

MINUTES

ONSLOW COUNTY CHAPTER OF THE NCMSA MINUTES

The meeting was held on **August 26, 2009** at the home of President Lee Ann Thomas. Present at the meeting: Lee Ann Thomas, Paula Patselas, Judy Frink, Sheila Josilevich, Jenny Hsu, Penny Gopichand, Mini Mittal, Carol Smith and Joan Williams.

The meeting was called to order at 9:40 AM.

1. Paula presented information about the upcoming AMA Leadership Conference in Chicago. The conference is schedule for October 4-6.
Financial assistance to help cover expenses is available. Joan Williams is considering attending the conference.
2. A number of youth from Onslow County have trained with Youth Empowerment Services. The purpose of the training is to prepare the youth to act as mentors to their peers in an effort to stop the consumption of alcohol by minors. Substance Abuse Prevention Helps Everyone is the regional group and has representatives in Onslow County.
The Alliance will consider working with this group as part of the seatbelt campaign.
Sheila will attend their next meeting on September 10 and will report back to the Alliance.
SADD students at Jacksonville High School will be approached about working with the group as well.
3. Lee Ann is on the Board of the Foundation that raises money for the planned Radiation/Oncology Unit at Onslow Memorial Hospital.
She informed Alliance members that she intends to step down as President so she can concentrate on the fundraising project.
4. A number of projects were discussed:
 - a. Yard sale – the tentative date for the yard sale is November 13. Penny and Joan will be the organizers. Funds raised will be distributed to various charities.
Paula will check if the room is available.
 - b. Alliance Christmas Party – the party is scheduled for December 18 at the Jacksonville Country Club. Vickie, Penny and Jenny will be organizing the event.

- c. Marina Café Cruise – Judy will call to check if October 16 or 23 are available and will report back.
 - d. Relay for life – in April each year. Judy will be the team captain again.
 - e. The Alliance discussed hosting a lunch for Penny Burlingame. She was recently awarded her doctorate. Sheila agreed to host the lunch at her home. The date has not been set.
 - f. Christmas Cheer and the Festival of Trees will be funded from the proceeds of the yard sale.
 - g. Mini spoke briefly to the group about the Literacy Council for Adult Readers. She will attend an informational meeting and report back.
 - h. Mini has agreed to work on establishing a website for the Alliance and will also find out what is required to be approved as an SAT organization.
5. Future Alliance meetings have been scheduled as follows:
- September 3, 2009. 9 AM-11 AM - drop in breakfast meeting at Lee Ann's home.
- September 24, 2009. 12:30-1:30 PM – regular meeting at the Chamber of Commerce.
Lunch will be provided at \$5 per person.
- October 22, 2009. 12 PM – West Wing Conference. Lunch can be purchased at the Hospital cafeteria.
- November 17, 2009. As for October meeting.

Submitted by Jenny Hsu

Minutes of Meeting on Thursday February 19, 2009

12 Noon at Meeting Location above Dr Josilevich's Office

Alliance Members Present: Lee Ann Thomas, Tamera Price, Vikki Kell, Judy Damstrum, Minnie Mithal, Penny Gopichand, Judy Frink, Paula Patselas, Carol Smith

Lunch was served and it was delicious! \$5.00 per person was collected by Judy Frink.

The meeting was brought to order by President Lee Ann Thomas and an agenda was made available to everyone. Sheila's minutes from the Jan 09 meeting were circulated around the group and no one offered any changes.

Judy Frink shared the treasury update. We recently received a check for \$800 from Dr Beth DeAngelo, as she donated the money that was paid to the band for the Christmas Party, to the Alliance!! We will be sending her a big thank you and a small gift as a token of our great appreciation.

First up, Lee Ann shared the recent experience of visiting (with Paula) in Snead's Ferry to meet with the editors and publishers of the local magazine "Women of Onslow & Pender County". It is a freebee found in the entrance way stands of such places as Food Lion, and has been in publication for almost a year. It is a magazine run by women to advance the causes of women in the area, amongst other things. We met with them to consider having them run an article about the Alliance and they were very interested in our group. But as business sense would have it, they need a commitment from us to buy advertisement from them each month in exchange for featuring a short advertisement about either a physician or an Alliance member. After consideration of the idea, we concluded that although a worthy grassroots effort, we should probably concentrate our efforts and money elsewhere at this time.

Members of the New Hanover Alliance regretfully had to cancel the visit to our meeting today due to sick children. We plan to re-schedule with them for an upcoming meeting or even meet with them in Wilmington, Hampstead or Surf City in the near future.

