

# Tarheel Tandem

THE NEWSLETTER OF THE NCMS ALLIANCE: MAKING A DIFFERENCE!

Volume 55 Number 4

Spring 2005

## *Membership Challenges?*

*Find Solutions with*  
**CYNTHIA D'AMOUR**  
*At the NCMSA  
Annual Meeting*

*See page 6*



**North Carolina  
Medical Society Alliance**  
2004-05 Board of Directors

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## *A Special Invitation*

*from*  
**Jamie Hosseinian**  
*NCMS Alliance President*

*You Are Cordially Invited*  
*To the 82nd NCMS Alliance Annual Meeting*  
*A Fun and Educational Experience*  
*A Chance to See Old Friends and to Meet New Ones*

*With Special Guests:*  
*Cynthia D'Amour, charismatic and motivational speaker*  
*Cathy Pickens, nationally known author, lawyer, and professor*  
*Gay Bowman, AMA Alliance Past President*

*Featured Events:*  
*A Fabulous Luncheon honoring Past Presidents*  
*An "Around the World" dinner buffet*  
*Award presentations to County Alliances*  
*Recognition of 30- and 50- year members*  
*An Inspiring Luncheon with Installation Ceremony*

*Thursday, April 28 - Friday, April 29, 2005*  
*The Hyatt at Southpark*  
*Charlotte*

*RSVP Form Enclosed*

*Further Details Inside*  
*Attire: As You Like*

## Bits from Beth

Spring is right around the corner, and we have the opportunity to share the warm weather and budding flowers together at the lovely Charlotte Hyatt at SouthPark during our 82nd annual meeting in late April. Every year, I hear alliance members who attend say how glad they are that they came, how much fun they had greeting old friends and meeting new ones, and how exciting it is to gather to celebrate alliance membership.



This year, we have a very special segment of the meeting devoted to Cynthia D'Amore, a nationally-sought-after speaker on membership and creating excitement about membership in organizations. Many of us have heard her at AMA Alliance conferences in Chicago. She is dynamic, stimulating, and entertaining. We are so fortunate that the NCMS Alliance Board has decided to invest in having her at the meeting and giving all our members the opportunity to hear her. You don't want to miss it!

We are especially looking forward to seeing all of our past presidents at the luncheon honoring them on Thursday, April 28. Cathy Pickens, an author who lives in Charlotte and teaches at Queens, will discuss her first novel, *Southern Fried*, as our Hubbard Memorial lecturer. If her emails are any indication, she is delightful. I think we have a real treat in store.

*See you in Charlotte!*

*Beth*

## Tarheel Tandem

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**Next Deadline: May 15, 2005**

**Rachel Pace, Editor**

**Annette Gehle, Assistant Editor**

## President's Message — *From Me to You*

*"Every one has his own specific vocation or mission in life to carry out a concrete assignment which demands fulfillment. Therein he cannot be replaced, nor can his life be repeated. Thus, everyone's task is as unique as is his specific opportunity to implement it."*

Viktor E. Frankl



### Man's Search for Meaning

The accomplishments of our heroes are uniquely theirs, yet we can be just as successful by fulfilling our own purposes and applying ourselves to our work.

As I finish up my year as president of NCMS Alliance, I would like to say that this opportunity to serve has been one of the most fulfilling and satisfying missions in my life.

I also would like to say how fortunate I have been to be surrounded by a very special, talented, and fabulous group of board members and committee chairs. My many thanks to the office staff who were always available for any task asked. As I have said most of my lifelong friends are alliance members, and I have found alliance friends this year that I will cherish always.

I visited many counties, as I said I would, and thoroughly enjoyed alliance leaders' and members' kindness towards me. I saw first hand how every county alliance with their unique talents has accomplished so much successfully within their own alliance and their communities. Many thanks to all of you who have made North Carolina proud. Our annual symposium was a sold-out event, and this year's promises to be another success. Already, many efforts are underway to offer a worthy event to our state.

