



APPNA

NEWSLETTER

DEADLINE for submitting material
for the next issue: JULY 20, 1998

6414 S. Cass Avenue, Westmont, IL 60559.

Telephone: 630-968-8585; Fax 630-968-8677

Volume 8, Number 2

May, 1998

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Hassan I. Bukhari, M.D., F.A.C.S.

Editorial Secretary:

Denise M. Burt

President's Message

Dear Friends:

Assalam-o-Alaikam .

The first quarter of nineteen ninety-eight was capped off in Toronto, Canada with the meticulously organized, productive and enjoyable Spring Regional Meeting. The credit for the success of the meeting goes to the Local Host Committee members, Dr. Shahida Khan, Mr. Aashiq Khan, Dr. Nabila Shad and our tireless secretary, Dr. Javed Akhtar. On behalf of APPNA, I thank Dr. Musadik Malik of S.R.I. Consulting for his services and guidance during the retreat and his continued involvement in the refinement of the strategic plan.

During the retreat, improvement in communication was identified as a major need. The Executive Council is in the process of implementing systems for the rapid dissemination of information and the leadership skills seminar on July 9, 1998 (9am-1pm) will focus on communication styles. You, the membership of APPNA, must identify and prioritize your needs and maintain effective communication with the leadership to achieve satisfaction. Constructive ideas and active involvement in implementation are always welcome and far more conducive to progress than criticism from the sidelines. A membership survey is being conducted to ascertain your needs which will help direct APPNA's growth and effectiveness. Your input will help guide APPNA into the next century.

This is a promising year for the expansion of APPNA, due to the proliferation of component organizations. As a result of the recent constitutional amendment, APPNA NAMA (North American Medical Graduates Association) will become a voting member of the Executive Council. The Toronto chapter has been revived while the Atlanta chapter and Rawalpindi Medical College Alumni are in the final phase of recognition by APPNA. Our members in Memphis are also establishing a new chapter and have invited APPNA for the Fall meeting. The Assoc. Dean of Agha Khan University, Dr. Yusuf Kamal Mirza has requested that APPNA hold scientific seminars at Agha Khan and is encouraging their alumni to join APPNA as a component organization.

In Pakistan as well as in the U.S. APPNA, by virtue of its achievements, is recognized as the premier organization of Pakistani Americans. *Pakistan Link* will publish a special APPNA supplement in June and *Zarposh International* will cover the July meeting in its summer issue. We have come a long way from the 1976 plenary session in Dearborn, Michigan, which was attended by 20 physicians. The dedicated Local Host Committee in Los Angeles is busy giving final touches to the arrangements for the summer meeting, July 8-12, 1998. Your participation is essential to crown our efforts with success. Please join us as The Coast salutes APPNA.

- Durdana Gilani, M.D.

The APPNA Newsletter is published by the Association of Pakistani Physicians of North America (APPNA), 6414 S. Cass Avenue, Westmont, IL 60559. Fax: 630-968-8677

EDITORIAL

I wish to thank the President of APPNA, Dr. Durdana Gilani, for appointing me as Editor-in-Chief and Chairman of Publication Committee of APPNA. Having had experience in the past as editor of the newsletter, I am hoping I will prove worthy of the trust placed in me. It is my intent to work closely with the members of Publication Committee, seeking their advice in shaping the policies to be followed. Immediate work at hand is the publication of May issue of the newsletter and the next edition of APPNA membership directory. Everyone's help in updating the biodata is hereby being solicited.

APPNA newsletter, I believe, is a vehicle to be used to express member's opinions, concerns, constructive criticism and to inform membership of various happenings. Please keep in touch.

Hassan I. Bukhari, M.D., F.A.C.S.
Editor-in-Chief

BELATED CONGRATULATIONS GOLD MEDAL RECIPIENTS!

APPNA GOLD MEDAL - 1996

Awarded to **Hassan Imam Bukhari, M.D.**, for his dedication and services to APPNA.

Citation

The APPNA Gold Medal is awarded to members for their exceptional services to APPNA. This selection is made by the Gold Medal Task Force. This year the task force consisted of Dr. Zahir Ahmed, Dr. Nasim Ashraf, Dr. Mushtaq Khan, Dr. Latafat Hamzavi, and Dr. M. Khalid Riaz was the chairperson of the task force. After reviewing the contributions of many members, the task force selected this year's recipient unanimously. Dr. Hassan Imam Bukhari is a graduate of King Edward Medical College, year of 1962. He is a Past-President of KEMCAANA, and served as President of APPNA in 1986/87. He has also served as President of PAK-PAC. Even after his term as an officer expired, he has continued to actively participate in the activities of the association, performing some of the most thankless and tedious of chores in a meticulous manner. He has made a major contribution to the financial stability of the association, and the success of many of its' conventions and CME programs.

This award was presented to Dr. Hassan Bukhari at the APPNA Annual Meeting in August, 1996 at Dearborn, Michigan.

APPNA GOLD MEDAL - 1997

Awarded to **Arif A. Toor, M.D.**, for his dedication and services to APPNA.

Citation

The recipient of the 1997 Gold Medal award is a very special person. He has been a mentor and guide to many of us in true sense. He played a large role in APPNA during its infancy and formulative years, and continues to serve the membership to date. He has served as the President of his alumni association, and he has served APPNA in every elected position. He is also a founding member of PAK-PAC. Our nominee has initiated many innovative programs in our association and has made a major contribution to the cause of post-graduate medical education in the USA and Pakistan. His integrity, steadfastness and perseverance, even under difficult personal circumstances, has been a source of inspiration for the association's members.

The recipient of this award is a 1961 graduate of King Edward Medical College. It is my privilege to present the recipient of the 1997 APPNA Gold Medal Award - Dr. Arif A. Toor.

