



APPNA

NEWSLETTER

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President's Message

TO SUM UP

Ussalam-o-a'alaekom! This has been an extremely eventful year for me. From the time we started planning the meeting in Hyderabad to the present, it has been a great learning experience for me. I hope in turn I have been able to bring strength and purpose to the organization.

The Hyderabad alumni had deserved the meeting for a long time, and I want to reiterate my thanks to Dr. Afzal Arain and Dr. Aman Ullah Pathan for arranging one of the best winter meetings ever. The Orlando spring meeting was also exceptional and very successful. It was held in conjunction with Islamic Medical Association (IMA), and my special thanks are owed to Dr. Shahnaz Khan for the effortless transition between the two meetings. The sold out St. Louis meeting was the biggest crowd that has ever assembled. I would like to recognize the gargantuan efforts of Drs. Shabbir Safdar, Ishaq Chishti and Mrs. Razia Chishti. Razia has very gallantly taken up the cause of the Women's Auxiliary (Alliance), which you all saw getting involved, with plans to work as an independent, supporting organization. All three meetings, at Hyderabad, Orlando, and St. Louis, were held in atypical settings, but thanks to the diligent and devoted organizers all did exceptionally well.

This summer, an APPNA group went on an expedition to Hunza and the Karakorum Mountains, which was well arranged by Dr. Nasim Ashraf. All the participants will vouch for the success of this venture. Hopefully, this trend will grow. It increases the bonds of affection between us as a community and exposes the children to our culture. This winter we are planning a family trip to Disney for four days. Drs. Shaista and Shahid Usmani are coordinators for this. More details will follow in the *Newsletter*.

Dr. Amjad Hussain has very kindly agreed to research and write the history of the Association. The Central Office has been functioning very well with the new computer. I would like to thank Ms. Trudy Mucha and Eileen Stachewicz for the work they have put in, as well as, Dr. Mushtaq Khan and his committee for managing the office so well. I was lucky to have an extremely committed Executive Committee. Past president Khalid Riaz, President-Elect Mushtaq Sharif, Secretary Shaukat Khan, and Treasurer Durdana Gilani gave me their invaluable support through the year. I would also like to acknowledge Drs. Nasim Ashraf, Arif Muslim and Hassan Bukhari who have also been kind enough to function as my advisors.

I would especially like to thank my wife Raana and my children for all the support they gave through the year. Raana deserves additional appreciation for her forbearance and the hard work she has put in developing the Youth Forum and the numerous other activities in which she is involved. I would also like to thank Mrs. Aqueela Jaffer, Tehmina Haq and Uzma Ahmed for helping organize the SAYA and CAPPNA program in St. Louis, which was exceptional.

Dr. Ayaz Samadani personally arranged for *Ustad* Nusrat Fateh Ali Khan to spare time from his extremely busy schedule of concerts all over the country to perform in the APPNA function. Dr. Qalbani and Dr. Asim Yunus saved the function by devoting their precious time and expertise in fixing the sound system of the hall. I would like to apologize for the interminable speeches in the Saturday evening function. However, in my defense, I would like to note that during the day session we had complete control of the mike and were on time. I would request that APPNA members who go on the mike during our programs remember the rights of the APPNA membership. It is in this spirit that I myself cancelled my speech that evening.

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On Soirée Musicale

Khalid J. Awan, F.P.A.M.S.

Bismillaahir Rukhmaanir Raheem. NuhmodoHo wa nosullee a'alaah Rasoolo Hilkareem.

The banquet hall was a pandemonium, an ocean in uproar, ceaselessly being fed by a flow of noisy chit-chat from the tributaries that were the dinner tables. No one was paying a penny's worth of heed to the appeals for quietness and order from the convener or the association president. Having run out of options, the convener rushed to the man on the podium and asked him to begin recitation from the *Qor'aan-ol-Kareem*. Just as "*Aa'oozobillaahe...*" rang through the enormous hall, every lip, every limb turned still. The change was instant, amazing, almost an inspirational experience.

APPNA is not a "religious" organization, but this St. Louis incident bears out that the hearts of its membership are not wanting in love of Allaah or reverence for His Word. That APPNA is a democratic body is also established. But being democratic doesn't ask to give up one's values; it asks only to respect the values of others, too. From these perceptions sprouted the inspiration and encouragement for this editorial.

Every year, the APPNA banquet is followed by a music program, and every year there ensues between its opponents and proponents a debate on the propriety and permissibility of such merrymaking. The debate is not new; it has occupied Muslim scholars and *foqahaa* since the rise of Islam. In fact, this debate existed even in the pre-Islamic era. "To spend effort and toil for the sake of amusement seems silly and unduly childish," opined Aristotle.¹ And none other than Cicero,² the great pioneer of Western mores, wrote about merry entertainment: "Where self-indulgence reigns, decent behavior is excluded." On the other hand, Plato³ considered music and its education to be important for proper human development, but warned about music carried too far, declaring that a man's spirit wastes away when he "allows music to play upon him and to pour into his soul through the funnel of his ears." "Play to work harder" is a maxim by the sixth century Scythian sage Anacharsis.¹ All experts in *Sharee'ah* and the truly learned in Islamic tradition agree, and have agreed throughout history, that music and singing that incite base and sensual elements in listeners are categorically forbidden (*haraam*). The dichotomy in views starts with whether all music is unlawful. In Islam, it appears, music is not an all-or-none issue.

Like all other talents with which Almighty has blessed him, gift of music is but another trial for man. The Creator has instilled in music an awesome power to influence human spirit. Even animals cannot escape music's spell. The desert Arabs have a cameleer's song (*ahdiyya*) under the influence of which the camels pick up speed in pace with the singer's rhythm, at times covering such long distances in a trance that on reaching destination some fall dead of occult exhaustion.^{4,5}

Once in Baghdad of yore, two early risers were taking a morning stroll on the bank of *Dijlah*. A young maidservant came to fetch water from the river. As she filled her pitcher, she softly sang:

سُبْحَانَ رَبِّ السَّمَاوَاتِ إِنَّ الْمَجْدَ لِنَبِيِّ الْأَنْبِيَاءِ

Most glorious is the Heaven's Lord
Agony indeed is the lovers' lot

Both men were touched deeply by her melody. One was overcome by anguish and sighed that how right she was; the other felt a surge of rapture and thought that how wrong she was. "Each was right," says the narrator, "for the one who said she was right had just ended a sleepless night of painful pining for his beloved, and the one who thought her wrong had welcomed the dawn after a night of bliss in the arms of his beloved."⁴

"Every man perceives," expounds Shaikh Monere,⁴ the relator of this anecdote, "according to whatever dominates his mind, and listening to *mobaah* (permissible) music or songs is not any different." The intention and frame of mind determine how one reacts to one's experiences, and this also forms the foundation for defining the place of *mobaah* music in Islam.

"Listen to the flute, how she relates her tale" is how *Maolaanaa* Roomee⁶ opens his *Muthnawee-e-Maanawee*, perhaps the greatest spiritual literature created by man. Music merely is another manifestation of Almighty's power. After all, who puts into a dead hollow piece of vegetation a melody that caresses the heart, who gives the sighs of a tormented piece of parchment the power to drown the heartbeat, who imparts to the cries of a chord ripping under strain the ability to tug on the heartstrings; and who instills into the mortal voice the sweetness that plunges the soul into ecstasy? But then, should we not enjoy His gifts within His prescribed bounds, ask the endorsers of change.

Listening to music (*samaa*) is permissible, says *Imam* Ghazzali,⁵ provided [1] the song and in the manner it is performed do not contradict the fundamental concepts of faith, [2] the music does not incite sensual or worldly cravings, and [3] the listeners otherwise obey the rules of *Sharee'ah*.

Is it proper to charge for entertainment those who desire only to have dinner is their next question.

Dionysius, an unscrupulous man of a humble beginning who through political opportunism became the dictator of Syracuse, once hired a harpist for an evening party, and promised him that better he played, the higher his fee would be. Pouring greater and greater energy and enthusiasm into his performance with every passing moment, the harpist played his heart out late into the night, receiving praise after praise from his enraptured audience. The next morning the harpist approached Dionysius, expecting to be paid as promised.

"You gave us great pleasure last night," gently remarked Dionysius, "the anticipation of a large fee must have pleased you immensely."

"It most certainly did," admitted the harpist.

"Then you have already been paid pleasure for pleasure," declared the sly tyrant, and had the harpist thrown out.¹

Striking a "Dionysius deal" with entertainers would solve many of the problems mentioned herein. But obvious is the futility of a search for an *artiste* who finds more pleasure in his art than in his fee. Hence, until any ideal solution comes about, a pleasant *détente* may be struck by [1] establishing alternative parallel programs, such as post-dinner scholarly group discussions following one or two major speeches, poetry

recitations, amateur talent show, etc., [2] giving the members the choice of allocating their non-gastronomic portion of banquet ticket price to their favorite APPNA projects, or [3] not adding any entertainment charges to the dinner ticket and selling separately the tickets for entertainment, *à la* St. Louis meeting.

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President's Message — Continued from the front page

The fall meeting will be held in Philadelphia on the weekend of October 13-15. Dr. Javed Akhtar and Dr. Shaukat Khan are arranging it. I hope a great number of you will participate. Our winter meeting is going to be held in Islamabad. Previously Dow Medical College had been selected as the venue, but due to the prevailing conditions in Karachi the meeting has been moved. We are planning an ambitious and very concentrated CME program in Islamabad this year on December 17-19. Dr. Arif Toor will be managing this meeting.

