food in Korea.

As Koreans immigrated to the U.S and other countries. They naturally brought Bulgogi with them. In Western, Bulgogi's evolution appears to have continued in subtle ways: Here, you'll less often see Bulgogi's brothy form, and "grilled" varieties are sometimes prepared in a hot stovetop skillet, perhaps a reflection that many American homes lack charcoal braziers or even a grill.

Ssam?

An unique way of eating Korean food is wrapping food in vegetables. The vegetable for Ssam(wrap) can be anything from steamed pumpkin leaves, steamed cabbage, fresh Chinese cabbage, wild sesame leaves and even rinsed aged Kimchi. But Korean's favorite vegetable for Ssam is, of course, lettuce.

Ssam usually pairs with Ssamjang(sauce that goes inside the wrap). Ssamjang is made by mixing Doenjang(soybean paste) and Gochujang(pepper paste) which are Korean traditional sauces.

Bulgogi itself has a nice flavor but wrapping it with vegetables enables one to take lots of fresh vegetables and to achieve a balance between meat and vegetables.





Queen and King of Goguryeo era(left) and King and Queen of recent Cho-sun dynasty(right)

Name: Dott.ssa Maria Gabriella Piccinini
Specialty: Dermatology
Country: Italy



Name of dish	Cappellaci di Zucca (Ferrarian Pumpkin Big Hats)			
Ingredients for dough	Ingredients	Quantity (for 4 persons)		
	Flour	400 grams		
	Eggs	4		
	Salt	A pinch		
Ingredients for filling	Ingredients	Quantity (for 4 persons)		
	Pumpkin	600 grams		
	Grated parmesan cheese	200 grams		
	Salt	A pinch		
	Pepper	A pinch		
	Nutmeg	A pinch		
Ingredients for meat ragout	Ingredients	Quantity (for 4 persons)		
	Celery	A stalk		
	Onion	1 small		

	Carrot	1 small
	White wine	1 glass
	Tomato sauce	500 grams
	Salt	A pinch
	Rosemary	A sprig
	Milk	1 dl
Directions for dough	<p>Knead all the ingredients and work the dough very well until it is soft and smooth, let it rest for 30 minutes.</p> <p>In the meantime prepare the filling.</p>	
Directions for filling	<p>Cut the pumpkin into slices and clean it well, removing seeds and internal filaments.</p> <p>Bake in oven. When ready, take the pulp out with a spoon, put it in a pie dish and add the other ingredients.</p> <p>Roll out the dough some millimeters with a rolling pin, cut it into squares (about 4 X 4 cm) and put an abundant spoonful of filling into the center of each, then fold the dough into a triangle. Roll up the ends of the triangle on the index finger and fix the dough well.</p> <p>Now it is time to prepare the condiment.</p>	
Directions for meat ragout	<p>In Ferrara the condiment used is a meat <i>ragout</i> in order to exalt the difference between the sweet stuffing and the saltiness of the condiment. Mince together the carrot, onion and celery, fry in olive oil, add minced meat. When it is well browned (must not be boiled!) add wine and let evaporate. Then add tomato sauce, salt and sprig of rosemary.</p> <p>Cook at a low fire for 3-4 hours adding a small amount of water, if is necessary. When <i>ragout</i> is ready, add milk.</p> <p>Cook the pumpkin big hats in abundant salted water for about 7-8 minutes, drain and put into a tureen with <i>ragout</i> and abundant parmesan cheese.</p>	
Other relevant information	<p>Cappellaci di Zucca (Pumpkin Big Hats): The food of the Este Dukes in Ferrara.</p> <p>This refined dish - a symbol of the city of Ferrara - has origin in the Renaissance, at the court of Duke Alfonso of Este. The first written evidence which refers to the recipe, goes back to 1584 a creation of Giovan Battista Rossetti, chef of the Este Court.</p> <p>The original recipe was a bit different from the actual one. Since a bittersweet taste was preferred, cinnamon and ginger were used,</p>	

	<p>today the only spice used is nutmeg.</p> <p>The name derives from the form of the typical straw hats worn by Ferrarian farmers.</p> <p>Since 2016 Pumpkin Big Hats have the IGT mark.</p>	
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Name: Dra Maria Jesus Rojas

Specialty: Rehabilitation Medicine

Country: Perú



Name of dish	Ceviche		
Ingredients (with measurements)	Ingredients	Quantity	
	Raw fish	As desired, skinned	
	Garlic	1 teaspoon, very well crushed	
	Salt	1 teaspoon	
	Pepper	1 teaspoon	
	Chopped celery	1 cup	
	Lemon/Lime juice	Freshly squeezed from 10 lime or 5 lemons	
	Parsley	2 tablespoons, finely chopped	
	Cut onions	2 Cups, cut lengthwise and very slim	
	Lettuce	2 to 7 leaves	
	Sweet potatoes	5 slices, boiled	
	Brown sugar	3 tablespoons	
	Water	1/3 cup	
Directions	Dice the raw fish to about 2cm sizes. Add crushed garlic, salt, pepper, chopped celery, lemon/lime juice, parsley and cut onions to the diced fish and mix well. Place on a plate. Place 2 to 7 lettuce leaves on the plate. Place slices of boiled sweet potatoes on the lettuce leaves.		