(Tamera has suggested that perhaps we can arrange to have them meet us at her beach house in Surf City - sounds like FUN!!).

The March 20 Benefit Sale is on and the purpose will be to raise money for the Alliance Relay For Life Group. It will be held once again at OMH in the Education wing from approximately 8am - 5pm. Much discussion was had today about locating an interim storage spot for all the items until the day before the sale - as the previous staging area is not available. Eventually, we decided to pursue permission to use some open space on the OMH 5th floor and/or some of the now available space in the old ER. Vickie Kell will pursue this through Tim Strickland at OMH and let us know the verdict; Also Lee Ann will touch base with Strickland about it and we should have something secured soon.

In the meantime, we decided to abandon the chili sale as an accompaniment to the benefit sale, due to needing to comply with health department criteria, which seems a bit tedious for now, with trying to pull off the sale.

A last word on the benefit sale.....it is A LOT of WORK - but very WORTHWHILE yielding quite a bit of cash. Judy Frink is ring leader with this sale, but MANY hands are needed please!! Lee Ann will be circulating a sign up via email soon asking for helpers, so please mark your calendars now and set aside a few hours to come out and help either on the Thursday prior to the sale to help set up, sort, etc.. or on the day of the sale. Also, start your spring cleaning and box up your throw away goods in preparation for the sale - encourage your non- Alliance friends and neighbors to donate as well.

* Penny Gopichand has offered to be the PR Point Person getting the advertisement word out throughout OMH prior to the sale - GO PENNY!!!

Judy Frink gave more details and updates re Relay For Life, which is the week-end of April 24th

/ 25th. Remember to go online to sign up for our team - onslowrelay.com . It is a \$10.00 minimum to sign on, but of course, all donation amounts are welcome. All team members will be getting a Relay T-shirt before the event. Also, luminaries may be purchased for \$10.00 each to commemorate or remember someone who has been affected by cancer. Those can be purchased through Judy; Lee Ann will be sending the form to members via email as well. Tamera Price has a friend who would like to host a CABI Clothing sale in her home - inviting all of us, of course, with 10% of the proceeds to be donated to a charity or cause of our choosing. (Alliance Relay for Life Team). April 4th, Friday, was decided upon and we decided to do a modified wine tasting event with it as well, just for fun. More info forthcoming, but mark the date now for this fun event.

The Mash Bash Event is just around the corner - Sat Feb 28th!! Make your plans - secure your tickets if you need them. The pre-event sponsorships have mounted to \$181,000!! Everyone is highly encouraged to arrive at the event on time - 6pm!!! There will be an allotted time of 1 ½ hours to view and study the silent auction items and bid, before the rest of the evening agenda unfolds - so get there early! Credit cards may be used for auction items, but bring cash for the bar!!

Dr Seldonridge and his wife and one child have arrived from Alabama and have begun settling into his new orthopedic practice. They are living in Williams Farm and are looking for child care, i.e., a nanny - so keep your ears open for them. Lee Ann will keep us posted on other upcoming visiting physicians and families.

Plans are beginning to shape up for Doctors Day activities as well. The annual First Citizens / OMH appreciation/ awards dinner will be held March 27th at the Jacksonville Country Club. The Alliance is sponsoring a special speaker, Holly Anderson, who will give a presentation on "the medical marriage" Wow!! Again, mark your calendar! More info to follow.

Paula will make contact with JHS to begin to get some dates and ideas for interfacing with the

youth there again for seat belt and driving safety intervention and education - details forthcoming.

The Annual TGIF date has been set - Friday May 26th at the Williams Farm Clubhouse. Lee Ann will reserve the clubhouse right away. More details at upcoming meetings.

NEXT MEETING: March 26th - Thursday.

**** Everyone please make plans to come, enjoy a great lunch and be with Alliance friends*****

Submitted by Paula Patselas, filling in for Sheila Josilevich

The Onslow County Chapter of the NCMSA met at Sheila Josilevich's house on Friday 15th February, 2008. 11 members present.

The meeting was opened by Co - President Paula who thanked our hostess' Sheila Josilevich and Jenny Hsu.

Paula also introduced and welcomed Jenny Lee (hopefully a new member) Jenny's husband. Martin, is a general surgeon on board Camp Lejune. They have been in the area for a year now and have a 5 year old little girl.

Doctor's Day - the Alliance would like to recognize the physicians of Onslow County - any ideas? One possibility could be to set up a board in the Drs. Lounge with photos for example showing the work they do, along with a card in their mail boxes. Any and all suggestions are welcome.