The 82nd annual meeting will be held at the Charlotte Hyatt Hotel on April 28-29. This will be the time to see old friends and make new ones. Please plan to come!

On June 19-21, the AMA Alliance annual meeting will be held in Chicago at the Drake Hotel. Let me know if you are interested in being a North Carolina delegate. In order to serve as a delegate for this meeting, your spouse must be an AMA member and you must be AMA Alliance member. It is not too late to join either organization.

I want to close by saying, "Please keep up the great work that you are doing everywhere for the alliance and the community and *Khoda Hafez*, which in Persian means *God Bless You*."

*Jamie*

## Please Meet Our 82nd President - Ann Faris

Ann Faris, a lifelong North Carolinian, will be installed as the 2005-06 NCMS Alliance President during the upcoming Annual Meeting. Ann's life story reflects her passion, dedication, incredible energy, and drive to improve the world around her. Her CV is extensive and covers a wide range of volunteer and professional achievements. She graduated second in her class from Forsyth Memorial Hospital School of Nursing and worked as an ICU nurse before entering the Nurse Anesthesia Program at Bowman Gray School of Medicine. After graduating, she worked as a Nurse Anesthetist at NC Baptist Hospital. Although inactive, she is a licensed real estate broker. She is a graduate of Leadership Winston-Salem and Leadership North Carolina. And that's just a few of her achievements.

Ann's volunteer activities include the Summit School, the Junior League, Youth Opportunities, Leadership North Carolina, Adolescent Pregnancy Prevention Coalition, Forsyth County School Health Alliance, Forsyth Adolescent Health Coalition, the NC Medical Society, and the NC Medical Society Foundation. Since 1975 Ann has been a federated member of the Alliance. Her involvement in all three levels of the Alliance is impressive. In 1987-88, she was Medical Alliance of the Piedmont president; in 1992-93, she was NCMS Alliance president; in 1997-2000, she was a field director for the AMA



Ann and her husband, John Faris



The rest of the Faris family — her children, from left: Justin, Jessica, and granddaughter, Taylor.

Alliance; and in 2000-01, she was AMA Alliance treasurer. At our Annual Meeting in April, she will become NCMS Alliance President once again.

Ann's greatest joy and priority is her family. Her husband, Dr. John C. Faris, is a radiologist. They have two children – Jessica Elizabeth, 26, and Justin Charles, 21. To really light up Ann's eyes just ask her about her four-year-old granddaughter, Taylor Elizabeth.

When she isn't busy with her family or volunteer activities, she loves to sit on the deck of their vacation home at Grandfather Mountain. Of course her laptop is never far away. Leisure time is spent playing golf. She loves to cook (but hates to clean up!) and she

loves walking. One of Ann's past hobbies nearly proved to be life threatening. In 1985, due to a skiing accident in Colorado she had to have her femur surgically repaired, which required multiple blood transfusions. This was one month prior to mandatory AIDS testing. Ann said that this event provided her with one of her "scariest learning experiences."

So that you could "meet" her in print, I asked some questions of Ann and even one of her husband.

**When and why did you join the Alliance?** "I joined at a newcomers' coffee in September 1975, as a federated member and have been one since that time. In the Alliance I found a place to give back to my community and share camaraderie and fellowship."

**What Alliance activity has been the most fun for you?** "In my county Alliance chairing the Teen Life Carnival at Hanes Mall in 1988 was great fun. For the state Alliance I really enjoy strategic planning – the process of seeing how to best organize and execute a plan. I also really enjoy visiting county Alliances and getting to know our members."

**What is your primary goal for the Alliance this coming year?** "Having fun while assisting our Alliance in becoming one of the most effective advocacy groups in NC."

**AND the question for Ann's husband, John: why do you support Ann's involvement in the Alliance?** "Because it is a worthwhile endeavor and Ann enjoys doing it."

