

Tarheel Tandem

THE NEWSLETTER OF THE NCMS ALLIANCE: MAKING A DIFFERENCE!

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Winter 2004

Happy
New Year
2004!



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Girls Behaving Violently — the Canary in the Coal Mine?

Is violence among girls a similar warning to us today as the canary was to coal miners of the 19th century: **has our environment become toxic for all?** Deborah Prothrow-Stith, MD, noted author and Professor at the Harvard School of Public Health, feels that violence among girls is a powerful manifestation of America's epidemic of violence. She warns that a wave of violence among very young children will follow if we don't take steps to prevent it. "Violence is not a natural, genetic part of the human condition," explained Prothrow-Stith. "If it were, the homicide rate from country to country would be similar."

On October 24th, the NCMS Alliance held its fifth health education symposium, *Girls in Crisis: The Next Wave of*



William Lassiter advocating on campus intervention programs

Violence, at the McKimmon Center in Raleigh. Over 250 people attended symposium events that featured both a morning and an afternoon session. Dr. Michael Lancaster, Pediatric Psychiatrist and Associate Clinical Professor of UNC-Chapel Hill and Duke University Schools of Medicine, was the moderator for both sessions.

The morning session featured school safety specialist William Lassiter of the Department of Juvenile Justice and Delinquency Prevention. Lassiter spoke about the critical need for in-school suspension programs that keep students "In Their Seats, Not in the Streets." There is a national trend being recognized – the "school-to-prison pipeline." This pipeline begins with school suspensions and ends in jail.

Studies have found that guns are not the main reason for suspension; tardiness, truancy, and fights are. Students are punished for missing school by being suspended, causing them to miss more school. In North Carolina, the number of girls being suspended has doubled. The main reason for these suspensions is aggressive behavior, but prevention is possible. Following Lassiter's presentation, three schools shared the positive outcomes from their successful in-school suspension programs:

- Becky Duncan, teacher, and Mark Reep, school counselor, from Woodhill Elementary in Gaston County;
- Rick Spurling, principal at Bowman Middle School in Mitchell County;
- Rob Knuschke, assistant principal, and Betty Clayton, Project Redirect coordinator, at Trask Middle School in New Hanover County.

continued on page 3



Dr. Deborah Prothrow-Stith emphasizing the need in our culture to celebrate forgiveness instead of "getting even."



Dr. Michael Lancaster, Symposium moderator.

Bits from Beth

What an exciting day the NCMS Alliance had on October 24th! Our fifth annual health education symposium, *Girls in Crisis: The Next Wave of Violence*, was held in Raleigh. For the first time, we offered a morning session with a program about implementing in-school suspension programs. Obviously our audience liked this format, because we had almost as many attendees in the morning as we did for the traditional afternoon session.



Our featured speaker, Deborah Prothrow-Stith, MD, is no stranger to many of us who have heard her speak at AMA Alliance meetings and confluences. Thanks to our Symposium steering committee, and especially past NCMS Alliance president Rachel Pace, who saw the wisdom in bringing her to NC, almost 250 teachers, counselors, resource officers, law enforcement officials, and students heard a thought-provoking presentation and discussion on stemming the rising tide of violence, particularly among adolescents.

I hope you all take pride in this outstanding program that was made possible by the efforts of the NCMS Alliance.

As always, Lou Ann and I are here to support each of you. Please don't hesitate to call on us if you have any questions, concerns, or requests.

Beth Wise, Executive Director

COMMUNITY WELCOMING PROGRAM: Medical Students on interview trips need your support!

The AMA Alliance, AMA Medical Student Section and AMA Resident/Fellows Section have joined forces to provide overnight housing for fourth-year medical students who are AMA members as they interview for residencies. The program was created to help students cut down on interviewing costs, get to know the community surrounding their potential residency program, and introduce them to the local medical society and Alliance.

If you are an Alliance member, you can sign up to be a volunteer host. Contact Susan Hammer (919) 848-4757 or email her at d.i.hammer@worldnet.att.net. Learn more at www.ama-assn.org/ama/pub/category/3326.html.