I feel indebted to a lot of people throughout this year. I have had the chance to meet and know a lot of you. I will always be grateful to Allah that He has given me this opportunity to serve my community. I may not have been able to individually thank all of you, now I would like to avail this opportunity to thank each and every APPNA member who has been kind enough to spend his time and efforts to improve APPNA as an association. *Wussalaam*.

Waheed Akbar, M.D.

SECRETARY COMMENTS

Shaukat H. Khan, M.D.

With concluding of the 17th Annual Summer Meeting in St. Louis, APPNA reached a new landmark in its history. A total of 460 members registered for this meeting and over 1,100 people attended the annual banquet. To meet a few unexpected difficulties in a gathering of this magnitude is not unusual; even so, I apologize to those who were inconvenienced in anyway. We shall keep trying for improvement. Overall, the meeting was a big success, and we are thankful to the local Host Committee for their efforts and the time spent in arranging it.

The success of this year's music program can be measured by the fact that Ustad Nusrat Fateh Ali kept the huge audience spellbound into the wee hours. We thank him for giving us special consideration during his busy schedule. My sincere appreciation also goes to Dr. Ayaz Samadani for his efforts in bringing Ustad Nusrat to St. Louis.

The Executive Council had two sessions, and the General Body Meeting was held on Saturday, August 19. Several important issues were discussed in these sessions. The political circumstances in Pakistan, particularly law and order situation, were of great concern to all members. The Executive Council unanimously approved following resolution:

"The Association of Pakistani Physicians of North America expresses its great concern regarding the deterioration of law and order situation in Karachi, and urges the opposition and the government to resolve the differences through continued dialogue."

The Executive Council also gave approval and recognition to the regional chapters of: [1] **New York Chapter**, [2] **Southern Chapter**, and [3] **Michigan Chapter**. We now have five recognized chapters that are represented on the Executive Council. I believe this trend will continue to grow, expanding the Association to each and every corner of North America.

Exercising its right once again, the APPNA membership elected for next year Shaukat H. Khan, M.D. as the President-Elect, Durdana Gilani, M.D. as the Secretary; and Shabbir H. Safdar, M.D. as the Treasurer.

The democratic process always brings new life to an organization. This year was no exception. The elections were hotly contested with good participation from the general membership. All candidates deserve praise for running a clean campaign. Hopefully, this tradition will continue in the future. In the end, I would like to express a personal sense of gratitude to all members for giving me their support and placing their trust in me. I am confident that I can also count on their support during my future responsibilities as the President of this great body. Thank you. ■■■

LETTERS TO THE EDITOR

We consider all views for publication, if yours are not here, no one wrote them to us. The opinions expressed in the Newsletter, however, are solely of the writers, and should not be construed as that of APPNA - Editor

St. Louis Size-up

EDITOR:

Ussalaam-o-a'alaekom. I would like to congratulate Dr. Waheed Akbar, Dr. Shabbir Safdar, and the entire local Host Committee for the successful APPNA Summer Meeting in St. Louis. The CME lectures were informative and well-liked. The meals, especially the dinner on Friday night, were excellent.

Having stated this, I would like to point out a major concern regarding the program at the Saturday banquet. The need to recognize two individuals, who have nothing to do with APPNA, could have been sufficiently satisfied by a simple mention of their names. To allow prolonged introductions and speeches regarding them was not appropriate, and it took away from the dignity and formality of the evening. The "surprise" phone call from the White House and subsequent overlong indiscernible message turned off both the members and their families. They were not a part of the printed agenda, and they certainly were not of such critical nature that warranted their addition to the program at the last minute. Besides forcing an unnecessary length on the program, these longwinded speakers took away from the projected importance of the keynote speaker. This sad loss of priorities deprived us of a due and dignified recognition of the gold medalist of APPNA and the rest of the agenda.

One has to keep in mind that the opportunity to speak to such a select audience is a privilege that should be limited only to those few individuals who have accomplished outstanding achievement for APPNA or through it our mother country. It is not a privilege that should be granted to anyone who has donated a few thousand dollars to a specific project, regardless of how worthwhile it may be. Such improper goings-on have given the members of APPNA a justified feeling of being used.

I think the chair did not expect this prolonged affair, but it was unfortunate that he did not interject and put his foot down to have the program proceed according to the predetermined agenda. Our organization is a young one, and we are fortunate to have members like Dr. Waheed Akbar and many others in the leadership. Through hard work and personal sacrifices, APPNA has grown and prospered. Our summer meeting, especially Saturday's banquet, brings into focus the present status of the organization. I certainly hope that in the future, nobody from outside the organization is permitted an opportunity to dominate this function by taking advantage of our hospitality.

Once again, please accept my congratulations and heartfelt appreciation for a meeting done well overall.

Azizur R. Arain, MD
Oakbrook, IL

Bronx Cheers for St. Louis

EDITOR:

Ussalaam-o-a'alaekom. The convention in St. Louis really distressed me. It all began with our arrival to the Adam's Mark Hotel, chaos reigned supreme. The service was atrocious, facilities too small, and the haphazard APPNA organization further aggravated the situation. The registration packets should have included restaurant guides, particularly to alleviate one and half hour waits at the hotel restaurants. I think the policy about attendance of families not immediately aligned to the medical profession needs further review.

The registration arrangements were difficult and rather time consuming. The copying machine was out of paper, and the Women's Auxiliary was distributing outdated schedules. Except for the Women's Auxiliary, there were no I.D. badges for the guest speakers and the various workers. It might also be better to keep the meeting rooms and the vendors on different floors. It would improve attendance at sessions by eliminating, as Mr. Safy Qureshi noted, the "competition outside." Also, vendors should not be permitted to take their own payments. There are sales tax implications. They should make a receipt and all payments should be made at a central booth, manned by APPNA personnel, with the proper sales tax computed. This way if APPNA ever decides to take a percentage of the sales proceeds, as many other organizations do, it would be quite easy.

The Saturday banquet was extremely disorganized. As the tickets were pre-sold, the seating should have been pre-assigned to avoid turmoil that ensued. It would have been more democratic and befitting for the APPNA leaders, if they had helped in seating people instead of sitting on reserved tables in the front with the so-called rich and powerful dignitaries. The speeches were far too long, and the call from a lady on behalf of Bill & Hilliary was a waste of time. I also do not understand the purpose or justification of giving awards to non-humanitarian reasons.

Finally, it would have been better to request the people to vacate the hall for a few minutes to rearrange the seating with proper aisles, in the interest of order and fire safety.

Aqueela S. Jaffer
Covina, CA

EDITOR:

Ussalaam-o-a'alaekom. I was sorely disappointed with this year's APPNA meeting in St. Louis. Even four days later, I'm not sure whether my family attended a medical meeting or an *Eid Mela*. We had a problems with a hotel unprepared to deal with the volume of guests, unavailable and overcrowded elevators,

LETTERS TO THE EDITOR

and a lack of food at the dinner on Friday night. All primarily due to the presence of an unexpected number of non-physician families at the conference. Saturday night was the perfect example of a potentially lovely evening turned into a disaster. The dinner seating arrangement, for example, was changed for no apparent reason, and this resulted in a potential fire hazard. Many were deprived of dessert for which they had paid, while listening to politicians lobbying for themselves. To top my evening off, a woman threatened to beat me up if I did not vacate the seat that she had reserved for her family and friends. She had reserved four rows of some fifteen seats in each row.

It seems that the focus of the meeting has shifted from a meeting during which physician friends and their families can get together. It has now become an over-advertised and over-commercialized event. The solution to this problem may be to close the meeting to non-members.

Fauzia Shah
Colleyville, Tx

Reply

EDITOR:

Ussalaam-o-a'alaekom. I thank Dr. Arain, Mrs. Jaffar, and Mrs. Shah for taking time to write us their thoughts on the meeting in St. Louis. Their critiques will be very helpful to us in our efforts to improve the future meetings. The concern about the state tax implications brought up by Mrs. Jaffer has been repeatedly considered over the years. The APPNA now has policy to secure a signed written agreement from each vendor that clearly states that the vendor solely and totally is responsible for charging and paying appropriate sales tax on items sold.

We always look forward to healthy and helpful input from our members. I assure them that we will continue to do our best to improve.

Waheed Akbar, MD
President

Now, the Arch de Triomphe

EDITOR:

Ussalaam-o-a'alaekom. I want to commend the APPNA Executive Council, including Dr. Waheed Akbar, Dr. Mushtaq Sharif, Dr. Shaukat Khan, Dr. Durdani Gilani, and the Host Committee headed by Dr. Shabbir Safdar for arranging such a successful meeting in St. Louis. I have not seen so many members show up for our annual summer meetings in the recent past. The auxiliary night was a total sell out. The music programs were some of the best I have seen in recent years. The continuing education program was extremely well organized and well presented. For the first time in many years, we were also able to collect

CME Category 1 credits. The credit for it also goes to the organizers of the program, Drs. Shabbir Safdar and Jahanzeb. My congratulations to President Akbar and the Executive Council of APPNA for arranging such a successful meeting.

