Letter from our President.

It’s Spring in Western Foothills of NC! My daffodils have bloomed, the forsythia shrubs are overflowing in brilliant cascades of gold, and now I’m waiting for awakening cherry blossoms and azaleas soon to follow. Spring is my favorite time of year to ride along the Blue Ridge Parkway as the morning sunshine chases away the fog and dew and reveals a splendid view to behold, indeed. It’s time to freshen up my home garden and think about nutrition, summertime maintenance, good recipes and safe strategies for food preservation for the next winter.

Planning our Alliance is much like planning our own community garden. To provide for a bountiful season of growth in the Alliance, we must work the soil together, so our programs may find sturdy roots. We revitalize our garden together by making a clear path for communication and nourishing ideas to flow to and from each member. We fertilize our relationships in the Alliance by hand-turning old processes or compost, into soil rich with ideas, and now it’s finally ready for the next seeds of growth, for the next pallet of colors and the next board of ideas.

Just like the food we harvest from our Alliance garden, there are 3 key elements to ensure it’s safe consumption: Availability in your home and community, Accessibility to all your family members and friends without compromising, and Adequacy meaning it satisfies your needs without limits by gender, age or occupation.

I’m part of the NCMS Alliance because it mutually benefits us all, to give and receive. An “ally” is one that formally cooperates with another to take action and to unite a resource for mutual benefit or support. The Old French and Latin term, ’to bind together’ is what this organization is really about. I’m not a member of ‘the wives club’, for that’s a stale and outdated term that does not describe the nature and force of this organization. Alliance members are from all over the world, we are of all professions, we are all with one common goal; to advocate for healthy families and health literacy in our day, in our communities, and in NC, no matter our own profession, our gender, or our role in the family of medicine.

For Mother’s Day, I ask you to join me in making a tax-deductible contribution to the NCMS Alliance Annual Fund in honor or in memory of the special women in your life. My physician spouse, and NCMS Alliance member, contributes the art for this year’s unique Mother’s Day Card. It is an enchanting purple rose, named for his mother, whom he greatly loves and admires. As we both celebrate 30+ years of health services to others in our underserved rural communities in NC, we ask you to please join us in this years Annual Fund campaign, by April 15th, to guarantee that your personal acknowledgement card reaches those women in your life you wish to honor for Mother’s Day. Donation forms are available online at: http://www.ncmsalliance.org/annual-funds

Join me in welcoming Charlene Slaughter as our 2014/2015 NC State Alliance President. This year’s 91st Annual Meeting will be held at the beautiful Duke Mansion on May 7th and 8th. The Annual Meeting is open to County, At-Large, State and National Alliance members. This year’s Anne Holmes Hubbard Luncheon Author is NC writer Charla Muller, author of 365 Nights: A Memoir of Intimacy, a story of her grateful heart. Registration forms are available online at: http://www.ncmsalliance.org/annual-meeting

Thank you everyone for your support. I’m looking forward to seeing you at your next County Alliance meeting and at the next NCMS Alliance Annual Meeting.

~Rene Kikel
President NCMS
Membership News

As we wrap up the 2013-14 year of Membership Development, we can look forward to a new year with enthusiasm. Your NCMS Alliance has grown this past year to include the ability to renew your dues online. Yes! It's easier than ever to join, invite folks who are new to your community, new partners spouses, or people who you want to invite back to this incredible group of friends. You are a member of the Alliance because someone invited you to join. Join me in inviting someone you know who would benefit from friendship, joint ventures and fun. Come on back --- in June 2014. I look forward to seeing you in Charlotte in May!

Fondly,

Beth Hill
Proposed Bylaw Changes to the Membership Categories of the NCMSA

In an effort to make membership in the North Carolina Medical Society Alliance more inclusive and in order to include medical students and their partners among those eligible for membership in the NCMSA, the North Carolina Medical Society Alliance Board of Directors recommends the following changes to the bylaws of the NCMSA:

--that Article IV - Membership, Section 1. Definition be eliminated


--that in place of the eliminated sections, the following wording be inserted—

Article IV – Membership

Section 1. Categories, Rights and Privileges
The categories of membership shall be:
Regular:
A regular member shall be any member of a physician or medical student couple, present or former, at least one of whom is a physician or medical student who is or was eligible to be a member of the NCMS, or an individual physician or medical student who is eligible to be a member of the NCMS.
Regular members shall have all rights and privileges of the NCMS Alliance.

