

Tar Heel Tandem

THE NEWSLETTER OF THE NCMS ALLIANCE: MAKING A DIFFERENCE!

Volume 62 Number 2

Fall 2011

*Your Dues Make
a Difference*

2011-12 Dues

Notices are now being sent.
Prompt payment helps.
Please send in your dues today.



North Carolina Medical Society Alliance 2011-12 Board of Directors and Committee Chairs

Patricia Udekwa
President

Heather Adcock, Gastonia
Holly Anderson, Chapel Hill
Tamara Bridges, Charlotte
Teresa Forrester, Wilmington
Carolyn Green, Greensboro
Teresa John, Greensboro
René Kikel, Hickory
Racheal Kunesh, Concord
Paige McLaurin, Raleigh
Deborah Harrell Meehan, Raleigh
Margi Shah, Fayetteville
Charlene Slaughter, Charlotte
Barbara Savage, Raleigh
Wanda Smith, Salisbury
Rebecca Williford, Charlotte
Maya Zumwalt, Raleigh

Angie Wainwright
Executive Director
NCMS Alliance
PO Box 27167
Raleigh, NC 27611-7167
www.ncmsalliance.org

Tel: 919-833-3836
Toll-free (in-state):
800-722-1350
Fax: 919-833-2023

Susan Kelly to Deliver the Hubbard Memorial Lecture

The NCMS Alliance is pleased to announce that author Susan Kelly will join the organization to deliver the Anne Holmes Hubbard Memorial Lecturer during the during the 2012 Annual Meeting in Greensboro, NC.

Raised in Rutherfordton, Kelly and her husband live in Greensboro. She attended St. Catherine's School, the University of North Carolina at Chapel Hill, and went on to earn a Master of Fine Arts in Creative Writing from Warren Wilson College. Kelly has been a fellow at the Virginia Center for the Creative Arts and taught Creative Writing for the North Carolina Writers Network, at UNC-Greensboro, Salem College, and the summer program at Woodberry Forest School. She is also is a member of the North Carolina Writers Conference.



Susan Kelly

"My characters are composites of people I know or know of, with a combination of traits and habits and appearances," Kelly notes. "There's some degree of autobiography in nearly everything I write, particularly in specific details of a scene."

Authors and books that have influenced Kelly include *Charlotte's Web* by E. B. White, *Rebecca* by Daphne du Maurier, *Absalom, Absalom!* by William Faulkner and *Lonesome Dove* by Larry McMurtry.

Her novel *How Close We Come* won the Carolina Novel Award in 1997 and was reissued nationally in 1998 by Warner Books. German and Russian rights were sold and the book was an Alternate Selection in the Book-of-the-Month Club. Her second novel, *Even Now* followed in July of 2001. *The Last of Something* was published by Pegasus Books in 2006, followed by *Now You Know* in 2008. Her most recent novel, *By Accident*, is a delicate novel of grief and recovery, takes readers deep into the mind of a grieving mother.

Registration for the 2012 NCMS Alliance Annual Meeting and the Hubbard Lecture is scheduled to open in late January. Look for additional information and details on the upcoming conference on the NCMS Alliance website at www.ncmsalliance.org.

Save
the Date!

*89th NCMS Alliance
Annual Meeting and
County Awards Program*

*May 3-4, 2012 Greensboro, NC
Registration Opens in January!*

From Your President

Pat Udekwu



The holidays are fast approaching and I am sure everyone is looking forward to spending time with family and friends. We had our first county leaders conference call in October and all of the Alliances are off to a great start with fall events and projects.

Your state Alliance is also off to a good start. As I write this article, we have just completed our Bid for Better Health on-line auction. I'd like to thank you all for your help and support of this big and important fundraiser. We are also working very hard on the Get Fit road race, which has grown to now include a 10K, 5K, and kids' fun run. The race took place December 3rd in Wake Forest. The net proceeds from this race are used to provide equipment for public school PE programs in need across the state. If you can't join us in person, please register as a phantom runner. You will receive the new holiday themed T-shirt as a thank you for your support. Visit the state Alliance website to register, www.ncmsalliance.org

Several of us attended the AMA Alliance Leadership Development conference in Chicago in October. This conference is one of my favorite Alliance meetings because it's educational and provides the opportunity to network with Alliance members from all over the country. The workshops and presentations include a variety of topics, such as social networking for personal and professional use, enhancing communication skills, marketing on a shoestring, understanding the generational mix of your Alliance, and parliamentary procedures to name a few. We were given health system reform and legislative advocacy updates. Many of the handouts and presentations are now on the AMA Alliance website. Please take a moment to view the presentations and tip sheets. I am sure you will find something there that will be of use to you and your Alliance. www.amaalliance.org/site/epage/64805_625.htm.

