I am pleased to report that we are experiencing exceptional growth within our Alliance.

Membership has exceeded our goals. Our Get Fit Road Race has been the most successful one yet. We are leveraging to new and innovative technology to improve communication with our membership.

As stated, our Get Fit Road Race 2013 in Wake Forest, NC was a huge success. A special Thank You to the Get Fit Committee, Wake County Medical Society Alliance and our State Board of Directors and YOU, the Members. We had an excellent turnout with both runners and volunteers. Thank You!

Join me in welcoming Charlene Slaughter as our 2014/2015 State President, in the Queen City - Charlotte, NC for our 91st NCMS Annual Meeting. It will be held at the beautiful Duke Mansion on May 7th and 8th. This year’s Speaker for Anne Holmes Hubbard Luncheon is North Carolina’s very own Charla Muller, author of 365 Nights: A Memoir of Intimacy. It’s a powerful story of her whole-hearted commitment to her marriage, her love of family and her grateful appreciation of the bountiful gifts she gives and receives. Registration forms are available online at: www.ncmsalliance.org

According to the forecast from the Farmer’s Almanac, we’ll be seeing a cold winter here in the Carolinas; longer than most of us would like. As a 28 year transplant from Chicago, I still love exercising in the crisp air and I remain hopeful this will keep the fire ants south and east of the NC Foothills for at least another year. So while it’s cold outside, I want to ask you one favor as a 30 year veteran RN, please check in on the elderly, the disabled and the outdoor animals that may live on your block, in your neighborhood, or down the road.

Thank you to everyone for your support and encouragement. I look forward to seeing you at the Annual Meeting.

Rene Kikel
A huge thank you to our incredible 2013 Get Fit Road Race Committee!!
Debbie Gessner, Tara Keegan, Rene Kikel, Kathy Kobs, Deborah Meehan, Zohra Osman, Barb Savage, Dr. Richard Savage, Pat Udekwu, Hetal Wasudev, and Louise Wilson what a team!
Also a tremendous thanks to the many volunteers who got up early on a Saturday morning in December, in the cold and rain to give their time to make the race a success. To all the Wake County Medical Society Alliance members, families and friends, young and old alike who setup the site, provided refreshments, monitored the course, checked in participants and cheered the runners across the finish line…THANK YOU!!!

A special thank you to the fabulous teens from Cary Teen Council, Heritage High School Health Sciences, and Wake County Early College of Health and Sciences. These students, helped monitor the course and cheer on our youngest runners on the one mile Fun Run, as well as, tear down the site and cleanup. These students are our future and we are in good hands.

Almost 150 runners including 5K, 10K, Phantom and Kids registered and braved the elements for this event. We surpassed all other years in sponsorships and registrations enabling us to donate $6565 for physical education equipment to underserved schools.

A big thank you to our sponsors: Dr. Richard and Barbara Savage, Applebee’s, Wake County Medical Society, Let Get Thin, MD, Kerr Kares for Kids, Wake Med, Greater Greensboro Medical Society Alliance, Wake County Medical Society Alliance, Jones Lang Lasalle Realty, Dr. Osi & Pat Udekwu, Dr. Jeffery & Kathy Kobs, Dr. Art and Carolyn Green, Dr. Carl & Debbie Gessner, Dr. Steven & Rene Kikel, Walmart Grant, Cary Orthopedics, Dr. James & Teresa John.

One school that really took an interest and came a distance to participate was Zebulon GT Magnet Middle school. The Athletic Director, Brian Lesh sent us this note after the race.
“I wanted to take a moment to thank you for including Zebulon Middle School in your race. The cause was a great one and I think the few kids I brought really got something out of it. I wish more would have come. I had almost 10 kids that showed interest, but most stayed away because of the cold, wet weather. If you have any other opportunities to keep kids fit, please feel free to include us again. I'm sure I can get some kids involved.”