The wording of the sections listed below would stay the same, but each would move up on the list of categories as a result of these changes:

Thirty-Year and Fifty-Year Members—wording stays the same. Category shifts from D. to B.
Life—wording stays the same. Category changes from E. to C.
Honorary—wording stays the same. Category shifts from F. to D.
Friends and Family of the NCMS Alliance—wording stays the same. Category moves from G. to E.

Section 3. Dues would become Section 2. Dues

This change to our bylaws will be voted on at our annual meeting to be held May 8 and 9 at the Duke Mansion in Charlotte, North Carolina. Please look over our bylaws and make yourself familiar with the changes before the annual meeting.

Respectfully submitted,

Kirby Pfeiffer Sheridan
Secretary, North Carolina Medical Society Alliance
Chairperson, NCMSA Bylaws Committee
The Catawba County Medical Society Alliance held its Auction Fundraiser in conjunction with the Medical Society Winter Ball at the Lake Hickory Country Club January 25, 2013. Over 100 guests attended this year’s event and pledges were received for more than $22,000 to support the Community Health Center of Catawba County, a program of Greater Hickory Cooperative Christian Ministry.

Mingling with friends old and new!

Attendees to the event had the opportunity to bid on wonderful packages in our silent auction; out bid each other for a Paddle Board, a Pig Pickin' Party, Whiskey Tasting Party, Charleston Getaway and Tailgating Party in our live auction; and take their chances for Big Green Egg and Pinehurst Golf/Spa Getaway in our Raffle. All of the funds raised this evening go to The Community Health Center of Catawba County. CHCCC provides quality medial and pharmaceutical services to the areas uninsured residents who do not qualify for Medicare or Medicaid. Primary and specialty care are offered to manage chronic and acute illnesses and to promote healthy living. Each dollar donation provides $10.04 in services. In 2013, more than 9,593 office visits were performed and over 37,365 prescriptions dispensed.
Doing Something Different

Reaching into the same bag of tricks inevitably leads to repeating the same ol' same ol'...especially if you have a small bag and a limited number of tricks! Telling the same great joke eventually gets boring...How many times can you laugh at the same punch line?

If you haven’t already heard, this year’s WCMSA has broken out of the normal and somewhat expected routine. I can honestly say that with the active and passionate leadership of our Board of Directors, we have infused energy and enthusiasm into our mission, setting sparks...if not FIRES...of creativity, thus breathing new life into the organization! And...WE LOVE IT!

On Sunday, March 2, the evening of the Academy Awards, we threw our FIRST EVER Oscar Pre-Party Event from 5 – 7pm. Hosted by Dan and Karen Albright, their home was transformed into a Hollywood mansion, complete with a Red Carpet photo shoot, mini statues, catered delicacies and endless bubbly!

We used this opportunity as a fundraising event for our target organization, F.I.G.S., selling raffle tickets to vote for our choice of Oscar Nominees in six categories...AND...there were great prizes! Not only did we raise significant dollars for our charitable organization, but we also recruited 3 new members for the Alliance and had a total blast doing it!

It’s simply amazing what a few fresh ideas, combined with that spark of creativity can do to take your organization to the next level! Watch out...There’s more to come!

Cheers!
Deborah Harrell Meehan
Co-President, Wake County Medical Society Alliance, 2013-2014
WELCOME TO CHARLOTTE!!

It’s a pleasure to invite you, to the 2014 Annual Meeting of the North Carolina Medical Society Alliance in Charlotte!