LETTERS TO THE EDITOR

We consider all views for publication. If yours are not here, they were not received by us. The opinions expressed in the *Newsletter*, however, are solely of the writers, and should not be construed as that of APPNA - *Editor*.

EDITOR:

The President's message in the February 1998 issue (Vol 8, No. 1) of APPNA newsletter urges the Pakistani Physicians to become members of the AMA-IMG section. I support that appeal and join our President in congratulating Dr. Busharat Ahmed, an APPNA member to be appointed as the chairman of the IMG section's Governing council. How the section will function and the outline of it's agenda are clearly outlined in an article written by Dr. Busharat Ahmed which was published in the March 25th issue of JAMA (Vol: 279, No: 12, page 906).

Dr. Gilani, in her President's message in this issue of the newsletter stated that Pakistani physicians can become members of the AMA-IMG section "without having to join AMA". That is technically correct but it defeats the real purpose of being organized and to have collective power. It is selfish of us to use the AMA and gain benefits for our group without supporting its bigger goals of benefiting the medical community as a whole. It seems hypocritical not to promote the very organization which has created the vehicle for improving the lot of International Medical Graduates.

It would have been better if she had made a strong case for the APPNA members to join AMA as well as its various sections.

Khalid L. Rehman, M.D. FACP, MPA
Staten Island, NY



EDITOR:

I read Dr. Awan's latest editorial ("And Now My Bit" February, 1998) with great dismay. Once again, the general tenor of the editorial was confrontational, preachy, judgmental, and hyperbolic. I failed to appreciate the appropriateness of all of the self-praise and the self-righteous bombast. There was not a word of welcome, encouragement, or good wishes for the new editor. Being prepared to exit gracefully when the time comes, being able to resist the temptation for hyperbole and the modesty of attitude are some essential attributes which everyone should try to cultivate.

I was also horrified to find my name mentioned in the

editorial in a wrong context. Generally, there are two ways of formulating opinion on an issue. One is to reflect in a calm, cool, and detached manner, arrive at a conclusion and defend it with logic and rational argument. The other is to impulsively take a position and try to justify it with misconstrued extrapolations/interpretations of a sacred book. All I did in the letter in question was to point out some logical inconsistencies in Dr. Awan's interpretation. The original letter as I sent for publication and as it actually appeared in the newsletter are both in front of me. Some parts of the letter became victim of tendentious/mischievous editing and some others, though not published, still suffered the rebutting wrath of the Editor in his rejoinder. Everything is fair in love and war (in this case love). I guess anything goes, so long as the rebuttal looks good and the Editor gets the last word.

Sultan A. Hayat, M.D., F.A.C.C., F.A.C.P.



Hassan Bukhari, M.D., F.A.C.S.

Dear Dr. Bukhari:

I am pleased to note that we have been getting a good rate of return on the Lifetime dues fund investments. We are all quick to criticize when things do not go well. In this instance I feel the committee should be commended for their good choice of investments.

Ayaz M. Samadani, M.D.



ANNOUNCEMENT CLASS REUNION

A Dinner Cruise has been arranged on Sunday, July 12th to celebrate the 30th Reunion for King Edward Medical College Class of 1968. Spouses and children welcome. Cost approximately \$70.00/person.

Please register with Dr. Arif Muslim.

Office: 914-562-0740;

Home: 914-565-3266.

THANK YOU!!

On behalf of APPNA, I commend Dr. Khalid J. Awan, the outgoing Editor-in-Chief of the newsletter, for devoting immeasurable hours of his invaluable time to APPNA for the past five years. I salute him for his erudition, commitment and dedication. Dr. Awan will continue to serve on the editorial board and give us the benefit of his expertise and experience as Dr. Hassan Bukhari assumes the responsibilities of Editor-in-Chief. Thank you Dr. Awan.

Durdana Gilani, M.D., President

CONDOLENCES

APPNA extends its' sincerest condolences on the passing way of Dr. M. Nadir Hussain. Dr. Hussain was a member of the Association of Pakistani Physicians residing in Northridge, California. May *Allah* bless his soul and give his wife, Shama, son Talal, and all family members the courage and fortitude to bear this loss. *Ameen.*

POSTER PRESENTATION AT THE ANNUAL MEETING

The Continuing Medical Education (CME) Program at the annual meeting in New York was a huge success. In addition to the excellent oral presentation on several topics in the field of medicine, the introduction of the poster session was very well received and appreciated. This year the CME committee is planning to hold the poster session again, along with oral presentations.

The posters should be on any exciting new research or a cutting edge review of literature in any field of medicine. The abstracts or topics should be faxed to 718-798-8224 **before June 26, 1998**. If you have any questions or need help with your presentations, please call Faiq A. Hameedi, M.D. at 718-881-7600.

CONGRATULATIONS!

ARIF MUSLIM, M.D.

Elected to Board of Trustees at St. Luke's Hospital, Newburgh, New York

This is the first time at St. Luke's Hospital an active practicing physician has been elected to the Board of Trustees as a full member. In the past, Dr. Muslim has served as an ex-officio member of the Board, in his position of President of Medical Staff. At the present time, he is also serving as Chairman, Medical Education, not only at St. Luke's Hospital but also at The Cornwall Hospital, in Cornwall, New York. In this capacity, he also serves at the Orange County Medical Society. He also chairs the Pharmacy & Therapeutics Committee at both hospitals and is Chairman, Department of Medicine at The Cornwall Hospital.