Ann Faris has dedication, wisdom, and vision and we are privileged to have her as President of the NCMS Alliance again.

*Rachel Pace, Tarheel Tandem editor*

# COUNTY NEWS

## Union County Medical Society Alliance Made Christmas Wishes Come True

Union County Medical Society Alliance has gotten off to a wonderful rebirth with its first annual UCMSA Christmas Wish. The Christmas Wish program provides our members with an avenue to share the joy of Christmas by helping to grant the wishes of needy families living in Union county.

A total of 5 families – 21 individuals who expressed what they would like to receive for Christmas were chosen and their needs presented to the members. During the Union County Medical Alliance annual Christmas party each donor was matched with a recipient and Santa’s helpers went to work. Donating families let their hearts lead them as they shopped, wrapped, and delivered the packages to various drop-off points. Each family received sacks full of presents just in time for Christmas. The look of appreciation that appeared on the face of each parent and child as they were handed packages labeled with their name made it worth all the effort. In addition, our members provided each family with Christmas dinner.

In most cases, these families were in no position to do anything at all for their children during Christmas. That’s why I am so proud that our members gave so generously, putting a smile on many faces. It is the goal of the Alliance to make its presence felt in the community through programs like the Christmas Wish, showing we care and are willing to do what’s necessary to make a difference.

*Ranise Gillespie*



### **Congratulations To Our Newest County Alliance**

On December 16, 2004, the officers of the newly revitalized Union County Alliance were installed at the home of Jamie Hosseinian, NCMS Alliance President, in Charlotte.

- President** – *Ranise Gillespie*
- President-elect** – *Kate Sink*
- Treasurer** – *Karen Whinna*
- Secretary** – *Abbie Hubbard*
- VP Membership/Advisor** – *Dr. Joyce Mills*
- Parliamentarian/Bylaws** – *Cheige Okwara*



Pictured here are Ranise Gillespie, Union County Alliance President with her husband, Dr. Rick Gillespie.

### **Wake County Medical Society Alliance Helps with Tsunami Relief Effort**



Kathy Kobs (far left) and Julie Newman, President of the Wake County Alliance, present the Triangle chapter of the American Red Cross with a check for \$1000 to help with the Southeast Asian Tsunami. In Wake County, over \$485,000 has been raised to help with the ongoing relief effort.

## **BCMSA Supports New Museum**

There are great things happening at The Health Adventure. Founded over 30 years ago by a dedicated group of Buncombe County Medical Society Auxiliary members, The Health Adventure has grown into the region’s premiere health education center.

Children from all over Western North Carolina have been exposed to issues related to health, safety and science by attending classes held at the museum as well as seeing the many shows which regularly travel to area schools. Subjects from dental health to nutrition to exercise are discussed in fun and exciting ways at The Health Adventure!

The Health Adventure is growing in leaps and bounds. A new facility is being planned for a large site located on the Broadway corridor near downtown Asheville, which holds tremendous promise for exciting health and science education. There will be a new museum building, as well as plenty of room for outdoor



exhibits and experiences. The museum has contracted with a well-known museum exhibit design firm from St. Louis to plan the exhibits, which will fill the space.

The capital campaign is in full swing, and the BCMSA has some wonderful news to share! Following in its founding mothers’ vision and commitment, the BCMSA has made a \$10,000 pledge to be presented to The Health Adventure prior to its grand opening in 2008.

Check out The Health Adventure website at [www.thehealthadventure.org](http://www.thehealthadventure.org) and make sure to make it a part of your next visit to Asheville.

COUNTY NEWS *continued from page 4*

**Ensuring Good Nursing Care in Cumberland County**



Every year, Cumberland County Alliance Health Education Foundation presents \$1000 scholarships to worthy nursing students. Pictured here from left are Danette Barowsky, Alliance scholarship chair, the four nursing students, and Mrs. Kathy Weeks, nursing instructor at Fayetteville Technical Community College. Funds raised years ago by then Auxiliary members have been growing in an foundation specifically for nursing scholarships.



