



APPNA

NEWSLETTER

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President's Message

AGENDA AHEAD

Ussalaam-o-a'laekom. It was gratifying to see many of you at the Spring Executive Council and Illinois Chapter Meeting at Hilton Suites/Drury Lane, Oak Brook Terrace during the Easter weekend.

Once again, membership expressed its commitment by traveling from far and away, and taking time out from busy schedules. Many thanks for your support.

It is always a challenge to arrange meetings, and the host's patience and skills were tested in a time-honored fashion when more than two hundred guests graced the banquet, while only one hundred ten had pre-registered.

During Committee hearings and personal conversations, the following concerns emerged as the most important:

How to get the residents involved?

How to increase the membership?

How to address the membership's educational and social needs?

How to deal with the laws relating to the physicians' practices?

How to contribute to our motherland?

Dr. Syed Zafar Ahsan, President, Sind Alumni and Dr. Irshad Ahmed, President, Physicians-in-Training Section, through their combined efforts were able to bring thirty-five resident physicians to the meeting for about two hours and introduced them to APPNA.

Our goal for 1996 is to increase membership to two thousand. Dr. Durdana Gilani and Dr. Javed Akhtar, along with their committee members, are hard at work in making this a reality.

Dr. Raana Akbar and Dr. Ghaus Malik are working on CME program with many distinguished speakers to nurture intellectual curiosity at the Summer Meeting.

Social interaction among members, children, spouses, and future couples is being enhanced through Youth Forum and APPNA Alliance.

Let us fill the lawmakers ears with concerns about practice-related issues by participating in APPNA's special committee, local chapters and other organizations cooperating with APPNA.

Although APPNA SEHAT continues to be the shining star of our contributions to Pakistan, several other programs are also being carried out, while quite a few more are regularly being suggested and discussed.

A list of various committees with names of chairmen and members is being enclosed with this issue of the *Newsletter*. Do not hesitate to call on these committees to express your concerns, comments, criticism and suggestions.

Make plans to attend the summer meeting so we can meet again. *Wussalaam.*

- M. Mushtaq Sharif, M.D.

The APPNA Newsletter is published by the Association of Pakistani Physicians of North America (APPNA). All items intended for publication must reach the Editor-in-Chief before the announced deadline for each issue. Address all items to Khalid J. Awan, Editor-in-Chief, APPNA, 1921 Park Avenue, SW, Norton, VA 24273. Telephone: (540) 679-4567, FAX: (540) 679-5736.

In Our Adopted Homeland

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

Bismillaahir Ruhuumaanir Raheem. NuuhmodoHo wa nosullee a'alaah Rasoole Hukareem.

Writing about the most powerful country on earth, a respected historian says that all its citizens, irrespective of their religious or ethnic background, have equal rights to liberty and the sense of belonging, to practice the faith of choice, to pursue whatever profession or trade they like, to enjoy their own social customs and celebrations, to be granted full protection of life and property, and to receive benefits from the government treasury when their own health or capabilities fail.¹ Yes, it is the United States of America to which a modern reader would think the writer is referring. But the source here is the famous *Tareekh-ol-Omum-wul-Mumlook* by the noted historian Abo Ja'far Mohammed Ibn Jarir Al-Tabari (d. 922 A.D.), the era is the 10th century, and the land he's writing about is the Muslim Empire under *Hudhrut Omar* and the other Rightly-Guided Caliphs *Rudhee Allaaho unhom ujmaeen*.¹

The Islamic state laws, report historians, also made it imperative that the honor of every other citizen must be preserved just as well as that of any Muslim, and even forbade the use of any derogatory words in addressing non-Muslim citizens.² Shah WaliUllaah³ (d. 1762 A.D.) gives an illustration of this in his *Izaalat-al-Khafa'an Khilafat-al-Kholafa*:

Omais bin Sa'eed *Rudhee Allaahounho*, a revered *Sahaabee*, was widely known for his unmatched piety, indifference to material aspects of life, and sense of fairness. *Hudhrut Omar Rudhee Allaahounho* appointed him as the governor of Homs. Once in a fit of frustration he blurted "أَحْزَانُكَ اللَّهُ" (God disgrace you!) to a badgering non-Muslim citizen. Soon afterward he felt so great remorse over this incident that he left Homs, came to Madina, and rendered his resignation from the governorship.³

The Constitution of the United States also grants equal rights to all its citizens, but American Muslims hear it being proposed at times that the writers of the Constitution had only the believers in Bible in their minds. In fact, many fundamentalist Christian preachers, at least some careless politicians, and those who do not have a comprehensive knowledge in the matter continue perpetuating this erroneous notion.