All of our planning efforts have paid off and we’re in a great position to have one of the best meetings ever. The entire meeting takes place at the historic Duke Mansion, located in the heart of Myers Park, Charlotte’s oldest planned community. This beautiful mansion was built in 1915. Duke's most lasting legacies, including Duke University, Duke Energy and the Duke Endowment, took shape right here. The Mansion has been home to many families, however in 1998, it opened as a historic inn & meeting place and continues to serve the Charlotte community in this role today. It is approximately 32,000 square feet and sits on 4.5 acres of exquisite gardens. During breaks please take a short stroll on the grounds and enjoy the beautiful flowers and landscaping. I promise you won’t be disappointed. It is listed on the National Register of Historic Places. The Mansion is operated as a nonprofit with all proceeds being used to preserve and protect this community treasure.

Our host hotel, the Hampton Inn at Phillips Place, is conveniently located about 10 minutes away from the Duke Mansion and is close to lots of restaurants and South Park mall, which has the best shopping in North Carolina!

Meeting registration opens at 11:30a.m. Wednesday morning, and the meeting will start at noon with our Alliance Networking Luncheon. Our speaker for the luncheon is Julie Newman. Julie is a past president and a member of the AMA Alliance board of directors. After Julie we will have the great pleasure of hearing from Charlotte philanthropist Elaine Lylerly. Elaine will talk to us about the power we all have to make a difference in our communities. Elaine is very active in several philanthropic organizations and is the former Chair of the American Red Cross’ Tiffany Circle.

We will finish Wednesday off with champagne and shopping at BCBG Maxazria, and a delicious dinner at Maggiano’s Little Italy, compliments of our friends at Suntrust Bank.

On Thursday our Hubbard Luncheon Speaker is New York Times best selling Author, Charla Muller, the author of 365 Nights, A Memoir of Intimacy. Charla will talk with us about what she learned about her marriage, her family and herself after giving her husband the gift of intimacy every day for a year. Maybe she will also give us some insight into her next book, Pretty Takes Practice which will be in stores in August of 2014.

Your registration fee covers all meeting material meals. The Duke Mansion has a staff of excellent chef’s and the food promises to be delicious. Not at all your typical luncheon.

I would like to personally thank our planning committee and Tara Keegan for all their hard work. This meeting will be a BLAST! If you haven’t sent in your registration yet WHAT ARE YOU WAITING FOR!!

http://www.ncmsalliance.org/annual-meeting
NCMSALLIANCE
Charlotte, NC

91st ANNUAL MEETING
May 7-8, 2014

Duke Mansion
400 Hermitage Rd

www.dukemansion.com

Special Guest Speaker
Charla Muller

author of
365 Nights: A Memoir of Intimacy
www.charlamuller.com
A Tribute to Anne Kahn

How do I love Anne? Let me count the ways! I first met Anne at an NCMSA Annual meeting in Charlotte. I was representing the Greater Greensboro MSA. We had a great champagne reception the night before; honoring Anne as she was installed as NCMSA President the next day! Anne cried with heartfelt emotion during her installation and speech! She was inspiring. I admired her leadership skills and hoped to get to know her better. I had my opportunity at many subsequent meetings of NCMSA and AMAA. We roomed together and shared stories of our children and spouses. Once I admired a necklace that Anne was wearing in Chicago. A week after I came home to Greensboro, the necklace arrived in the mail as a gift from Anne! What a generous gesture. Today, Anne and I still share stories about our families including many grandchildren for both of us! In fact, Art and I visited Anne and Bob at their beautiful home on Daniel Island while we were staying in Charleston over Thanksgiving. As we say Goodbye to Anne in NC, South Carolina is gaining a terrific Alliance member and mentor! Thank you Anne for your guidance and leadership over many years! See you in Charleston! - Carolyn Green

Anne Kahn has made remarkable contributions to this community as a parent, religious school teacher, health professional, wife to and supporter of Bob, and an Alliance leader while maintaining exuberance and optimism at all times. I am delighted to have known her for nearly three decades. Her legacy lives on in the accomplishments of her children. - Barbara Moskowitz

I always loved Anne's smile, it seemed to me that she never had a bad day in her life, always so upbeat that made me to forget my troubles. Anne is so reliable that you only had to ask her once to do something then you knew it was done, no question asked. I loved working with her, she was so great at any position she took. I wish her and her dear family the best. Lots Of Love - Jamie Hosseinian