M. Javed Akhtar, MD
Kenner, LA

EDITOR:

Ussalaam-o-a'alaekom. I would like to congratulate our President, the Executive Council and the Host Committee for arranging a wonderful meeting at St. Louis. It was a delight to see such a large happy gathering of Pakistani physicians and their families, probably the largest ever of its kind on this soil. The arrangements for this mammoth meeting were excellent, considering that for the most part it was a voluntary endeavor. Hotel accommodations, food, sightseeing trips, music programs, various social programs for spouses and children were all excellent.

The Saturday banquet and music program could have been handled better, but so long as we learn from our mistakes, rectify them, and move on, such mishaps become an essential part of our growth.

For the first time, we had a superb CME program. It was very pleasant surprise to have such a program while still retaining and enhancing the basic spirit and flavor of this essentially social and cultural meeting. Pak-Pac did a good job of arranging an effective political gathering, galvanizing support for the future senator, Jim Johnson and other undertakings.

Omar T. Atiq, MD
Pine Bluff, Arkansas

EDITOR:

Ussalaam-o-a'alaekom. It was quite a dynamic and interesting program which I attended over the weekend. This was certainly the most successful program that the young adults have ever put together at the APPNA convention. I was honored to be a part of that program, and thoroughly enjoyed myself as did others, I believe. Many people came up to me afterwards, and mentioned their desire to do something similar to what I did last year in Pakistan in the field of rural development. *Insha Allah*, this may pave the way for more and more young Pakistani-American adults to enrich themselves by seeking out their roots in Pakistan and doing at the same time a service to the country of their forefathers.

Saqib Rehman
Syracuse, NY

Forget Them Not

EDITOR:

Ussalaam-o-a'alaekom. During this year's summer meeting in St. Louis, it occurred to me that we have lost many of our colleagues. I also noticed some

problems the spouses of our deceased friends were having regarding the registration, etc. I would like to propose that the spouses of the deceased members should be given all the privileges and benefits of life members—to wit: they should be placed on permanent mailing list, and not be required to pay registration fee for meetings in the United States. I would like to go one step further and say that they should not be asked to pay registration overseas either. However, we should expect them to purchase their dinner tickets and anything else that they wish to participate in.

Obviously, this is a constitutional matter, and a new class of membership might have to be created. I would strongly recommend that this be forwarded to the Constitution and By-laws Committee for immediate consideration. Meanwhile, an executive directive from the Executive Committee should effect it, while steps are being completed to incorporate it constitutionally.

Arif Muslim, MD
New Windsor, NY

You Listen, Here!

EDITOR:

Ussalaam-o-a'alaekom. It was unfortunate and embarrassing that a few individuals at the APPNA banquet decided to vent their frustrations by shouting at the dignitaries and those delegated to introduce these invited guests. In a professional organization, such as APPNA, the members must go through the proper protocol. The membership should communicate their criticism and positive suggestions to the leadership. The leadership then has the responsibility of carrying out the wishes of the majority of the members.

I would recommend that steps be taken to ensure that the banquet start exactly on time, and that the guest dignitaries are chosen carefully. As Pakistanis we have traditions of hospitality and respect towards our guests, and as Muslims we should know that time is always of the essence.

Ayaz M. Samadani, MD
Beaverdam, WI

The Operating Manual

EDITOR:

Ussalaam-o-a'alaekom. I live in Mt. Vernon, Illinois. If I want to go to Chicago, I take I57-N. But if I took I57-S and sped eighty miles an hour, I would never reach Chicago.

We have already seen one generation grow up here in the USA. A lot of them have gotten married - some to non-Muslims, and these include our daughters too! Are we on the wrong track? Do we know our destination? Do we use the correct road map?

Is it too late? What is wrong with us? Are we like an unguided missile that will never hit the target, but would cause destruction anyway?

All the machines that we use in our daily life come with an operating manual from the manufacturer. If the machine is not used per instructions, it will not function properly. Man functions like a machine. The Operating Manual given by his Creator is *Al-Qora'an*. Unfortunately, we have not bothered at all to read it. I invite you to see the road map, learn your destination, and get on the right track.

Mohammed Haseeb, MD
Mt. Vernon, IL

Michigan Moves

EDITOR:

Ussalaam-o-a'alaekom. Mr. Sher Akhtar, a chemical engineer and attorney, was appointed to the Michigan Board of Site Review by Governor Johnny Engler. This makes three Pakistanis on various Commissions; six more are under consideration for other appointments.

A seminar on the solidarity of Pakistan was held on April 29, 1995 in Detroit. Speakers from all over the United States participated. The principal speaker was the former-Speaker, Pakistan National Assembly.

Pakistani community hosted 16 Bosnians from June 20-22, 1995. The group included psychiatrists, psychologists, and teachers who are working with the traumatized children in Bosnia. On June 21, 1995, a dinner was arranged in their honor at the Troy Mosque. Present also were the members of staff of the United States Senator Carl Levin and the Congressmen John Dingel and Joe Knollenberg. These Bosnians are attending a month long course in Posttraumatic Stress Disorder, arranged by Dr. Syed Arshad Hussain at the University of Missouri, Columbia. Dr. Hussain, a psychiatrist, has taken five trips to Bosnia and has been helping to set up programs for the children.

Ghulam Qadir, MD
Dearborn, MI

Friends of Kashmir

EDITOR:

Ussalaam-o-a'alaekom. As a Pakistani-Kashmiri I have followed events in Kashmir very closely for the past 15 years, and especially so in the last five years. It troubles me that the international media has never fairly presented the issue of the plight of Kashmiri women and children, who have been and are subjected to rape and torture at the hands of Indian occupation forces. They only report on events that are impelled negative reaction to decades of oppression.

As an APPNA member, I would like to invite like-minded physicians, whom I prefer to call "Friends of Kashmir" to help set up a medical clinic, initially in Azad Kashmir, to provide free medical advice and medicines to suffering women, children, and the wounded sick, the real victims of aggression. It is my dream to eventually have a free medical clinic in

Sirinagar. It seems like a tall order now, but just watching the tragedy unfold in front of our eyes and not do anything, invites further tragedies.

I am committed to the idea, and *Insha Allah* with everybody's help it will be a reality, and eventually justice will be done to the people of Kashmir.

Aamir Khan, MD
Dayton, OH



Electoral Erraticism

EDITOR:

As an observer to the 1995 election process for APPNA during the August meeting in St. Louis, I was really not surprised when counterfeit ballots came out of some of the official ballot envelopes. It shows how vulnerable the election process is to fraud and tampering. The current process seems to foster apathy in the general membership as manifested by the presence only of four or five members during the General Body Meeting.

The current process makes it difficult to know the candidates, or to have a voice in the electoral process. Also, unless you have paid your membership dues by a certain mystical date, which is not made public, you are not sent a ballot even though you are registered for the summer convention well in advance of the deadline. Signatures and addresses on the outside the envelopes give an undue advantage to the incumbents who can toss away the envelopes that they suspect may not be sympathetic toward their cause.

I did not receive a ballot. It really irks me that after spending thousands of dollars and my valuable time, I am allowed to eat lousy food and listen to the paid speakers who tell me things that they know will please me; yet, I am not allowed to vote during the meeting. It would appear logical that the election should be held where everybody is present and where they have a chance to meet the candidates and to listen to their respective views.

It is my suggestion that in order to streamline the elections and to make the process more voter-oriented, major voting should be done during the summer meeting, where the members would be able to vote in person. Those members who are unable to attend should request absentee ballots. Those ballots should not bear any outside address or signature but some kind of computer marking to make them tamper proof. The absentee ballots could be mailed directly to the hotel where the meeting is being held, where they could be counted in the presence of the candidates or their representative. Another suggestion to minimize all the headaches would be for an independent organization to conduct the election.

Faiz U. Khan, MD
Elmira, NY



Reply

EDITOR:

Ussalaam-o-a'alaekom. I appreciate Dr. Khan's comments. I shall bring them to the attention of the Constitution and By-laws Committee.

Waheed Akbar, MD
President



SAYA Scene

EDITOR:

Ussalaam-o-a'alaekom. I was grossly disappointed with the SAYA Program in St. Louis. The chaos actually started from 7:30 a.m. Friday when no one knew how to get the number of Dr. Naseer Rana's suite, and the meeting was delayed for 45 minutes. The parents who were the APPNA/SAYA Committee members did not feel, except for Dr. Shahid Athar, that day and Saturday. When I accepted the assignment of working with SAYA, I thought this was going to be a team effort. I on the other hand had to be at the sessions without a break, as my credibility was on the line with the invited speakers. I had to receive them and placate them, and make them forget that they were speaking to a room full of empty chairs.

It really is a pity that every aspect of the SAYA programs for Friday and Saturday had not been carefully thought out by the SAYA board. The booth needed a schedule and instructions for those manning it. There needed to be a schedule for each executive council member and each parent APPNA/SAYA committee member, with the proper I.D. badges, so that there would be at least one person from both groups present at all the sessions. An MC or a moderator for each session had to be decided upon from the beginning. Those with assigned tasks needed to be informed about their timings prior to their arrival.

The speakers needed to receive packets in the mail, explaining when they were expected, what was the program, where they were to stay, where they were to be received in the hotel and by whom. They needed to get the badges, giving their designation as "Invited Speaker" with their names. They needed to be included in the Alumni dinners and the banquet as guests. Most of all they needed to be given due respect and dignity. (Mr. Salaam-al-Marayati, Director of MPAC and an invited speaker for APPNA/SAYA was denied admission into the Pak-Pac meeting because he had not "bought a ticket!")