Listen to the late Congresswoman Barbara Jordan, who in the words of Jerelyn Eddings⁴ had the eloquence of Winston Churchill and the imagined voice of God: "When the Declaration of Independence was written, when the Constitution was adopted, when the Bill of Rights was added to it, they all applied almost exclusively to white men of Anglo-Saxon descent who owned property on the East Coast."⁴ She was mistaken, of course. And the Muslim viewers couldn't believe their ears when the former Congressman Jack

Kemp said about America on CNN: "This is a Judeo-Christian country, and we should keep it that way."⁵

This is one of the reasons why many American Muslims and their various organizations stay concerned about their rightful place in the US citizenry. A concern that the first lady Hillary Rodham Clinton also shares. She recently wrote, referring to the Oklahoma City Bombing, about how Americans, "as a society, too often mischaracterize Islam and those who adhere to its teachings."⁶ With their continued struggle and the increasing number of Americans who, like Mrs. Clinton, become enlightened and educated about Islam, the American Muslims will be, *Insha Allaah*, soon rid of all concerns about their place in America. Thanks to the caring Mrs. Clinton's recent Ramadan celebration at the White House, the American Muslims can now for the first time feel that "their religion has a place in their President's house."⁷ Meanwhile, the prejudiced and the poorly informed could learn, where Islam and American Muslims are concerned, something factual about the frame of mind of the formulators of the Constitution from what Benjamin Franklin⁷ penned down decades before it was drawn.

"In 1739, arrived among us from Ireland," writes Benjamin Franklin⁸ in his famous biography, "the Reverend Mr. Whitefield....The multitudes of all sects and denominations that attended his sermons were enormous....And it being found inconvenient to assemble in the open air, subject to its inclemencies, the building of a house to meet in was no sooner proposed...and the work was carried on with such spirit as to be finished in a much shorter time than could have been expected. Both house and ground were vested in trustees expressly for the use of any preacher of any religious persuasion who might desire to say something to the people of Philadelphia; the design in building not being to accommodate any particular sect, but the inhabitants in general; so that even if the Mufti of Constantinople were to send a missionary to preach Mohammedanism to us, he would find a pulpit at his service."⁷

Franklin wrote this part of his biography in 1788, which shows that his views about Islam and its followers changed not at all in the intervening 50 years. This over two hundred years old crystal-clear pronouncement by the most famous and "wisest American," who was responsible for bringing the Constitution of the United States into being, establishes with an unimpeachable proof every constitutional right of Islam and Muslims in this great country. Being aware of this passage would arm the American Muslims against the insensitive dogmatists

who espouse relegating Muslims to a second-class citizenship by excluding them from the concepts of the Constitution. Every American Muslim should draw from this passage an unwavering confidence in his equal rights in this land of liberty, and should not hesitate to throw it in every bigot's face who insists on defining America in his own prejudicial terms.

References

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Secretary Reports

Durdana Gilani, M.D.

The Winter Meeting at Islamabad was an unqualified success in terms of both the caliber of scientific presentations and the number of registrants and attendees. We salute Dr. Arif Toor for his commendable performance in putting it all together. There were a few registrants who could not be accommodated at the Marriot, and we apologize for this inconvenience. For the future winter meetings, sending in your registrations and hotel reservation requests well in advance would enable us to coordinate these arrangements in a timely fashion.

The officers of the Association met with Dr. M.Z.K. Niazi, Medical Director and advisor to the Board, Pakistan Institute of Medical Sciences (PIMS), Islamabad. PIMS is desirous of developing a close working relationship with APPNA, and has requested our advice and assistance in setting up a postgraduate training program at PIMS. Paid faculty positions and visiting professorships could be made available by PIMS for those interested APPNA members in academia with the necessary background and experience.

The Spring Executive Council Meeting in Chicago was organized in an outstanding fashion by Dr. Mushtaq Sharif and Dr. Riaz Akhtar. The dinner was sumptuous, the steaks served were the largest seen outside of Texas, the speaker, Dr. Nigar Kirmani, was brief but succinct, and the play that followed was extremely entertaining.

Dr. Raana Akbar and other members of the host committee are working hard on the arrangements for our Annual Summer Meeting in Detroit on August 2, 3, and 4. Please register early both with APPNA and the Hyatt Hotel in Dearborn, Michigan.

Last fall, the new APPNA directory was mailed to all 5,000 physicians on our mailing list. Thanks to the dedication and hard work of Dr. Khalid Riaz, who put countless hours into this project, we have a streamlined, user friendly directory. We would appreciate your assistance in obtaining current phone numbers and addresses of your friends who are either not listed in the directory or are listed without this information.