Relay for Life is a go. April 25th and 26th Get in touch with Lee Ann for sign up info. She also has raffle tickets. All monies from the sale of the tickets will go to the Alliance! This is a good opportunity to buy some and hopefully win \$1,000.00 worth of gas.

First Citizen's Bank will celebrate Doctors' Day with a cocktail at the County Club. Base physicians will also be recognized. The Alliance will have a table out with our information available as we did last year.

Invitations will be in the mail soon. Please keep an eye out for them, and ask the Doc. In your life to bring it home. This is a great opportunity to get together.

High School seat belt check is a go. Dates to follow.

The NC Alliance annual meeting will be in Greensboro on April 17th and 18th. It is the 85th year of the Alliance. If you are interested in going, let us know, and maybe a car pool is in order.

TGIF social for the Alliance family will be June 6th at the William's Farm club house. Information to follow.

Vicki Kell was going to see if her son could get a website up for us. Or at least show us how???

Paula is still perusing a guest speaker for us.

Vicki will get a wine tasting together for us sometime in the fall.

Get your Birthdays to Sheila and we can start up a Birthday Club.

Waiting on Tim Stickland about permanent meeting location.

Respectfully submitted

Sheila Josilevich

Minutes of the Onslow County Chapter of the NCMSA Meeting

The meeting was held on **Sept 20, 2007** at the OMH Education Building. President Paula Patselas called the meeting to order at 12:15. A warm welcome was extended to the thirteen ladies present at the meeting, which included first time attendees Sherri Hambright and Judy Le Van.

Treasurers Report

Judy Frink reported that we have a handsome balance of \$421.00 in our account.

Holiday Party

Lynne Milewski has been hard at work planning the party. A disc jockey has been booked for the event. Lynn is planning the menu with the Country Club. A comprehensive list of the names and addresses of physicians needs to be drawn up so invitations can be mailed by Oct 19. Susan Edwards offered to help with this daunting task.

The physicians at the Naval Hospital and their spouses will be invited to the event. Judy Le Van who is a member of the Oak Leaf Club, our military equivalent, has offered to help draw up a list of names and addresses.

Help is needed to address the invitations and decorate the hall (with boughs of holly). Please contact Lynn if you are able to help. Paula spoke briefly about the fundraisers planned.

Get Fit NC

Lee Ann explained briefly how the challenge works. The challenge starts in Oct 1st and ends on April 1, 2008. The County whose members accumulate the most miles wins \$500 for educational programs. Lee Ann encouraged more members to sign up. A team name has to be decided upon. All mileage must be emailed to Lee Ann before the end of each month.

Marina Cafe Cruise

The date set for the cruise is Oct 5. At least 15 people are needed to book a private cruise. Paula encouraged members who are interested to contact her as soon as possible.

A vote was taken and it was decided that each person would pay \$25 for dinner that would be prepared and served on the boat. The boat does not have a liquor license so each person would have to BHOB (bring her own bottle). Judy suggested that an invitation be extended to the Oak Leaf Club members.

NC Alliance Annual Symposium

Paula reminded everyone about the symposium in Cary, NC. The guest speaker Dr Mike Bradley will speak on "Working with the New Millennium Adolescent". Judy mentioned that there is a reduced fee for early registration.

Physicians' Affairs Committee Meeting

The next meeting is scheduled for 12 PM Sept 27. Paula explained briefly the purpose of the committee. Everyone is welcome to attend and lunch is provided. If you are planning to attend the meeting, please let Paula know as soon as possible.

OMH Newsletter

Our roving reporter/Co-President, Lee Ann Thomas submitted the column for the Oct newsletter. The column has to be submitted by the tenth of each month. Contributions by other closet journalists in the group are welcome.

High School Seatbelt Safety

Paula has mailed letters to the principals of three high schools. No response has been received yet. Carol Smith suggested the help of the Student Council be enlisted.

Other Holiday Plans

Paula suggested we participate in the Festival of Trees. We cannot afford the \$200 entry fee and it was suggested we ask Tim Strickland if we could team up with the hospital.

OMH Emergency Dept appreciated the donations received last year. Paula suggested we donate items again this year. Susan Edwards suggested we ask for donations to be made at the Holiday Party.

Paula is still working on contacting speakers for the educational seminar in Jan. More information will be available at a later date.

Our next meeting is scheduled for Thurs Oct 18 at 12 PM. Location of the meeting will be Coastal Carolina Community College – exact room TBA. Lunch will be provided for \$5.00. Any volunteers to make the arrangements for lunch will be appreciated. The treasury will reimburse expenses.

The meeting was adjourned at 1:14 PM.

Respectfully submitted

Jenny Hsu