President's Message — From Me to You

Happy New Year!

This time of year is a fresh start for parts of our lives. For the NCMS Alliance and most county alliances though, we are mid-year. The next few months will go very quickly – so quickly that we'll have to plan even better than before. Make your plans now for the NCMS Alliance Annual Meeting in Raleigh April 29-30. We look forward to ending the 2003-04 year and beginning the 2004-05 year with many of our members from across the state coming together. You can compare it to a family reunion – only you don't have to cook! Read more about the Annual Meeting in this issue of Tarheel Tandem.



Consider saying 'Yes'...

This is the time of year also when many organizations begin recruiting volunteers for their new program year. Sometimes we are asked to fill positions we do not feel qualified to fill. Keep in mind that other people can see qualities in us that we cannot see in ourselves. Accepting these positions is a real opportunity for growth.

Next to my computer, I keep the following quote from a devotion book: "Remember that during our life we are called to service not only with our strengths but also our weaknesses, fears, and mistakes. They will all be used for good – do not hide them or be afraid of them. We learn best from these." May you be encouraged and comforted by these words. Stretch yourself – you will grow and be blessed!

Let me hear from you...

In writing this message, I realized I would love to hear back from you. Please share your personal alliance stories – old and new – with me. Let me know why you are a member of your medical society alliance, why you continue to join year after year, or why you decided to join recently. How has this organization, this group of people affected your life?

Tell me your story...call 919-848-4757 (home), email d.i.hammer@att.net, or mail to Susan Hammer, NCMS Alliance, Post Office Box 27167, Raleigh, NC 27611.

Susan E. Hammer, President

Tarheel Tandem

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**Rachel Pace, Editor
Annette Gehle, Assistant Editor**

continued from page 1

The afternoon session keynote speaker, Deborah Prothrow-Stith, MD, told symposium attendees that the first wave of violence struck first, as all epidemics do, in the most vulnerable population. America's epidemic of violence struck inner-city youth first. The second wave moved to less vulnerable groups: rural and suburban youth. The homicides at Columbine and at Paduka, KY, were part of this second wave. Researchers had theorized that a female's natural hormones would "protect" most girls from becoming violent. However, everyone was shocked by the recent nationally publicized hazing episodes by girls. Girls don't yet kill others at the same rate as their male peers, but the severity of violence exhibited by girls and all-girl gangs is rising rapidly. Prothrow-Stith points out, "We've raised a generation of girls on feminine superheroes... (who) solve problems with violence." Are we surprised then that our girls are modeling this behavior? In the past, victimized girls would hurt themselves. Now, they hurt others.

Prothrow-Stith emphasized that stopping this epidemic of violence is very possible. We can replace our culture of "meanness" with a culture that admires **compassion, forgiveness, and negotiation**. Youth violence is neither natural nor inevitable. "We label it a public health issue because it is preventable. If we are going to deal with this problem of violence in America, it will be because we use our public policy to build healthy communities around all of the children, not just some," she states. There are many violence

prevention programs available. Two by Dr. Prothrow-Stith are [Peace by Piece: A Violence Prevention Guide for Communities and Violence Prevention Curriculum for Adolescents](#).

During the afternoon panel discussion with Dr. Prothrow-Stith and William Lassiter,



Lou Ann Shepherd, NCMS Alliance Secretary, registering Symposium attendees.

George Sweat, Secretary, NC Department of Juvenile Justice and Delinquency Prevention, acknowledged the NCMS Alliance's continuing efforts on behalf of the people of North Carolina. Secretary Sweat added, "This is why I give my personal and departmental support to Alliance projects...they've always been ahead of the issues...ahead of the problems...ahead with solutions."

A teacher from eastern North Carolina wrote, "I wish to convey my sincere gratitude for your group's affording me the opportunity to



Ginny McKay and Ann Ashburn being thanked by George Sweat.

participate in very relevant topics...that pertain to my duties as Dean of Discipline and Assistant Principal. (During the morning session,) I gleaned some very creative ideas to help make our program more successful. Dr. Prothrow-Stith presented some very sobering statistics in her session. Believe it or not, I am dealing with some aspects of this wave."