The organization is on sound financial footing due to prudent fiscal management and the financial successful APPNA meetings held during 1995. This financial success culminated in the FULL PAYMENT of the MORTGAGE on the APPNA Central Office. The financial goals for 1995 were not only met but exceeded our projections. For the first time in several years, we had the luxury of having the positive balance needed to cover the operational expenses for the first quarter of 1996. The Executive Council thanks you, the members, for your contributions, and is counting on your continued and growing support.

We welcome the Pennsylvania Chapter of APPNA, which was recognized during the fall Executive Council Meeting in Philadelphia. Dr. Javeed Akhtar is the President of the Chapter.

Dues reminders were mailed to all annual members in January. So far, the response has been disappointing, and as of 4/1/96, we have 307 annual members, 356 lifetime members, and 182 Residents-in-Training members for a total of 845. Please sustain the organization by the timely payment of your dues and by soliciting new members.



NOMINATIONS FOR 1997 ELECTION

It is brought to the attention of all members of APPNA that nominations for the offices of:

- President-Elect,
- Secretary,
- Treasurer, and
- Regional Councilor (from all nine Regions)

for the 1997 Election are now being accepted. The names of the candidates must be mailed to the Chairperson of the Election Committee at the following address before or by June 3, 1996:

Zabeer Ahmed, M.D., Chairperson, Election Committee, APPNA
20206 Farmington Road
Livonia, MI 48152

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ALUMNI AND ANNOUNCEMENTS

Nishtar Alumni President's Report

Zahid W. Butt, M.D.

Nishtar Alumni of North America and Nishtar Medical College staff held their 12th Annual Scientific Session in Multan on December 24 and 25, 1995. The program included state of the art lectures, original papers and workshops in cardiology and gastroenterology. Several Alumni from North America attended the meeting. Drs. Saeed Bajwa and Zafar Khan gave talks on subarachnoid hemorrhage and impotence respectively. Dr. Tahseen Cheema shared his Bahawalpur experience in limb reconstruction procedures. He proved once again that ingenuity and dedication can overcome resource limitations. In his keynote address Chief Guest, Professor Hayat Zafar, gave a very informative historic overview of medicine in Pakistan. Not to be outdone, young doctors and students presented a colorful variety program which was nothing short of spectacular. We just hope they will give us a repeat performance in 1996. As you probably know by now, the 1996 APPNA Annual Winter Meeting will be held in Multan on December 16, 17, and 18. Dr. Shaukat Khan and I visited the new four-star Holiday Inn and found it to be truly up to snuff. Management was very keen to cater to the needs of their guests. Drs. Shabbir Safdar, Shaukat Khan, Abdul Rauf and I will be coordinating activities as a local host committee. We will regularly update you in the future issues of the APPNA Newsletter. We request your input to make it a memorable event. Contact me at:

Fax: (410) 465-0524, Telephone: (410) 465-5026

While in Multan we also discussed the establishment of a permanent Alumni office at Nishtar. Administration has promised to provide us with a room and part time staff support. In turn we promised to equip it with a fax and computer. Wouldn't it be nice, if we could have an opening ceremony of it in coming December?



Congratulations: According to February 12, 1996 *Srat-Gazette* (Elmira, NY), Dr. Mushtaq A. Sheikh was elected president of medical staff of Arnot Ogden Medical Center. An active APPNA member, he also is the director of the Elcor Nursing Home and Chemung County Director of Managed Care. *

■ **Cardiologist:** A young and energetic, major university-trained, cardiologist, proficient in interventional (coronary and peripheral) and non-invasive cardiology. Available to start in 1997. Contact Dr. Khan (318) 989-2349.

■ **Pediatrician,** board certified needed as associate, with opportunity for early partnership. In Westchester

County, N.Y. 10 miles north of mid Manhattan. Send resume to Kalim Irfani, 105 Stevens Avenue, Mt. Vernon, N.Y. 10550 or call evenings (914) 235-8079.

■ **General Surgeon:** To join a well-established general surgeon near retirement, now at a community hospital in Michigan. Help for visa arrangements available. Call Dr. Waheed Akbar at (517) 790-6719.

■ **3rd Year Internal Medicine Resident:** J-1 visa, Illinois license. B/E internal medicine Available July 1996. Married to a "Green Card" holder physician. Looking for Internist/Primary Care Positions. Call anytime Waqar Farooqi, M: (708) 383-5481, or Samina Farooqi, MD: (516) 542-9041.