○ *Dr. Muslim is past president of King Edward Medical College Alumni Association of North America, and Association of Pakistani Physicians of North America. He is past recipient of APPNA Gold Medal Award.*

Editor

SECRETARY'S REPORT

M. Javed Akhtar, M.D.

Assalam-o-Alakum! I hope the year is going well for you and your families. We have just returned from a very productive Spring meeting of APPNA in Toronto, Canada. In addition to a very good turnout from U.S.A., the local participation from Canada was very encouraging. We saw a lot of "Young Blood" entering into leadership roles at the Chapter level, which is very good for the Association. I want to share with you some of the key decisions made by the Executive Council at that meeting.

* A Strategic Plan is to be developed as to the future direction of APPNA. Initial steps will be taken soon by sending out questionnaires to Council members and Membership at large. This activity will be supervised and facilitated by professionals from SRI Consulting Firm, who also guided the Strategic Planning sessions for the council members at that meeting.

* APPNA budget for fiscal year 1998 was approved. Additional funds were allocated for: ① updating the APPNA membership directory; ② upgrading the computer software/hardware at the central office and the web site; ③ expanding the Resource Center at the central office. (The Resource Center addresses the needs of members looking to convert J-1 visas; looking for residencies; looking for practice/job opportunities after finishing their training, etc.

* It was decided to change the designation of Spring and Fall Executive/Regional Meetings to APPNA Spring and Fall Meetings to encourage more general membership participation.

* The importance of Chapters and Alumni Associations sending their financial information to the accountant in a timely manner for tax filing was revisited and re-stressed. As you know, this information is extremely important to maintain our Tax Exempt status.

We are looking forward to a very well attended Summer meeting in L.A. this year, so please make your reservations and travel arrangements as soon as possible. Your Executive Council is here to help you any way we can, so don't hesitate to call on one of us if you need any help.

See you in Los Angeles, *Insha-Allah*.



HUMAN DEVELOPMENT FOUNDATION UPDATE

Nasim Ashraf, M.D. and M. Khalid Riaz, M.D.

The feasibility study for the Pakistan Project has now been completed and Project Design is in progress. Details will be available at the HDF display booth at the APPNA annual meeting in L.A. Please visit us to share your ideas and dreams for a "positive social change".

HDFNA's fund raising has received tremendous support from the community. A total of \$800,000 has been pledged to date, and almost half of that has been collected already. A series of fundraising events are being planned for all major metropolitan areas this summer. If you can help in any way, please contact Attiya Khan (410-992-0175); Shahnaz Khan (352-567-6299); Asim Malik (516-626-6252); or Zeenat Anwar (810-987-2550).

Regional Networks for support of HDF's movement for positive social change are being established in different communities now. If you are interested in launching a network in your area, or joining an existing one, please contact Dr. Shahnaz Khan, our Team Leader for the North America Community Development Team, at 352-567-6299.

HDFNA is sponsoring a competition for design of its Logo. The winning entry will receive a \$500.00 award. Consolation prizes will also be awarded. Please contact our central office for details or visit our website.

HDFNA website is under development and can be viewed at www.HDFNA.ORG. Your suggestions for improvements will be greatly appreciated.

HDFNA office is now operational. You can contact us at 6414 South Cass Avenue, Westmont, IL 60559. Phone: 630-493-0433; Fax: 630-493-0434; E-mail: Pakhdf@ameritech.net

TREASURER'S REPORT

Riaz M. Chaudhry, M.D.

Treasurer's report is being presented to you in a concise format as follows:

APPNA BUDGET 1998

Expected Revenues:	
Annual Membership Dues	85,000
Meetings Revenue	150,000
Lifetime Dues	20,000
Alumni /Chapter Dues	15,000
MBNA Royalty	3,000
Election Fees	3,000
Office Services	8,000
Misc	1,000
Total Receipts	285,000

Total Operating Income 250,000

Budgeted Expenses:	
Payroll	50,000
Accounting / Bookkeeping	18,000
Condo Fees	4,300
Office Maintenance/ Utilities	5,000
Office Supplies	10,000
Printing /Postage	15,000
Telephone	7,000
Credit Card Charges	8,000
Newsletter: Printing/ Mailing	25,000
Ins/ Bank Charges/Web-site	3,500
Directory	10,000
APPNA Resource Center	10,000
Equipment Upgrade	25,000

Total 190,800

APPNA General Fund

Receipts:	1997	1998
Annual Membership Dues	88,291	67,538
Lifetimes Dues	20,231	19,900
Alumni and Chapter Dues	15,930	15,860
MBNA Royalty	3,081	2,013
Election Fees	3,400	0
Office Services	8,052	1,327
Newsletter Ad. Revenue	3,665	
Misc.	1,032	361
Total	143,882	106,999

Disbursements:		
Payroll	43,034	43,070
Accounting / Bookkeeping	14,400	14,400
Condo Fees	4,218	4,393
Office Maintenance/ Utilities	4,691	2,373
Office Supplies	14,359	8,103
Printing/ Postage	14,980	6,434
Telephone	6,287	3,657
Credit Card Charges	7,636	5,250
Other	2,834	4,860
Newsletter	22,493	22,189
Donation to Asia Society	25,000	
Total	169,832	114,729

APPNA MEETINGS FUND 1997

Meeting Venue	Receipts	Expenses	Income
Spring 97 Las Vegas	11,056	9,498	1,558
Summer Annual Meeting 97 New York	507,300	324,019	183,281
Fall 97 Atlanta	21,337	23,607	-2,270
Winter Meeting 97 Lahore	34,646	24,962	9,684
Totals	574,339	382,086	192,253