The NCMS Alliance is deeply grateful to Secretary Sweat and the Department of Juvenile Justice and Delinquency Prevention, Dwight Whitted of the NC Children's Trust, and Lucy Roberts of the NC Department of Public Instruction. This year's symposium and the four that preceded it would not have been possible without their support.

A special thanks goes to Co-Vice-Presidents for Program Development, Ann Ashburn and Ginny McKay. Their vision and hard work made the Symposium a resounding success.

The NCMS Alliance's annual symposium is a much-needed educational program for all who care about the youth of our communities. In addition, the annual symposium has become a critical "special event" to raise unrestricted funds so the NCMS Alliance can continue its health education endeavors on behalf of the people of North Carolina. With the help of many dedicated volunteers and contributors, the NCMS Alliance has made significant progress toward our fundraising goal for this fiscal year. Contributions to the NCMS Alliance are fully tax-deductible under IRS Code Section 501(c)(3). If you've not made a financial contribution to the NCMS Alliance, please make one today...it's vitally important to the financial health of our organization!

Ann Faris, Vice-President for Financial Development

Health Projects Receive Grants

The NCMS Alliance Grants Committee has awarded the following component Alliances financial assistance with their health promotion projects:

- Buncombe County Medical Society Alliance: Project Kids' Stitches provides every child admitted to the pediatric unit at Mission St. Joseph Hospital with a handmade pillow, hat, or blanket.
- Craven-Pamlico-Jones Medical Society Alliance: Project Save – Safe School Initiative 2003 provided *I Can Handle Bullies* activity books for all second graders in Craven County schools. They also paid the registration fees for 10 teachers and guidance counselors to attend the NCMS Alliance Symposium, *Girls in Crisis*, held last October.
- Wilson County Medical Society Alliance: Project Hands Are Not For Hitting provides second graders with the *Hands Are Not For Hitting* activity book. Alliance members take the books to the schools and assist with presenting them to the students.

The last deadline for 2003-04 grants is February 11.

Jamie Hosseinian, Grants Committee Chair

COUNTY NEWS

Gaston County Medical Society Alliance Fundraising Project

The Gaston County Medical Society Alliance continues its commitment to Operation Playground by selling hand tiles. Artwork on the tiles is one person's hand print, name, and age. The tiles are fired in a kiln and then mounted on the playground wall. A dedicated committee of Alliance members has been selling hand tiles since spring. Over 300 hand tile spaces were empty on the Martha Rivers Park playground wall, but they are filling up fast.

The GCMSA is raising funds for the maintenance of the playground, which was built four years ago with the help of the Gaston County Medical Society and Alliance and more than 3000 community volunteers. The funds will go towards paint and sealing of wood equipment, mulch for the playground, and the planting of trees and shrubs. Martha Rivers Park, visited by an estimated 18,000 people a week, has baseball and soccer fields, walking trails, and pavilion areas as well as the playground.

The Gaston County Medical Society and Alliance held a picnic at Martha Rivers Park to welcome new physicians and their families to the area. This joint effort by the Society and Alliance was a great way for everyone to get to know each other.



Gaston County Medical Society Alliance members Carolyn Niemeyer and Annette Gehle paint Elsa Schuls hand for her hand print tile.



Greensboro Alliance Continues SAVE (Stop America's Violence Everywhere) Initiatives

The Greater Greensboro Society of Medicine Alliance is continuing with their initiatives aimed at reducing violence. Alliance member Susan Stahl and her committee have been very busy this year offering 30-minute classroom presentations to kindergarten and third grade students in both public and private schools within Guilford County. The program for kindergartners involves sharing the book Freckles, which introduces the topic of bullying. Children discuss the positive and negative aspects of using their hands in various situations and follow up with an art project. All kindergarten students are then invited to make a promise not to use their "hands for hitting," and they sign their names to a poster, which is kept in the classroom as a daily reminder of their pledge.