We were also notified after this race that the NCMSA was awarded the Donors Choose, “Most Generous Donor” Award for the year 2012 donations from the 2012 Get Fit NC Road Race. I hope we can repeat that award this year, our net profits have exceeded last year and we definitely could not have done it without each and every one of you.

I am so very proud to be a part of this selfless committee and volunteers who made this race a wonderful success.

With immense gratitude,

Barbara Savage
Chairman, NCMSA, 2013 Get Fit NC Road Race
Get Fit Road Race 2013
Aloha!
Your efforts on behalf of the NCMS Alliance to engage our members in a worthwhile charitable organization are noteworthy. Your participation in the organization is paramount to our success. Whether it is in our fundraising events, board participation, training and mentorship or membership growth.

We have increased our membership by over 100 members from this time last year! We’ve made calls, sent out letters, attended networking events and collaborated with the North Carolina Medical Society to increase our membership. Our efforts and your participation and commitment to this organization are the reason for our success.

It feels good to know that our efforts exceeded our membership goals for the year. Please understand that we that we deeply appreciate your contributions of time, energy, and talent to such a worthy cause on behalf of the NC Medical Society Alliance.

Considering we are only halfway through our membership year, I expect continued success and a year of monumental growth.

Kindly,
Beth Hill
Tara’s Corner

Happy New Year 2014!

What an exceptional year we have had.

We started our 2013 membership year with a new membership database. This new database has streamlined our renewals, offers online payments and has many different membership reports available. We have not lost any members from 2012 and have gained over 100 new members. Success! Wow!

In October we moved our Alliance office to the lower level of the Medical Society Building. Pat Udekwu and I had the pleasure of going through many old Alliance items. What a treat to find articles, pictures and accounting documents that are from the start of this organization. Amidst the dirt, bugs and spiders, it was a fun afternoon! The Medical Society was an incredible help. They moved boxes, provided storage and furniture. They were incredibly accommodating through the transition.

A special thank you to Kelly Wilson who handled my IT issues, helped with moving and storage and is always available to help.

I am certainly looking forward to all of the wonderful happening’s of 2014!
Hickory, NC - The Catawba County Medical Society Alliance is pleased to announce that it’s fall fundraiser, Doc-O-Lantern, raised $5,000 for the Children’s Advocacy and Protection Center of Catawba County. The second annual event took place at Catawba Valley Medical Center on October 17th.

Nine Catawba County physicians and one physician spouse carved jack-o-lanterns in a timed competition to produce unique pumpkin creations. Celebrity judge, the Chik-Fil-A cow, chose the winning pumpkin, which was carved by Dr. Richard Chang of Greystone Eye. Dr. Chang’s jack-o-lantern featured a mad scientist proudly inspecting an eyeball. The “Fan Favorite” pumpkin was carved by Dr. David Melon of Carolina ENT. Dr. Melon’s jack-o-lantern was a double-sided display of a haunted house and the state of NC.

“It was so much fun seeing all the children and adults who wore costumes, watching the children play fun games while the doctors were working on their artistic pumpkin designs.” said Beth Osbahr of the CAPC, “The CAPC is appreciative to the Medical Alliance for sponsoring such a fun way to raise awareness and donations.”

Alliance members would like to extend a special thanks to Dr. and Mrs. Jody Inglefield for providing pumpkins for the event; Lowes Foods of Viewmont for donating the children’s pumpkins; Dr. Geoff and Mrs. Carrie DeLeary for the sound system; Kappa Deltas of Lenoir-Rhyne University for children’s entertainment; Chik-Fil-A for refreshments and children’s prizes; Kohl’s volunteer’s for on-site set-up and support; Unifour Anesthesia for a monetary contribution; Robin Parish for event photography and Amy Chang for MCing the event.