It is necessary that someone monitor the goings on with the CAPPNA group. By 2:30 p.m. Saturday, it was clear that any proceedings at SAYA would be impossible, because of the loud musical sounds emanating from the next room. I discovered that the CAPPNA kids were holding a concert without supervision beyond their allocated time.

Due to the obvious youth apathy toward workshops and seminars, I decided to poll many of the youngsters regarding their interest in the future. A great many youth felt that there was a conflict between the tours and the talks on Saturday. Some were more radical and suggested that the best thing was to do away with the workshops and seminars, as they have enough of those on campus. Their only desire being, to socialize and to network and "hang out" with their friends. All felt that this was after all a "Desi Meeting," and law and order or intellectual stimulation are incompatible concepts at a "Desi Meeting." In their words "it is a meeting for shopping, eating, and socializing." I truly feel sorry for the state of affairs, and even sorrier for the hegemony of delusional Edwardians who are patting themselves on their backs for a job well done.

Aqueela Jaffer
Colvina, CA



Reply

EDITOR:

Ussalaam-o-a'alaekom. Aqueela, thank you for your kind suggestions and excellent comments. Your critique will be extremely helpful in arranging the program for next summer, and we will try to follow through on all feasible suggestions. I would however, make a plea for understanding. Both SAYA & CAPPNA are very new organizations. There are bound to be some growing pains. Your input is invaluable, and as a member of the APPNA/SAYA Committee you know that each one of your points will be taken up in front of the committee. I hope that you'll continue to stay involved.

Raana Akbar, M.D.
Chairperson, Youth Forum

Editorial Too Short

EDITOR:

Ussalaam-o-a'alaekom. I am writing about a recent editorial "Hidden Heritage." A more thorough write-up is needed; however, I shall keep it brief. The past 200 years of European languages display only traces of the magnificence found in Islamic culture. I agree that it is not only our neglect of a rich Islamic heritage, but also the intellectual dishonesty of the West.

The West does not want to pay homage where credit is due. Islamic science was the pragmatic product of a religious culture that considered the earth as a garden, not as a testing ground for a power struggle of the human race. There is not a single, specialized science in Europe which does not owe its origin to the "Islamic impulse" (*Dawn of Modern Science* by Thomas Goldstein, p 99). Particularly in the field of medicine, Muslims were the pioneers in developing a highly sophisticated system of medical care, including

specialists and mandatory certification. Early European Renaissance scholars aped Islamic science, then neatly installed it into their own context of western thought.

The West has stolen our heritage more than we realize. Of course, matters are not smoothed when we have missed four industrial revolutions: [1] the invention of the steam engine in the 18th century, [2] electricity in the 19 century, [3] nuclear power and computers in the first half of the 20th century, [4] and now the high-tech fiberoptics and lasers. Unless we master the geni of technology, we will remain subservient to the interests of the West. A billion Muslims watching helplessly in the tiny protectorate of Bosnia is a repeat of the slaughter of the three million Spanish Muslims, who were either banished or burned at the stakes, if conversion to Christianity was refused during the Spanish Inquisition. I have much more to say, I am a 500 years old, frustrated Muslim, who believes the West owes us immensely. Despite living in an ocean of pessimism, I am an optimist who tells my children the 21st century will be ours. We shall rise once again, *insha-Allah!*

Hassan Amjad, MD
Beckley, WV

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zarasamisara@delphi.com OR APPNAwalla@aol.com



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ISLAMABAD, PAKISTAN

December 17-19, 1995

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COMMITTEES, CHAPTERS, ALUMNI REPORTS

Nominations and Elections Committee

Arif Muslim, Chairman

MEMBERS: Zafar Ahsan, Murtaza Arain, Fayyaz Asghar, Khalid Awan, Hassan Bukhari [Vice-Chairman], and Mushtaq Khan.

Nominations were requested and received for the post of President-Elect, Secretary, Treasurer and 8 Councilors. The dates, etc., were picked according to the Constitution and By-Laws. There was no contest for Secretary or any Councilors. Whatever duly made nominations were received and found in order were accepted. A total of 868 ballots were mailed; 530 were received. Six ballots were postmarked after the due date of 8/10 and, hence, were rejected. Four came back with addressee unknown and these too were rejected. All the acceptable ballots were validated in the presence of the candidates or their representatives on 8/18/95. The ballots were counted on the morning of the General Body Meeting on 8/19/95. All committee members excepting Dr. Fayyaz Asghar were present. Following is the final tally of votes. The highlighted names and numbers belong to the winners:

President-Elect

Ayaz A. Samadani	206
Shaukat H. Khan	285

Treasurer

Mushtaq A. Shaikh	207
Shabbir H. Safdar	282

Durdana Gilani was elected unopposed as Secretary. There was no nomination for Councilor for Region 1 or Region 6. The other unopposed nominations for Councilors were:

- Region 2, **Abdur Rahman**
- Region 3, **Naseer Raana**
- Region 4, **Ghaus Malik**
- Region 5, **Tariq Khan**
- Region 7, **Mohammad Suliman**
- Region 8, **Khan M. Ikram**

They all were declared elected.

The Committee made following suggestions:

1. Although our committee met on August 18, 1995 (the day before the General Body Meeting), it could not count the votes until the morning of the General Body Meeting, because of the the By-laws restrictions. The counting of votes took about five hours, and the report could not be presented to the General Body until dinner time. Hence, the Committee suggests amending the By-laws so that counting of votes may be completed on the day before the General Body Meeting. This will permit the presentation of the Nominations and Elections Committee report before the General Body.

2. There should be kept some continuity in this committee. For instance, the Chairman for next year may be picked from one of the members of this year's committee. It was of great help to have Dr. Mushtaq Khan on the committee this year. He had served on this committee before, and the experience helped him give excellent recommendations that came very handy.

I wish to thank the committee members, the President, the Executive Council, and the membership for placing their confidence in me. Dr. Bukhari also deserves appreciation for doing all the work while I was overseas. ■

Task Force on Literacy in Pakistan

M. Khalid Riaz, M.D.

During the Annual APPNA Meeting at St. Louis, the General Body considered the impact of low level of literacy (35% compared to >90% in the developed countries) on the health and other aspects of social development of the people of Pakistan, especially in the rural areas. A resolution was unanimously adopted to establish a task force to study the feasibility of starting a literacy program under the auspices of APPNA, similar to the health improvement program being implemented through APPNA SEHAT.

The task force invites the membership to communicate their suggestions and comments on this matter to one of the following members:

Nasim Ashraf, (503) 673-5177; fax: (503) 673-7950

Shahnaz Khan, (813) 788-7651

M. Hanif Peracha, (313) 242-2727

M. Khalid Riaz, (708) 931-4200, fax: (708) 382-4695

Attiya Salim, (602) 757-3636 ■

SMC Alumni News

It was an exciting and encouraging event for the SMCians at the annual meeting in St. Louis. About 20 members attended the meeting, 13 of the members attended the dinner. We are hopeful that more members will participate in future meetings.

The winter meeting at Karachi has been cancelled due to the situation in the city. We will try to arrange it in the future, in collaboration with DMC.

Those interested in submitting articles/news items for *SMC Newsletter* should send it to Dr. Suhail Siddiqui, fax: (310) 652-8703, or Syed Zafar Ahsan, fax: (540) 546-2048. ■

Pakistan Psychiatric Society NA

Ghulam Qadir, M.D., President

The Pakistan Psychiatric Society NA held its Annual Luncheon Meeting in Miami on May 22, 1995. After a lengthy discussion of its purpose, it was agreed that this is a very important organization, especially for Pakistani Psychiatrists to relate with the American Psychiatric Association.

Dr. Zahid Imran of Columbia, MO was elected as President Elect and Dr. Zubida Hussain of Prince Albert, Sask., Canada as Secretary. Dr. Ghulam Qadir was asked to stay as President for one more year. ■

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ST. LOUIS CME PROGRAM

Mohammad Jahanzeb, M.D., Chairperson

We had debated whether there is any rationale to even having a CME program in conjunction with what is primarily a social meeting and embarrass ourselves and the speakers with the usual low turnout. However, we opted to consider and remove every possible hurdle in the way of attendance, and go at it one more time. That leadership of APPNA was very accommodating and supportive further encouraged us.

Two hundred and eighty-five physicians registered to attend, and at any given time during the meeting, there were more than 150 attendees in the room. This clearly was unprecedented and very impressive. Because of your enthusiastic support and punctuality, we were able to start and finish on time. We were fortunate to have a stellar faculty from Washington University, and all the presentations were highly appreciated.

The Friday session was opened by Dr. Joel Cooper, Head of the Thoracic Surgery Division and a pioneer in developing the technique of volume-reduction surgery for selected patients with COPD. He presented his experience, including a fascinating video showing the mechanics of chest wall before and after this operation.

The preventive role of aspirin, particularly in colon cancer and in thrombotic disease, was discussed eloquently by Dr. Philip Majerus, Co-Chair of Division of Hematology, a past-president of American Society of Hematology, and a member of National Academy of Sciences. This paper led to a stimulating discussion during the question-answer session.