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Pervaiz Shaikh, President

COMMITTEE REPORTS

Host Committee, Summer Meeting - August 1, 2, 3, and 4, 1996

Raana W. Akbar, M.D., Chairperson

"Unprecedented," the convention manager muttered, "we've never had this kind of registration three months before a convention." This was April 3, and he was reporting a total of 457 rooms already reserved with both Friday and Saturday, showing an occupancy of 148 rooms. "Well, this is precisely what happens when APPNA holds its annual convention," we countered. The respectful silence that greeted this remark helped us negotiate a better registration process for the membership. We would like to thank everybody who has registered early, and request everybody who hasn't to make their reservations now. Early registration gives the host committee a good gauge of how many people are going to attend the meeting. It also allows a greater clout with the hotel for negotiation purposes, and, most importantly, reduces measurably the chances of running out of rooms at the last moment.

Hotel Registration Process: We are coaching the hotel reservation clerks to understand your needs. If you need connecting rooms or roll away beds, please specify it when making your reservation. Kindly ascertain that the confirmation slip the hotel sends you has documented your needs on it. Also, if you have a name in common with others (for example APPNA Directory lists six Mohammad Iqbals), specify your differentiating middle name, city and state.

APPNA Business Meetings: APPNA Executive Council Meeting (which is open to all members) will be held on Thursday evening, August 1, the General Body Meeting on Saturday afternoon, August 3, and an Open Forum Sunday morning, August 4.

Banquets: [1] APPNA ANNUAL BANQUET: For the first time in the APPNA Banquet history, there will be reserved seating. Because the hotel ballroom cannot accommodate more than 800 people, we are going to utilize the exhibit hall which can accommodate 1400 people. The first 1000 people will be seated comfortably with no problems. However, the late registrants may end up with a view obstructed by a few pillars in the hall. The APPNA Banquet will be based on classic Punjabi cuisine. The entertainment program is going to be graced by the most popular Siraiki folk singer in Pakistan. We are not at liberty to give his name, but we think that black kameezes with pretty floral designs should be de rigueur for the ladies that evening. The seating will be reserved for this function as well and will be on a first reserved first placed basis.

[2] ALUMNI BANQUET: Lebanese cuisine, keftas, shishkebabs, kibbe and fatosh, will be served on Friday, August 2, for the Alumni Dinner. The Alumni are planning an exciting entertainment program to follow.

Baby-sitting will be available Thursday, Friday, and Saturday 6 p.m. to 2 a.m., with clowns, face painting, jugglers, continuous movies, and board games. However, on site registration is absolutely not available for babies who are not toilet trained. Please make sure that you pre-register them. The state requires a ratio of one baby-sitter to three toddlers. We have a limited number of cribs available. This service also is based on first come first serve basis.

It is interesting to note that the first planning session of APPNA was held 20 years ago on October 30, 1976, in this very same Dearborne, Hyatt Regency Hotel. At that time approximately 20 physicians attended the meeting. We have come a long way from there. As we will gather here on our annual pilgrimage and holiday, let us not forget that the basis of this organization has been volunteerism, commitment, and fraternal ties. The hours of work and time that has been committed to this organization over the years is based only on a deep love of our community. If something offends you during the annual meeting weekend, just remember that we are trying very hard to do our best. Nonetheless, what image of ourselves we project will depend entirely on how well we all adhere to the decorum and etiquette of the occasion. Michigan is proud of its history. In the members of this host committee you will find a number of the original stalwarts who were responsible for the inception of APPNA. They have worked tirelessly since to make this association a success. Some of them may not be a part of this list as it follows, but they have been right there along with us supporting us with their advice, good wishes, and hard work. Remember that, and feel proud of their accomplishments as you mill around in the crowds. This was their dream, and you are now a part of it.

Contacts for the various planned activities:

- Raana Akbar, M.D., Chairperson: Office: (517) 790-9200; Home: (517) 791-1047
- Ghaus Malik, M.D., CME Committee Office: (313) 876-1093; Home: (810) 626-3622
- Ehsan-ul Haq, M.D., Exhibitor Committee: Office: (313) 243-5650; Home: (313) 243-9421
- Haneef Peracha, M.D., Registration Committee: Office: (313) 242-2727; Home: (313) 671-9190
- Zaheer Ahmed, M.D., Sports Events Committee: Office: (313) 476-4724; Home: (313) 681-6487
- Nighat Khan, M.D., Guest Relations Committee: Office: (313) 256-3977
- Raufi Mussani, APPNA Alliance: Office: (313) 284-2090; Home: (313) 671-6304
- Zafar Mahmud, M.D., Entertainment Committee: Office: (313) 831-5252, Home: (313) 258-5699
- Amna Jaffry, M.D., Youth Forum Committee: Home: (810) 253-1881.
- Mussarat Ahmed, Food Tasting and Menu Determination Committee: Home (313) 681-6487
- Zeba Idrees, Baby-sitting Committee: (313) 668-8402
- Farooq Kidwai, M.D., President, APPNA Michigan Chapter: Office (616) 454-6006; Home: (616) 494-6028

