

Sonoma County Medical Association Alliance & Foundation  
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Santa Rosa, CA 95402

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# The Grapevine

SCMA Alliance & Foundation...building healthy communities

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[www.scmama.org](http://www.scmama.org)

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## *Sharing Our Hearts Takes a Step Back in Time*



Alliance State  
Board Meeting  
1950

*You are cordially invited to the*

## *12<sup>th</sup> Annual Sharing Our Hearts Luncheon*

*Featured Speaker*

*Karen Johnson*

*Executive Director of the Charles M. Schulz Museum*

*Thursday, February 25, 2010*

*11:00 am – 1:30 pm*

*The Flamingo Hotel*

### Mark Your Calendars



**Wednesday, January 20, 10 a.m.-noon**, Alliance coffee hosted by Sue Bisbee and Charlene Staples. 6111 Melita Rd., Santa Rosa



**January 20, 7 p.m.**, Book club hosted by Lisa Sugarman. Book discussed, "The Help," by Kathryn Stockett. New members welcome. For information, please contact Elizabeth Krainer-Huang at [eakrainer@yahoo.com](mailto:eakrainer@yahoo.com)



**Thursday, February 25, 11 a.m. -1:30 p.m.**, **12th Annual Sharing Our Hearts Luncheon** at the Flamingo Hotel. For more information, please contact Charlene Staples at [davidnchar@att.net](mailto:davidnchar@att.net) or (707)526-7877

**Tuesday, April 27, 2010, 8 a.m.—5 p.m.**, **Legislation Day 2010**, Sacramento Convention Center. For information, please contact Nancy Schneider at [2schneiders@comcast.net](mailto:2schneiders@comcast.net)

**Friday & Saturday, April 30-May 1, 10 a.m.-4:30 p.m.**, **CMAA Annual Session**, Embassy Suites Old Town, Sacramento. For information, please contact Nancy Schneider at [2schneiders@comcast.net](mailto:2schneiders@comcast.net)



**Friday & Saturday, May 14-15, 10 a.m.-4 p.m.** **Garden Tour**. For information, please contact Meta Lightfoot at [mldlight@sonic.net](mailto:mldlight@sonic.net)

The SCMA Alliance is celebrating **80 years of service to our community**. So please join us for old-fashioned fun and fundraising. There will be door prizes, amazing raffle prizes and dynamic keynote speaker Karen Johnson.

Ticket prices have been reduced, so check out the attic and the back of the closet. Don those old hats, dig out the old suit and find your mother's gloves and pearls. Let's have some fun and celebrate our long tradition of giving. Money raised will support the SCMA Alliance Foundation.

*For more information, please contact Charlene Staples at [davidnchar@att.net](mailto:davidnchar@att.net) or (707) 526-7877.*



Victoria Soto

Change cannot be avoided. Change provides the opportunity for innovation. It gives us the chance to demonstrate our creativity. —Keshavan Nair

Happy new year! I love the energy a new year brings. We start off the year with renewed enthusiasm for the future, envisioning our goals and making our resolutions. It is hard to believe that we have put a decade of the 21st century behind us.

Looking back at the decade, I'm amazed at the revolutionary changes that have taken place in the way we live and communicate, like "going green," hybrid cars, smart phones, and social media sites that connect us in new ways.


You will see that the Alliance is working to keep up with these technological advances, as well. As we steer the organization toward the future, we are reaching in new directions to recruit and attract new members, such as using media sites and on-line fundraising, and tailoring our programs to meet our members' changing needs.

Please keep an eye on our SCMAA website ([www.scmmaa.org](http://www.scmmaa.org)) to keep updated on upcoming Alliance activities. Be sure to look for your Sharing Our Hearts e-vite, and if you haven't already become my friend on Facebook, please do so. It's now even possible to participate in state-level meetings using Skype.

These social media sites can help promote our organization, target a larger demographic region, and create valuable networks, from our health promotion programs to the Garden Tour.

It's an exciting time for the Alliance to move forward with a clear purpose as we raise awareness of our organization.