APPNA ASSETS as of December 31, 1997

Cash and Investments:	
General Fund (Cash in Bank)	3,177
Meetings Fund (Cash in Bank)	233,171
APPNA Sehat Fund (Cash in Bank)	149,276
Lifetime Oues Fund (Market Value)	709,201
Relief Fund (Cash in Bank)	5,089
Special Projects Fund (Cash in Bank)	4,337
Total of Cash and Investments	1,104,251
Fixed Assets:	
Office Building	100,590
Furniture & Equipment	35,195
Accumulated Depreciation	-13,440
Total Assets:	1,226,596

Los Angeles, California
July 8 (Wednesday) - 12 (Sunday), 1998
Westin Century Plaza Hotel and Tower
2025 Avenue of the Stars, Century City

RESERVATIONS: 1-800-Westin1; 1-800-937-8461; 1-310-551-3300 - SOLD OUT

APPNA Convention rates applicable July 5-15, 1998:

Century Plaza Single/Double: \$130.00
Tower Single/Double: \$170.00
1-BR Suite: \$200.00; 2-BR Suite: \$300.00

PARK HYATT Los Angeles at Century City; 2151 Avenue of the Stars, Los Angeles

Located one block from our main hotel

RESERVATIONS: 310-277-1234; or 1-800-233-1234

Cut off date: June 2, 1998

Single/Double: \$179.00

First night deposit non-refundable

1 BR Park Suites: \$215.00

for cancellations less than 8 days prior to arrival

1 BR Executive Park Suites: \$315.00

BEVERLY HILTON HOTEL; 9876 Wilshire at Santa Monica, Beverly Hills

Located one mile from our main hotel

RESERVATIONS: 1-800-HILTONS; or 310-274-7777

Cut off date: June 23, 1998

Single/Double: \$150.00

One BR Parlor: \$300.00

The 20th Annual Meeting is being held July 8-12, 1998 at the Westin Century Plaza Hotel and Tower, Century City, Los Angeles, California. We are looking forward to hosting the annual meeting after a 12 year hiatus, and promise to make it a memorable experience. Your input and participation are essential for the success of the meeting. **LEADERSHIP SEMINARS** for physicians and SAYA members will be held on Thursday morning, and **CME** programs on Friday and Saturday. The **ALLIANCE** is holding a fabulous Mexican Fiesta 7/9, followed by the Family Talent Show. SAYA is arranging a spectacular **FASHION SHOW** Hollywood style. Sightseeing tours of the New California Science Museum, Hollywood, movie star's homes, Universal Studios and Getty Museum are offered for CAPPNA and the Pre-teens (6-12).

BABYSITTING on a pre-registration basis will be available for the little ones (0-6) while their parents and siblings attend the elaborate banquets. The entertainment program will feature **Asad Amanat Ali Khan** and **Aziz Mian Qawwal**. The alternate program on Saturday, July 11th will be a **MUSHAIRA** showcasing **Mr. Ahmad Faraz** and other renowned poets. **TABLE assignments** for July 11th banquet will be made on a first come, first served basis in order of receipt of registration forms at the central office. Those desirous of sitting with their friends must insure that registration and payment for the entire party is submitted together. **HALAL MEAT** will be served at all APPNA functions and will be available in the menus in hotel restaurants.

TRAVEL: Group airfare rates from major hubs like Atlanta, Chicago, Detroit, New York and St. Louis can be arranged through the travel coordinator, Mr. Dada. Round the clock van pickup service at the airport can be made available with advance notification of flight times.

In order to avail the convention rate for the hotel rooms you should make your reservations as soon as possible because a limited number of rooms have been set aside for the convention. Once these rooms are gone, you will have to pay regular rates. So reserve now, come early, and stay late to enjoy the California sunshine. Join the dinner cruise on Sunday, July 12th and other Post APPNA activities.

ORGANIZING COMMITTEE:

M. Afzal Arain, M.D., Chairman

Office: 209-673-8001; Home: 209-673-8755

Fax: 209-673-8682

ALLIANCE:

Mrs. Zubaida Arain

Contact: As above for Dr. Arain

CME:

A. Hafeez Khan, M.D.

Office: 213-343-1306; Home: 818-790-3380

Fax: 818-790-8980

ENTERTAINMENT:

Samia Khwaja, M.D.

Office: 310-638-0533; Home: 714-644-8469

FOOD:

Khalid Sheikh, Ph.D

Office: 562-490-3737; Home: 562-695-7000

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Arif Muslim, M.D.

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YOUTH FORUM:

Afnahn Nadia Khan

Home & Fax: 818-790-8980

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TRANSPORTATION COORDINATOR:

Yakoob Dada

Office: 213-413-0550

OTHERS ON THE HOST COMMITTEE:

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Majida Ahmed, M.D. 562-945-2816

Mohammad Akmal, M.D. 562-924-4792

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Mrs. Etta Sheikh 562-695-7000

Suhail Siddiqi, M.D. 310-652-8073

Salima Waraich 562-693-2031

Farhat Zubair, M.D. 562-923-7471

M. Afzal Arain, M.D., Chairman
Organizing Committee



LEADERSHIP SKILLS SEMINAR

July 9, 1998 - 9:00 a.m. - 1:00 p.m.

“Do I hear what you say?”
“Why aren’t you more like me?”

It is fashionable to say that an individual is unique. Certainly each individual is a product of heredity and environment, and as a result, is different from everyone else. The doctrine of uniqueness, however, gives no practical help in understanding the people whom we must work with, treat, counsel, or deal with in our personal lives. In practice we tend to assume unconsciously that other people’s minds work on the same principals as our own. This is not a practical assumption. All too often the people we interact with do not reason as we reason, do not value the things we value, or are not interested in what interests us.

Dr. Kabach’s seminar on communication style will utilize the Myer-Briggs Type Indicator which is used in business and education for team building, conflict resolution, career counseling and management development. It enables people to communicate and work together more effectively through understanding individual differences.