*** FIRST APPNA GOLF OUTING** at Shenandoah Country Club, W. Bloomfield, MI
Contact Zaheer Ahmad, M.D. at (810) 681-6487 before July 1, 1996 for reservation

Youth Forum

Children 6-12: A hangout area with complete entertainment requirements will be open around the pool from 10 a.m. to 10 p.m. Friday and Saturday. There will be video games, jukebox, continuous movies, inexpensive food, and a basketball court easily accessible. Lifeguards will be in attendance during the time this area is open. There will be a competition for the best Qur'anic recitation after the Jom'aah prayer for this age group and CAPPNA members. Winners will be awarded cash prizes of \$50 each, and asked to open the Alumni Banquet Business Meetings with the winning Qirat Ruku. A trip to the Detroit Zoo, rated among the best in the nation.

CAPPNA 13-18: They will be sharing the pool, video games, movies, jukebox and basketball games with the younger children on Friday and Saturday. A Trip to the Greenfield Village is planned on Friday morning. American history is recreated and relived here, and your children will be instantly transported back in time to the sights, sounds, smells, and tastes of over three centuries of America, enjoying horse drawn carriages, a paddle wheel steamboat, steam locomotives and carosel rides. An evening barbecue dinner with a bonfire is planned on the hotel grounds. There will be live music played by an all Pakistani-American girls band, as well as a DJ with music. A talent show and a variety program is being arranged by Dr. Nigar Hussain on Saturday, August 3. If your teenager has a particular talent or your chapter has a group of enterprising teenagers, please contact her at (810) 385-7697. Items such as folk dance, qawali and short plays and skits are welcome.

SAYA: The highlight of Detroit is a must see tour on Friday morning, visit the Greek Town, the Trappers Alley, the eastern market, the Renaissance Center and the Joe Louis Arena. If the young adult in your family is interested in socially uplifting themes there will be some short seminars arranged on Friday afternoon. Dinner will be at the Webbers Inn in Ann Arbor followed by music with a DJ. An Executive Council/General Body Meeting is being planned for later that night. A House of Commons type debate on Saturday will be followed by a two-hour fashion show. Look for more details in the *SAYA Newsletter*. The young adults in our family can sit with their friends at the APPNA Annual Dinner, however, make sure to photocopy the preference seating form for them separately. Their payment for the APPNA Banquet should be made to SAYA. This service is only available on pre-registration.

APPNA Youth Program for Friday, August 2, 1996

Moderator: Murad Toor, Broadcast Journalism, Columbia College Chicago

- 3:00 - 3:50 P.M.: 1. *Having a Life and Being Muslim in High School and College*
2. *Between Islam, Pakistan, and America, who we are, what we're doing and why?*
- 4:00 - 4:55 P.M.: 3. *Liberalism vs. Conservatism, What Do We Care*
4. *Policy issues that affect us as Pakistan-American Muslims, how they affect us, what we can do about it, and the and the difference between the Left and the Right*

FASHION SHOW

Saturday, August 3, 1996 at 2:00 P.M. (For Ladies Only)

Auditions will be held on Thursday August 1, 1996 from 8:30 p.m. to 10:30 p.m. The auditioning is a must for every participant. The participants will have to make themselves available for choreography rehearsal for 2 1/2 hours on Friday and 2 hours on Saturday before the actual show. **Contact:** Alia Khan, (310) 394-8774

Finance Committee

Shabbir H. Safdar, M.D., Treasurer

1995 turned out to be a really good year for the finances for APPNA. The Summer Meeting in St. Louis generated income of over \$95,000. This enabled us to pay off \$45,557 loan on the office building, making it free and clear of any debt. The summer meeting also provided the needed revenue of \$50,000 to balance the Association's 1995 budget.

Our major concern continues to be limited number of paid memberships and the attendance at the meetings. Last summer's meeting attracted an unprecedented number of attendees, thus increasing the membership receipts to \$74,000 (\$14,000 more than anticipated). Another major expense is the *Newsletter* which cost \$25,000 last year. Advertisements provided a total of \$8150. A major effort is needed to make this a budget-neutral item. The publication committee is hard at work to increase the advertisements revenue and also is looking carefully at the expenses. An attempt will be made to narrow the gap between income and expenses. However, the *Newsletter* is very important and integral part of the activities of the Association, and is sent to all Pakistani physicians in North America whose addresses are known to the Association.

The office management committee has done a wonderful job of controlling the cost of the office expenses. Office expenses have now been stable for the last two years and are expected to continue to remain at the same level under the able leadership of Dr. Khalid Riaz.