The scholarship presentation was held in conjunction with the Newcomers' Welcome at Jenna Schutzer's lovely home. Pictured here are from left Liza Shah, Jenna Schutzer, and Chantelle Goodman. Liza and Chantelle are the Co-Presidents of Cumberland County Alliance.

**Mecklenburg Alliance Accomplishes Major Merger**

On January 19, 2005, members of the Mecklenburg Medical Society Alliance voted to merge with the Mecklenburg Medical Alliance Endowment, thus forming a stronger, more unified, and more efficient organization. According to Co-President Linda Kramer, "Like our decision in 1982 to form the Endowment, this merger will be another highly significant event in our history."



From Left: Jennifer Park, Joni MacDonald, Merger Committee Chair, Gail Van Der Veer, and Mitzi Yount.

The joining of the two boards and their organizations has many advantages. Leaders expect a strengthening of the new group through better communication, higher community visibility and identity, prudent accessibility to larger funds, and streamlined committees. All of these factors will lend themselves to a more vibrant and relevant organization with more opportunities to identify health issues in Mecklenburg County.

The next few months will be cause for celebration when the newly named Mecklenburg Medical Alliance and Endowment, official on June 1, embraces the merger with renewed vitality and optimism.

*Mary Kamerer, VP of Communications MMSA*

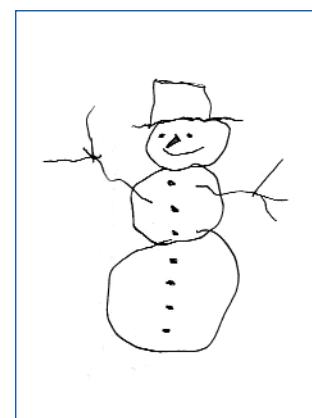
**Gaston County Alliance's Holiday Sharing Card**

This past holiday season saw the creation of the 21st edition of Gaston County Medical Society Alliance's holiday sharing card, a fund-raiser for the AMA Foundation. Every year a student at Webb Street School, a Gaston County public school, serving mentally and physically disabled students, designs the card. Last year, Danny Rodriguez's artwork was chosen and is pictured here.

Students submit artwork at a fall holiday party hosted by the Alliance. One student's artwork is selected to adorn the front of the card. The cards are sent to physician families and elected officials of Gaston County and to the President of the United States. Thirty-five physician families participated in this fundraising project, donating \$1365 to the AMA Foundation.

All students receive a certificate at a school-wide assembly held in January. The card and original artwork is framed and given to the school. The student also receives a framed copy of the card.

*Annette Gehle*



# Wondering How to Make Your Meetings Membership Magnets?

- ❖ *How to make your alliance meetings irresistible — even to those who “don’t have time” to get involved*
- ❖ *How to make every meeting a bona fide success*
- ❖ *How to turn every meeting into a recruitment experience*



Cynthia D'Amour

**Wonder no more!** On Thursday, April 28th, you'll have the opportunity to learn from one of the most energetic and knowledgeable membership development speakers in the United States ... Cynthia D'Amour. D'Amour, President of People Power Unlimited, works with organizations that want to get more members involved, develop leaders, and facilitate growth.

Cynthia, a top rated speaker at the AMA Alliance's Leadership Development Conference (formerly know as Confluence), is the author of How to Recruit Generation Me, How to Turn Generation Me Into Active Members of Your Association, and Networking: The Skill the Schools Forgot to Teach. Cynthia's *Legacy Leadership* CD Seminar Series includes titles such as "Generation Jump Start" and "Leaders at a Premium - Does Your Chapter Have What It Takes to Compete?"

Having served more than 45 total years on volunteer boards and recruited more than 250 members, Cynthia D'Amour knows first hand the key issues that alliance leaders face every day in dealing with today's members.