Registrants will be mailed the Myers-Briggs Type Indicator which must be completed and mailed back by June 15, 1998 for scoring and inclusion in the group discussion. Registration fee: \$40.00/person. SAYA pre-registrants will be admitted free as guests of APPNA. Space is limited. Please register early. Suggested reading: *Gifts Differing*, Isabel Briggs Myers with Peter B. Myers, Consulting Psychologists, Press, Inc. Palo Alto, CA 94303.

- Durdana Gilani, M.D.

REPORTS: COMMITTEES, CHAPTERS, ALUMNI

DOW GRADUATES RETREAT

Dr. Abdul Rehman, President

Dow Graduates Association of North America (DOGANA) is organizing a Retreat in Los Angeles Wednesday evening July 8th. This brainstorming session by Dowites will be held at Westin Century Plaza Hotel, the site of APPNA summer meeting, located at 2025 Avenue of the Stars, Century City. The session is scheduled to begin at 7:00 p.m. and is expected to last until midnight. To minimize the expense and to ensure broader participation, the session is being held to coincide with APPNA meeting. Participants are gathering after dinner so that with minimum interruption, the agenda can be covered in one session. All Dowites are invited to participate in this leadership development session to identify and nurture future leadership and to chart the future course for DOGANA.



KHYBER MEDICAL COLLEGE ALUMNI ASSOCIATION

Dr. Javed I. Bangash, President

In December of 1997, we had a one day CME meeting at Khyber Medical College at Peshawar. We had speakers from North America and Khyber Medical College.

The Winter 1998 meeting of APPNA will be held at Peshawar from December 15 to December 18. We have made arrangements at Pearl Continental in Peshawar where the meeting will be held. We are also planning to have a grand reunion of all KMC Alumni on December 15, 1998. I will be mailing a newsletter to the general membership within a few weeks.

Some of our Alumni who are completing their residencies are looking for positions to convert their J-1 Visas. We are requesting our general membership to notify us immediately if they know of any such positions available.



URGENT NOTICE FOR THE CLASS OF 1972-73 KING EDWARD MEDICAL COLLEGE

Class of 1972-73 is celebrating their 25th Silver Jubilee celebration at the annual summer APPNA meeting in Los Angeles. A class reunion luncheon will be held on July 10, 1998 at Century Plaza Hotel. Also, to commemorate the occasion, a pictorial directory is being published. The last date to submit your family portrait, C.V., old pictures from college, and any other material you want to publish has been extended to May 31, 1998. Kindly plan to attend this important occasion and also rush your pictures to be included in the directory as soon as possible to: **Mohammad Suleman, M.D., 14 Guadalupe Street, Kenner, LA 70065. Home: 504-467-0421; Office: 504-456-7468; Home Fax: 504-466-7443; Office Fax: 504-888-3153. E-mail: DocSuleman@aol.com.**

REPORTS

FATIMA JINNAH ANNOUNCEMENT

Anjum S. Sadiq, M.D., Secretary

The Annual Summer Meeting of the F.J. Alumni Association of North America will be held on July 10, 1998 at 6:00 p.m. in Century Plaza Hotel, Los Angeles. Business meeting and dinner will be followed by a musical program with other alumni associations. Your attendance is cordially requested and your families are welcome.

Dues notice and additional information will be forthcoming to you in the mail in near future. If you need more information, please feel free to call me at home, telephone number 248-258-6411. I wish you happy times.



Congratulations

Heartiest congratulations to Shahzad Sadiq, M.D., F.A.C.R., who has recently been elected a Fellow of the American College of Radiology. He has been practicing radiology at St. Joseph Mercy Hospital in Pontiac, Michigan for 18 years. He is certified in Diagnostic Radiology and subspecialty of Vascular and Interventional Radiology. He is the first Pakistani Radiologist to receive fellowship of the American College of Radiology (F.A.C.R.).

TO SEAT OR NOT TO SEAT

M. Mushtaq Sharif, M.D.

Every year APPNA management is faced with the dilemma of seating for Saturday banquet. No matter how hard they try; no matter how much time they spend to maintain first come, first served principle; no matter how far they bend their backs to accommodate everyone's wishes, some person will always find excuse to be unhappy.

Last year a sequence number was assigned to each registration form according to the order in which it was received at central office. Seats were assigned based on this number and matching of choices of friends requested to sit together. The problem was person A requested to sit with persons B, C and D, but person B wanted to sit with E, F and G, person C had six seats of his own, and person D had not even registered for the meeting. This required countless hours of work for seating assignment. Well, there is no perfect system that can please everyone, because everyone cannot sit in the front row; all friends cannot sit on one table, and grumbling will continue to be heard about front row seating for the elected officers of the association.

I thought APPNA was trying to attract new members, and if they did not have friends, where are they supposed to sit? That is an interesting question. Maybe the membership should be allowed to exercise freedom of seating and experience verbal and physical abuse when two persons want to sit at the same seat. Those who truly cannot sit without their friends, should buy a whole table with ten seats, according to the sequence number assigned to their registration.

I am sure management will hear from you, one way or the other.



REPORTS

CENTRAL OFFICE AND GROWTH OF APPNA

M. Mushtaq Sharif, M.D., Chairman
Office Management Committee

Over a decade ago APPNA central office staff took its new residence in Chicago area under the supervision of Dr. Murtaza Arain. When APPNA acquired its own building at Cass Avenue, management responsibilities were assigned to Office Management Committee. Many local area members, such as Dr. Aziz Arain, Dr. Nasir Rana, Dr. Riaz Akhtar, Dr. Mushtaq Khan, Dr. Manzoor Hussain, Dr. Khalid Riaz, and myself have served on this committee at various times. The role of this committee was put to test in 1993 when sudden and unexpected departure of office staff brought the association to a stand still and threatened the very existence of APPNA. But die-hard elected officers (foolhardy as called by some) and committee members met the challenge head on and with help from their families and friends, not only staffed the office, but instituted many procedures and policies which have served as milestones in the financial viability and growth of APPNA.

