

Alliance Action

President's Corner...

February, the month of love, roses, and my personal favorite...chocolate!

I want to thank Heather Gerson for organizing the fabulous Culinary Workshop and Uschi Hall for having the event at her beautiful home. Diana Tarasiewicz, formerly of DMT Catering, gave us a fun and informative demonstration. We enjoyed a great afternoon of socializing, eating, and learning some great healthy recipes including Shrimp and Lime Soup, Lentil Tabbouleh Salad, and a Citrus dessert.

Thank you also to Stephanie Witwer and Susan Erb for organizing the Homeward Bound coat drive and member's night out social. It is always fun to see friends and meet new ones and all the while supporting a wonderful organization. If you were not able to come to the coat drive, you can still help by donating. In addition to coats, Homeward Bound is also taking donations for men's socks, coffee and sugar, sleeping bags, pillows, blankets, 55 gallon garbage bags, and cold/flu medications. For more information, please go to www.homewardboundgj.org.

Relief efforts continue in Haiti through project C.U.R.E. Dr. Rebecca Mashburn and Kim Moore are coordinating efforts to send medical supplies. We applaud their efforts and if your medical provider's office is able to donate, please contact Kim @ 985-9251 or Rebecca @ 201-7050. For more information go to www.projectcure.org.

On a lighter note, Angela Hegstrom and Kathy Tarman are busy planning a fun and exciting event for this years MCMSA progressive dinner. This is a social event as well as our biggest fundraiser for the "Hands are not for Hitting" program. The Texas Hold-Em theme is sure to be a winner. Please plan on attending this awesome event on March 27th. If you can't attend, feel free to send in a donation as each \$30.00 raised helps support one classroom. All of the money raised will be used locally. Thank you for your support.

Happy Valentines Day! Try this chocolate truffle recipe for your sweetie: Chop 1lb dark or milk chocolate, cube 2 sticks of butter set aside in a metal bowl. Bring 1 cup heavy cream to a boil. Immediately pour the hot cream over the chocolate and butter. Stir till completely melted. Stir in ¼ cup any flavoring-like brandy, Godiva, Kahlua, amaretto, or Bailey's. Pour the ganache into an ungreased pan and chill until firm. Shape the ganache into rough balls using a melon ball tool. Drop each ball into a pan of sifted cocoa powder or powdered sugar to coat. They are delicious but you are guaranteed to NEVER, EVER, be able to burn off these calories, and I am living proof. Wishing you lots of chocolate!



Event Calendar

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| Jan 27 | Drop off supplies for Project C.U.R.E. |
| Feb 2 | MCMS meeting at Bookcliff Country Club
6:30 p.m. - Social
7:00 p.m. - Dinner |
| Feb 3 | MCMSA board meeting
924 24 1/4 Rd
9:30 am |
| Feb 9 | Open House Coffee and Donation Drive for Homeward Bound
480 Escondido Circle
9-11 am drop-in |
| Feb 16 | Book Club
2135 Broadway
9 am coffee
9:30 am discussion |
| March 27 | Progressive Dinner
5:30 pm Starters
7:00 pm Dinner
New Date! |

newsletter editor:
Kathy Swelstad
swelstad31@hotmail.com
243-4858
Deadline is the 15th of each month

WE NEED YOUR HELP!

It is estimated that as many as three million people may have been affected by the Haiti earthquake and the death toll may reach into the tens of thousands. Haitians, most of whom already live on less than \$2 a day, are now contending with recovery from the strongest earthquake the region has seen in more than 200 years.

Project C.U.R.E. is collecting medical, first aid and hygiene supplies to send to Haiti. They are based out of Denver but we have an opportunity here in Grand Junction to put together contributions that will be added to their efforts to get containers of badly needed supplies ASAP. Attached is a list of supplies that are needed. Many of these supplies are basic items stocked in a Medical practice.

We will be collecting until Wednesday, January 27, 2010 so that we can get them sent to Denver on January 29, 2010.

