

# Tar Heel Tandem

THE NEWSLETTER OF THE NCMS ALLIANCE: MAKING A DIFFERENCE!

Volume 61 Number 3

Winter 2011

"Kind words can be short and easy to speak, but their echoes are truly endless."

~ Mother Teresa



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Medical Society Alliance  
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## 88th NCMS Alliance Annual Meeting and Awards Program May 12-13, 2011 – Raleigh, NC

Alliance members are invited to attend the 2011 NCMS Alliance Annual Meeting on May 12-13 at the Crabtree Valley Marriott in Raleigh. The conference offers a variety of workshops and programs dedicated to connecting members with resources valuable to Alliance efforts to promote health and support the family of medicine.

The conference begins with an innovative workshop presented by Janet Bauer, who is the owner of the Bauer Group and the founder of the nonprofit organization 'I'm a Great Child Worldwide.' Ms. Bauer also serves as an instructor for Duke University's Nonprofit Management Program.

The interactive session helps participants discover and use natural strengths while engaging audiences of any size. Especially designed for those working with non-profit organizations, the workshop will also cover the unique challenges and opportunities individuals face to get a message heard. Attendees will learn techniques for learning about audiences in advance in order to tailor a speech; learn how to develop customized openings and closings for different presentations; create and use audiovisuals in a successful way; reduce preparation time; plus create effective presentations using a proven outline format.

AMA Alliance Secretary Sarah Sanders will present a workshop focused on assisting



2011 Hubbard Memorial  
Lecturer, Georgann Eubanks

local Alliance programs and improving leadership dynamics. In addition to serving on the AMAA Finance and Bylaws Committees, she is also active on both the state and county levels and currently serves as Co-Northern Area Vice-President for the state alliance in Illinois.

On Thursday evening, the NCMS Alliance and Wake County Medical Society Alliance will host

a reception at Saks Fifth Avenue at Triangle Town Center. The exclusive after-hours event will include a unique and fun fashion show as well as an opportunity for shopping with a special discount for Alliance members.

The NCMS Alliance House of Delegates will convene the morning of Friday, May 13. There are several proposed amendments to the Bylaws that will be on the agenda for consideration by the House of Delegates. Motions to be presented are included on page 4 of the newsletter.

The House of Delegates session will be followed by the presentation of NCMS Alliance Awards in recognition of individuals and county Alliances for outstanding achievements and in honor of 30 and 50 year Alliance members. The installation of the 2011-12 NCMS Alliance officers and directors will immediately follow the awards program.

This year's Anne H. Hubbard Memorial Lecturer is Georgann Eubanks, a North

**Annual Meeting** *continued on page 4*



## Angie's Notes

As highlighted in the newsletter, we are very busy preparing for the 88th NCMS Alliance Annual Meeting scheduled for May 12 and 13 in Raleigh. The meeting and the luncheon honoring our past state presidents will take place at the Crabtree Valley Marriott in Raleigh. President-elect Pat Udekwu and the planning committee have put together an engaging and inspiring program designed just for Alliance members.

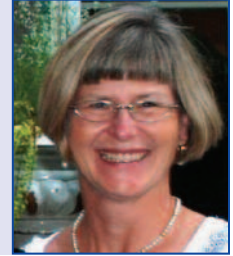
The annual meeting is a valuable opportunity to meet Alliance members dedicated to working together for the benefit of their communities, their families and the profession of medicine. Members attending the annual event find potential projects, develop helpful resources and share their passion and energy as part of the Alliance.

We also want to remind each County Alliance to send in your annual report and county project submissions to the NCMS Alliance. Reports forms have been sent out to county Presidents and posted on the web site at [www.ncmsalliance.org/Awards.htm](http://www.ncmsalliance.org/Awards.htm). Be sure to submit the report and forms by April 8.

If you have never attended the NCMS Alliance Annual Meeting, we encourage you to join us for one or both days of the conference. As always, please feel free to contact our office with your suggestions and ideas. You can reach me by e-mail at [ncmsalliance@ncmedsoc.org](mailto:ncmsalliance@ncmedsoc.org) or call 919-833-3836 x124.

## From Your President

Racheal Kunesh



Is it spring yet? Although I am a transplant from the Midwest, I have had enough of winter and am looking forward to the new life and excitement that spring brings. In the Alliance, we are also looking forward to spring as we welcome new faces to our board and leadership.