1. Database: In 1994 first time in the history of APPNA, 5000 newsletters were mailed to Pakistani physicians by acquiring approximately 3000 new names and addresses. In spite of customary accusation of wasteful spending, verification of accurate data by repeated mailing continued, and as of today there are a little over 4000 names and addresses in the database. This number had stayed the same since 1996.

2. Accounting and Bookkeeping: The officers personally reviewed and analyzed papers in each and every file cabinet, hundreds of canceled checks and bank statements and took the following steps after approval by Executive Council: a) established four separate categories of APPNA funds; b) bookkeeping transferred to APPNA accountant; c) Paid all past due accounts and loans; d) Reduced mortgage payment from \$1,300 to \$600 per month (income from summer meeting 1995 helped to pay out all the mortgage loan); e) A new filing system for various records was instituted in 1996; f) New dues statement and database form was created.

3. Computer and Equipment Upgrade: Working with an old 286 IBM, without any software instructions was a reminder of being a fresh medical student learning history and physical of a complicated patient. A praiseworthy response of membership to special assessment dues in 1994 helped to install a customized software program and purchase 486 Gateway computer along with a letter folding machine. In response to growing activities and demand for complex information, Office Management Committee started search for a new software program in 1997. After extensive search and analysis of present and future needs, four promising software programs (AMS, IMIS, Memex, DMG) emerged by early 1998. Finally, at the recommendation of Office Management Committee, IMIS software was approved by Executive Council at Spring 1998 meeting in Canada. The installation of this program is expected to start very soon. New copy machine and Pitney Bowes Mailing Machine has been acquired in 1997 to replace ten year old equipment that could no longer be serviced.

4. Resource Center: In 1996, a Resource Center was established at central office to help new resident physicians. Preliminary help was obtained from Dr. Irshad Ahmed, Dr. Shabbir Safdar and Dr. Saeed Bajwa. Recent approval of funds by the Executive Council will help to move this urgently needed project forward.

REPORTS

5. Website: In 1997 APPNA website was installed on Internet through the efforts of office management committee. In spite of some shortcomings and weird e-mail messages received, APPNA web page has been selected as one of the best among Pakistani websites by an independent agency. New policies and procedures are being developed and member input is requested.

The Office Management Committee and the office staff have always been ready to provide necessary services to conduct elections, arrange meetings, prepare meeting portfolios, distribute newsletter and facilitate constitution and bylaws amendments. Increasing complexity and magnitude of work at central office demands a serious search for a part time executive director to foresee, supervise and keep up with mushrooming activities of APPNA. As the current Chairman of Office Management Committee, I want to express my gratitude and thanks to current and former members of this committee, their family members and central office staff, who have given countless hours of their personal time to bring APPNA to its current stage of development. I would like to invite other members of APPNA to volunteer some of their time for their association. After all, only few select members should not have the exclusive privilege of donating their valuable time in service to APPNA.

APPNA EXHIBIT

An Exhibit of photographs and APPNA memorabilia is planned on the occasion of our 20th Annual Meeting. We need photographs from your collections, copies of meeting agendas, old directories, and any other APPNA mementos from 1976 - 1998. Please search through your collections and send us anything you can find. If you are reluctant to part with your negatives, please send us copies of photographs. We would also appreciate photographs of APPNA members with their physician sons and daughters to highlight 2 generations of APPNA members. **Please send the material to: Durdana Gilani, M.D., 5605 Burning Tree Drive, LaCanada, CA 91011.** ❖❖❖

★★

TALENT WANTED!!

★★

For the Second Annual APPNA Alliance Family Night

A message from the Alliance President, Mrs. Zubaida Arain:

Are you ready to have a fun-filled family affair? Prepare yourself for the non-stop entertainment at the Alliance Talent Show on July 9, 1998, Family Night. We are looking for lots of talented individuals of all ages, so if you are interested or know anyone who is, please contact us. Slots are filling up fast, so all you musicians, comedians, dancers and other talented individuals should **Get Ready!**

Event: Talent Show/Family Nite
Location: Century Plaza Hotel and Tower
Time: Thursday, July 9, 1998, immediately following the "Mexican Fiesta" dinner
Contacts: Adult Talent: please contact Mrs. Zubaida Arain
Residence: 209-673-8755; Office: 209-673-8001
Youth Talent: please contact Ms. Afna Khan
Residence: 818-790-8980; e-mail: Afna@aol.com
Deadline: **Please RSVP by Monday, June 1, 1998**

Reminder: Alliance members: Please be sure your 1998 dues (\$20) are fully paid. If not, send them in to the APPNA Office or Alliance Treasurer, Mrs. Shehna Akhtar, 199 Pleasant Street, #34, Bradford, PA 16701. (H) 814-368-6241; (O) 814-362-5503.

Where the IMG Movement is headed today

Busharat Ahmad, M.D., F.A.C.S.
Chair, AMA IMG Section Governing Council

We have worked together for a long time. Moreover we, as physicians of Pakistani origin, have consistently fought for the issues that challenge not just us but all IMGs practicing in the US. I have been involved in the IMG movement for more than twenty years, most of my professional life, and have never felt more strongly that we present the most powerful agenda (with the possible exception of women physicians) in American medicine today.