	<p>Make a glaze of brown sugar and water by placing sugar and water mixture over low heat for 5 minutes.</p> <p>Pour over the sweet potatoes.</p> <p>May be served with chunks of fresh boiled corn.</p>	
Other relevant information	<p>The word ceviche is derived from the Quechua word <i>siwiche</i> which means "fresh fish". It is considered as the flagship dish of Peruvian cuisine.</p> <p>The ceviche is a marine delicacy that stirs controversy with its own name!!!</p> <p>It is consumed all year round and is very attractive to foreign visitors. It is a dish that combines the acidity of lemon and the heat of the Peruvian aji (pepper) very well.</p>	

Name: Dr Gvantsa Gorgodze
Specialty: Dentist
Country: Georgia

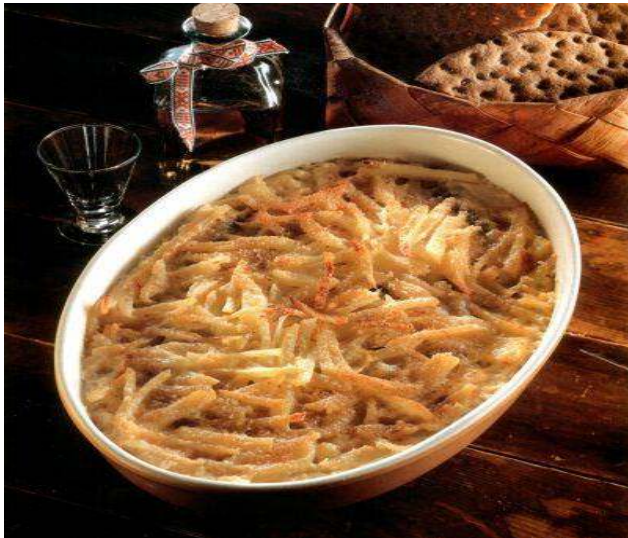


Name of dish	Chakapuli	
Ingredients (with measurements)	Ingredients	Quantity
	Calf meat or better lamb meat	1 kg
	Coriander	300 g
	Green onions	300 g
	Tarragon	300g
	Fresh green garlic	1-2 peace
	New green wild plum (with stones)	200 g
	Dry white wine	250 ml
	1 glass of water	200 ml
	Green pepper and salt	to taste
Directions and Preparation time	<p>Put all above-stated ingredients (except wine, plum, salt and pepper) in a pot in layers, add 1 cup of water and put over low heat...</p> <p>When the meat is boiled in half, add 1 cup of white wine, plum (with stones) and boil until the meat is boiled completely.</p> <p>Add salt and pepper, simmer for 3-5 minutes and the dish is ready. It needs no more than 1 hour.</p>	
Other relevant information (e.g. origin or story behind the recipe)	<p>Chakapuli (Georgian: ჩაქაპული) is a popular Georgian stew made with lamb or beef, dry white wine, tarragon leaves, unripe (sour) green plums, green onions, green peppers, green coriander, garlic and salt. It is popular in the Spring when the plums are unripe.</p>	

Name: Susanne Bergenbrant Glas

Specialty: Internal medicine

Country: Sweden



Name of dish	Jansson's Temptation		
Ingredients	Ingredients	Quantity (makes 4 portions)	
	Potatoes	10	
	Yellow onions	2	
	Brisling Swedish anchovy fillets (Sprattus sprattus)	20	
	Anchovy juice	3 tablespoons	
	Whipping cream (20-40%)	300 ml	
	Dried bread crumbs	1 tablespoon	
	Butter	1 tablespoon	
Directions and Preparation time	<p>Peel the potatoes and onions. Coarsely shred the potatoes. Slice the onions and sauté in a little butter for 5 minutes. Alternate layers of potatoes, onion and anchovies in a lightly greased baking dish, the bottom and top layers should be potatoes. Pour half the cream and 2-3 tablespoons anchovy juice over the casserole. Dot with butter and sprinkle with bread crumbs. Bake in oven 225°C or 435°F for 45 minutes. Baste the outer edges of the casserole with the remaining cream towards the end of the 45 minutes. Serve with crispbread and hard cheese.</p>		
Other relevant	It is a popular late night dish - a salty snack that can be served		


information	to friends and guests after a night out, for example at Christmas, New Year's Eve and Easter. It is often served as a part of smörgåsbord buffet meal.	
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Name: RFM (Réseau Des Femmes Médecins Du Mali)

Specialty: MEDECINS

Country: Mali



Name of dish	LARO (Crushed sorghum with peanut powder, fish and condiments)		
Ingredients (serves 10) Preparation time – 45 minutes 	Ingredients	Quantity	
	Crushed sorghum	500g	
	Water	5 liters	
	Peanut powder	1kg	
	Salt	1 teaspoon	
	Smoked fish	¼ kg	
	Dry fish	1 piece	
	Fresh tomatoes	5 large	
	White sorrel	A handful	
	Soumbala powder (a condiment made from the seed of the African locust bean tree) Substitute suggestion - Soy Sauce	2 teaspoons	
	Onion	1 large	
	Pepper	3 or 4 pieces	
Directions	1. Put 5 liters of water in a pot over high heat. 2. When the water starts to boil add the crushed sorghum while stirring. 3. Add the peanut powder and continue stirring until you have a homogeneous mixture. 4. Add all the other ingredients mentioned (smoked fish, dry fish, crushed tomato and onion, soumbala powder, salt, sorrel, peppers) and leave to simmer for about 40 minutes.		

	NB. Spices and condiments other than chili peppers and the ones mentioned are not recommended for this dish.	
Other relevant information	This is a traditional Malian recipe made with inexpensive ingredients found everywhere in the country. It is a good and affordable source of proteins and lipids for all families especially in times of war or famine. Its appetizing sour taste combined with the added advantage of being easily digestible makes it very suitable for elderly persons and children too!!	

Name: Naa Adorkor Sodzi-Tettey

Specialty: Physiology

Country: Ghana



Name of dish	Nkontomire Stew/Palava Sauce (Spinach Sauce)		
Ingredients	Ingredients	Quantity (for 4 persons)	
	Nkontomire leaves (Any variety spinach leaves)	4 cups finely chopped	
	Tomatoes	4 to 6 medium sized	
	Onions	2 medium sized	
	Red palm oil (substitute with any vegetable oil)	¼ cup	
	Meat/Fish Already steamed, smoked or fried	As desired	
	Ground Agushi (Pumpkin seeds) (substitute with 2 eggs well beaten)	1 cup	
	Hot chilli peppers	Adjust for heat	
	Ginger	1 tsp grated	
	Salt and shrimp spice	To taste	
Directions	<ol style="list-style-type: none">1. Chop tomatoes, onions and hot chile peppers and process in a blender or food processor until well blended. Add grated ginger, mix well. (save two slices of onions for next step)2. Place heavy cooking pot on medium heat with the oil and two slices of onion (chopped).3. When the onions begin to fry the oil it is hot enough. Add processed tomato mix and turn up the heat. Allow to cook for about 10 minutes. Stir occasionally.		

