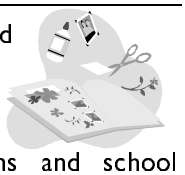
MD Connection

Wake County Medical Society Alliance August/September 2006

First General Membership Meeting

Tuesday, September 19th (9:30 am)
Raindrops on Roses
13220 Strickland Road, Suite 166*
RSVP to Debbie Lane, 919-274-9587



Have you ever wondered how to organize all the photos you have accumulated from your family events, vacations and school activities? Do you routinely date and label your pictures? How do you prevent them from fading away? Join us for coffee and snacks while our speaker, Sandy, answers these questions and shows us how to assemble a creative scrapbook, flip book or even a framed display. There will be time for hands on work (with Sandy's guidance) so please bring a few personal pictures to pick from. A small table fee for supplies will be charged per person but should not exceed $10 depending on materials chosen. *Bring an Alliance buddy!*

* Located in the Leesville Towne Centre between Blockbuster and Harris Teeter.

President's Letter

I hope all of you have had a wonderful summer and have managed to keep somewhat cool during these 'Dog Days of Summer'. I know you are looking forward to an exciting Alliance year, and so am I.

In May, Suzanne Zeok and I sent out a letter asking the membership to accept the new mission, vision and three year strategic plan. The board and strategic planning committee worked very hard throughout last year to craft this strategic plan. Over half our membership responded to the letter and **ALL** accepted the mission, vision and plan as it was outlined in the letter.

This is the year we begin to implement the three year strategic plan. I won't say it will be easy because change is always difficult. However, as we move forward with the implementation I believe we will grow as an organization, learn from each other and have fun doing it.

To me the recurring theme throughout the strategic plan is *teamwork*. The plan calls for taking the *team* approach to just about everything we do, including Alliance tasks as well as shared leadership duties and responsibilities. In short, no one person will be responsible for everything. I look forward to working with you together as a *team* to fulfill our new mission and vision.

MISSION: *A non-profit organization dedicated to improving the health and quality of life of the local community.*
VISION: *To create a network of support for our members, physicians and their families and to increase public understanding of health related issues.*

Pat Udekwu 872-9471 pudekwu@nc.rr.com

First Book Club Meeting of the Year

Wed., September 13 (9:30 am)
Home of Gale Nichols
1008 Blenheim Drive, Raleigh 27612*
787-8250

Please bring one or two reading suggestions. If you can't make the meeting and you have a selection, send an e-mail to Claire Casey (Brunicasey@aol.com) and she will bring it up at the meeting.

The schedule for the rest of the year should be as follows, so please come prepared to sign up to hostess and/or to review a book: Oct. 11, Nov. 8, Dec. 13, Jan. 10, Feb. 14, March 14, April 11, May 9.

* Be sure to look for balloons on the door because the house numbers may be a little confusing.

Java Jumpstart!

Thursday, September 7th (10:00 am)
Home of Claire Casey
1913 Chase Court, Raleigh 27607
781-2030

Please join us to welcome potential new members to the Alliance. This annual event is always a great time to see friends, welcome some new faces and talk about our organization. We hope to see you there!

Alliance Playgroup

Tues., September 12th (10:00 am)
Kids Together Park
111 Thurston Drive, Cary

Join other moms with young babies or toddlers for a walk/playgroup at the park! We'll meet in the parking lot first. Please call Kimberly if you have questions or for the back-up plan if it rains, (c)624-9505.

Symposium 2006 Risky Business: Why Kids Do What They Do

The NCMSA will present its Symposium on Friday, October 27, at the Grandover Resort in Greensboro, NC. This summit will bring together recognized experts on brain development and adolescent risk-taking behavior. Keynote speaker, Barbara Strauch, will focus on recent scientific discoveries about the transformation of the teenage brain.

For fees, complete schedule and a registration form watch your mail or visit: www.ncmsalliance.org.

Also register for the special post-Symposium event with Ed Smart, "Predators in your Own Backyard."

Monet in Normandy

Thursday, October 12th (10:30 am)

The Alliance will be one of the first in Raleigh to see the new *Monet in Normandy* exhibit! Anna Hattaway, an Alliance member and former Docent of the Art Museum has arranged for us to view a slide show of the 50 paintings by beloved impressionist master, Claude Monet, days before the exhibit opens! This exhibition includes some of Monet's most celebrated works—his paintings of Normandy's fields and coast, his garden and water lily pond at Giverny, and Rouen's cathedral—drawn from museum and private collections around the world. Save the date. RSVP to Deborah Lane, debrnz4it@yahoo.com.

GET FIT NC ROAD RACE

October 1st marks the beginning of the 2nd Annual NCMSA County Challenge! Log your fitness miles every month and at the end of six months, the team with the highest total miles will receive a $500 grant to use toward their health promotion projects! **A team captain is needed.** Email is the only requirement! If interested, please contact Pat (pudekwu@nc.rr.com).

Also mark your calendars for the 2nd Annual GetFitNC Road Race on October 28th at the Grandover Resort in Greensboro. The NCMSA wants to raise $10,000 to return to schools across the state to help them with their physical education programs! For more information, go to www.ncmsalliance.org.

A Member Update

A long time member of the Alliance, Emma Satterfield, has been hospitalized. She is scheduled to return home in a few weeks. We are all thinking about her husband, Benton, and hoping for a full recovery for Emma.

NCMSA PowerPoint Workshop

Wednesday, September 20th

This event is open to all Alliance Members but seating will be limited. Please call 833-3836 for more details.

Yearbook Updates

The 2006-07 Yearbooks with updated member contact information will be mailed in September to members who have paid their 2006-07 dues. Any corrections or updates for the yearbook/directory should be shared with Susan Hammer (848-4757 or d.i.hammer@att.net) by August 25th.

Please add the following to your WCMS Alliance Directory:

Deborah Harrell Meehan (Mrs. David V.)
310 Devonhall Lane, Cary, NC 27511
919-363-7501

WCMSA Calendar

September 7 (10:00 am) – Java Jumpstart, Home of Claire Casey
September 12 (10:00 am) – Playgroup/Walk, Kids Together Park
September 13 (9:30 am) – Book Club, Home of Gale Nichols
September 14 (9:30 am) – Board Meeting, Poe Center
September 19 (9:30 am) – General Membership Mtg., Raindrops on Roses
September 20 – NCMSA PowerPoint Workshop
October 12 (10:30 am) – Monet in Normandy, Location TBD
October 26-28 – NCMSA Symposium and Race, The Grandover, Greensboro
October 22 – SAVE Dinner, Location TBD

MD Connection Contacts: Kimberly Logel (544-1441, thelogels@yahoo.com); Claire Casey (781-2030, brunicasey@aol.com)

E-MAIL NOTICE: *Please do not use our newsletter e-mail distribution list to communicate with WCMSA members; it is only for distribution of the newsletter, invitations, and important notices. Thank you for your consideration.*