As a wonderful addition to the book Freckles, the children also have had the exciting opportunity to meet the main character, Freckles, the dog. Susan and her committee brought in a willing volunteer who dressed up as Freckles and greeted the children at the school in which they were visiting. The program for third graders discusses types of conflict and steps for resolution and concludes with a jigsaw puzzle that asks children to identify ways they can stop violence.

So far this year, Susan and her alliance volunteers have offered these dynamic presentations to students in five Guilford County schools, reaching over 400 children, and they anticipate going into several more schools in the coming new year! We are very proud of Susan and all of her hard work taking the all-too-important message that "Hands are not for Hitting" into our schools to share with our children!



Susan Stahl, Alliance member, with children at Claxton Elementary School during and after her presentation

COUNTY NEWS *continued from page 4*



Co-Presidency 101! from Cumberland County Alliance

Talk about a job share...! Liza Shah and Chantelle Goodman joined friendship and forces in January, 2003 to take the helm of their local Alliance in Cumberland County. Between them they have six children and so knew neither of them could bear the burden of sole responsibility as President of their Alliance.

It has worked beautifully. Cumberland County Alliance and they personally have won State Alliance awards this year. Membership has increased and more importantly, the camaraderie and support that is going on is phenomenal. Monthly meetings have been reduced to quarterly events in respect for everyone's busy lives. Much has been achieved and more is planned, due to the significant efforts of board members and others.

Liza and Chantelle highly recommend co-presidency. With the right pair you can compliment one another and have an instant sounding board. Their friendship has flourished with honest and open communication and the ability to compromise at the top of the list.

Confluence Informs and Exhilarates Attendees

My experience was very exhilarating with all the new ideas and contacts that I have made. There is nothing like a group of exciting people to get the creative juices flowing!! This was the comment from Julie Newman, President-elect of the Wake County Alliance, who accompanied Jamie Hosseinian and Susan Hammer to Confluence I in Chicago on October 10-14, 2003.

Confluence is a biannual meeting that prepares members for leadership with professional skills training as well as information and ideas from community action programs. County leaders may choose Confluence I offered in October or Confluence II offered in February of every year.

Attendees choose four presentations to attend out of the eight offered. Many county leaders introduce the exact same program in their counties that they have participated in at Confluence. The presentations on health and leadership topics include:

- Health Literacy which focuses on how to make a difference in patients' lives. One example is by letting them know that it is perfectly all right to say to their physician, "I don't understand." Patients with low literacy are twice as likely to be in poor health. Unfortunately, this problem costs health systems \$73 billion annually.

- Adolescent Obesity Prevention and Treatment which gives a detailed overview of factors related to the development of obesity among teens along with a review of treatment and prevention programs. Unfortunately, obesity among children and adolescents has reached epidemic proportions in North America.

- Grant Writing, Underage Drinking, Parliamentary Procedure, Developing Teams with Style, and How-To's of Conflict Resolution are other topics offered to county leaders.

The Idea Fair is always an interesting part of Confluence. AMAA Committees showcase exciting programs and projects and offer many materials and ideas to put to use in county alliance programs. It also allows for one-on-one interaction with the members of AMA Alliance Committees: AMA Foundation, Health Promotion, Legislation, and Membership.

The general sessions at the October Confluence showcased "Ease the Tease," a presentation by Imagination Theater of Chicago, which entertained and educated with a fast-paced show addressing bullying and exploring the feelings of those being bullied. The Legislative Update was presented by Ross N. Rubin, JD, AMA Vice President of Legislative Activities. Grassroots Membership Development included in-depth discussion groups on how to recruit new members and keep current members.

Attending Confluence is the most exciting way to see and meet people who are working on the same issues. Having the opportunity to see all the AMAA resources available to members helps prepare and energize county leaders.

AMAA Confluence registration is open to any alliance member if space is available after county alliance leaders have the opportunity to register. Contact Beth Wise or Jamie Hosseinian if you wish to attend Confluence II, February 1-3, 2004, in Chicago.

Learn more about Confluence II on the AMA Alliance website at www.ama-assn.org/ama/pub/category/3986.html#Confluence.