	<ol style="list-style-type: none"> 4. Add meat/fish and continue to cook for another 5 mins. 5. Add chopped spinach, stir, turn down the heat. 6. When well cooked (volume will decrease substantially) add agushi paste (or well beaten egg). Do not stir. Cover and leave on low heat for 5 minutes for agushi or egg to settle. Open, stir, add salt and shrimp spices to taste. Leave to simmer for a few minutes and voila!! 	
Other relevant information	<p>Nkontomire stew is a common dish that is cooked and enjoyed all across Ghana. It is nutritious and a very cool way to get children to enjoy their greens as it is very tasty and goes with anything (shown with boiled yam here). A very forgiving recipe, any type of spinach leaves can be used and all ingredients can be varied with surprisingly good results. One tomato will do!! Nkontomire leaves grow abundantly well all over the country especially during the rainy season making this very nutritious food available and inexpensive. As such it is one of those dishes mothers depend on to feed their families at any time. The elderly often tend to prefer a variation that has less oil and more leaves as it does wonderful things for gut health.</p>	

Name: Dr. Jane Kavuma-Kayonga

Specialty: Maternal Health

Country: Uganda



Name of dish	OLUWOMBO - Chicken or beef cooked in the banana leaf bag	
Ingredients	Ingredients	Quantity
	Fresh whole chicken	One medium sized
	or	
	Fresh tender beef	0.5kg
	Onions	3 medium sized
	Spring onions	2
	Green peppers	3 medium sized
	Tomatoes	3 large
	Fresh coriander	1 table spoon chopped
	Salt	2 teaspoons
	Curry powder	2 teaspoons
	Banana leaves	4
Directions	<ol style="list-style-type: none">1. Hold two banana leaves over an open/charcoal fire to make them soft and water-proof. Fold the smaller one into the bigger one and place them into a basket. This is for the banana leaf bag.2. Place the whole chicken on a rack over the open/charcoal fire and roast until golden brown. Cut the chicken into pieces and place them onto the prepared banana leaves.3. Chop all the vegetables and add them to the chicken. The tomatoes must be finely chopped or blended. Add salt and curry powder and tie the ends of the leaves tightly together with a piece of banana fiber making a pouch as shown in the picture above.	

	<p>4. Place pouch into a pot of water and cover with a layer of banana leaves. Steam for one hour.</p> <p>5. Serve the chewy delicious chicken/beef with mashed bananas or boiled rice.</p>	
Other relevant information	<p>This is a traditional dish from the Central Region of Uganda. Originally, it was served exclusively to Kings and Princes but now, it is enjoyed by all. The unique taste and meticulous preparation of OLUWOMBO gives it a pride of place on special occasions like weddings and thanksgiving ceremonies. Dried fish, mushrooms or peanut paste can be used as a substitute to chicken or beef in this dish.</p> <p>It is a healthy way of cooking beef or chicken because the meat is gently cooked by steaming, retaining its moisture and flavor.</p>	

Name: Dott.ssa Silvana Capasso

Specialty: Pediatrics

Country: Italy



Name of dish	Parmesan eggplant		
Ingredients	Ingredients	Quantity (for 4 persons)	
	Long purple eggplants	1,5 k g	
	Peanut oil for frying	½ liter	
	day old mozzarella cheese	300/400 gr	
	San Marzano peeled tomatoes	800 gr	
	Extra virgin olive oil	1-2 tablespoons	
	Grated Parmesan cheese	100 gr	
	Fresh basil leaves	5-6	
Directions	Garlic	1 clove	
	Coarse salt	2 tablespoons	
Other relevant	Cut off the stalks and then cut the eggplants lengthwise into slices about 0.5 cm thick. Put them in layers in a colander, sprinkle with coarse salt, cover them with a plate and place a weight on them. Leave at rest for an hour: they will exude a bitter liquid. Rinse under cool running water and dry with a cloth or paper towel. Fry in abundant peanut oil a few slices at a time until they are golden brown, putting them on blotting paper. Aside make the tomato sauce: put two tablespoons of extra virgin olive oil in a saucepan with a garlic clove, which just must blond and be removed. Pour the tomato sauce into a pan, not adding salt . Cook at a medium flame for about 10 minutes. Grate the parmesan cheese and cut the mozzarella into small slices , leaving to dry.		

informations	<p>Due to the intuition of Ancel Keys, who came to Naples in 1952 for a FAO convention and learned from Gino Bergami, a Neapolitan physiologist, that in our territories the cardiovascular diseases, affecting young United States citizens, were virtually unknown, the Mediterranean Diet became popular worldwide. Confirmed by numerous epidemiological scientific researches, Mediterranean Diet had given an important turn to the way of feeding entire populations of the western world. Ancel Keys lived forty years with his wife and collaborator in Pioppa, Cilento (Campania) following nutrition and the lifestyle of local farmers and fishermen. He preferred legumes, tomatoes, fresh greens, sardines and anchovies, also flavoured with extra virgin olive oil, eating no more than 2 kilos of meat per year. He died in 2004, two months before his 101st birthday and his wife in 2006 at the age of 97.</p>	

Name: Dr Kamal Hazari.

Specialty: MD Obstetrics and Gynaecology

Country: India



Name of dish	Pulao (Vegetable Rice with Spices)	
Ingredients (serves 4) Preparation time: 15 mins Cooking time: 20 minutes	Ingredients	Quantity
	Basmati rice	2 cups
	Cooking oil	2 tablespoons
	Onion	1 medium sized thinly sliced
	Green chilies	2
	Cut vegetables (carrots, beans, potatoes, peas)	1 cup
	Water	3 cups
	Mint (finely chopped)	3 tablespoons
	Ginger garlic paste	1 ½ tablespoons
	Whole spices 1 bay leaf (Tej patta) 1 star anise (Chakri phool) ½ inch cinnamon stick ¾ tablespoon cumin seeds (Jeera) 4 green cardamoms (elaichi) 6 cloves (laung)	
	Salt to taste	
Directions	Wash the rice a few times till the water runs clear then soak in water for at least 15 minutes. Drain off the excess water. Chop all the vegetables and onions. 1. Heat oil in a hot pan.	