A group of us from NC had a welcome break from the snow and ice at the Southern Regional Alliance Leadership Development Conference in Orlando over Martin Luther King weekend. We had an opportunity to learn about a variety of topics including updates in health care reform, healthy steps for medical families, communication skills and female sexual dysfunction & low libido; we also enjoyed connecting with Alliance members from across the southern states. The 2012 Southern Regional meeting will be hosted by the South Carolina Alliance in Greenville over the Martin Luther King weekend. As I have the opportunity to visit with members from across our state, I hear many members asking "why should I join as a unified (county, state and nation) member?" I like to use an acronym to help me articulate the benefits of unified membership. You, as a member, are part of a **CHAIN** in which we are all connected by a common thread of being physician families.

- Connection** with other members locally, across our state and country
- Health Promotion** health initiatives, projects, awards & grants
- Advocacy** for physicians and healthy lifestyles
- Individual** opportunity for personal growth and leadership development
- Non Profit status** inclusion under the state alliance 501(c)(3) umbrella

I hope you will be a strong link in our chain and join us for the 88th annual meeting in Raleigh on May 12-13. There are wonderful speakers and social events planned for both days including our Hubbard luncheon speaker Georgann Eubanks. We have wonderful and diverse projects in our alliances across the state. Come to the annual meeting to connect with other members and exchange ideas to bring back to your local alliance!

Hope to see you in Raleigh!

Racheal

### Tar Heel Tandem

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by the North Carolina Medical Society Alliance.

**Next Deadline: April 29, 2011**

Please send submissions by email at  
[editor@ncmsalliance.org](mailto:editor@ncmsalliance.org)

# 2011 Southern Region Alliance Leadership Development Conference

The 2011 Annual Southern Region Alliance Leadership Development Conference was held January 14-16 at the Loews Royal Pacific Resort in Orlando, FL. The Florida Medical Association Alliance hosted the conference with participants representing the states included in the region. Those in attendance from North Carolina included NCMS Alliance President and President-elect Racheal Kunesh and Patricia Udekwu as well as NCMS Alliance Treasurer Julie Newman,

Director Wanda Smith and Kimberly Kossover, President of the Greater Greensboro Society of Medicine Alliance.

The conference included presentations offering tools and resources available to assist local, state and national Alliance efforts to deliver effective health promotion programs and support to physician families. The program also provided a great opportunity for Alliance members from throughout the region to network and share experiences.

The 2012 Southern Regional Alliance conference will be hosted by the South Carolina Medical Association Alliance. Details on the meeting will be available in the fall.



Southern Regional Participants (left to right) Racheal Kunesh, Julie Newman, Patricia Udekwu, Wanda Smith, Kimberly Kossover and Jo Terry (Tennessee)



NCMS Alliance Board Director Wanda Smith and her husband Dr. David N. Smith of Salisbury at the Southern Regional Conference in Orlando.

## 2011 D'Vine Wine Event

*hosted by the  
Greater Greensboro Society of Medicine Alliance and the NCMS Alliance*

Sample, sip and savor a wonderful wine tasting experience while supporting the Alliance during the D'Vine Wine Event.

The event includes wine tasting, a silent auction and live music from Windfall, one of the area's premier variety bands.

Proceeds from the event are dedicated to Alliance health promotion projects, nursing scholarships and purchasing portable defibrillators for Guilford County Schools.

**March 26, 2011**

**4:00 p.m. to 6:30 p.m.**

**Revolution Mill Studios  
Greensboro, NC**

For tickets call the NCMS Alliance office at **919-833-3836 x124**  
or order online at **[www.dvinewineevent.org](http://www.dvinewineevent.org)**



## Annual Meeting *continued from page 1*

Carolina Arts Council Literary Fellowship winner and the recipient of two regional Emmy Awards. She served as the Director of the Duke University Writers' Workshop for 20 years and recently has taken on an exciting writing project creating a series of guidebooks highlighting the works of North Carolina authors. Her presentation will include a slide presentation and literary journey to know the places, people, and events that define our state.

Please note that all NCMS Alliance members are eligible to attend the meeting and vote during the House of Delegates session. County Alliances are no longer asked to designate representatives to vote on behalf of their county. The full conference schedule and registration form are included on page 6 and 7 of the newsletter. Information and online registration is also available at [www.ncmsalliance.org](http://www.ncmsalliance.org). We look forward to seeing you there!