Management of benign prostatic hyperplasia (BPH) was discussed by Dr. William Catalona, Chief of Urology Section in our Department of Surgery. Most of us know him from his landmark research of PSA as a screening test for early detection of prostate cancer. Towards the end of his talk, he discussed the utility of measuring free PSA in patients with minimal elevation of PSA for differentiating "benign" versus "malignant" rise in this marker. He also commented on treatment of impotence.

On Saturday, Dr. John Atkinson, Professor and Chairman Department of Medicine, opened with a presentation of current concepts in autoimmunity and traced their historic evolution. He beautifully summarized this very extensive topic within the allocated time, and still had time left for anecdotes and questions. He also plans to visit Pakistan in December of 1996, during the annual winter meeting of APPNA.

Our next scheduled speaker, Dr. Gerald Medoff could not make it due to the unforeseen circumstances. Instead, Dr. Joanne Mortimer, Director of the Barnard Cancer Center at Washington University and a recipient of more than one Teacher of the Year awards, spoke on various aspects of pain management in cancer patients. She also presented the results of a study on house-staff awareness of pain management.

The last speaker of the program, Dr. Daniel Goodenberger, Director of the house-staff training program at Barnes Hospital and a pulmonologist, spoke on the problematic issue of drug resistance in tuberculosis and a recent resurgence of this problem in conjunction with the AIDS epidemic.

This year's meeting has proved to us that CME will be, and should be, a permanent feature of the APPNA meeting. Here are some regional statistics on top attendance: Illinois (46); Ohio (40); New York (26); Michigan (25); and Missouri (18).

Your feedback was very helpful. It was encouraging that most attendees consider CME important at the APPNA meetings. We would like to know if this was the right amount, or should the hours be extended.

In the end, I would like to thank Dr. Shabbir Safdar and members of the CME Committee, Drs. Hafeezur Rehman, Akhtar Raza and Khalid Qayum. They made it happen the way you saw it. ■■■

ST. LOUIS MEETING—A HUGE SUCCESS

Shabbir H. Safdar, Chairperson, Host Committee

Alhumd-o-liLlaah! The summer meeting was indeed a tremendous success, and laid to rest any questions about moving of the venue of the summer meeting out of the four major cities. Allah *SobhaanHo-wa-ta'ala* has blessed me with a group of people who banded together and put in innumerable hours of hard work in making this a successful meeting. I gratefully thank Dr. Ishaq Chishti, Mrs. Razia Chishti, Dr. M. Jahanzeb, Dr. Khalid Qayum, Dr. Nasreen Qazi, Dr. Ghazala Hayat, Mrs. Talat Mohyuddin, Mrs. Rehana Sultan, Dr. Mahmood Qalbani and other Host Committee members.

ACHIEVEMENTS: As noted above in Dr. Janbaz's report, the CME program was both outstanding and well attended. This program was approved, and would have a great deal of impact on our future meetings.

ATTENDANCE: The attendance was the highest of any meeting so far, and 366 physicians registered for the meeting. Over 1,150 guests were served at the banquet, and even a larger number attended the music program. Two hundred twelve enjoyed the Mississippi cruise. Over 400 guests visited the Arch, and 70 children were provided babysitting on Saturday. This was the first time the pharmaceutical firms supported our program, and close to \$30,000 was donated by the pharmaceutical firms. I want to thank Dr. Sultan Hayat who helped raise \$5000 from pharmaceutical vendors, in addition to \$22,500 raised by me. The number of exhibitors was increased this year and financial institutions were added. Six financial institutions provided \$9000. There were 31 jewelry and clothing boutiques as well as 13 not-for-profit booths. This generated a total of \$61,000 by exhibitors for the support of the meeting. The 350 tickets sold for the music program brought in another \$10,000. This was done to defray the cost of having a musician of the caliber of Nusrat Fateh Ali.

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PROBLEMS: It is impossible for me to exactly define our annual meeting. Some have called it a *maila*, some have called it *halla-gulla*, some want reunion of the physicians and their families, and some desire strictly a medical meeting.

Listed below is the numbers available to us on August 11 and the numbers which were compiled on August 19.

Activity	August 11	August 19
Registration	278	366
CME	238	278
W. Auxiliary Cruise	178	212
Women's Luncheon	87	135
SAYA Cruise	97	217
Babysitting	39	70
Alumni	625	861

As one can see, there was a tremendous increase in the numbers, and most of this happened after members arrived in St. Louis on August 18. The food and the banquet service have to be ordered reasonably ahead of time. The Alumni gave a guarantee of 625 on Wednesday (the last day for hotel to order the food, 48 hours in advance). On Friday at noon I contacted the Alumni personally and they gave me the guarantee of 725. To my astonishment and to the great despair of the hotel staff, the Alumni requested that additional table be set for total of 860 on Friday night. There was no way for the hotel to provide more than 5% margin for the food. Therefore, some of the members and their families did not get adequate food from the buffet. Actually, some food was still available in the kitchen, but the hotel did not have enough people to serve the food since the numbers swelled up so rapidly after the food had already been prepared. Similarly on Saturday night, the number swelled from 1,000 to over 1,150. I tried to cut off the number at 1,000, but was repeatedly insulted and yelled at by the members who were insistent that I provide them with banquet tickets for their families who had accompanied them. Even though we charged an extra \$20 per banquet, it did not deter the members from insisting that the banquet tickets be made available. Consequently, an additional 150 tickets were made available.

The situation was most desperate at the SAYA cruise. The boat had ordered food for 97 registrants by August 11. To our great dismay, 217 people insisted on going on this cruise, when the food was sufficient for only 110 persons. You may have heard lots of complaints from the SAYA group for not having enough food, but the reason is quite obvious.

MY SUGGESTIONS:

1. Do not sell any banquet tickets to on-site registrants. This would control all the confusion and would ensure adequate food and adequate service for all the members who have registered in advance. The Executive Council should make a definite policy, spell it out, and then follow it without any modifications.

2. Limit the number the tickets and the number of family members a member can have.

3. Add a stiff financial penalty for the on-site banquet tickets. This could be anywhere from \$30-\$50, which would encourage attendees to register in advance.

4. The food, prepared by Shaheen, was excellent, but unfortunately because of the increased number who showed up at the banquet, we probably ran short on food. The *kulfi*, also shipped from New York, should have been enough for everybody as we had ordered 1600 *kulfis*, but unfortunately for reasons not clear to me some of the members did not get the dessert. This may have been a problem due to service since the hotel was unable to provide additional waiters for the increased number of guests.

5. Music program by all accounts was a great success. However, the seating arrangements were not. We had initially planned to remove people from each section of the banquet, and have the seats rearranged by the hotel, so that we could comply with the fire codes and have a decent orderly seating. Unfortunately, the increased length of the speeches (which was beyond my control and not under my supervision), made the people impatient. At 10:30, I had to start moving the tables, since we were already one hour late. The guests then unfortunately took it upon themselves to open the doors to the music program and rearrange their chairs.

To conclude, I want to thank Dr. Waheed Akbar for giving me the free hand in arranging this meeting, Dr. Arif Muslim, for helping me with the arrangements, Dr. Mushtaq Sharif, for securing panwalla for the meeting, Mr. Abdus Sattar of Shaheen, New York, for preparing meals, and the exhibitors for their booths. Of course, most of the credit for my being able to organize this meeting goes to one person, who stood by me through thick and thin, supported me, and soothed me when my feathers were ruffled, and that is my wife Naheed Safdar. ■■■

APPNA ALLIANCE

(Formerly Women's Auxiliary)

Razia Chishti, Chairperson

At the recent summer meeting held in St. Louis, the Executive Council of APPNA voted to change and approve the name of the Women's Auxiliary to the APPNA Alliance. The Executive Committee of the Alliance met several times, and our meetings were very productive. We feel that the Alliance is off to a very good start. The constitution has been drafted, and we are currently fine-tuning it to be mailed to you shortly.

The two events hosted by the Alliance were very successful. Two hundred twelve enjoyed a lovely cruise on the mighty Mississippi, and 135 ladies attended the luncheon where we discussed the Alliance getting involved in helping the victims of domestic violence and working on projects to promote the literacy of children in Pakistan. Unfortunately, Dr. Maleeha Lodhi

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was not able to spend a lot of time with us, but she attended for a short time.

We would like all wives to become the members of the Alliance. We will not be able to accomplish anything without your participation. Several committees have been formed, and we encourage you to sign up to serve on more than one of them. We must have a membership to be able to hold elections next year.

Because the Alliance is basically starting from scratch, we are operating without any funds. So, our first fund-raiser will be the production of a cookbook to be ready for sale at the next summer meeting in Detroit. Please support this project and send your favorite recipes by November 1 to: Mrs. Firdous Sharif, 511 Thornhill, Carol Stream, IL 60188

We would like to take this opportunity to thank everyone who helped to make this our first meeting a success. We look forward to seeing more of you in attendance in Detroit. Interested parties can write to APPNA Alliance Membership 6414 S. Cass Avenue, Westmont, IL 60559, or call (708)968-8606. ■■■

EDUCATION & RESEARCH COMMITTEE

Shabbir H. Safdar, M.D., Chairperson

The Education and Research Committee appointed Dr. M. Jahanzeb as Chairman of the CME Committee for the summer meeting. The Committee performed this work well and a very successful CME Program was held. Even at a cost of \$40 for attendance, there were 380 physicians who registered and certificates will be issued by Washington University giving them the Continuing Medical Education credit.