	<p>2. Add the spices – bay leaf, star anise, cumin seeds, cardamom, cloves and fry them till they sizzle</p> <p>3. Sauté onion and chilies until golden.</p> <p>4. Add ginger garlic paste and cook till the raw smell goes off.</p> <p>5. Add the vegetables and mint. Sauté for 3 minutes.</p> <p>6. Add the water and salt and allow to boil.</p> <p>7. Add the drained rice and cook on low flame for 5 to 10 minutes till the rice cooks fully. Mix evenly and serve hot.</p>	
Other relevant information	<p>Pulao is a one pot rice dish from Indian cuisine that is made with aromatic spices, vegetables and basmati rice (long grain rice). It is quick and easy to prepare and can be made using a variety of vegetables.</p> <p>Pulao is commonly made in Indian homes as part of daily meals and is also popular on festive occasions and celebrations where dry fruits and more exotic vegetables maybe used. It is usually served with dahi (plain yogurt) or raita (yogurt with spices).</p> <p>Ingredients can be varied to include other vegetables, chicken, other meats, seafood and dry fruits as per local availability and food preference.</p>	

Name: Dott.ssa Silvana Capasso

Specialty: Pediatrics

Country: Italy



Name of dish	Spaghetti with capers and olives		
Ingredients	Ingredients	Quantity (for 4 persons)	
	Spaghetti or Linguine	400 g	
	Black olives from Gaeta	100 gr	
	Tomato sauce	400 gr	
	Extra virgin Olive oil	4/5 spoonfuls	
	Salted capers	2 spoonful	
	Garlic	1 clove	
Directions	<p>Pitting the olives; rinse the capers, and leave them in water for about 10 minutes, then drain.</p> <p>Put the olive oil in a saucepan, brown slightly the garlic and olives, then add the dripped capers and after a bit also the tomato sauce. Cook at first on a low flame and then with a bright flame for about 15 minutes. Taste and salt.</p> <p>Cook the spaghetti a bit underdone, drain and pour into the sauce and mix well, continuing to cook for about a minute. If you like, you may add parsley or origan.</p> <p>Serve immediately</p>		

Dessert

Name: Dr M Maite Sevillano

Specialty: Nuclear Medicine Physician

Country: Brazil



Name of dish	Brigadeiro
Ingredients (with measurements)	1 box of sweet condensed milk (270 ml) 1 tablespoon unsalted margarine 4 tablespoons chocolate powder Granulated chocolate for the coating
Directions	In a deep saucepan, sift the chocolate powder. Add the sweet condensed milk and margarine. Cook over medium heat and keep stirring gently until the fudge starts to peel off the pan. Let cool and make into bite-size balls with your fingers. Coat with granulated chocolate.
Other relevant information	The origin of the name "Brigadeiro" is linked to the presidential campaign of Brigadier Eduardo Gomes, of the Republic of Brazil in 1946. Supporters of Brigadier Gomes are said to have made and distributed or sold the popular delicacies during political events. Disputing parties soon began to call friends to go eat the "brigadier's sweets". The Brigadeiro is the most popular candy in Brazil. It is a must at all parties. Making Brigadeiros is a special moment in the kitchen for mothers and their children. It is usually the first candy

	<p>mothers teach their children to make.</p> <p>These simple, delicious homemade sweets could light up the faces of children in an orphanage near you this Christmas!!!</p> <p>Remember Brazil fondly each time you make brigadeiro.</p>
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Name: Dr Gvantsa Gorgodze
Specialty: Dentist
Country: Georgia



Name of dish	Phelamushi and Churchkhela/Dessert	
Ingredients (with measurements)	Ingredients	Quantity
	Grape juice boiled (called Badagi)	3 liters
	1 glass of wheat flour	200 ml
	3 glasses of maize flour	600 ml
Directions and Preparation time	<p>Put blended flour in a bowl. Gradually add half of the grape juice and stir without stoppage with a wooden spoon. Place the remaining grape juice into a pot of cast iron. Gradually add the mixture of grape juice and flour and mix well. Put it over a high heat, simmer and stir without stoppage. Then reduce the heat, simmer to low heat for 8-10 minutes. During this time Phelamushi should be thickened. Get a taste to avoid flour flavor. Simmer more 10 minutes and remove ready Phelamushi from the heat and place on the plates at once. If desired, put walnut.</p>	
Other relevant information (e.g. origin or story behind the recipe)	<p>Churchkhela is made with the same principle as Phelamushi, but it needs to simmer for 20 minutes, it should be just thicker, we must thread walnut onto a string in advance and dip it in this hot mass, put on the stick and dry in the sun, now it is ready to eat :))</p>	

Food Care Kit for Homeless Persons

Name: Dr Marjorie Cross

Country: Australia



Name	Food Care Kit for Homeless Persons	
Components	<p>Non-perishable food items as in the photo, a bag or basket.</p> <p>A useful kit could contain</p> <ol style="list-style-type: none"> Food items: Muesli bars, fruit snacks, cans of beans, corn, tuna or fruit. It is best if the cans' lids have a ring top pull for easy opening. Basic toiletries: Tooth brush and tooth paste, tissue paper, soap, sanitary pads, comb. Clothing items: A pair of socks, a warm hat. Gift certificates for supermarket or fast food chains. 	
Directions and Preparation	<p>Fill a bag or basket with the items.</p> <p>You may choose to donate directly to individuals or through various charitable organizations during the Christmas holidays. As Christmas time is a traditional family time in many countries the loneliness and poverty of homelessness is felt more keenly during Christmas.</p>	
Other relevant information	<p>In Australia, there were about 116,000 homeless people on Census Night in 2016. This is probably an under estimation, given that couch surfers, people staying in temporary refuges, shelters or caravan parks are unlikely to have been represented fully. Rough sleepers, street beggars and buskers on the streets of our major cities are usually the obviously visible homeless persons.</p> <p>Homelessness in Australia disproportionately affects women and children with the majority of cases originating from domestic violence. Adolescents escaping from family violence have also been known to find themselves homeless!!</p> <p>Food insecurity is a closely related issue. Whilst the homeless are certainly almost always hungry and looking</p>	