**So stop wondering** how you'll ever be able to get more members to come to meetings, join your alliance, and be more involved. **And start planning** to attend Cynthia D'Amour's membership development seminar on **Thursday, April 28th!**

You can register to attend this **"more than worth your time"** session by sending in your Annual Meeting Registration.

*Ann Faris, President-elect*

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## COUNTY NEWS *continued from page 5*

### *Cabarrus County Alliance and Medical Society Celebrate*

On Feb. 3, 2005, a gala dinner party was held at the Cabarrus Country Club in Concord to celebrate the County Medical Society's 100th and the Alliance's 50th anniversaries. The gold-and-silver-themed event was covered by local media and very well attended. Past presidents of the Society and Alliance were given beautiful red corsages and boutonnières. In attendance were a number of very special guests including Jamie Hosseinian, NCMS Alliance President; Ann Faris, NCMS Alliance President-elect; Dr. Zane Walsh, NCMS President; and Bob Seligson, NCMS CEO. On display were many artifacts, past minutes, and documents chronicling the dedication of the Cabarrus County Medical Society and the Alliance.



Enjoying the festivities are (l-r): Bob Seligson, Ann Faris, Jamie Hosseinian, Dr. Zane Walsh, Dr. M.H. Hosseinian, and Dr. Yogesh Patel.



From left: Racheal Kunesh, Cabarrus County Alliance President-elect, Jamie Hosseinian, and Lynn Takla, Cabarrus County Alliance President.

### *Can You Be A Delegate?*

One of the most important parts of the NCMS Alliance Annual Meeting is the convening of the **House of Delegates**. This year that will be on Friday, April 29. Any NCMS Alliance member can attend and any member can be a delegate. All you need to do is tell your county president! Your attendance at the House of Delegate is extremely important because that is where our membership discusses and votes on Alliance business. Members from across the state will:

- ❖ **Discuss issues facing the family of medicine and county Alliances**
- ❖ **Hear and act on recommendations from the Board**
- ❖ **Elect officers**      ❖ **Review and vote on the budget**

Prior to the House of Delegates, an **Open Forum** will be held. Here you will have the opportunity to discuss your questions and suggestions with the members of NCMS Alliance Board.

## Charlotte's Favorite Author to Speak at Annual Meeting

Cathy Pickens has been, under different names, a lawyer, a business professor, a university provost, a clog-dancing coach, a church organist and choir director, and a typist.



Cathy Pickens

The most profound influences on her life have been her family, her faith, Nancy Drew, and Perry Mason. She grew up in a small town and, forced to move to "big cities" to support herself, first as a lawyer and then as a professor, she found the only way to return to the comfortable familiarity of her childhood was by moving Avery Andrews, her likeable heroine and competent sleuth, back home to South Carolina and chronicling her exploits.

Her debut novel, *Southern Fried*, winner of the 2003 St. Martin's Malice Domestic Award for Best New Traditional Mystery,

features Avery, a 30-something female lawyer returning to her small Upstate South Carolina hometown after goading a lying witness and losing her job with a large defense firm, finding herself embroiled with a decade-old murder, an environmental fraud, and her own outrageous family and friends.

*Southern Fried* was named a top pick by RT Book Club magazine, and Cathy was named Charlotte's favorite local author by both critics and readers in Creative Loafing. A lawyer and professor in the McColl Graduate School of Business at Queens University in Charlotte, Cathy has received both Fuqua and Grier Distinguished Professor Awards.

Cathy Pickens will be the 2005 Hubbard Memorial Speaker. It is always a favorite function of our Annual Meeting to have a North Carolina author speak at the luncheon honoring past state presidents. The family of Anne Hubbard, a past state president, set up a fund to provide these speakers for us. It is a beautiful memorial to her. North Carolina is blessed with an amazing array of award-winning authors, and Cathy Pickens is one of them.