Alliance members would especially like to thank the doctors who participated in this year’s competition: Dr. Richardson of Piedmont OBGYN, Dr. Chang of Greystone Eye, Dr. Melon of Carolina ENT, Dr. Isserman of Hickory Cardiology, Dr. Farris of Catawba Radiology, Dr. Osbahr of Catawba Valley Medical Center, Dr. Daly of Western Piedmont Anesthesia, Dr. Norcross of Ortho Carolina, and Tyler Orozco, wife of Dr. Orozco of Piedmont Endocrinology. Thanks also to Dr. Whitton of Catawba Women’s Center and Dr. Siciliano of Hickory Plastic Surgery and Unifour Anesthesia for the donated Ghost Pumpkins.

The Children’s Advocacy and Protection Center of Catawba County is a non-profit organization that offers care to child victims of sexual and/or severe physical abuse by providing forensic interviews, medical examinations, mental health therapy, victim advocate service, education in Darkness to Light, support for non-offending caregivers and a multi-disciplinary team that includes law enforcement, social services and prosecution in addition to the center’s expert staff.

For more information, visit about CCMSA or the Doc-o-Lantern contest, visit www.ccmsalliance.net.
County News..
County News..

Catawba County Medical Society Alliance
Winter 2013
To ring in the Holiday season, the Catawba County Medical Society Alliance held a Coffee. Karie Siciliano's lovely home provided a great place for us to meet, greet, and eat! Jen Meredith had a fun game that required the lost art of knowing one's left from the right. In the end, we all got a prize. In addition, there was a big reveal of some of the items that will be auctioned off at the Medical Society's Winter Ball at the end of January. Think gorgeous shoes, art, cooking classes, packages, and more. The auction is our largest fundraiser and this year the proceeds will go to the Health Care Program at Greater Hickory Cooperative Christian Ministry. We all had a wonderful time at the brunch! Thank you to everyone who brought something to share.

The Gaston County Medical Society Alliance is busy planning for our 3rd Annual Bodies, Bellies & Brains: A Child's Health Fair. Last year, participation exceeding 1000 attendees and volunteers. We hope to continue to work with the Medical Society, Physicians and other community organizations to provide a success educational and entertaining event for the citizenry. We are also planning our first kids triathlon to be held in September. The plan includes offering scholarships, training and equipment to low-income children through a partnership with the Gaston County YMCA. A longer term goal is to create a website. We look forward to a productive year bettering the health of our community and supporting the medical community.
Greater Greensboro Medical Society Alliance.

Every year during the Holidays the GGMSA members adopt children from the Children’s Home Society and provide Christmas presents.
A Tribute to Julie Newman

It’s Not Goodbye But Rather I’ll See You Soon

As many of you may know, my husband Jack has found a new position in Bel Air, MD so I am sadly leaving North Carolina, our home for the past 14 years. It’s very bittersweet. In some ways I’m looking forward to getting back “home” to sort of the DC area. We will also be closer to Jack’s family, especially his mother who is still going strong at 87, but she’s 87. I am not excited about getting back to traffic. On the other hand, there is much I will miss about North Carolina – the food, the weather (even July and August), the food, the beaches, the mountains, the food. But what I’ll miss most of all are the Wake County and NCMS Alliances.

Words cannot begin to express my love for this amazing organization. I have gained so much more than I can even acknowledge through my affiliation with you all. While I didn’t get to meet each and every Alliance member during my 2 years as president, I did make great friends with an incredible group (and this is just a few of them): Gay Bowman, Ann Faris, Darlene Young, Genie Hayes, Kathy Klimas, Becky Williford, Charlene Slaughter, Tammy Bridges, Ann Siva, Carolyn Niemeyer, Anne Kahn, Racheal Kunesh, Beverly Wright, Pat Udekwu, Carolyn Green, Paula Patselas, Lee Ann Thomas, Sheila Josilevich, Beth Hill, Suzanne Zeok, Virginia Scanlan, Kathy Kobs, Dorothy Nance, Barb Savage, Kimberly Durland, Mary Tyrey, and our beloved late John Lovin. Again, this is just the smallest of lists because I had the pleasure of working with so many incredible people. We did super things together: Symposium, Doctor’s Day neckties, Honoring Physician blankets, Get Fit NC, the list goes on. Serving the community, and you all in particular, gave me so much fulfillment that continues to this day.