	<p>for food, food insecurity extends to far more Australians than those who are homeless.</p> <p>Every year at Christmas time in Australia, the news outlets show politicians and celebrities waiting on tables serving homeless people Christmas fare. Charities hand out care kits such as the one I described above. This probably causes little harm but indicates sympathy rather than empathy. Real solutions are far more challenging and are related to the politics of inequality. For women and children, addressing food insecurity is in part addressing and preventing family violence.</p> <p>Individual and corporate financial donations as well as large donations of food from organizations such as Food bank and Oz harvest are invaluable to the charities that feed the homeless all year round. That notwithstanding, contributions of food care kits such as the one described here for homeless persons at Christmas serves its own special purpose.</p>	
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MWIA fabric Collage teasers

COLLAGE TEASER 1: NZ Banner square for Display at MWIA Centennial, 2019, New York by Esther Nitschke.

The two fabrics in this banner are hand woven pieces woven from Cottaline & Silk, for the trouser and jacket garments for the Fashion Parade celebrating 50 years of the Creative Fibre Festival in Palmerston North, 2019. It is woven and designed by Esther Nitschke of Fielding, a spinner and weaver of 55 years. Esther attended 47 Festivals. In 1994 she was awarded an M.B.E. for services to Weaving in New Zealand (exhibitor, Judge, Organiser).

It has been designed and woven for Dr Robyn Hewland to take and present in New York in July 2019 for the Centennial celebration of Medical Women's International Association.

It shows a stylised FERN, the NZ National Emblem.



COLLAGE TEASER 2: FABRIC SQUARE FROM INDIA

India the south Asian country of the Himalayan peaks, the Taj Mahal, Nobel laureate Amartya Sen, unique curries and spices, has submitted a fabric square towards the Medical Women's International Association (MWIA) centennial collage.

The collage picture¹ from Association of Medical Women in India (AMWI) has on the front, a Paisley design and on the back, graphics with a map of the states that make up India.

The Paisley is a teardrop shaped motif with a curved upper end and is a popular ornamental design of Persian origin. These are intricately woven on a blue background with colors of green, pink and ivory

In the words of AMWI, “The fabric collage pattern “paisley” is a signature pattern of the Indian art used all over the country. The colors red, blue and green are a popular combination in India. It is embroidered on the classic South Indian Kanjeevaram silk. Various crafts of different states are depicted on the back “

The black ribbons attached to the four corners of the square will not hang free but will be tied to other similar sized fabrics from MWIA member countries. We look forward to the submission by other countries and as we tie each string to another, the message of our unity in diversity is reinforced.

Front of the fabric square



Back of the fabric square



¹ Copyright: Association of Medical Women in India (AMWI)

COLLAGE TEASER 3: FABRIC SQUARE FROM MALI

The Medical Women's International Association (MWIA) has introduced an innovative and inclusive initiative as part of her Centennial celebration taking place in New York in July 2019. Each of our National Associations will be submitting a fabric square that is unique to their country. These will be joined together to form part of a fabric collage as a symbol of the unity in our diversity. Each designed fabric will have a special place in this harmony of diverse colors and patterns.

We are pleased to share with you the fabric square submission from the **Network of Women Doctors of Mali (RFM)** which is made of cotton, and is woven traditionally in the whole country. This square of traditional fabric was dyed using a traditional technique known in Mali as "Bogolan". "Bogolan" is traditionally worn by hunters who use it both as camouflage and ritual protection. It is also a customary belief that this fabric has the power to absorb dangerous forces released during childbirth.

The map shown on the front is that of Mali and the colors green, gold and red are the colors of the national flag, which is embroidered by hand. The ideogram that borders the square of fabric expresses the bravery of the women.



front view



back view

COLLAGE TEASER 4: TWO FABRIC SQUARES FROM THAILAND

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We are pleased to share with you two fabric square submissions from Thailand. One is a Thai style tapestry of the centennial logo on ivory - white Thai silk. It is beautifully crafted and we have decided to make it the central piece of the collage. The second design is also made of silk and shows the emblem of the Thai Medical Women's Association (TMWA) representing the medical torch under the queen's crown.

Front view



Back view



Background information on fabric squares for centennial fabric collage



ARGENTINA	MEXICO	JAPAN	PERU	CHINA
CHINA	MEXICO	MEXICO	MEXICO	CHINA
CHINA	CHINA	CHINA	CHINA	CHINA
CHINA	CHINA	CHINA	CHINA	CHINA
CHINA	CHINA	CHINA	CHINA	CHINA
CHINA	CHINA	CHINA	CHINA	CHINA

Final Centennial Fabric Collage in New York!

MWIA FABRIC COLLAGE – SUBMISSION FROM AUSTRALIAN FEDERATION OF MEDICAL WOMEN

Title: Bush Medicine Dreaming, by Louise Numina Napananka



PIA DU PRADAL

The **Australia Federation of Medical Women (AFWM)** is pleased to contribute a fabric square to the **International Collage** for the **Centennial of the Medical Women's International Association**, celebrated in **New York in July 2019**.

The **AFMW Fabric Square** submitted is entitled “**Bush Medicine Dreaming**”, and has been painted by emerging indigenous artist, **Louise Numina Napananka**. The colours of the Bush Medicine motif on the square reflect those of the **AFMW logo** (see above), and include the **purple of the suffragette** movement from around the time MWIA was established.