One of the treats for us was the keynote speaker, Patrick House; season 10's Biggest Loser. He shared his journey with us of how he came to be on the show, his time in the house, how he lost the 181 pounds and the impact the weight loss has had on his life. He is a very charming guy and took pictures with many of us, including me.

I hope you are all tracking your miles for the Get Fit County challenge. I know I am tracking my miles very closely. Also, please plan to attend the Southern Regional Medical Alliance Conference in Greenville, SC. The dates are January 13-15, 2012. The meeting registration deadline is December 30 and the hotel reservation deadline is December 20 in order to get the SCMAA rate of \$139/night. If you were unable to attend LDC in Chicago, this is the conference for you. The emphasis is on leadership, and includes topics such as: Discipline of Leadership, Leadership and your Marriage, Protocol, Public Speaking and Dress for Success for Less. Visit this site to register: www.scmadical.org/content/alliance. Stipends for the meeting are available on a first come, first served basis. Several of us are attending, and I would like to see more smiling faces from NC.

As you prepare for the holidays with family and friends and various Alliance events, remember to take good care of yourself. There are many relying on you. At LDC I learned about the 'pyramid of priorities'. Think of yourself as the base of a pyramid, with relationships, kids, and work stacking up in that order. None of the others do well without a strong base.

Happy Holidays and a successful New Year to all of you.
Pat Udekwu, President NCMS Alliance



Angie's Notes

Greetings from your NCMS Alliance state headquarters! We have been busy building on our Get Fit NC efforts to reach out and encourage everyone to share in the commitment to improve health in communities across our state.

This year we expanded the Get Fit NC Road Race to include a 10K, 5K and kids' run. The NCMS Alliance also joined the Wake County Medical Society Alliance to launch a new project at Wake Forest Elementary School. The Get Fit Great Kids Marathon began in October and we are so pleased to have more than 50 students participate in the pilot project. We have included photos in this newsletter from the program's kick-off on October 5, which is International Walk to School Day. We have more photos available on the Get Fit NC Facebook page.

Of course, we are excited about our Get Fit NC County Challenge as it enters its seventh year. Taking part in the Get Fit Challenge is a great way to support your Alliance and focus on wellness. Don't forget the winning Alliance team will receive a \$500 health promotion grant to put to good use in their community. The challenge ends on March 31 – so it is not too late to get involved!

Don't forget to send us lots of photos and details regarding your county Alliance projects! We can post them on the NCMS Alliance web site and Facebook page and share your news through the Tar Heel Tandem. You can e-mail photos and information anytime to editor@ncmsalliance.org.

Tar Heel Tandem

is published four times a year by
the North Carolina Medical Society Alliance.

Next Deadline: February 3, 2012

Please send submissions by email at
editor@ncmsalliance.org

AMA Alliance 2011 Leadership Development Conference



Alliance members from Arizona, Kentucky, Utah, Nebraska, California and North Carolina take part in a special roundtable session during the 2011 Leadership Development Conference.



AMA Alliance President Emma Borders and Patrick House, the 2010 winner of NBC's Biggest Loser holding up the pants he wore prior to losing more than 180 pounds.



NCMS Alliance President Patricia Udekwu with Patrick House.



Presentation during the 2011 LDC focused on managing stress in the medical family.



LDC participants from NC (left to right): Racheal Kunesh, Beverly Wright, Patricia Udekwu and Julie Newman.

Warm your favorite physician's heart (and toes!) with the NCMS Alliance "Honoring Physicians!" blanket.



The NCMS Alliance's cozy "Honoring Physicians" stadium blanket is a perfect holiday gift for a special physician or medical family!

These unique blankets designed to honor North Carolina physicians feature the NCMS Alliance logo. Quantities are limited so order your blanket today!

The NCMS Alliance "Honoring Physicians" blanket is available for \$50 plus shipping. (\$20 of each purchase is tax deductible).

