

December 2023 | Monthly Newsletter



MURIEL STEELE SOCIETY



DEC

UCSF | Department of Surgery

Instagram @UCSFMSS

<https://murielstelesociety.ucsf.edu>



## MURIEL STEELE SOCIETY

*Dear Muriel Steele Society Members,*

*We wish all of our members a happy and health holiday season!*



**Mark Your Calendars!**

## Upcoming Events

**December 7**

Thursday, 6:00-8:00pm

### Faculty Meet-and-Greet



The Surgery Interest Group (SIG), Vascular Surgery Interest Group (VSIG), and Muriel Steele Society (MSS) are hosting a Combined Surgical Faculty Meet and Greet. This is a great event to meet our wonderful surgical faculty, fellows, and residents. If you are considering a surgical specialty, enjoyed your surgery rotation, or are already applying to a surgical residency program, join us for a fun evening of socializing and celebrating the season. Food will be provided!

If you have any questions or concerns, feel free to reach out to [katherine.miclau@ucsf.edu](mailto:katherine.miclau@ucsf.edu) or [elizabeth.raby@ucsf.edu](mailto:elizabeth.raby@ucsf.edu)

**Location:** Nursing Mezzanine on Parnassus Campus

**December 8-10**

### SKY Campus Happiness Retreat

Fri, Dec 8, 5:00 PM - 8:00 PM  
Sat, Dec 9, 10:00 AM - 1:00 PM  
Sun, Dec 10, 10:00 AM - 1:00 PM

Attendees learn evidence-based stress-management skills, develop a personal daily SKY breath-meditation practice which has been scientifically validated to significantly increases one's well-being, increase resilience, decrease anxiety, improve social connectedness, and reduce stress markers over 3 consecutive days (3 hours each day).

Reserve your spot: <https://tiny.cc/UCVIVI>

**Location:** Zoom



## MURIEL STEELE SOCIETY

**December 13**

Wednesday, 6:30-8:30 pm

**Annual MSS Holiday Party**

We are looking forward to getting together, catching up, having great food & beverages, and celebrating all you have achieved in 2023. We will also have activities led by some of your favorite UCSF Surgery attendings.

We are looking forward to a wonderful evening with you all. An early thank you to Dr. Varma, who will be hosting us again this year!

Please RSVP at <https://forms.gle/Z39XqQsfGeW5kURy6> for more information and location.

**March 1, 2024****Innovating the Future Conference**

This conference promises to be a dynamic and insightful event, focused on empowering and celebrating the role of women leaders in catalyzing positive change within the healthcare industry. It is a valuable opportunity for all UC faculty, staff, and trainees from the UC Health Sciences community to come together, exchange ideas, and contribute to the advancement of healthcare leadership.

**Location:** Oakland, CA



# ACHIEVEMENTS & AWARDS

The MSS Wellness Committee (Dr. Jane Wang, Dr. Camilla Gomes, and Dr. Colleen Flanagan) was awarded a Community Wellbeing Grant for their project entitled "Increasing Visibility of Women Surgeons: Challenging Perspectives & Building Community". The goal of this year-long project is to display professional portraits of MSS members throughout the various hospitals to not only challenge perceptions and stereotypes about what a surgeon "should" look like, but also highlight the remarkable diversity in the UCSF surgical community. Both faculty and learners will be celebrated through this initiative. Be on the lookout for more information about the project and how to sign up to get your portraits taken in early 2024!



## ASSOCIATION OF WOMEN SURGEONS

MSS members Dr. Anya Edwards and Dr. Caroline Stephens were co-authors on the "For the medical student" chapter in the 6th edition of the Association of Women Surgeons' "Pocket Mentor."

According to the AWS, "is the intent of this book to provide practical information and advice, which we believe will make your surgical residency experience more rewarding. We hope it will help you improve communication with your peers and attendings and inspire you to develop confidence in your skills and abilities."



## POCKET MENTOR

*A manual for surgical interns and residents*

6<sup>TH</sup> EDITION 2023



**Thanks for reading!**  
**MSS Communications Committee**

If you have anything you would like to feature (articles, advice, work photos/achievements, family/personal photos/achievements, etc) in this new section of our newsletters, please send an email to [themurielsteelesociety@ucsf.edu](mailto:themurielsteelesociety@ucsf.edu).

**For more information about the Muriel Steele Society**, please visit our website or follow us on Twitter.

**Have an opportunity or event that you'd like to share with the MSS membership?** Email us at [themurielsteelesociety@ucsf.edu](mailto:themurielsteelesociety@ucsf.edu).



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