Louise has painted the Bush Medicine motif, as taught and pioneered by her auntie, **Gloria Petyarre**, renown Aboriginal artist from **Utopia, Central Australia**. Louise's art differs from that of her famous auntie, in that it contains both small and large leaves, providing greater colour and texture. **The Utopian Artists** are a collective of indigenous women in the heart of Australia, who paint the Bush Medicine Dreaming to convey traditional medical practices, and who pass these skills on across the generations. Whilst painting the fabric square, Louise was videoed, as is now customary, to prove providence, and she tells the story of Bush Medicine Dreaming in her own language (see attached link).



The **bush medicine leaves are traditional medicine**, collected from an abundant shrub in the desert, and highly prized for their restorative powers. The leaves change colour as they dry and fall to the ground. They can be ground into a milky substance, or boiled to obtain a resin that is combined with kangaroo fat to create a long lasting balm. The Dreaming story pays homage to the plant, encouraging it to grow and replenish the leaves for further use.

Pia du Pradal, a highly acclaimed Brisbane designer, was instrumental in connecting us with Louise regarding the AFMW fabric square contribution. Since 2017, Pia has used Louise's art to create fabric for beautiful clothing which is hand (tailor) made in a Brisbane studio. Pia has dressed Australia's leading women for some of the most significant events in Australia's history, including Dame Quentin Bryce, when she was present for the installation of Julia Gillard as Australia's first female prime minister, and when she attended the Royal Wedding; as well as Ann Sherry when attending international forums for UNICEF. Pia's work was recently commended at Australia's premier fashion event, Mercedes Benz Fashion week.

In collaboration with Louise Numina Napananka and Pia du Pradal, scarves made from fabric with the AFMW Collage Bush Medicine Dreaming pattern, will be available on our website <https://www.home.afmw.org.au/>).

A contribution for the sales of these scarves will raise funds towards an AFMW Indigenous Women in Medicine Project, to be distributed at our Face to Face meeting each November.

Dr Lydia Pitcher, Vice President AFMW 2018-19, QMWS President 2016-19 and Dr Mary-Rita See, QMWS Committee representative 2019

FABRIC SQUARE FROM CANADA

The Federation of Medical Women of Canada was founded in 1924. The red and white colours, along with the Maple leaf, represent Canada's national flag. Our emblem consists of the staff and snake of Aesculapius, the god of healing in Greek mythology. The addition of the single wing symbolizes the spread of peace through the alleviation of disease and ignorance.



FABRIC SQUARE FROM FINLAND

We are pleased to share with you the submission from **the Finish Medical women's association**. The fabric square is all cotton, the back side is white cotton with the text 'Finland'. They chose the colours blue and white since they are also the colours of the flag of their country Finland. The print is Marimekko's Unikko (Poppy).



FABRIC SQUARE FROM THE GEORGIAN MEDICAL WOMEN'S ASSOCIATION

"Ornament is a unique code for transmitting the consciousness of a nation. With the help of the ornament, nations of different minds and language create artistic messages to the outside world and to each other. The Georgian Ornament is not an exception. Over the centuries the unique language of art has been created, with which the past speaks to us. In this language there are archetypal symbols characteristic for human culture in general.

The presented ornament is both very Georgian and universal at the same time. This is the universal language through which cultures share experiences to each other. "

Tamar Chkhenkeli
Artist



FABRIC SQUARE FROM GERMANY

This piece for the collage was handed in by the **German Medical Women's Association** (Deutscher Ärztinnenbund). It shows the symbol of our association, which reminds of our historical connection with the MWIA. The piece of fabric is taken from a silken scarf in orange, which is the most visible sign of our network. Since 2013, the German Medical Women's Association has used this scarf to honour and thank members who have contributed to our association in different extraordinary ways. At the MWIA centennial you will definitely spot our delegates wearing the scarf.



FABRIC SQUARE FROM GHANA

Kente is a special fabric made by weaving cotton threads into intricate designs and stitching the resulting long cloth strips together. It originates from the Akan ethnic group of Ghana but worn by almost every Ghanaian. Kente comes from the word 'kenten', which means basket in the Asante dialect of Akan. It is a royal cloth worn only in times of extreme importance and is the preferred cloth by queens and kings. Globally, it's revered for its stylish appeal as stoles for graduation ceremonies



FABRIC SQUARE FROM GREECE

Greek contribution to medicine stretches as far back as the ancient times. The classical design of the Greek banner echoes this time period. The blue and white colours of the meander which borders the square represent those of the national flag.

Four words are inscribed, **ΕΛΛΑΣ**, **ΓΥΝΑΙΚΑ**, **ΥΓΕΙΑ** and **ΙΑΤΡΟΣ**, which mean

“Greece”, “Woman”, “Health” and “Doctor” respectively. All these words have been incorporated somehow into the English language.

The gold wreath is a symbol of the mythological goddess Nike. She personified victory. It forms a circle, representing the cycle of life and continuity in all things, such as progress leading towards success, then continuing to improve and progress onto the consequent path. It is connected to the ancient Greek amphora or pot enclosed within the wreath, with a woman's profile engraved on the front



FABRIC SQUARE FROM HONG KONG

This is a picture collage with the famous Victoria Harbour, with some local Hong Kong icons, namely Dim Sum meal, Bauhinia flower, Chinese opera, Red lanterns and last but not least, Bruce Lee.



FABRIC SQUARE FROM THE ASOCIATION OF MEDICAL WOMEN IN INDIA

THE FABRIC COLLAGE PATTERN: “PAISLEY” IS A SIGNATURE PATTERN OF INDIAN ART USED ALL OVER THE COUNTRY. THE’ COLOURS RED,BLUE AND GREEN IS A POPULAR COMBINATION IN INDIA .IT IS EMBROIDERED .ON THE CLASSIC SOUTH INDIAN KANJEEVARAM



FABRIC SQUARE FROM ITALY

Associazione Italiana Donne Medico (AIDM) - Italian Medical Women's Association

The art of lace (Tombolo) making has ancient origin. The first dating goes back to the Etruscans. Inside their intact tombs bone spindles have been found. In the course of historical events, we see that different epochs bring about continual social changes and the capacities handed down from generation to generation to expand the art of bobbin lace.