To download an order form, please visit www.ncmsalliance.org or call 919-833-3836 x124

7th Annual Get Fit NC County Alliance Challenge

The 2011-12 Get Fit County Alliance Challenge kicked off on October 1. The challenge lasts for six months and ends on March 31. County alliances form a team of Alliance members. Only one team per county and there is no limit to the number of team members. The winning county team receives a \$500 health promotion grant for their Alliance to put to use in their community.

For more information visit www.ncmsalliance.org

**Congratulations
to the 2010-11
Get Fit NC
County Alliance
Challenge Winners!**

**Catawba
Energizers**



Sally Anderson - President of CCMSA, Mary Jo Wiley, Rita Purut, Leslie Knapp, Lisa Wright, Marsha Diamonti, Bridget Geideman, Captain - Wendy Walker, Beth Hill and Kandi Peterson (not pictured) Shelby Chesson, Jen Meredith, Sandy Luney, Jane Earl, Kathryn Harlan, and Jennifer Duralia

County Alliance Web Sites and Blogs

<i>Cabarrus County Medical Society Alliance</i>	www.ccmsalliance.com
<i>Cape Fear Medical Alliance</i>	www.capefearmedicalalliance.org
<i>Gaston County Medical Society Alliance</i>	www.ncmsalliance.org/gaston.htm
<i>Greater Greensboro Society of Medicine Alliance</i>	www.ggsma.org
<i>Mecklenburg Medical Alliance & Endowment</i>	www.mmaeonline.com
<i>Medical Alliance of the Piedmont</i>	www.mapws.shutterfly.com
<i>Onslow County Medical Society Alliance</i>	www.ncmsalliance.org/onslow.htm
<i>Wake County Medical Society Alliance</i>	www.ncmsalliance.org/wcmsa.htm
<i>Triangle Medical Spouse Alliance Blog</i>	http://trianglemdspouses.blogspot.com

If your county Alliance does not have a web site and would like to have a dedicated web page on the state Alliance site, please contact the office at 919-833-3836, ext. 124 or email ncmsalliance@ncmedsoc.org. The NCMS Alliance will put together a page on its web site at no cost to your county Alliance.



Alliance Facebook Pages

<i>NCMS Alliance</i>	www.facebook.com/ncmsalliance
<i>Get Fit Road Race</i>	www.facebook.com/getfitnc



Look for these County Alliances on Facebook:

- Cabarrus County Medical Society Alliance*
- Cape Fear Medical Society Alliance*
- Mecklenburg Medical Alliance & Endowment*

If your county Alliance has a Facebook a page, please contact the NCMS Alliance at 919-833-3836 x124



THANK YOU TO OUR GET FIT GREAT KIDS MARATHON SPONSORS!

Wake County Medical Society



2012 Southern Regional Alliance Conference January 13-15 Greenville, SC

Don't miss out on your chance to join the Alliance in beautiful Greenville, South Carolina for the Southern Regional Medical Alliance Leadership 101 Conference, January 13-15, 2012 at the Courtyard Marriott Downtown Hotel.

The registration deadline has been extended until Friday, December 30th.

In addition, hotel reservations at a nightly rate of \$139.00 should be made by Tuesday, December 20th. For hotel reservations click this link: www.marriottcourtyardgreenville.com.

To learn more about the conference visit www.scmmedical.org/content/alliance or contact Cathy Boland by phone at 803-798-6207 ext. 232 or email cboland@scmedical.org.

Alliance Project Receives AMA Foundation Healthy Lifestyles Grant

The Get Fit Great Kids Marathon project received a grant from the American Medical Association (AMA) Foundation's Healthy Living Program. This program addresses critical healthy lifestyle issues by providing mini-grants to grassroots community organizations. Selected projects target youth and address the topics of nutrition and physical fitness, prescription drug safety and violence prevention. The NCMS Alliance was one of 37 nonprofits across the country that received such a distinction this year.

The NCMS Alliance and Wake County Medical Society Alliance are partnering to pilot the Get Fit Great Kids Marathon project. The Get Fit Great Kids Marathon provides a great opportunity for kids to participate in a fun and healthy challenge and learn the importance of increased physical activity and nutrition in improving health. The project features a "marathon" challenge for students to log 26.2 miles of running/walking during the two month program. Children completing the challenge will receive a special Get Fit Great Kids medal.