COMMITTEE REPORTS

The summer meeting, and to a lesser extent the winter meeting, provide a large share of the revenues to meet the budget requirements. The last summer meeting was extremely successful, and the next summer meeting is expected to also bring in enough revenues to help balance the 1996 budget. The winter meeting should also produce increased revenue. Since these meetings provide membership with 15 to 20 hours of continuing medical education credits, increased attendance should be expected. The next meeting is scheduled to be held at Multan on December 16, 17, and 18, and will be hosted by the Nishtar Medical College. The pharmaceutical companies have already agreed to provide some financial support.

The finance committee has made the following recommendations:

1. An intense campaign should be initiated to increase the membership. The summer meetings should be made more attractive, so that a large number of physicians attend the meeting. Since everyone has to be a member to be a part of the meeting, it should help increase the membership.
2. We need to obtain advertisements from the pharmaceutical and other firms that do business with physicians to increase the revenues for the *Newsletter*, the summer/winter meetings, and the membership directory.
3. The finance committee recommends that all members should encourage the pharmaceutical representatives visiting their offices to recognize the APPNA summer meeting as a national meeting. The meeting should be supported with an educational grant from the pharmaceutical firms at national level.

See below the proposed budget and comparison of 1995 and 1994 balance sheet, approved at the spring meeting:

APPNA Proposed Budget 1996			
EXPECTED RECEIPT	1996	1995	1994
Membership dues	60,000.00	74,000.00	56,600.00
Interest Income	350.00	335.00	340.00
Reim. Office Serv.	1,800.00	1,930.00	1,400.00
Newsletter Adv.	15,000.00	8,510.00	1,200.00
Misc. Income	100.00	500.00	100.00
Special Assessment	--	120.00	9,850.00
	77,150.00	78,685.00	69,490.00
Disbursements			
Condo Fee	4,500.00	4,300.00	4,100.00
Repair/Maint.	1,200.00	1,200.00	922.00
Payroll & Taxes	45,000.00	43,630.00	36,330.00
Bookkeeping/Admin Serv.	8,400.00	7,700.00	6,300.00
Accounting & Tax	3,600.00	4,470.00	9,030.00
Telephone	3,500.00	3,530.00	2,600.00
Utilities	2,500.00	2,440.00	2,170.00
Postage/Shipping	3,550.00	3,550.00	6,410.00
Office Supplies & Equip	10,000.00	12,700.00	11,700.00
Printing Excl Newsletter	5,000.00	4,840.00	8,920.00
Newsletter Prtg/Shipg	25,000.00	25,600.00	16,480.00
Bank Charges	500.00	530.00	670.00
Insurance	580.00	580.00	534.00
Mortgage Interest	--	2,760.00	8,460.00
Credit Card Fee	5,000.00	5,290.00	1,960.00
Secretarial Serv./Out.	100.00	70.00	600.00
Misc.	500.00	--	1,000.00
	118,930.00	123,190.00	118,180.00
BALANCE	(41,780.00)	(44,505.00)	(48,690.00)

APPNA Alliance

Razia Chishti, Chairperson

We submitted Alliance Constitution draft to the APPNA Executive Council for approval at the Fall Meeting. One member of the Council wrote to me suggesting following changes, which have been made:

Article 2, Item # 5 has been changed to read: "To participate in medical relief, women and children support, and other charitable activities both in Pakistan and North America."

Article 2, Item # 7 has been changed to read: "To promote literacy in Pakistan."

Article 3 Item A: "provided the spouse has not remarried outside the medical profession" has been deleted. (Constitution is now ready. Please enter these changes in your copy, and send in your vote.)*

The Alliance has embarked upon a well thought out service whereby we will gather information about our young adults interested in finding a spouse. Anyone interested in using this service is requested to send their particulars to Yasmin Shirazi and Firdous Sharif, who are coordinating this program. *All information will be held in strict confidence*, and will be made available only with the permission of the parties involved when two people decide to communicate with each other. So far, we have received many calls from several interested people. The Alliance is in the process of compiling a cookbook, and we request your favorite recipes. Please mail them to:

Mrs. Firdous Shariff at 511 Thornehill Drive, Carol Stream, IL 60188. Telephone: (708) 653-1446.

We are planning for the Summer Meeting:

Thursday, August 1: Dinner followed by music at the Grosse Isle Country Club

Friday, August 2: Guided tour of the historic homes of the auto industry barons.

Saturday, August 3: Luncheon with keynote speaker. ■

Deteriorating Air in Pakistan

Sadiq Mohyuddin, M.D.