It is difficult to identify a precise historical moment as a starting point for this art, but a date that leads us to see the Magna Grecia as the first cradle can be considered plausible. Much importance is played by the social changes of the fifteenth and sixteenth centuries. The Middle Ages were over and the customs underwent radical changes. Development of new techniques has an important influence in the Flanders Regions and its commerce with the northern regions of Italy. In the 17th century Venice dominates markets and in the convents they made the dowry linens for the rich ladies of the area

On the base of a more or less refined design, the lace makers worked silk and cotton, making tablecloth borders, sheets and wedding goods with these materials. The possession of these laces in Venetian homes became a real treasure to hand down from generation to generation

Burano Island today remains the Cradle of Tombolo Art. The last lace maker who preserves design and manual stitches actually is 103 years old and still works.



FABRIC SQUARE FROM JAPAN



FABRIC SQUARE FROM KENYA - INSPIRATION AND BRIEF HISTORY OF MAASAI SHUKA

This is a traditional fabric worn by the Maasai people, mainly from Kenya and stretching to the Tanzanian border. This fabric comes in plain, checkered and striped colors of mainly red, blue and green and it is combines with other multicolored African garments. It is believed that the shuka was brought in by Scottish missionaries during the colonial era replacing the leather skin originally used by the Maa community to protect them from tough terrain of the savanna

The fabric is known to be durable and protects the Maasai against the harsh weathers and terrains of the savanna while providing comfort and warmth. The Maasai shuka has been embraced internationally and a symbolizes identity for Kenya. **The Kenyan Medical Women's Association (KMWA)** relates this cover and protection offered by the shuka to the Maa people to how (KMWA) champions for the improved health of vulnerable groups in the society. The bright checkered woven background symbolizes the cohesive professional membership committed to the KMWA c



FABRIC SQUARE FROM THE KOREAN MEDICAL WOMEN'S ASSOCIATION

Design:

The KMWA logo and a stethoscope in a lovely heart shape in the center with the Korean National flag (TaeGeugGi) in the left upper corner and the national flower (MuGungHwa; Rose of Sharon) in the right upper corner. The background is imprinted with HunMinJeonggEum (the first documented textbook written in Korean script/alphabet, Hangeul) and the four sides are framed with the Korean traditional five color-striped pattern (SaekDong), reminiscent of a rainbow.

Cloths:

This design is printed on hemp fabric, and the four strings are made of five color-striped silk.

History:

SaekDong has quite a long history of 1700 years; literally 'Saek' means color and 'Dong' means the end of a sleeve, and together SaekDong harbors a wish and prayer for health and longevity. The color motif is originally composed of five colors of red, blue, yellow, black and white, but various other colors can be added, giving the impression of a rainbow.

Ramie and hemp fabrics are popular traditional clothing materials in summer because they have an excellent air-permeability and they are also superb in absorbing sweat. Threads, made of ramie and hemp plants, are woven on traditional looms to produce the cloth. Ramie fabric is silkier than hemp, and thus ramie was usually used for the rich while hemp was used for the common.



FABRIC SQUARE FROM MALI

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The map shown on the front is that of Mali and the colors green, gold and red are the colors of the national flag, which is embroidered by hand. The ideogram that borders the square of fabric expresses the bravery of the women.

FABRIC SQUARE FROM NEW ZEALAND

The two fabrics in this banner are hand woven pieces woven from Cottaline & Silk, for the trouser and jacket garments for the Fashion Parade celebrating 50 years of the Creative Fibre Festival in Palmerston North, 2019. It is woven and designed by Esther Nitschke of Fielding, a spinner and weaver of 55 years. Esther attended 47 Festivals. In 1994 she was awarded an M.B.E. for services to Weaving in New Zealand (exhibitor, Judge, Organiser).

It has been designed and woven for Dr Robyn Hewland to take and present in New York in July 2019 for the Centennial celebration of Medical Women's International Association.

It shows a stylised FERN, the NZ National Emblem

by Esther Nitschke.



FABRIC SQUARE FROM THE MEDICAL WOMEN'S ASSOCIATION OF NIGERIA

Nigeria has over two hundred and fifty tribes living together within its geographical entity. The Nigerian woman can easily be identified anywhere from her dressing. The combination of colours and the complex headgears stand out the Nigerian woman in any gathering. Our dressing typifies the diversity in culture from the north to the south of our dear country, Nigeria. The Nigerian woman's dressing has been influenced by foreigners. The women of the coastal tribes are adorned in coral beads and gold. This is as a result of early relationship with the European slave merchants. In the north the influence of the Arabs from North Africa can be clearly seen. This also is a result of the trade across the Sahara desert. In spite of this diversity, the Nigerian women continue to live in unity.



FABRIC SQUARE FROM THE PHILIPPINE MEDICAL WOMEN'S ASSOCIATION

Back strap weaving

In the northern mountains of the Philippines live a tribe called Igorots. Backstrapping, which started in the 1900s, involves thread twining, dyeing and winding. After the raw kapok fiber is twined (*linas*), it is wound in a bamboo winder (*ollawan*), then dyed and starched to make it stiff enough and shaped into balls.

With the use of bamboo as rod (*sah-udan*), it is securely tied in an elevated place one to two meters high. The weaver is also seated securely with her back and front support gadgets 3 to 5 meters facing the warping rod. The back support is anchored to the roller (*leletan*) pressed in front of the seated weaver.

The design in the weaving is dependent on the threading during the warping. Black and blue were original colors. Now threads are available as yellow, red, green, and gray. Aside from G-strings, it is now used as skirt, headdress, tapestry, mats and blankets.

Backstrap weaving is a living tradition in promoting Igorot values of cooperation, solidarity, teamwork, cohesiveness and creativity.



FABRIC SQUARE FROM THE SWEDISH MEDICAL WOMEN'S ASSOCIATION

The Swedish flag is shown.