I wanted to say that I mostly remember Anne's humor and delightful laugh in all situations - Darthea Young

What can you really say about one of the kindest, warmest, most welcoming women I know? I think that about sums it up! But seriously, Anne has always been a special type of person, a special type of leader. Her heart and her home were always open to friends. She treats all of us as extended family. I wish her and Bob lots of love as they settle into their next adventure in Charleston. At least they’re smarter than me and moved to someplace warm rather than cold (it’s been a long winter). I look forward to seeing you soon, Anne! - Julie Newman

Thinking of Anne always makes me smile, because every time we've worked or played together in Alliance activities and projects, she has worn a big, happy smile. She has been a wonderful leader and a shining example, beautiful inside and out. — Karen Holleman
A Tribute to Anne Kahn

I have always admired Anne's genuine warm personality. Not only does she never meet a stranger but she always makes everyone in her company feel welcome. Rare trait indeed. I am sure Anne will fit the Charleston hospitality mode and make it shine. Godspeed—*Mary Frances Forrester*

Anne is a superb mentor and friend; we had so much fun touring the state during her NCMSA presidency. When I roomed with Anne in Chicago, I saw first hand the outpouring of love and care from her daughters - a direct reflection of Anne's love and care for her family and friends. Anne is an all round wonderful person; her bright smile, encouragement and enthusiasm will be sorely missed here in NC. All the best to Anne in her new adventures in SC! -*Racheal Kunesh*

I have had the pleasure of working with Anne in the Gaston County Medical Society Alliance for the past 15 years. As a member, an officer, a county president, and a state president, Anne always exhibits such enthusiasm and excitement for any and all Alliance projects. She loves the Alliance just as she loves its members. Whether she is taking an ailing member dinner or encouraging and supporting a new president, Anne is a nurturer. She embraces the membership and the projects that the Alliance adopts, greeting every new member and project with a smile. She is a wonderful leader, cheerleader, and volunteer. I am honored to call her my friend, and I know members of the Gaston County Medical Society Alliance will miss her dearly. Thanks for including a tribute to Anne in the next Tarheel Tandem! -*Annie Anthony*
What does the Alliance mean to me?
How do you express the joy that I have experienced over these past 30 years. Remembering the first meeting I attended the warmth I felt welcoming me into the group. Having such a supportive Alliance in Gaston County helped me adjust to being a physicians spouse. I loved the projects and am so proud of all the accomplishments that our county has achieved. Gaston County has had five state presidents and I'm proud to call myself one of them. Their leadership through the years prepared me for that role. The friendships I have made here in Gaston will always be dear to me. It was quite an honor to serve. The paying it forward to our community to encourage a healthier county has been rewarding.

My year as president was very challenging but very rewarding. I had an exceptional board that were hard working and we accomplished our goals for the year. Traveling around our great state I have met so many wonderful alliances. It is mind boggling to see small to large alliances working on projects that benefit their communities. The alliance does indeed help build healthier communities through advocacy and action! I also enjoyed for a short period of time working with the AMA Alliance.

As I embark on my next journey in Charleston I will remember fondly all the alliance members that have crossed my path and recall all of their determination and hope for the future. Now my family beckons me to enjoy my grandchildren and our new adventure in retirement. All together we have 6 children and 9 grandchildren.

I am proud to be a member and remain a member of the NCMS Alliance. Thank you for your friendship.

Come visit me in Charleston! My new adventure begins!! - Anne Kahn
A Tribute to Anne Kahn
Organized in 1923, the NCMS Alliance is a statewide network of physician spouses and physicians committed to advancing the health of North Carolinians through advocacy and action.

The Volunteer Voice for Physician Families.

NCMS Alliance

February 6 @ 10 a.m.  County Alliance Teleconference
February 6 @ 11 a.m.  NCMS Alliance Winter Board of Directors Meeting - Teleconference
February 15  Winter Tandem Deadline
February 28  NCMS Alliance Grant Deadline
March 20-22  Southern Regional Meeting
March 30  Doctors’ Day
March 31  Get Fit County Challenge Ends
May 7-8  NCMS Alliance Annual Meeting, Charlotte, NC