But I won’t be gone forever! In fact, I’ll be back regularly since Matthew is still only a First Year at UNC-Chapel Hill. He’s got at least 3 more years plus, hopefully, medical school. So you’re not rid of me yet! In fact, I will definitely be in Charlotte for the Annual Meeting in May. I will miss you all very much but my email address is still the same (julienewman64@aol.com). Thank you for letting me be a part of the NCMS Alliance.

Julie
A Tribute to Julie Newman

Julie is a jewel in the Alliance crown and brings our organization to life in her interactions every day. She has given her "Energizer bunny" energy to the Alliance faithfully at all levels; I am still amazed that while mourning the loss of her mother, she served as our state president - talk about dedication! I have loved getting to know Julie and wish her all the best in her new home.— **Racheal Kunesh**

The NCMSA will surely miss Julie. She has been a driving force behind many of our projects, programs, bylaws, finances and strategic plans for about 10 years. Julie is our energizer bunny! I don’t know exactly when I met Julie, but she starts appearing in my state and national alliance photos in 2005. I am truly lucky to count her among my special friends.— **Gay Bowman**

Julie welcomed me so warmly to my first NC State Medical Alliance meeting a few years ago. She has been a good resource. I admire her commitment to the Alliance.— **Kirby Sheridan**

I think Julie's enthusiasm is contagious and we all caught a share of it by knowing her.— **Mary Frances Forrester**

Julie was instrumental in my move to NC. She provided me with referrals from everything to doctors, insurance agents, accountants and the best restaurants.— **Barbara Savage**

I first met Julie at the AMA/AMAA National Advocacy Conference/Leadership Development Conference in Washington, DC. Julie was the then current President of NCMSA; she was actually serving her second term as President. Julie led our NC team. Being the energetic and enthusiastic person that she is, she already knew many of our National Alliance members and quickly included me in her circle of friends. Julie impressed me with her open leadership style. We had several fun dinners with our NC contingency.....all organized by Julie. I wish Julie much success with her move to Baltimore. She will surely be missed by all in our NCMSA, but I know we can count on seeing her at national and regional meetings. Good Luck to you, Julie....and if you see the Marlborough man, please say 'hello' to him from me. – **Carolyn Green**

I have enjoyed getting to know Julie Newman. When we first met, we seemed to just hit it off. I think it was her honesty and frankness I liked the most. Julie, was a good source of support for me during my year as state president, and that’s when I think I discovered her weird sense of humor, and inability to dance (so she says). But what I will truly miss about Julie is having her ‘Energizer Bunny’ type of energy around, simply because it is so catching!! Julie, while I won’t see you in NC, I hope to see you when I come to the Maryland/DC area and will continue to catch you on the Interweb in the meantime. - **Pat Udewku**

Julie and I first met at a NCMSA leadership development meeting that was held in Greensboro over 10 years ago. We have worked on a number of projects and board together since that time. In fact we have worked together on so many things that some people think we are inseparable. It has been a great partnership and I look forward to continuing to work with Julie at the national level (particularly since that means that I am not loosing my shopping buddy) - **Beverly Wright**
A Tribute to Julie Newman
NCMS ALLIANCE
Charlotte, NC

91st ANNUAL MEETING
May 7-8, 2014

Duke Mansion
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Special Guest Speaker
Charla Muller

author of
365 Nights: A Memoir of Intimacy
www.charlamuller.com
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

2014

March 21-22 Southern Regional Alliance Conference
hosted by TBD

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 30 Doctors’ Day

March 31 Get Fit County Challenge Ends

May 7-8 NCMS Alliance Annual Meeting, Charlotte, NC