This encouraging development makes us think that a CME program should be an integral part of our annual meeting, and we will, *insha Allah*. We plan to have a similar high caliber educational program at every summer meeting.

Based on the enthusiasm of the membership for the CME program, the Education and Research Committee would probably be able to apply for its own continuing medical education program to be accredited by the Accreditation Council. Though it is a lengthy and costly procedure, we feel that in the long run it would be best for us to be accredited as an educational institution. Then we could have all our winter, summer, and chapter meetings certified for CME which should be helpful for the physician as well as for the stature of the organization. ■■■

MEMBERSHIP COMMITTEE

Durdani Gilani, M.D., Chairperson

As of September 1, 1995, the APPNA membership consists of 349 lifetime members, 544 annual members, and 147 residents in training. These figures, while they reflect the hard work of the membership committee and the Executive Council, are nonetheless

disappointing because they represent only 20% of the over 5000 Pakistani physicians currently practicing in North America. Out of these, 3280 have never joined APPNA, and 871 are former members who have not renewed their membership. These 5000 Pakistani physicians include residents in small and large training institutions, physicians who are community leaders with flourishing practices in small towns, affluent suburbs, as well as every large metropolitan city. They are also active participants in county medical societies and the AMA, physicians with leadership roles in various hospitals and health maintenance organizations, and physicians holding faculty positions at prestigious universities all across the United States.

My vision for APPNA is to have all 5000 Pakistani American physicians unite and become a force to be reckoned with. Just imagine what we can accomplish if we pool our talents and our resources. Instead of bemoaning our fate we can actively fight discrimination against foreign graduates. Instead of a small voice in the wilderness we can become a stentorian voice in issues affecting the Pakistani-American community. Instead of passively accepting the sweeping changes in healthcare which are impacting our livelihood, we can become the architects of our future. Just imagine!

As a special invitation to those 3280 of you who have never joined APPNA, the annual dues of \$125 will prorated 50% for first time members only for the remainder of 1995. Join APPNA, and become a force to be reckoned with. ■■■

YOUTH FORUM

Raana Akbar, M.D., Chairperson

The Youth Forum Committee reports a successful summer meeting program. Most of the entertainment programs were sold out. The seminars and other educational meetings did not do as well. Special thanks are due to Ayesha Muslim, Asma Alam, Adnan Gilani, Amna Sharif and Zainab Akbar for manning the registration desk.

CHILDREN AGES 1-5 & 6-12

BABY-SITTING ARRANGEMENTS: APPNA Alliance looked after this group. On Friday evening, Razia Chishti had her hands full because instead of the ten 1-5 years olds, and 25 6-12 year olds, who had pre-registered, she ended up with more than 75 children. This resulted in her missing the Alumni function, and personally baby-sitting. The care had not been paid by the parents of at least half of these children. On Saturday evening, this group exceeded 85 children.

THE SCIENCE CENTER TOUR: Approximately 25 children attended this tour. More had pre-registered, but were probably too tired to join the program that early.

CAPPNA CHILDREN 13-18 YEARS OF AGE

GENERAL BODY MEETING: After an enthusiastic discussion, it was decided that a membership fee of \$10 will be charged, a CAPPNA representative will sit on

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the SAYA Executive Council and space will be allocated for CAPPNA news in the *SAYA Newsletter*.

SEMINARS: Roughly 20 children attended the workshops on Friday. Saturday workshops did not have as much participation.

VARIETY PROGRAM: There was a great deal of interest shown in this event. One of the three scheduled items did not show up. At a certain point there were more than 75 teens attending.

ALUMNI BANQUET VS. CRUISE ON THE MISSISSIPPI: Although Alumni had wanted a family night with the children, the young adults and a large percentage of the teenagers wanted to hang out together. Therefore, slowly but surely they ended up on the cruise that had been arranged for them.

THE SCIENCE CENTER TOUR: Approximately 70 children attended this and had a great time.

SAYA YOUNG ADULTS AGES 18 AND UP

GENERAL BODY MEETING: It was unanimously decided that any Executive Council member who does not attend two consecutive SAYA Meetings will be disqualified from holding office. The following slate of officers were elected for the 95-96 year: Raabia Subhani, President-Elect; Uzma Ahmed, Secretary; Adnaan Muslim, Treasurer.

SEMINARS AND HOUSE OF COMMONS TYPE DEBATE: The only two events which generated real interest were the debate and Safi Qureshi's lecture on entrepreneurship. Young adults preferred to use the time to socialize and just hang out. However, the amount of apathy displayed by the youngsters was disconcerting.

CRUISE ON THE MISSISSIPPI: Pre-registration was 80. But by Friday noon, we had sold out 217 tickets. This was the maximum amount of people that the boat could hold. The food which was halal, had been arranged for a maximum of 125 people. We had tried to keep our price down by serving ample hors d'oeuvres instead of dinner. With 125 registrants we would have just broken even. Instead, we had almost half as much more people who insisted on getting on the boat. They did have a great time; however, the food ran out. Three APPNA couples had agreed to chaperone this event. All of them backed out at the last moment.

FASHION SHOW: Approximately 200 women (since it was a women's only program) showed up. This item has been an unqualified success for the last four years.

APPNA SATURDAY BANQUET: A few tables had been reserved for the SAYA group. However, someone removed the reserved signs from these tables. The end result was that the young adults did not have a particular place to sit together.

The Youth Forum Committee would like to recognize the efforts of Mrs. Aqueela Jaffer,

Tehmina Haq, Adnaan Muslim, and Uzma Ahmed which went beyond the call of duty. This program could not have been presented without their input.

RECOMMENDATIONS:

1. All day hospitality enters should be arranged for both CAPPNA and SAYA. These should be large separate halls with pleasant seating, music and soft drinks available for the members to hang out and socialize all the time when events are not taking place. The same halls could be utilized for the various events.

2. Pre-registration is absolutely necessary for successful functions. Membership should be aware that we need their cooperation for functions to succeed.

3. Alliance should be actively responsible for chaperonage for the evening program.

4. SAYA should have their annual banquet in a separate facility from the main banquet and then join the APPNA entertainment program.

5. Only one or two good workshops with well known speakers should be scheduled. Debates have been relatively more successful. Emphasis should be on socialization and entertainment.

Based on the experience of the last two years by the Youth Forum Committee, it is felt that the emphasis of the youth programs should be towards fraternization, socialization and entertainment. It is hoped that the parents would encourage involvement of this generation with cultural concerns and social issues, so that there may be other worthwhile outcomes from this gathering of minds. ■■■

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DECEMBER 26, 1995

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☆☆ Sayed Amjad Hussain ☆☆

◆ There are only a few among people who think, fewer yet who think and then organize, but rare are those who think, organize and then carry out. These rare individuals are the ones on whose shoulders rest the success and destiny of nations, and of organizations, for that matter. Their remarkable contributions and their integrity-imbued dedication are the beacons that light the allée to the inspired destination for every other soul. Such individuals are a favor of Allaah for which the groups blessed with them must forever bow in grateful humility. This brings to mind the huge billboard on a highway a few miles out of Kuala Lumpur. It's emblazoned with "*Laa yushkorAllaah, munlaa yushkoroonaas.*" [He who doesn't thank people, doesn't thank Allaah.] At this summer's meeting in St. Louis, APPNA honored, in line with this *Hadith*, such a man among its members, Dr. Syed Amjad Hussain, known as Amjad Zaidi to his college days acquaintances, with its Gold Medal for Meritorious Services for his praiseworthy commitment and prodigious contributions to the Association, his profession, and our people. Anyone whose achievements and honors cover 47 pages is undoubtedly among those special souls whom Allaah blesses with exceptional abilities and energy. The sense of responsibility that must go with such gifts makes those who recognize it the winners in the sight of their Maker and in the hearts of their people. At the ceremony arranged by APPNA to properly honor this one of the most worthy members of the Association, Dr. Zaheer Ahmad, the first recipient of this honor, read the citation of Amjad, our winner.

- Khalid J. Awan, Editor

Dr. Syed Amjad Hussain was born, bred, and educated in the frontier lands of Pakistan, graduating from Khyber Medical College in Peshawar in 1962. He later came to the United States of America for training in thoracic and cardiovascular surgery. He established his practice in Toledo, Ohio, where he is now the clinical professor of surgery at the Medical College of Ohio. A devout Muslim, he also is the president of the Islamic Center of Greater Toledo.

When asked to be a part of APPNA in 1976, he was more than willing, and has the distinct honor of being one of the founding members of the Association. He was always ahead of others, enthusiastic, dedicated, hard working, and indefatigable, serving the organization in many capacities as a dynamic and effective leader. He was chairman of the scientific and education committee six times, chairman of the nomination committee four times, and the coordinator for meetings in Pakistan three times. He was elected president of the Association in 1982. The same year he was appointed by the government of Pakistan to serve on its Five-Year Health Plan. In 1989, he became a member of the Board of Trustees, which he chaired from 1993 to 1994. He also founded the Khyber Medical College Alumni Association of North America (KMCAANA) and was its first president. In 1993, he established a visiting professorship for Khyber Medical College at the Medical College of Ohio.