## County Leaders Attend Leadership Development Conference

February in Chicago brings visions of a frozen Lake Michigan, snow flurries, and cold temperatures. But for two county presidents-elect, Rachael Kunesh of Cabarrus County and Suzanne Zeok of Wake County, three February days spent at the Drake Hotel in Chicago meant much more!

- ❖ Opportunity to network with alliance leaders from across the country,
- ❖ Leadership training,
- ❖ Program information
- ❖ Personal and professional enrichment.



From left: Rachael Kunesh, Ann Faris, and Suzanne Zeok enjoying a casual moment

A special thanks to Rachael Kunesh and Suzanne Zeok for traveling with me to Chicago and for **having fun, learning new ideas, and networking more than they'd ever experienced before!** The AMA Alliance reimburses county leaders for 75% of their airfare and the NCMS Alliance awards \$400 grants to assist county leaders in having the opportunity to experience Leadership Development Conference first hand.

**Want to have the same opportunity?** Visit the AMA Alliance web site at [www.ama-assn.org/alliance](http://www.ama-assn.org/alliance) to view the agenda from the February 2004 session. Future conferences are scheduled for October 2005 and February 2006. Contact Beth Wise at 1-800-722-1350 or at [EWise@ncmedsoc.org](mailto:EWise@ncmedsoc.org) for more information.

*Ann Faris, President-elect*



Ann Faris (far left) and Rachael Kunesh (far right) networking with Alliance leaders from other states

### Bylaws Changes Ready for Vote by the House of Delegates

After reviewing the bylaws and policies, the Bylaws Committee will be presenting only a few recommendations at the House of Delegates during the annual meeting April 28-29. The proposed changes are primarily housekeeping details. The proposed bylaws changes will be available from headquarters after March 1. Please contact Beth Wise, NCMS Alliance Executive Director, if you would like a copy of the proposed changes.

*Gay Bowman, NCMS Alliance Bylaws Chair*

## *The Perfect Remembrance: A Tax-deductible Contribution to the NCMS Alliance*

**Please print**

Name: \_\_\_\_\_ (Print name(s) as they should appear for recognition)

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

In honor of: \_\_\_\_\_

In memory of: \_\_\_\_\_

Send acknowledgement to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Amount of gift: \$ \_\_\_\_\_

Enclosed is my check payable to NCMS Alliance  Charge my Visa/MasterCard #: \_\_\_\_\_

Signature of card holder: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

## 2005 CALENDAR OF UPCOMING EVENTS

### MARCH

1 - 31 MEDICAL ALLIANCE MONTH  
30 DOCTORS' DAY  
30 NCMSA AND POE CENTER  
LEGISLATIVE RECEPTION, RALEIGH  
31 STATE AND NATIONAL DUES DEADLINE

### APRIL

1 COUNTY ANNUAL REPORTS DUE  
27 NCMSA BOARD MEETING  
28 - 29 NCMSA ANNUAL MEETING,  
CHARLOTTE

### MAY

1 LIST OF AMAA DELEGATES DUE  
15 AMA FOUNDATION CONTRIBUTIONS  
DUE TO AMAA  
16 TARHEEL TANDEM DEADLINE

### JUNE

19 -21 AMAA ANNUAL CONVENTION, CHICAGO  
18 -22 AMA ANNUAL MEETING, CHICAGO

## *May 8th -*

## *A Day to Remember*

Once again this year, Alliance members will have the opportunity to remember someone special through our Mother's Day annual giving event.

Alliance members may contribute to the annual fund in honor or in memory of the "mothers" in our lives, be it our mother, grandmother, mother-in-law, godmother, daughter, daughter-in-law, aunt, or other special persons who mother us with their love and devotion. Those honored receive a lovely card notifying them of the gift, and family members are notified in the case of memorials.

You will receive a letter and response card in the mail in the next few days. Be on the lookout for it, and remember someone special on May 8th!

# Tarheel Tandem

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## *Celebrating 81 Years*