The AMA adopted an IMG Section last year, after our third serious attempt to get it through the House of Delegates. At the first IMG Section Assembly meeting this past December in Dallas, the Section established initial policy, adopting our rules of order in addition to policies on physician workforce, support of the AMA mission in international medicine and development of the AMA's electronic communication capabilities.

A unique aspect of the IMG Section is its Governing Council election process. A five-member Nominating Committee, elected at the 1997 Interim Meeting, recruited candidates and developed a slate of 15. Through a mail ballot sent out to all eligible voting Section members, the seven members of the next Governing Council will be elected.

All IMGs are invited to join us June 12-13 in Chicago for our Annual Meeting, during which we will be considering many important issues. In addition to the officer elections for the Governing Council, we will be considering a report on how to increase resident participation in the Section, as well as resolutions on the new Clinical Skills Assessment and support for the AMA Division of Representation.

There are other IMG issues we should be undertaking, including discrimination in licensure and the practice environment. These too need to be addressed in order for us to remain relevant and advance the cause of all IMGs practicing in the US. Working together, I have every confidence we will do that. ■■■

YOUR MEMBERSHIP COMMITTEE AT WORK

M. Javed Akhtar, M.D., Chairman

Dear APPNA Family Members,

Assalam-o-Alakum. After surveying the needs of the membership at large, we have been able to accomplish the following items for you in the last few weeks. (1) We recommended to the Executive Council at the Spring meeting in Toronto, Canada, and received their approval for additional funds of \$10,000 to expand the Resource Center. For those of you who don't know, the Resource Center was established last year with a meager allocation of \$1,000. The major intent was to help members on J-1 visas who want to convert to permanent status, find jobs in qualified rural areas. We also have access to attorneys who can help these individuals at discounted fees. The scope of the Resource Center can be expanded to include those members who are looking for Practice or partnership opportunities. The demand for these services has been tremendous!

(2) The Committee recommended and received approval for the name change of APPNA Executive Council/Regional Spring and Fall meetings to simply APPNA Fall and Spring meetings. The previous name gave the perception as if only Executive Council and Regional Chapters were invited. All of you are equally welcome to participate in these meetings.

(3) A comprehensive Membership benefit package is being developed with the help of a consulting firm and will be circulated for your approval, once finished. You will have a lot of input into it through questionnaires, etc.

(4) A better looking and more comprehensive brochure was developed to truly reflect the enhanced image of APPNA. I think most of you have seen it by now, as it was sent to all members and potential members. Please use it to recruit new members as a part of "Member get a member drive".

Please keep your suggestions and recommendations coming to me or any other members of the Membership Committee and we will do our very best to meet your needs.



ANNOUNCEMENT
19TH ANNUAL WINTER MEETING OF APPNA
and
KHYBER MEDICAL COLLEGE PESHAWAR
DECEMBER 15 TO 18, 1998

The 19th Annual Winter Meeting will be held at Peshawar from December 15th to December 18th. There will be a CME Program. The following tours and excursions are being planned:

1. Khyber Pass Safari
A unique train ride through legendary Khyber Pass by steam engine train.
2. Half Day Sightseeing of Peshawar
This will include visit to Gandhara Museum, which houses a collection of art, sculpture and historical relics. Drive through centuries old walled city of Peshawar and to visit the fascinating Qissa Khawani Bazaar.
3. Half Day Excursion to Takht-e-Bhai, a Buddhist Monastery
4. Hayat Abad Shopping Mart.
Known as a shopper's paradise. Where you can find anything from local merchandise to international shopping.

We have negotiated special discounted rates at Pearl Continental Hotel, Peshawar. The rates are: Single occupancy - RS 3000; and Double occupancy - RS 3500.

If you would like to present a paper at the meeting, please send your resume and a brief summary to: Dr. Mohammad Akmal, 12834 Gainesborough Drive, Cerritos, CA 90701
Telephone: 213-441-9966

For general information contact: Javed I. Bangash, M.D., Coordinator for the meeting at 2050 Larkin Avenue, Ste. 101, Elgin, IL 60123 or call 847-742-9711.

◆◆ POSITIONS ◆◆

□ **Position Wanted:** Looking for position in underserved area in the field of Internal Medicine/Primary Care. Please call Dr. Wahid at 312-666-6946 or page at 312-760-0612.

□ **Wanted Location:** Need help in locating a J1 position for July, 1998. Completed residency in Anesthesiology (Chief Resident & Dripps Award for Best/Outstanding Resident). Currently doing a Fellowship in Critical Care to finish July, 1998. FRCS England and MS Orthopedics LONDON UK. Looking for position in E.R./Primary Care/Anesthesia. Please contact Zakir Qureshi, 9729 Pleasant Lake Boulevard., S-23, Cleveland, OH 44130. Phone: 440-884-3058. E-mail: Zqure5@email.msn.com.

□ **Wanted General Surgeon:** Needed in an underserved area. J1 visa acceptable. Start immediately. Contact Dr. Waheed Akbar at 517-790-6719; fax: 517-790-9464.

□ **Wanted Family Practitioner:** For a practice in San Antonio. Board Eligible or Board Certified. Please apply with full documentation. Texas License one year warranty may be available from the Hospital for the right candidate. Contact Salar A. Aziz, M.D. by telephone: Residence 210-690-9074; Office 210-828-2311, Southside Office 210-924-7362; or write to P.O. Box 33277, San Antonio, TX 78265.

□ **Wanted a Female Ob/Gyn, BC or BE** for a practice in San Antonio. One year warranty may be available from the Hospital for the right candidate. Contact Salar A. Aziz, M.D. by telephone: Residence 210-690-9074; Office 210-828-2311; Southside Office 210-924-7362; or write P.O. Box 33277, San Antonio, TX 78265.