He has never forgotten his people and roots and the people of his adopted country. In recognition of his numerous services to his motherland, his alma mater named him *Farzand-e-Khyber* (the Son of Khyber), and in 1980 awarded him the "Most Admired Graduate of Khyber Medical College" of its first quarter century [1955-80], later also dedicating to him the 1992-93 issue of the college magazine, *Cenna*. The Ohio House of Representatives did not stay behind in honoring him. In 1983, they honored him by passing a resolution giving Amjad "unparallel recognition as a physician in this country, (and his) superb record of achievement..., and (for being) one of Ohio's finest citizens and surgeons." In 1992, the KMCAANA honored him with its Life Achievement Award. The sides of his multifaceted personality include a Muslim community leader, a research scholar, a prolific writer, a popular columnist, a respected editor, a prize-winning photographer, an explorer with a fire for history, an established calligrapher, a published cartographer, and a radio and drama artist. Amjad has published a total of 56 original medical articles, the first of which appeared in 1965 and the latest in 1994, on vascular and thoracic surgery, winning scientific awards twice, garnering claim to two surgical instrument inventions, completing many visiting professorships, and delivering named lectures, such as Al-Razi Lecture of the Islamic Medical Association of North America. He has over 75 articles and commentaries of general interest to his credit that appeared in the leading publication of both Pakistan and the United States. His love for nature led to his involvement in the expedition to explore and photograph the entire length of the mighty Indus in Pakistan in 1987, 1990 and 1994. His team is scheduled to explore the Indus River at its origin in Tibet in 1996.

Despite all his demanding involvements, Amjad still finds time to be a devoted husband to his wife Dottie and a caring father to his children, Natasha, Waqaar and Osman. Acknowledged too must be the credit that goes to Dottie for her support and sacrifices, without which such admirable accomplishments of Amjad would not have been possible.

The Association is proud and pleased to acknowledge the remarkable services of this remarkable man. ■■■

WHEN YOU SEND AN ITEM FOR PUBLICATION

We truly value your articles, letters, reports, ads, and other item you send us for publication in the *Newsletter*. For a sure, speedy, and seasonable publication of your material, follow these instructions:

1. Send the material (NO FORMS, please) so that it reaches the editor before the DEADLINE.
2. TYPE the material, and type it DOUBLE-SPACED.
3. You MUST include your FAX NUMBER with every item you submit.
4. After inserting corrections in it, you MUST fax back the corrected galley proof the soonest possible WITHIN THE SPECIFIED TIME; otherwise, the material will be published as it appears in the original galley that editor sends to the author—errors and all, for which the responsibility will lie with the author.- Editor

Waheed Akbar, the President

Under the title of "Eyes on the Muslim Future in America," Omer Bin Abhullah published an interview with APPNA President Waheed Akbar in the May-June 1995 issue of the *Islamic Horizons*, the periodical of the Islamic Society of North America (ISNA). Presented here are excerpts from this article.

"APPNA, whose acronym means 'ours' in Urdu—the national language of Pakistan—is perhaps the largest and most organized Pakistani professional association in this continent," writes Abdullah. "Islam advocates adopting a path of moderation," says Dr. Waheed Akbar, quoting the Holy Qor'aan, verse 2:143, which says "Thus have We made of you an ummah justly balanced..." and then going on to point that same message is in verses 17:109 and 31:18-19. He also sees a role for the Islamic Society of North America (ISNA) in melding Muslims of all ethnic backgrounds into a tolerant community, adding that this is "the path of Allah, for He admonishes us to live with our neighbors in harmony." He warns that the success of Muslims was "the evolution of a society based on Islam, but the failure was the abandonment of this ideology and the rise of ethnicity."

"The doctor, whose wife Raana is a allergist and pediatrician, says" writes Abdullah, "that women physicians are an excellent example of Muslim women being successful, (and if) we as leaders do not represent women's rights in accordance with the guidance given by Prophet Muhammad, (*Sulbullaaho a'laehe wasallum*) then we will be doing a great disservice to our Muslim community in the U.S. and the West."

"Speaking on the Muslim presence in America, the bespectacled Dr. Waheed Akbar tends to agree," further writes Abdullah, "with the thesis of Dr. Robert Crane, an American Muslim thinker, that the U.S. Constitution and the Bill of Rights were knowingly or unknowingly based on the Islamic principles of equality and justice for all." "On this account, Dr. Akbar sees," adds Abdullah, "a great similarity exists between the success of America, especially in science, medicine and technology, and the success that was achieved by the Muslims of Baghdad, Cordoba and Istanbul, (and) just as in that illustrious era the people of all religious backgrounds were appreciated and given their due status, (with resultant) emergence of (non-Muslim scholars like) Maimonedes, the great Jewish thinker." Dr. Akbar further comments "that if Muslims practice the real Islam, then it will be impossible for them to do anything illegal in any profession." "Muslim physicians, especially those from Pakistan are in a unique position to redefine the Islamic character in mainstream America," says Dr. Waheed Akbar.

"Dr. Waheed Akbar (also) feels very strongly that to be successful, an organization must base itself on "sound and secure financial footing."

By only following these principles, suggests Dr. Akbar, "can Muslims pave their road to success, and improve opportunities for their children. He is emphatic that Muslims must spend time and effort on their children and their future, because "these children are going to grow up to be the future Muslim Ummah in this country." ■

Busharat Ahmad, the Member

Another long-standing APPNA member, Busharat Ahmad, MD, nicknamed "Bush" was profiled by M. Susan Raef in the June 1995 issue of *Michigan Medicine*, the publication of the Michigan State Medical Society.

"As a member of the AMA's Council on Long-Range Planning and Development, Doctor Ahmad is extensively involved" says Raef, "in the study of the Federation—a two-year project in which organized medicine seeks to reinvent itself for the 21st century." "I'm involved in the restructuring process of the AMA House of Delegates, the Board of Trustees and their committees and councils," says Doctor Ahmad, "to make it more attractive to physicians to become members of the AMA."

Doctor Ahmad envisions an equal ground where all physicians, including international medical graduates, minorities and women will be treated as equals. "He is working through organized medicine," writes the author, "to overcome the obstacles he, and other IMGs, have met, including more stringent residency and licensing requirements, as well as often blatant discrimination in being chosen for residency programs. As an IMG, Doctor Ahmad faced much stiffer residency requirements than US-trained physicians. In Michigan, IMGs were required to serve a three-year residency while US medical graduates needed only one year to get a license."

"In 1987, when a resolution to create an AMA IMG section was defeated by the House of Delegates, Doctor Ahmad organized," points out Raef, "an MSMS IMG section—the first of its kind in the country." His pioneering work with the MSMS IMG Section led to his being named to the AMA's new IMG Task Force in 1988, with a mission to identify the problems facing IMGs and to recommend solutions. The AMA Board of Trustees accepted the reports, and two years later formed an advisory committee to implement the recommendations, a group of physicians throughout the country of which Doctor Ahmad was named chair. "Our main aim," says Dr. Ahmad, "is to get IMGs comfortable within the structure of the AMA."

Dr. Ahmad, a corneal transplantation surgeon became president of the Eye Bank Association of America, the main establishment of eyebanks. He transformed the EBAA from a small group into a strong scientific association. "When I took over, the whole budget was \$60,000 a year. When I left two years later, it was \$2.5 million," he informs. ■

THE PRESIDENTS

Following are the complete texts of a recent correspondence from the APPNA President Waheed Akbar and its reply from President Bill Clinton. The members might find it interesting. - Editor

April 26, 1995

Dear President Clinton:

I would like to thank you for your continued support and encouragement to improve the Pakistan-U.S. relationship. Your personal commitment was quite clear during the recent visit of Prime Minister Benazir Bhutto. You and your administration went out of your way to make the Prime Minister and her delegation feel welcome.

Not only is the Pressler Amendment hurting the Arms-Purchase process between Pakistan and the United States, it also effects American business's ability to invest in Pakistan for lack of proper insurance coverage due to the Pressler Amendment. Over the last year, several billion dollars worth of MOU'S have been signed between Pakistan and the United States. Without this vital government insurance program, these companies will have significant difficulties making those investments in Pakistan.

The Pakistani-American community feels that the American business and the American worker, are best served by increasing the financial commitment and dealings between the two friendly nations. Your assistance in that matter will be greatly appreciated.

As a Pakistani-American, I would like to thank you for your hospitality and commend you on your continued support for Pakistan's cause. The Pakistani-American community feels indebted to you for your friendship. I would like to thank you personally and in behalf of the Pakistani-American community at large for your continued support.

Yours Sincerely,
Waheed Akbar, M.D.

REPLY

The White House

June 19, 1995

Dear Dr. Akbar:

Thank you for your letter regarding my Administration's attempts to improve US-Pakistani relations. I appreciate knowing your perspective on the Pressler Amendment, and I'm sorry I was unable to respond sooner.

As I have stated, I don't believe it's fair that Pakistan has paid to buy equipment and now has neither the equipment nor the money it paid. In our discussions this past April, I told Prime Minister Bhutto that I would examine the options to see what could be done. I am glad that some in Congress are ready to provide relief from some aspects of the sanctions in order to permit both economic and limited military cooperation to take place. I am also continuing to work on the options available to resolve the issues relating to the planes.

I am working to build on the important progress that the United States and Pakistan have made in the past year in strengthening our bilateral relations. I am pleased by the growth in our trade relations and hope to see more cabinet-level visits and exchanges in the future. I would also like to see more cooperation in counterterrorism and in other areas of mutual interest.