Jamie R. Hosseinian, NCMSA President-elect

"Life's Little Changes"

Let us know if you have any changes in:

Address _____

Phone (_____) _____

Email _____

Your Name _____

Send to: **Lou Ann Shepherd, NCMSA, PO Box 27617, Raleigh, NC 27611-7167**

Celebrate Doctors' Day March 30

Doctors' Day has been an annual tradition since its inception in Winder, Georgia on March 30, 1933. Since the Barrow County Medical Society Auxiliary proclaimed "Doctors' Day" and celebrated by mailing cards to physicians and their wives and placing flowers on the graves of deceased physicians, the day has been intended to recognize and celebrate the dedication and compassion of physicians. President George Bush signed a proclamation establishing "National Doctors' Day" in 1991, and March 30 has been a national day of the celebration of the contributions of physicians ever since.

There are many different Doctors' Day traditions in North Carolina. Some county Alliances recognize physicians by sending each one a card, much like the first Doctors' Day celebration. There is a lovely selection available through the Southern Medical Association Auxiliary web site, found at www.sma.org/auxiliary/doctorsday. In

addition, the web site lists a variety of activities which have been used successfully to honor doctors.

Last year in North Carolina, Alliance chapters chose a number of different activities to recognize Doctors' Day. Some used the occasion for a social event – pot luck dinners, formal dinner-dance occasions, even a family supper in the hospital cafeteria! Others chose to plant trees, renovate waiting rooms, or spruce up hospital lobbies in honor of Doctors' Day. A long-standing tradition in one county is to provide the opportunity for doctors to have a mini-physical, complete with blood work and blood pressure checks. This Alliance reports that several doctors have discovered that they have health problems which would have remained undetected without this service. Service projects are another popular way to celebrate Doctors' Day. Some counties do car-seat checks, others have cancer screenings or violence prevention programs. For many smaller counties, Doctors' Day is as simple as putting up a sign at the hospital thanking physicians for their service. Doctors' Day does not have to be fancy to be successful!

For those counties without a long-standing tradition, now is the time to begin thinking about planning for Doctors' Day 2004. If you need any assistance with planning or ideas, contact NCMSA Doctors' Day Chair Lee Anne Mangone at 828-687-7283 or pmangone@bellsouth.net.

Your Legislator Needs You!

Happy New Year! And what a perfect time to contact your legislators! With the exception of committee meetings, most of them should be home. It is a great time to host an informal coffee or cocktail party and invite them and a few of your closest medical friends to discuss 2004 legislative issues. If you don't think you have time for an event, just make an appointment and keep them informed on what is on everyone's minds...healthcare reform. They need to hear from us.

The NCMSA Legislative Affairs Committee has great plans for 2004:

- **A Day at the Legislature in Raleigh.** The State Legislature does not officially start until May 2004. So we have a little time to make this a great event. I am working with my local representative to make sure that we get the most out of this event. It is not enough to simply contact them once a year. We have to remain a focus for them all of the time. Relationships, relationships, relationships!
- **The Key Contacts Program.** We have information from the AMAA regarding this program and plan to start this in January. We will need your help. Key contacts are responsible for contacting their assigned legislator (state or federal) on at least a quarterly basis. This accomplishes many things but mostly builds a relationship with the legislator so he/she knows that when you call it is important. In talking with legislators and their staff, they really like this approach. It allows them to focus on a person that they trust to give them the information that they need to make an informed decision regarding pending legislation. It is a huge undertaking, but with your help we can make it happen.

I hope everyone has a New Year that holds only the best.

Renee Russell, NCMSA VP for Legislative Affairs

Will You Support AMA Foundation? Your State Alliance Board Does

I was invited to attend the Fall board meeting of the State Alliance in Pinehurst. I presented my report on the progress of AMAF this year in our state. The AMA Foundation is a vital part of fundraising efforts to help with education, research, and health services in our communities, to support medical schools, and to provide scholarships to medical school students.

To support our efforts, I then asked that each one of our State Alliance Board members to make a contribution to the AMAF Fund for Better Health. We raised almost \$400.00 at that one session. Also, each of the county presidents in our state received a Holiday Sharing Card on behalf of the State Board.