Warmly,  
Victoria  
Victoria Soto

 Curious about the AMA defines its vision for health system reform? Check out its website at [www.hsreform.org](http://www.hsreform.org)

#### The Grapevine

Editor & Publisher: **Lisa Sugarman**  
For information or to submit articles, please contact Lisa Sugarman at [lsugarman@yahoo.com](mailto:lsugarman@yahoo.com)

#### SCMA Alliance Executive Board 2009-2010

**President:** Victoria Soto  
**President Elect:** Lisa Sugarman  
**Membership/Directory:** Meta Lightfoot  
**Treasurer:** Nancy Sumida  
**Secretary:** Sonda Anderson  
**Historian:** Mary Schroeder  
**Parliamentarian/By-Laws:** Barbara Ramsey  
**Website:** Margaret Peterson  
**Grant Review:** Ann Hurd  
**Legislation:** Barbara Ramsey

#### Foundation Officers & Directors

Sori DeVore, Ann Hurd, Gina Merwin, Maria Pappas, Janet Polson, Barbara Ramsey, Charlene Staples

#### Program Chairs

**Allie Awards:** Charlene Staples  
**Doctor's Day:** Tricia Hunstock  
**Garden Tour 2010:** Sandy Chute, Sori DeVore, Meta Lightfoot, Mary Schroeder  
**Give-A-Gift Program:** Shawn Devlin, Ann Hurd, Lindsay Mazur  
**Health Awareness Program:** Ann Hurd  
**Health Careers Scholarship:** Gina Merwin  
**Holiday Greeting Card:** Barbara Ramsey  
**Safe Schools Programs:** Kathleen Cortez  
**Services to the Elderly:** Victoria Shieh

Give-a-Gift 2009 has wrapped up its program for the year. Thank you to all the donors and volunteers who made the program a success. Because of your generosity, the foster children of Sonoma County received lots of holiday cheer. *This program relies on the out-pouring of your time and treasure... for this we are truly grateful.*

Details to follow on the exact giving for the year and the results of the computer program. Happy New Year! —Ann Hurd, Shawn Devlin, Lindsay Mazur, Co-Chairs



Stephanie McDermott

### Remarkable 2009 Holiday Card



2009 Holiday Card image, "View from Incline," by Louisa King Fraser

The holiday season is one often touched by the remarkable. Such is the case with the 2009 Holiday Greeting Card project benefiting the Health Careers Scholarship Program as noted in the following:

- Contributions were received from 120 remarkable members of the Sonoma County Medical Association and Alliance
- Louisa King Fraser's artistry gave the project remarkable beauty
- Testimonials gathered by Gina Merwin, Health Careers Scholarship Committee Chair were remarkably inspirational
- Our traditional greeting card was remarkably formatted by Maria Pappas into a calendar for your year long enjoyment
- Mailing assistance was provided by a remarkable host of helpers thanks to Carol Stone, Charlene Staples, Lisa Sugarman, Victoria Shieh and Janet Shane
- SCMA President, Dr. Richard Powers, was remarkable in encouraging his peers to donate to this worthy cause and led by example
- Remarkable coverage was allotted to the project in the Sonoma Medicine magazine and the SCMA News Briefs thanks to Editor, Steve Osborn
- Cynthia Melody, SCMA Executive Director, designated the proceeds from the sale of the remarkably lovely Awards Dinner table centerpieces to this project

• **All of these efforts culminated in a remarkable \$9,695.00 in contributions**

Thank you for all that you have given. You are truly remarkable.

Barbara Ramsey, Holiday Card Chair



The American Lung Association applauds a new "Smart Growth and Air Pollution Reduction" resolution adopted by the California Medical Association (CMA) supporting smart growth as a critical tool for improving air quality and public health, fighting global warming and reducing chronic illness in California communities.

The resolution supports the adoption of ambitious regional targets for local governments to reduce greenhouse gases, efforts to reduce vehicle trips by means of land use and transportation measures, and the role of

public health professionals in land use decision making.

*"The CMA resolution demonstrates that physicians are extremely concerned about the public health crisis caused by air pollution and global warming and that they can play a critical role in shaping land use and transportation planning," said Dr. Tom Addison, a Kaiser pulmonologist in San Francisco and delegate of the CA Thoracic Society, the medical section of the CA American Lung Association.*

The resolution was adopted at the CMA's annual House of Delegates meeting on October 18th, 2009 in Anaheim. For more information, go to [californialung.org](http://californialung.org)