## Proposed Bylaws Motions for the 2011 House of Delegates Session

Motions listed below have been approved by the NCMS Alliance Board of Directors and will be included on the agenda for a final vote by the 2011 House Delegates.

**Motion:** To add the Vice President of Membership Development to Article VI Officers, Section 1

**Motion :** To add Section 7 under Article XIV General Provisions as follows:

The Bylaw Committee shall be authorized to correct punctuation, grammar, spelling and article and section designations and to make such other nonmaterial changes as needed. These changes shall not alter the intent nor the meaning of the Bylaws. Notice of changes made under this authority shall be communicated in writing or electronically to the Board of Directors.

**Motion :** To add "Friends and Family of the NCMS Alliance" to Article IV Membership, Section 1, in the Bylaws.

The NCMS Alliance Bylaws are available on the web site at [www.ncmsalliance.org](http://www.ncmsalliance.org).

*As part of the 2011 Annual Meeting,  
the NCMS Alliance and the Wake County Medical Society Alliance  
will co-host a reception on May 12 from 6:00 p.m. to 9:00 p.m.  
to celebrate the Alliance and honor President-elect Patricia Udekwa.*



*This unique after-hours event at Saks Fifth Avenue at Triangle Town Center features a fabulous fashion show and includes delicious hors d'oeuvres, wine and dessert. Saks will also offer a very special shopping discount to all attendees.*

*To attend, please register online at [www.ncmsalliance.org](http://www.ncmsalliance.org)  
or use the registration form included in the newsletter.*

*Tickets:  
\$30*



# 2010 Get Fit NC 5K

Wake Forest, NC

Thank You to the 2010 Get Fit NC 5K Sponsors!

Greater Greensboro Society of Medicine Alliance



Dr. Norm Goldbach and Urology Care, P.A.



Left to right: NCMS Alliance President-elect Patricia Udekwu (left) helps Donna Young at the Get Fit NC 5K finish line



Left to right: NCMS Alliance Treasurer Julie Newman and Race Chair Beverly Wright



Left to right: Dr. Patrick Wright, Dr. Ben Kunesh and Joe Kunesh



Get Fit NC 5K participants get ready for the race to begin.

**You Are Cordially Invited to Attend  
The 88th Annual Meeting of the North Carolina Medical Society Alliance**

**Thursday, May 12**

9:00 a.m. - 10:30 a.m.	<b>NCMS Alliance Board of Directors Meeting</b>
10:30 a.m.	<b>Registration Opens</b>
11:00 a.m. - 12:00 p.m.	<b>Speaking Up for Your Nonprofit</b> Janet Bauer, Founder "I'm a Great Child Worldwide" Program
12:00 p.m. - 1:30 p.m.	<b>Alliance Networking Lunch</b>
1:30 p.m. - 2:30 p.m.	<b>Communicating the Magic of Your Alliance</b>
2:30 p.m. - 3:30 p.m.	<b>Sarah Sanders, AMA Alliance Secretary</b>
3:30 p.m. - 5:00 p.m.	<b>County Alliance Reports</b> Introduction of County Presidents and County Alliance Reports
5:00 p.m. - 6:00 p.m.	Free time for Participants
6:00 p.m. - 9:00 p.m.	<b>Alliance Reception and Fashion Show</b> Saks Fifth Avenue at Triangle Town Center

**Friday, May 13**

8:30 a.m.	<b>Coffee &amp; Refreshments</b>
9:00 a.m. - 10:30 a.m.	<b>NCMS Alliance House of Delegates</b> Report from the NCMS Alliance President, Racheal Kunesh Presentation of the Proposed 2011-2012 Budget Report of the Board Development Committee Report of the Bylaws Committee and Proposed Bylaws Changes
10:30 a.m. - 12:00 p.m.	<b>Awards and Installation Program</b> Award Program and Recognition of 30 and 50 year members Recognition of 2010-2011 Board and Committee Chairs Installation of 2011- 2012 Officers Inaugural Remarks of the 2011-2012 NCMS Alliance President, Patricia Udekwu
12:00 p.m. - 1:30 p.m.	<b>Alliance Leadership Luncheon</b> Honoring Past NCMS Alliance Presidents and 2010-2011 County Leadership Georgann Eubanks, Anne Hubbard Memorial Lecturer