I was invited to participate in a high level meeting of Pakistan Environmental Protection Council (PEPC) to discuss ways and means to improve the quality of air, water, and soil of Pakistan. Mr. Asif Zardari, MNA, Chairman PEPC, said that environmental changes cannot be brought about until the government, the private sector, and the local communities fully cooperate. It is interesting that one debator during a debate on "The Environment Budget Is a Luxury" remarked that Pakistan "can wait for another 40 years to correct the environment." I was appointed as a member of the PEPC to represent them in the United States, U.N. and other global environmental agencies. I would like the interested members of APPNA to join me and guide me in this another very important struggle for health and safety of our nation. ■

SPECIAL THANKS TO DR. ALAVI

It is not possible to recount in this limited space all the services Dr. Iltefat Alavi has rendered to Dow Graduates Association of North America.

He has been involved since 1979, when the idea of this association was conceived. He was a member of the Ad-hoc Committee in 1980, which developed the Constitution and By-laws of our association. In 1981, he was elected the first Secretary of DOGANA. He held the post of Executive Director for ten years from 1986 through 1996. He also served as President of DOGANA for the year 1995-1996.

Through the untiring efforts of Dr. Alavi, DOGANA has grown to it's present strength. All through the years, he has served the association with great dedication and hard work.

We all thank Dr. Alavi from the bottom of our hearts for his selfless services to DOGANA. A very special thanks to Mrs. Alavi and their three daughters for the countless hours of volunteer work on behalf of the association.

NEWSLETTER

Sind Medical College Alumni Association

AN AFFILIATE OF APPNA

824 Burgan Road Pennington Gap VA 24277

SPRING ISSUE

QUARTERLY

VOLUME 96 NO. 1

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Summer Meeting

July 31 -

August 3, 1996

Dearborn, MI

Annual Meeting

December 1996

Nishtar Medical

College, Pakistan

PRESIDENT'S MESSAGE

Dear SMCians

Aslaam-u-Aleikum,

By the grace of God, we are in the sixth year of existence in the U.S. as an alumnus. Our members have increased from 7, who initially founded the SMC alumni to more than 300 now. As I am sure, most of you know that last fall, we were able to get the official recognition by the APPNA, the parent organization of the Pakistani physicians in the USA.

It is imperative that we must maintain a minimum of at least twenty-five members in active status, which means that they must have paid their membership dues. Currently, the membership fee for the alumni is \$25.00, In addition to the membership fee of APPNA, which is \$125.00. Physicians in training are exempt from APPNA fees. Dues to the Association are Tax Deductible. Considering the large number of graduates in the U.S., I do not foresee a problem, but would like to request each one of you to send in your membership dues as soon as possible. Those who are in training are exempt from the APPNA dues.

Once more I will request each one of you to inform the office of your current address and phone number so that we can keep you informed of the Alumni's activities.

S. Zafar Ahsan, MD

Meeting With Director Of JPMC

A brief meeting with Dr. I.H. Bhatti, director of JPMC, was held in order to introduce the SMC Alumni and establish communication. Dr. Bhatti has requested a "silver platter", for the library of JPMC. He also indicated lack of availability of specialty journals in the library.

We are looking for sponsors for subscriptions of, at least one journal from each specialty. It would not cost more than \$150.00 a year. If anyone is interested please contact: Dr. Iqbal Zafar Hameed.

Physicians who are interested in renewing their PMDC certificates are required to send a copy of their MBBS degree, both front and back, showing the university stamp. With a passport size photograph pasted to the upper front cover of the degree. To the college for attestation.

ELECTION 1996

This year SMC Alumni will conduct its elections through mail ballots. The following posts are up for elections:

President • Vice President

General Secretary • Treasurer

The nominations can be mailed to Dr. Suhail Siddiqi - Chairman Election Committee, 337 N. La Cienega Blvd., Los Angeles, CA 90048. The last date to send in nominations is March 31, 1996. Any active member (who has paid his dues for 1996) may nominate a candidate. Each candidate must be nominated by at least three active members. It is understood that the candidate himself must be an active member. After receiving the nominations, ballots will be mailed out to the active members by the end of May 1996. The members will have four weeks to return the ballot, to the chairman of the election committee. The results of the elections, will be announced at the summer meeting in Dearborn, Michigan.

SMCAANA invites all members to contribute articles, news, your comments and suggestions to improve the quality and contents of the newsletter. News that might be of common interest should be forwarded to Suhail Siddiqi, at 337 N. Lacienege Blvd Los Angeles CA 90048. Fax 310.854-6112.

THANKS

The cabinet and the members of the SMCAANA like to thank Dr. Suhail Siddiqi and Dr. Majjida B. Ahmed for taking the challenge of publishing the newsletter.

IMMIGRATION UPDATE

Most of you are aware of the new programs for the J-1 VISA holder. Beside the ARC, now Housing and Urban Development Agency (HUD), United States Agriculture Agency (USDA) and the Governor's Program for most of the States with Health Physicians Shortage Areas (HPSA). The HUD program has the advantage that certain hospitals in large cities can now sponsor physicians for the satellite clinics. Number for HUD is: 301-594-0816.