"These Healthy Living Grants provide necessary resources and recognition to those organizations who are on the front lines in their communities, creating change on the local level," said AMA Foundation President Owen Garrick, MD. "We are pleased to support efforts to improve the nutrition and fitness level in their community."

The AMA Foundation, a 501(c)(3) tax-exempt foundation, is committed to improving the health of Americans through philanthropic support of quality programs in public health and medical education. Visit www.amafoundation.org to learn more.

2011
Get Fit
Great Kids
Marathon
Kick-Off



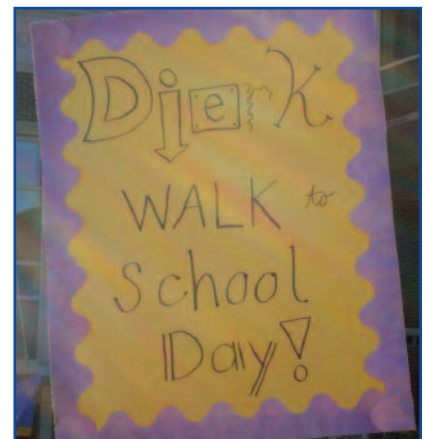
Julie Newman (left) and Mary Tyrey (right) join in the Walk to School festivities.



(From left to right) Wake County Medical Society Alliance members Shonette Charles, Patricia Udekwu, Mary Tyrey and Kimberly Durland prepare to kick-off the 2011 Get Fit Great Kids Marathon



Wake Forest Elementary School Chorus delivers a song to celebrate the day.



Students gathered by class to walk together to school.

2011 Bid for Better Health

*Thank you to everyone for making
the NCMS Alliance's Bid for Better Health a success!*

*A special thanks to all the Alliance members,
businesses and artists for donating so many special items.*

18 Seaboard

A.E. Finley YMCA

A.J. Dunlap Photography

Anatomie

Dr. & Mrs. Robert and Paige McLaurin

Cape Fear Studios

Carolyn Green

Cherries Cafe

Christine Stewart

Clara K. Johnson

*Crice Landscape Architecture
& Planning, PLLC*

Deborah Harrell Meehan

Design Workshop and Interiors

Donna Mauerhan

Dr. & Mrs. Richard and Barbara Savage

Dr. & Mrs. Sanjay and Margi Shah

Dr. George Engstrom

Dr. & Mrs. Jay and Holly Anderson

Dr. & Mrs. Pascal and Patricia Udekwu

Fargo-Hanna Oriental Rugs of Raleigh

Janice Cooper/Coco Mari

Kimberly Durland/ZOE Jewelry Design

Lynn Haygood Interior Designs

Maya Shenoy/Preeya Creations

Park West Gallery

Paul Harrison

Racheal Kunesh

Rebecca Williford

The Physical Edge

Wanda S. Smith

Thompson-Lynch, Co.

2011-2012 NCMS ALLIANCE CALENDAR

2011

DECEMBER 30 REGISTRATION DEADLINE
2012 SOUTHERN REGIONAL ALLIANCE CONFERENCE

2012

JANUARY 13-15 SOUTHERN REGIONAL ALLIANCE CONFERENCE, GREENVILLE, SC
HOSTED BY THE SOUTH CAROLINA MEDICAL SOCIETY ALLIANCE

JANUARY 19 NCMS ALLIANCE WINTER BOARD OF DIRECTORS MEETING

JANUARY 26 COUNTY ALLIANCE TELECONFERENCE
@11AM

FEBRUARY 3 WINTER TANDEM DEADLINE

FEBRUARY 28 NCMS ALLIANCE GRANT DEADLINE

MARCH 30 DOCTORS' DAY

MARCH 31 GET FIT COUNTY CHALLENGE ENDS

APRIL 21 D'VINE WINE EVENT, GREENSBORO, NC

MAY 3-4 NCMS ALLIANCE ANNUAL MEETING, GREENSBORO, NC

MAY 4 SPRING TANDEM DEADLINE

JUNE 17-19 AMA ALLIANCE ANNUAL MEETING, CHICAGO, IL

Tar Heel Tandem

North Carolina Medical Society Alliance
PO Box 27167
Raleigh, North Carolina 27611-7167

NON PROFIT
U.S. POSTAGE
PAID
RALEIGH, N.C.
PERMIT #537

Celebrating 88 Years