# 88th NCMS Alliance Annual Meeting Registration Form

## May 12-13, 2011 • Raleigh, NC

Registration Deadline: April 29, 2011

NAME:	
COUNTY ALLIANCE:	
ADDRESS:	
CITY, STATE, ZIP:	
PHONE:	
E-MAIL ADDRESS:	
DIETARY RESTRICTIONS (CIRCLE):    YES    NO	PLEASE DESCRIBE:

Registration Fees (please check one box below)		
<input type="checkbox"/>	One Day Registration (Thursday <b>or</b> Friday)	\$35.00
<input type="checkbox"/>	Two Day Registration (Thursday <b>and</b> Friday)	\$45.00
<b>Registration Fee:</b>		
Meal/Event Reservations (Please check box and provide numbers below)		
<input type="checkbox"/>	Reserve _____ place(s) for the Alliance Networking Lunch on May 12, 2011	\$25.00
<input type="checkbox"/>	Reserve _____ place(s) for the Alliance Reception and Fashion Show at Saks Fifth Avenue on May 12, 2011	\$30.00
<input type="checkbox"/>	Reserve _____ place(s) for the Leadership and Installation Luncheon on May 13, 2011 featuring author Georgann Eubanks	\$30.00
<b>Meal Fees:</b>		
Book Pre-Order - Hubbard Memorial Lecture (Please check box and provide numbers below)		
<input type="checkbox"/>	Order _____ copy/copies of <i>Literary Trails of the North Carolina Piedmont: A Guidebook</i> by Georgann Eubanks (paperback)	\$25.00
<b>Total Book Order Fees:</b>		
<b>Total Due (Registration Fee + Meal Fees + Book Fees):</b>		

**PAYMENT**

CHECK:                      Please make your check payable to the NCMS Alliance

Credit Card:              Visa              MasterCard

Credit Card #:            \_\_\_\_\_                      CVV2#                      Exp. Date: \_\_\_\_\_

Name on Card:            \_\_\_\_\_

Signature                    \_\_\_\_\_

**Please mail or fax your completed registration form: NCMS Alliance, P.O. Box 27167, Raleigh, NC 27611**  
**Fax: 919-833-2023**

## 2011 NCMS ALLIANCE CALENDAR

FEBRUARY 28	NCMS ALLIANCE HEALTH PROMOTION GRANT DEADLINE
MARCH 5	ROCK WITH THE DOCS CONCORD, NC
MARCH 26	D'VINE WINE EVENT GREENSBORO, NC
MARCH 30	DOCTORS' DAY
MARCH 30	GET FIT COUNTY CHALLENGE ENDS
APRIL 1	COUNTY ALLIANCE TELECONFERENCE
MAY 12 AND 13	NCMS ALLIANCE ANNUAL MEETING RALEIGH, NC
JUNE 19-21	AMA ALLIANCE ANNUAL MEETING, CHICAGO, IL

### ***County Alliance Web Sites and Blogs***

*Cabarrus County Medical Society Alliance*  
[www.ccmsalliance.com](http://www.ccmsalliance.com)

*Greater Greensboro Society of Medicine Alliance*  
[www.ggsma.org](http://www.ggsma.org)

*Haywood Medical Society Alliance*  
[www.haywoodalliance.org](http://www.haywoodalliance.org)

*Mecklenburg Medical Alliance and Endowment*  
[www.mmaeonline.com](http://www.mmaeonline.com)

*Medical Alliance of the Piedmont*  
[www.medicalallianceofthepiedmont.com](http://www.medicalallianceofthepiedmont.com)

*Onslow County Medical Society Alliance*  
[www.ncmsalliance.org/onslow.htm](http://www.ncmsalliance.org/onslow.htm)

*Wake County Medical Society Alliance*  
<http://www.ncmsalliance.org/wcmsa.htm>

*Triangle Medical Spouse Alliance Blog*  
(previously Medical Auxiliary of UNC Hospitals)  
<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@ncmedsco.org](mailto:ncmsalliance@ncmedsco.org). The NCMS Alliance will put together a page on its web site at no cost to your county Alliance.*

## **Tar Heel Tandem**

North Carolina Medical Society Alliance  
PO Box 27167  
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***Celebrating 87 Years***

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