I hope that each county will join us in making this the best year ever with our support of the AMAF. Fundraising ideas include Sharing Cards (greeting cards for Valentine's Day or Doctors' Day), raffles, tennis or golf tournaments, and honoring a special doctor on Doctors' Day with a donation to AMAF.

Feel free to contact me with your questions at 910-272-0676 or erminic@carolina.net.

Cheryl Ermini, AMA-F State Chair

Come To Raleigh This Spring - You'll Be Glad You Did!

Make plans now to attend our 2004 NCMS Alliance Annual Meeting in Raleigh April 29-30. Our annual Hubbard Memorial Luncheon featuring a North Carolina author will begin the festivities on Thursday, April 29 followed by the General Session when we hear the county alliance reports and present awards. Attendees will have the opportunity to dine together Thursday evening. Following the House of Delegates Friday morning, a luncheon and Installation Ceremony will conclude the events.

All NCMS Alliance members are invited and encouraged to attend your Annual Meeting. Of course, we would love for you to stay both days but we realize that may not be possible. You can attend any portion of the Annual Meeting.

If you are willing to also serve as a delegate, let your county alliance president know. Each component alliance is entitled to one delegate for the first 25 State Alliance members or less and an additional delegate for each additional or major fraction of 25 members.

We need representation from our entire membership to make up our House of Delegates (HOD) – the legislative and business body of the NCMS Alliance. The HOD consists of the Board of Directors, past

State Presidents, and delegates from component (county) alliances, members-at-large, resident physician spouse members, and medical student spouse members.

The NCMS Alliance Board of Directors keeps us going through the year by managing the property, affairs and business of the State Alliance.

You – the members – come together once a year in the House of Delegates to:

- receive all reports
- act upon recommendations from the Board of Directors
- elect officers for the corporation
- approve the budget for the new fiscal year.

Come to Raleigh this spring. Watch the NCMS Alliance web site for details. We have cut the length of the meeting to accommodate your busy schedules. You can drive over Thursday morning at your leisure and return home Friday afternoon before the traffic gets too busy.

We'll take care of business, praise each other, encourage each other, learn from each other, have fun, and be so glad we did!

Susan Hammer, NCMSA President

The North Carolina Medical Society Alliance *wishes to thank* **Girls in Crisis Symposium Contributors** *for their support through educational grants and gifts*

Platinum

State of North Carolina Department of Public Instruction
 WakeMed Wake Medical Staff Foundation

Silver

American Medical Association Foundation	Physician Family Foundation of Wake County
First Citizens Bank	Presbyterian Hospital and Forsyth Medical Center
Greater Greensboro Society of Medicine Alliance and Medical Alliance Foundation	Raleigh Community Hospital
Moses Cone Health System	Rex Healthcare
	Carol and Temple Sloan

Bronze

Philip and Ann Ashburn	Dr. and Mrs. M. Dixon McKay
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Central Carolina Bank	North Carolina Pediatric Society
Craven Pamlico Jones Medical Alliance	Rachel and John Pace
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I want to honor The North Carolina Medical Society Alliance on its 80th Anniversary!

Name: _____

(Print name(s) as they should appear for recognition)

Address: _____ City: _____ Zip: _____

Please check:

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In honor/memory (circle one) of: _____

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Mail to: NCMSA, PO Box 27167, Raleigh, NC 27611-7167

2004 CALENDAR OF UPCOMING EVENTS

FEBRUARY

1-3

AMA ALLIANCE CONFLUENCE II, CHICAGO

10

LEAP ENTRIES DEADLINE

11

NCMSA BOARD MEETING

11

GRANT APPLICATION DEADLINE

16

TARHEEL TANDEM DEADLINE

MARCH

1-31

MEDICAL ALLIANCE MONTH

1

HAP ENTRIES DUE

1

AMAA 2004 PROJECT BANK SUBMISSION DEADLINE

30

DOCTORS' DAY

31

STATE AND NATIONAL DUES DEADLINE

APRIL

1

COUNTY ANNUAL REPORTS DUE

28

NCMSA BOARD MEETING

29-30

NCMSA ANNUAL MEETING, RALEIGH

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