DONATIONS CAN BE DROPPED OFF AT Dr. REBECCA MASHBURN'S OFFICE, 1120 WELLINGTON AVENUE, OR, FOR PICKUP PLEASE CALL THE FOLLOWING:

KIM MOORE – 245-0916 (HOME) 985-9251 (CELL) OR DR. REBECCA MASHBURN – 201-7050.

For more information on Project C.U.R.E. and their efforts – www.projectcure.org

HELP FOR HAITI:

LIST OF SUGGESTED DONATIONS

Project C.U.R.E. is accepting the following items to help with preparation for deliveries of medical relief to Haiti following the record-magnitude earthquake:

- Disinfectants/antibacterial solutions (peroxide)
- Hand sanitizer
- Masks
- Sterile gloves
- Bandages
- Wraps/rolled bandages
- Gauze and dressings
- Tape
- Antibiotic ointment (Neosporin)
- Analgesics (Tylenol, aspirin, Advil)
- Splints
- Diapers
- Baby bottles
- Baby formula
- Infant rehydration (Pedialyte)
- Personal care items
- Toothbrush/toothpaste
- Feminine hygiene supplies
- Adhesive bandages (Band-Aids)
- Water purification tablets
- Crutches

Homeward Bound Homeless Shelter Wish List

- men's socks
- coffee
- sugar
- sleeping bags
- pillows
- blankets
- 55 gallon garbage bags
- cold/flu medications
- Shaving Cream & Razors
- Ear plugs
- Cough Drops/Cold Medicine
- Tylenol/Advil/Aspirin
- Foot Deodorizer
- Tampons
- Toothpaste
- Shampoo/Conditioner
- Men's Socks
- Pine-sol, Bleach, Cleanser, (any household cleaning products)
- Air Fresheners
- Anti-acids
- Band-aids
- Toilet Paper
- Kleenex Tissues
- Coffee Cups (Styrofoam)
- Plastic Drinking Glasses-not disposable
- Paper Towels
- Napkins
- Aluminum Foil
- Canned Fruit or Fresh Fruit
- Jams/Jellies
- Heavy Duty Can Opener
- Condiments (Ketchup, Miracle Whip, Mayonnaise, Mustard, Syrup)
- Salad Dressing (Ranch, Italian)
- Butter/Margarine
- Salt & Pepper
- Pancake Mix
- Plastic Kitchen Storage Bags all sizes
- Lg Black Garbage Bags - 55 Gallons
- Coffee/Tea
- Sugar and Creamer
- Snack Foods
- Pam Cooking Spray
- Instant Oatmeal (individual packets)
- Cereal
- Drink Mixes ie: Lemonade, Tang, Hot Chocolate
- Canned Goods ie: Tomato Sauce, Tomato Paste, Spaghetti Sauce, Sloppy Joe Sauce, canned tomatoes
- Canned Vegetables
- Chili Powder, Garlic Powder, Gravy Mix
- 2 Industrial Size Roasters

**Drop off at 2853 North Avenue
(970) 256-9424**

**For more information, please go to
www.homewardboundgj.org**

MSMSA Book Club

Tuesday, Feb. 16th
 "Commencement"
 by Courtney Sullivan
 at Kay Campbell's home
 2135 Broadway
 Coffee at 9 am
 Discussion at 9:30 am

The Alliance Book Club is open to all members. If you enjoy literature, or just good company, please come try it out! You don't even need to have read each book--sometimes you just want to hear a review, and this is the place! If you are interested in joining the Book Club, please email Mary Graves at peacockcat@msn.com or call 241-4905 for monthly updates on book and meeting place.

February Playgroup!
 contact
 Holly Seeberger
 778-4336

The culinary workshop presented by Diana of World Table Cooking School was educational and delicious. We socialized and dined on easy and healthy recipes including a Thai soup with shrimp, ginger and chilies; an Indian dish called Kichari made with mung beans and quinoa; lentil tabouleh salad with feta; and a citrus dessert made of grapefruit and oranges, drizzled with a syrup infused with spices and lemon peel. Yum!