RESOURCE CENTER

SMCAANA is setting up a resource center for providing guidance for persuing studies and job opportunities. If you like to help or take advantage. Please contact: Dr. Zafar Ahsan.

CHOOSING A RESIDENCY PROGRAM ON J-1 VISA

Although there are positions available for the conversion of J-1 VISA, most of these positions are for Primary Care specialties. Currently Family Practice is the most demanding one, followed by Internal Medicine, Pediatrics, Surgery and Psychiatry. Among the sub-specialties, Nephrology and GI are more acceptable as compared to Cardiology, Endocrinology and Pulmonary.

Neurology, Anesthesiology, Dermatology, Radiology and Pathology are not considered as primary care specialties. Therefore, it is difficult to get a J-1 waiver for these specialties, but if you have exceptional credentials with some research interest/background, then an academic institution might be able to help you.

SMC NEWS

A meeting was held with the acting principal of the college, Dr. Nayyar Masoodi, as well as students. The Alumni was introduced to the administration and to the students. They showed great excitement and willingness to cooperate. The students, particularly those in their final year, have requested some help in order to select and prepare a specialty/sub-specialty. Those graduates, who would like to provide some information about their specialty, may send information to: Dr. Suhail Siddiqi, Fax: (310) 854-6112 or phone (310) 652-8073

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FROM THE EDITOR'S DESK:

Instead of boring you with my view point, of how of life ought to be!!

I think this time I will take this opportunity to give you a few numbers where job s are available.

Please take time to call these people, if you are in the market for a job.

* Rest assured you will hear my view point !!! In due course of Time

Immediate Opening for Psychiatrist Call:

Sally 540-546-1815 Salary \$100,000+

Advanced Med. Source, Inc.

Steve Bedi 800-550-3424

Alliance Network

Fax CV 800-242-2675

Arnot-Ogdon Mem. Hosp.

800-295-4555

Bay Shores Med. Grp.

Kathleen Gerhard 310-371-6551

Butterworth Hlth. Sys.

800-788-8410

Columbus Rg. Healthcare Sys.

Becky Gordon 760-660-6332

Detroit-Macomb Hosp. Corp.

Susan Locke 810-573-5978

Fort Sanders Hlth. Sys.

800-KNOX-DOC

Grandview Hosp.

Susan Becker 800-891-0102

Hlth Serv. Assoc.

Beth Teilly 800-388-3264

Holston Valley Hosp.

800-726-4677

Holzer Med. Ctr.

Mr. Jan Kostival 614-446-5182

Mem. Hlth. Sys.

Gene Ladewski 800-577-3695

Methodist Hosp. of Dallas

Susan Cogburn 214-947-4579

Northeast Georgia Med. Ctr.

Jullie Hewett 770-538-7000

Owen Cty. Mem. Hosp.

Dick McLeod 502-484-3441

Pleasant Valley Hosp.

Bill Barker 800-377-6243

Re:Search Int.

Siobhan Tautkus 603-644-7800

River Prk. Hosp.

Sharon Barnes 800-453-0225

Scott & White

Mike Nicholas 800-725-3627

St. Mary's Med. Ctr.

Patty Parker 800-779-4266

UHS of Delaware Eloise Gusman 800-535-7698

Adventist Hlth. Sys.

Debbie Bishop 800-264-8642

Appalachian Rg'l Healthcare

800-888-7045

Ball Mem. Hosp.

Judy Mansker 317-741-1903

Bothwell Rg. Hlth. Ctr.

Angela Tallman 800-887-8833

Casey Cty. Hosp.

Bob Garrison 606-787-6275

Danville Rg. Med. Ctr.

Kris Zipin 800-688-3762

East Texas Med. Ctr.

Le Schmidt 800-251-5636

Glenwood Rg. Med. Ctr.

800-222-4521

Hackley Primary Care

Bob Boese 616-728-4825

Henry Med. Ctr.

Pamela Brasell 770-389-2543

Holt-Krock Clic.

Josie Decker 800-784-5075

Lane Mem. Hosp.

David Filler 800-737-5263

Methodist Hlth. Sys.

Mary Crosier 800-844-0006

Nat'l. Physicians Register

800-342-1007

Ornda Healthcorp

Linda Geer 800-235-5534

Physician's Registry Network

Kathy Wolownik 800-394-5874

Randolph Hosp.

Barbara Wolfe 910-625-5151

Reid Hosp.

Pat Krause 800-755-3104

St. Joseph Healthcare Sys.

Janet Tipton 505-244-2802

Sparrow Hlth. Sys.

Micheal Lawton 800-968-3225

Team Hlth.

John Craig 800-342-2898