I welcome your involvement in these efforts, and I look forward to hearing from you again.

Sincerely,



Bill Clinton

MARK YOUR CALENDAR

- ★ APPNA Fall Meeting, *Philadelphia*.....October 13-14, 1995
- ★ APPNA Winter Health Conference, *Islamabad*.....December 17-19, 1995
- ★ KEMCAANA Meeting with AFMC, *Rawalpindi*.....December 18, 1995
- ★ KEMCAANA Meeting at KEMC, *Lahore*.....December 20-21, 1995
- ★ KEMCAANA Meeting with Pakistan Society of
Family Physicians, *Lahore*.....December 20-22, 1995
- ★ PAMS Oration and Convocation '95, *Faisalabad*.....December 22-23, 1995

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P. O. Box 33277,
San Antonio Texas 78265-3277.

INFORMATION, ANNOUNCEMENTS

PAEGHAAM from PIMS

The Pakistan Institute of Medical Sciences was established in 1986 to [1] function as a referral center national medical institute, [2] provide on the job training facilities in various disciplines of health science, and [3] act as a focal point for future research activities on health programs.

The institution had a good start, but it soon deteriorated, mainly due to the politically oriented management. In May 1994, a review committee was appointed to evaluate the affairs of PIMS and to suggest measures to turn it around into an institute of excellence. Forty eminent specialists from all parts of Pakistan participated in this exercise. The Review Committee's following recommendations have been accepted by the government and are being implemented:

I. A progressive administrative structure with decentralization of administration, and structural changes to upgrade diagnostic services and clinical departments.

II. Attract Pakistani talent from abroad by offering senior jobs to Pakistani academics working abroad. To achieve which the age limit has been relaxed to 65 years. Steps are underway to [1] create contract jobs for senior teachers, [2] encourage sabbatical leaves, [3] offer research opportunities, [4] establish liaison with the Pakistani medical organizations abroad, [5] open up all avenues of cooperation for transfer of technology and sharing of knowledge, and [6] bring graduate medical education at par with international standards.

III. Develop linkage with teaching institutions in the country and abroad, and invite examiners from abroad. We welcome you to make PIMS your home base. Please write to: **Dr. M.Z.K. Niazi**

**24th Street, Shalimar, 6/2
ISLAMABAD, Pakistan**

Fax (92-51) 219-517, Telephone: (92-51) 224-480

Special Communication from DOGANA

It is with heavy heart that we announce that the Golden Jubilee Celebration of D.M.C. which was to be held in December 1995 has been postponed. We received a fax on August 16, 1995 from the steering committee (Professors Ali M. Ansari, A. G. Billoo, M. S. Quraishy, Tipu Sultan, and Dr. Badar Siddiqui) informing us that in view of the prevailing situation in Karachi and the resulting apprehension of DOW Graduates, particularly living abroad, the Golden Jubilee Celebration was postponed until 1996. Further details will be published in the forthcoming DOGANA Newsletter. **Ilifat A. Alavi (fax #) (708)482-3005** ■

POSITION AVAILABLE: Mohyuddin Polyclinic Foundation looking for Internist or Family Practitioner to work at charitable clinic located near Lahore CANTT safe area two - four weeks rotation; fully furnished house with one servant in attendance. Call **Sadiq Mohyuddin, MD** at 314-576-4545 after 8 PM or write to 12727 Hazel Lane, St. Louis, MO 63141. ■

SAYA/CAPPNA A Weekend in Disney

We will be taking a group of up to 84 teenagers (ages 13-18) with at least 12 parents as their chaperones to the Disneyworld park from December 22 to December 27 (total reservations 96 people or 24 rooms). Tickets to the part will be \$120.00 for the four days. Accommodations will be \$25 per person per day (4 persons to the room). If less people are desired per room please so indicate and change the payment accordingly. We will accept a ration of 1 chaperone (at least) per eight teenagers. The chaperone will have to be selected by you. Children younger than 12 must have their parent(s) with them. The reservation has been made at Disney's All-Star Music Resort. Plan to arrive on the 22nd and leave on the 27th of December. A deposit of \$50 per individual is requested as soon as possible (it will be credited to your final account). Full payment must be received by December 1 to guarantee reservations. Bookings will be taken on a first come, first serve basis. The last day for refunds is December 8th. For further details of this program please contact:

Drs. Shaista & Shahid Usmani	Dr. Raana Akbar
Home: (407) 876-5862	(517) 791-1047 [H]
Office: (904) 394-7125	(517) 790-9200 [O]
Fax : (904) 394-2584	Fax (517) 790-9464



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<i>Boston</i>	<i>\$970/\$1175</i>	<i>\$1070/\$1275</i>
<i>Houston</i>	<i>\$1085/1290</i>	<i>\$1185/\$1390</i>
<i>California/St Louis/Kansas City</i>	<i>\$1135/\$1340</i>	<i>\$1235/\$1440</i>
<i>Miami/Orlando/Atlanta</i>	<i>\$1080/\$1285</i>	<i>\$1180/\$1385</i>

*High Season is from December 15-25, 1995.

DEADLINE for submitting material for Next Issue-DECEMBER 26, 1995

16th Annual Winter Meeting

Islamabad, Pakistan

December 17 - 19, 1995

The 16th APPNA Winter Meeting is being held in Islamabad on December 17-19, 1995 [dinner on 17th and CME program on 18th and 19th]. The Organizing Committee has requested collaboration with the Army Medical College, the Pakistan Institute of Medical Sciences and the Shifa International Hospital. Dr. Amjad Hussain is coordinating the CME seminar, which will carry 12 hours of Category 1 credits.

The program will consist of two state of the art lectures and three seminars on:

1. Current Mammography of Breast Cancer
2. Trauma
3. Coronary Artery Disease

Fifteen to 18 free papers of 10 minutes each will also be presented. Any member interested in presenting a free paper should send his **ABSTRACT** by October 15, 1995 to:

S. Amjad Hussain, MD
 1050 Isaac Streets Dr., Suite 143
 Oregon, OH 43616.
 Telephone: (419) 698-7770; Fax: (419) 698-7744
 Arif A.A. Toor, MD, Chairman, Organizing Committee

Fall Regional and Executive Meeting

October 13-15, 1995

Adam's Mark Hotel, Philadelphia

The 1995 Regional and Executive Council Meeting of APPNA, arranged by the newly formed Pennsylvania Chapter and the APPNA Host Committee, will be held on October 13, 14, and 15 at the Adam's Mark Hotel, City Avenue & Monument Road, Philadelphia, PA. 19131. (Telephone: 1-800-444-ADAM or [215] 581-5000; Fax: [215] 581-5069) The Executive Council Meeting will start on Friday morning. The main events of interest to the general membership will take place on Saturday, October 14, and an extremely interesting and enjoyable trip to the newly remodeled and expanded New Jersey State Aquarium in Camden, NJ, a tremendous family entertainment center, is also planned. A sumptuous buffet dinner, including delicious Pakistani cuisine, will be followed by an entertainment program by a national or international talent. The steps to arrange one hour of CME credit through Temple University or the University of Pennsylvania are also underway. The registration forms as well as the pertinent information about the hotel, etc. are hereby enclosed in this package. For more information, contact:

Dr. M. Javed Akhta, Chairman, Host Committee at (814) 362-5503 during the day, or evenings at (814) 368-6241, or any other member of the Host Committee that is comprised of Dr. Shaukat H. Khan, Dr. Raja Rasib, Dr. Munawar Sultana Chaudhry, and Dr. Hussain G. Malik.

REGISTRATION FEE:	Resident Physicians	No Registration Fee
	Annual Members:	\$150.00
	Non-Members:	\$175.00
	Friday Reception & Entertainment	\$50.00
	Saturday Banquet & Entertainment	\$50.00 (pre-registered), \$60.00 [on site]
	Saturday Trip to Aquarium	\$10.00

Directions to Adam's Mark Hotel, Philadelphia

From New York and New Jersey: New Jersey Turnpike South to Exit #4, follow signs to Route 73 North, to Route 38 West, to Route 30 North (Admiral Wilson Boulevard), to Benjamin Franklin Bridge/Philadelphia. Take 676 West to Route 76 West, to Route 1 South (Exit #33- City Line Avenue), to Monument Avenue, take a left.

From Ohio and Points West: Pennsylvania Turnpike (I76-East) to Exit # 24 (Schuylkill Expressway, to City Avenue (US 1 South- Exit # 33)

From Points South: US 1 North to Philadelphia (US 1 is called City Avenue within city limits). Follow City Avenue to Monument Avenue.

From Center City Philadelphia: I-76 West (Schuylkill Expressway) West to City Avenue/US 1 South (Exit # 33). Follow City Avenue one block South to the Adam's Mark Hotel.

From Washington, DC and Baltimore: I-95 North to Philadelphia. Follow Schuylkill Expressway (I-76) West to City Avenue (Exit #33). One block South to Adam's Mark Hotel.

From Scranton-Poconos: Follow Northeast Extension of the Pennsylvania Turnpike South to the Norristown Exit, to Philadelphia 476 to I-76 East - Proceed to City Avenue (US 1 South) Exit #33. Follow City Avenue one block south to the Adam's Mark Hotel. ■■■

DEADLINE for submitting material for Next Issue-DECEMBER 26, 1995