FABRIC SQUARE FROM THE TAIWANESE MEDICAL WOMEN'S ASSOCIATION

We love Taiwan - female doctors and students



FABRIC COLLAGE FROM TANZANIA

This is a common fabric used as a decorative piece on the wall of many houses in Tanzania and when made in a bigger size, it is used as a head wrap. The illustrations depict Mount Kilimanjaro, the highest mountain in Africa and the pride of Tanzania. Kilimanjaro is not only Africa's tallest peak but also the world's tallest free-standing mountain. The summit, named Uhuru Point, is 5,895 meters (19,341 feet) above sea level.

In the plains below the mountain are elephants and giraffes. The giraffe is Tanzania's national symbol /emblem and, as such, it is protected by law. The giraffe is a graceful animal whose long neck represents the ability to be visionary while still viewing the past and present. The giraffe reminds Tanzanians to increase their understanding by viewing life from all angles. The giraffe also reminds Tanzanians to use their strength and flexibility to align the physical, mental and spiritual as the giraffe. Tanzania is also famously known for its tourism which includes a number of national parks and game reserves, a leading foreign exchange contributor to Tanzania economy.



FABRIC COLLAGE FROM THAILAND



The fabric collage from **Thai Medical Women's Association** is TMWA emblem on white Thai silk. The Thai language shows our Association name in Thai on the green ribbon. Green is color signalizes Medical team together with two snakes around the torch. The golden Thai tiara declares that TMWA working under the patronage of Her Majesty the Queen of Thailand. We share the centennial celebration with MWIA and all other national members with our Thainess.

Central piece from Thailand



THE HISTORY OF THE LUBUGO- BARK FABRIC FROM UGANDA

We are pleased to share with you the submission from the Medical Women Association of Uganda.

Information collected through Oral History in Buganda indicates that making fabric from tree bark is as old as the history of the ancient kingdom of Buganda in central Uganda. Since the 14th century, the people of Buganda have been making bark cloth from a local indigenous tree known as the Mutuba (*Ficus natalensis*). The craft is passed on from father to son in one of the 52 clans making up the Buganda kingdom. The craft was widely spread in Buganda until in the 1840s when



the Arab traders introduced cotton cloth in Buganda.

During the wet season, the bark from the trunk of the Mutuba tree is carefully harvested. The denuded tree is covered with banana leaves to regenerate.

Under a shed, the inner layer of the bark is separated and through a long and strenuous process it is beaten with different types of guava tree mallets into a soft and fine texture. The final product which by then is a tenth of its original size, is then spread out in the sun to dry. Any natural tears are meticulously stitched. The softening determines the final product and its use. The finest type of the cloth is of terracotta colour is worn by both men and women at special occasions like coronation and weddings. Others are used for every day

wear and to wrap up the dead for burial. The Bark cloth is a unique material and no two pieces are exactly the same. Each piece of the fabric is usually about two metres in width. Currently the fabric is being used to make dresses, bed covers, handbags, table mats, hats, table cloths, curtains and picture frames.

Bark cloth making had declined over the years except for traditional Baganda functions like the installation of an heir or heirless. Since the restoration of the Buganda kingdom in 1993, the kingdom has encouraged and promoted the production and use of bark cloth. In 2008, UNESCO- the UN Cultural Agency proclaimed the craft of Bark cloth making as a Cultural Heritage for Humanity.

Modern fashion designers in Uganda and Europe are using this unique fabric from a tree bark in their work because of its colour and texture. They are dyeing it in different colours and using it to make fashion creations like jackets and coats. A few are experimenting with increasing its durability by mixing it with latex from Brazil. They are hopeful that it could in future be used as an alternative to leather.

(Dr. Jane Kavuma –Kayonga)

FABRIC COLLAGE FROM THE UNITED KINGDOM

The UK's design is based around a Maypole which is a pole erected in some towns or villages as part of a folk festival, often around the beginning of May. The history of the Maypole dates back to Medieval times. Ribbons are attached to the pole for dancing around. In our design the flags of the four nations of the United Kingdom are attached to the ribbons and the MWF logo forms the pole.



FABRIC COLLAGE FROM THE AMERICAN MEDICAL WOMEN'S ASSOCIATION

The fabric Square from the USA is a quilted cotton Americana design. Cotton is a significant agricultural product of the USA and cotton production spurred much economic development in early America. This was a force for the growth and development of the country but was also integral to the tragic evil of slavery and a terrible war that almost tore the country apart. Cotton seemed the best fabric to represent the USA because of its role in our history and, as cotton remains a major export today, the promise of our future.

The cottons chosen for the square are contemporary quilt fabric for the border in an off-white, blue and red color scheme with stars, stripes and even state names as part of the Americana design.

Vintage feed sack calico in red, white and blue fabrics are featured in a nine-patch quilt design on the back of the square and a red and white floral backdrop on the front. Vintage printed feed sack fabric (the calico also printed on flour sack and sugar sacks) was chosen because of its association with the resourcefulness of women in the great depression who used this material for clothing and linens.

Fabric from a pair of Levi's jeans was used for elements of the square. Strauss designed and manufactured clothing from a tough cotton quill in America in the 1870's. Many farmers and hardworking Americans found this very useful. We honor our farmers particularly because the founder of AMWA, Bertha Van Hoosen, not only managed a medical practice, but her dairy farm too. Also, Levi's 501 denim jeans have been assigned the designation of a modern uniform, with origins in the USA, by MOMA (the New York City Museum of Modern Art) in a recent exhibition, *Is Fashion Modern?*



The main design honors not only America, but also the founding of MWIA 100 years ago. Since Esther Pohl Lovejoy, one of the founding physicians, became the first MWIA president at the inaugural meeting in New York City in 1919, a denim Statue of Liberty with a gold stethoscope around her neck was chosen as the focal point of our square. Additional design features are the required ribbon ties which are made of strips of Levi's cotton denim. The frayed edges are reminiscent of feathers, an item of great importance to our Native American traditions. The ends of the ties feature aboriginal inspired bead fringe. A native two-needle technique to attach seed beads is a design element at the edging of the quilt square border on the back.

This story about the fabric square is printed on cards placed on an USA key ring and are tucked into the Levi's denim pocket at the back of the piece.

FABRIC COLLAGE FROM THE MEDICAL WOMEN’S ASSOCIATION OF ZAMBIA