□ **Wanted Neurologist:** Immediate need for a BC/BE well-trained neurologist with neurophysiology/EEG Fellowship to Associate with a solo neurologist in a small peaceful Indiana town, guaranteed salary for two years leading to full partnership. Please fax your resume to 765-662-7890.

□ **Wanted Cardiologist:** Invasive, non-invasive, interventional cardiologist to join solo cardiology practice. Fax resume to Dr. Mushtaq A. Khan at 815-726-6651.

□ **Secretary/Receptionist wanted** Extensive computer experience, excellent typist required for OB/Gyn and Family Practice in San Antonio. Please send resume to P.O. Box 33277, San Antonio, TX 78265; or call Dr. Salar Aziz: Residence 210-690-9074; Office 210-828-2311; Southside Office 210-924-7362.

□ **Land for Sale in Fasilabad.** 100 Kanal, surrounded by newly constructed colony. Houses worth One Crore. Good for many kinds investment. Located near Canal Road. Please call: USA - 703-467-0158; Pakistan - 011-92-41-629872 or 601268.



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Pervaiz P. Massey, Senior Vice President - Investments, Smith Barney

Retirement is no longer simply about stopping work; it's about continuing your personal growth and development, no matter what you want to do. But that only holds true for those of us who've saved enough to permit the freedom of choice. Experts agree that, with some planning, most of us will be able to meet this challenge. A good way to start is by reviewing the three critical steps to retirement security: building, preserving, and protecting your wealth. Let's take a brief look at each.

Building Your Wealth

First, identify your goals. What kind of lifestyle will you want? Will you travel? Start a new business or second career? Pursue an expensive hobby? While the old rule of thumb suggests that the majority of us will make do with about 75% of our current income during retirement, only you can determine how much you'll really need. Next, identify your sources of income. Most people will have the following four:

IRAs: Regardless of whether or not you can deduct your contribution, it makes sense to invest as much as you can in your IRA to take full advantage of its tax-deferred growth. If you have more than one IRA, you should also give consideration to consolidating them into a single account. This will allow you to manage their growth more effectively.

Social Security: While many of us can expect to receive the maximum benefit - currently about \$13,000 annually for the average 65-year-old - it's a good idea to check with the Social Security Administration to get a Personal Earnings and Benefit Estimate Statement (PEBES), Form SSA-7004. You can request this form by calling 1-800-772-1213.

Employer-Sponsored Retirement Plans: If you have a 401(k) or an alternative plan to which you can contribute pre-tax dollars, take maximum advantage because, like your IRAs, these assets grow tax-deferred. Under current law, that's up to 15% of your

salary, to a maximum of \$7,979 (adjusted annually to account for inflation).

Investment Assets: Over the years, inflation and health care costs can take a sizable bite out of retirement income. By diversifying your investment assets - such as stocks, bonds and money market funds - to seek the highest possible long-term return, you can keep pace with rising costs.

Preserving Your Wealth

When it comes to preserving the wealth you've built, there are two important considerations: first, the importance of minimizing the taxes on your retirement assets; and second, the impact of inflation on your purchasing power.

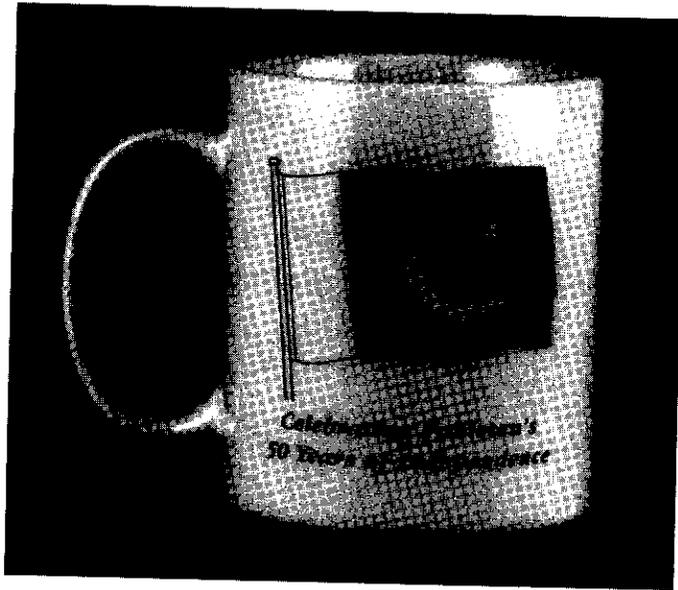
When you change jobs or retire, you have 60 days to decide what to do with your vested assets under employer-sponsored retirement plans. You can either accept the money and pay taxes on it immediately, or choose to roll the sum over into an IRA. For many people, it makes sense to continue to let your savings grow tax-deferred in an IRA. However, this is a complicated issue and professional advice is recommended.

For some high-income individuals, tax provisions in the recent budget agreement have made tax-free investments - such as municipal bonds, unit trust and tax-free money market and mutual funds - even more attractive. Speak to your financial consultant about exploring these options.

How can you beat inflation? By planning carefully and diversifying your investments. That means including a growth component in your portfolio. This is true even if you're already retired, because over time, inflation can seriously erode your buying power and your quality of life. If you're apprehensive about owning stocks, consider this: despite short-term ups and downs, historically the stock market has outperformed all other investments.



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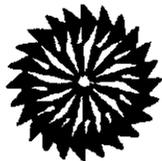
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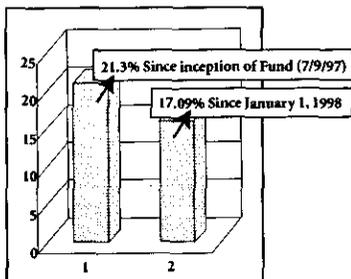
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