We hope to have more delicious get-togethers. If you are interested in hosting a luncheon in your home please contact me.

A big thank you to Uschi for hosting this gathering in her beautiful home!

Heather Gerson
 hberson@aol.com
 433-7379

Howdy Ya'll! Come to the
 TEXAS HOLD'EM SALOON
 & CASINO

BBQ-Progressive Dinner
 (this isn't your mother's
 Progressive Dinner)

Saturday, March 27th

Starters @ 5:30

Hold-em and Dinner @ 7:00

Winners Circle and

Dessert to follow

GET IT ON YOUR CALENDAR

The AMA Foundation share card donations totaled \$1,065 this year. Thank you to all that donated, including Bob and Nancy Hackett, whose donation did not make the share card in time. Also, "Thank you" to Lauren Gustafson for the darling drawing that was used this year.

-Kim Moore

Thanks to the great participation in January events! The culinary workshop (kudos to Heather Gerson and Uschi Hall) was amazing and the coat drive at Stephanie Witwers was tons of fun and brought lots of warm coats to donate to the homeless!

Our February community event is as follows:

What: Open House "Coffee"

When: Tuesday, February 9

Drop-In 9-11am

Where: Susan Erb's home

480 Escondido Circle

RSVP 210-4639

What to Bring: Early Spring Clean! Bring good condition used games, books, DVD, videos, magazines, etc.

Why: For donations to Homeward Bound

Hope to see you there - come for a minute - stay for 2 hours! We'd love to see you!

MCMSA Board Members

2009-2010

Callie Ash, President
 245-1650

Jolie Griffin, President Elect
 241-7372

Amy Czarnecki, Secretary
 985-4019

Dawn Hunter, Treasurer
 314-9001

Sheila Winnefeld, Membership
 241-0594

Kathy Swelstad, Newsletter
 243-4858

Robin Heil, Tech Support
 241-7520

Janna Gustafson, Hospitality
 243-1490

Mary Graves, Book Club
 241-4905

Bobbi Alpha, Organella
 242-5508

Uschi Hall, S.A.V.E.
 242-1842

Natalie Gehl, Faux Paw
 245-7110

Susan Erb, Community Service
 257-1644

Stephanie Witwer, Members
 Night Out
 201-7346

Kim Moore, AMA Foundation
 245-0916

Gay Walker, Historian
 245-7533

Sue Magee, Advisor
 245-4611

Lisa Bumgarner, Advisor
 243-8806

Heather Gerson, Advisor
 433-7379

Alliance Action Mission

The mission of the Mesa County Medical Society Alliance is to support and nurture the medical family in order to be a proactive volunteer voice of the Mesa County Medical Society, promoting the health and well-being of Mesa County, Colorado

MESA COUNTY MEDICAL SOCIETY ALLIANCE

FEBRUARY, 2010

Mesa County Medical Society Presents...

MESA COUNTY MEDICAL SOCIETY MEETING

DATE: Tuesday, February 2, 2010

LOCATION: Bookcliff Country Club

TIME: 6:30 p.m. - Social

7:00 p.m. - Dinner

The Executive Committee will meet at 6:00 p.m.

**No charge for Medical Society Members or Family Medicine Residents and Spouses.
Otherwise, spouses/guests \$30.00.**

RESERVATIONS ASAP..... 243-2808

SPEAKER/TOPIC:

MS. ANN DRIGGERS

PRESIDENT AND CEO

GRAND JUNCTION ECONOMIC PARTNERSHIP

“The present state of the Grand Junction economy and plans for future growth”

The Grand Junction Economic Partnership is a private, not-for-profit organization funded by local businesses and municipalities in 1984 for the purpose of strengthening and diversifying the local economy. This presentation should prove invaluable to our members as they move forward with their future practice plans.

New physicians to our community are also invited to attend.
