



APPNA NEWSLETTER

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MESSAGE FROM THE PRESIDENT

Mohammad Suleman, M.D.

The recent APPNA Annual Meeting was remarkable for participation if not for anything else. A record number of members attended the convention and stretched the resources at the relatively small Sheraton Hotel. Despite the extensive hard work by the Host committee, the enthusiastic member participation, marginal space capacity at the hotel and non-member crowd took a toll on the spirit of the meeting. Several members were unhappy and left a sour taste for others. Since 9-11 tragedy we wanted to bring the meeting to New York despite all hotel limitations, to show our solidarity to the city of New York and help in the healing process. The intention was to have a memorable gathering, which it turned out to be albeit in a different manner. Still I am glad that we came away with an overall good meeting without any harmful incident, which we were really afraid of. The next summer meeting is in Orlando and I promise all the members that the arrangements, hotel and the resorts will ameliorate some of the misgivings. I also want to request members to help in such arrangements in every way possible so that everybody enjoys the festivities, and we have successful APPNA meeting.

The NYC meeting was not without its highpoints. The CME activities attracted a large audience and majority of the participants enjoyed the several hour programs. I would like to thank Dr. Naveed Iqbal and Dr. Faiq Hameedi for their hard work and commitment. I also would like to thank all the speakers who were able to make this meeting a success. One of the resounding notes of the meeting was member participation. Thanks to the election process and the efforts of the membership committee along with the reduced membership fees for this year, APPNA ranks swelled by several hundred. At present we are close to 1900 members and should reach our goal of 2000 members. I would request all members to help the organization by bringing one new member to APPNA. I would like to thank Dr. Arif Muslim and his host committee members for the hard work they did to put this meeting together.

This year the election of the office bearers for the year 2003 involved only one contest at the President Elect position. I would like to congratulate Dr. Omar Atiq for winning the election. I also would encourage Dr. Arain to continue work for the organization and provide guidance and character to this platform, which I am sure he will do knowing his character and capabilities.

The inaugural citizenship award very rightly went to Dr. Busharat Ahmad. We have known Dr. Busharat for many years and acknowledge his many contributions. Similarly the first academic achievement award was given to Dr. Azra Raza a very well known academician with tremendous credentials. I congratulate both of them. This year's APPNA gold medal award went to Dr. Iltifat Alavi. A well deserved choice for the award for the selfless service to the association with no aspirations to any of the high-ranking positions of APPNA. Congratulations to Dr. Alavi.

The theme of the meeting involved the constitution and bylaws affairs. I thank Dr.



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Khalid Riaz and his team for their hard work and well-rounded report. It is my earnest desire to streamline the APPNA working and make all the necessary changes in the working document of our governance. This year's election has once again shown the need and importance of bringing these necessary changes. It is again my appeal to all APPNA Executive Council members to come to the Arizona meeting where at least we can approve the most desirable changes and get the process of putting our house in order on a faster track. Our Keynote speaker, Dr Riffat Hussain presented a very soul searching and thought provoking address and I welcome her to the APPNA family. She has joined the online group and I hope all of us would learn from her dynamic and intellectual pursuits. In the end I would ask all of us to actively participate in the various programs of APPNA, be vocal about the issues and help transform APPNA into a dynamic and more representational organization. This is our organization and we are all the people who can and will build upon this democratic institution. May God almighty help us in all our pursuits.

MESSAGE FROM THE PRESIDENT ELECT

Raana Akbar, M.D.

Traditionally this is the time when the President elect announces his or her agenda for the next year. Normally the agenda is extremely ambitious and breaks new ground. Some times that announcement creates a negative reaction in the various power brokers of the EC. A lot of times that agenda gets aborted because of the foreboding which results from the fanfare of the preceding year.

My agenda for the next year therefore is limited. I don't want to break new ground. I want APPNA to function as the fraternal organization that it has always been supposed to be. My effort would be to organize better meetings with quorum in the executive council sessions. I will endeavor to improve the work of the central office. A serious attempt will be made to recruit an executive director. Services to the newly arrived physicians in training will be increased. APPNA should be able to create a job market, and organize help for their visa and licensure issues. APPNA will advertise its work not only to the membership at large but to the medical colleges in Pakistan so that the physician in training will be able to locate the organization as a resource on arrival to the United States. APPNA has a lot of physicians whose needs are never served. These include physicians who have graduated from the Caribbean, and elsewhere. I would propose an alumnus of International Physicians. Similarly there are Physicians who do not have families and there are older individuals who are not physicians but are a part of our families and for their benefit I would like to activate the now dormant Social Forum. APPNA will try to increase the focus on SAYA as well. Development of the potential of our next generation is necessary for our secure future as a community.

There are two particular constitutional problems that can be particularly troublesome for APPNA. The definition of a member must include provision of licensure for all members except those who are in activities pertaining to research. Chapters must have some linkage with individual representation and geographical distribution. Physicians in New York for instance are extremely under represented. I hope these issues will be addressed in the fall meeting by the constitution and bylaws Committee.

This is a particularly sensitive time in the history of our organization. 9/11 has produced a sea change in our perception of ourselves, our adopted homeland and the country of our birth. It is no longer enough to live in this country in secluded islands of segregated culture. We as an organization must stop reminiscing and take our place in organized medicine. APPNA is in the process of applying for delegate status in the AMA House of Delegates. We must get involved in the political realities of this New World order. APPNA has a voice and this should be used for human rights violations whether in Pakistan or in the United States. The issue of physician killings in Pakistan singularly effects our membership. APPNA must advocate for the effected families, and for prevention of further murders. We may ourselves incur civil rights abuses in the coming years and if we do then we must create policies and processes to address them. One of the ways that APPNA will try to work on this issue is by improving methods of communication. The membership will be continuously apprised of the challenges confronting their organization.

I would like to hold a retreat for brainstorming on APPNA's future during the spring meeting. Everybody is invited. This will be held during Easter break in Detroit. During the same meeting we will be holding workshops on leadership training, media relationships, Roberts Rules of Order, involvement in organized medicine etc. In other meetings through the year APPNA will have workshops on HIPAA, computers and internet, medical ethics and on how to practice optimally. I have a great deal of respect for the work of my predecessors. APPNA is where it is because of their dedication. I will continue to expand their vision, increasing its scope. I would request your input, comments, and involvement. APPNA can only be successful if we have a membership who will actively care.



SECRETARY'S REPORT

Afzal Arain, M.D.

The Karachi meeting has been cancelled. Nishtar Medical College is celebrating its 50th anniversary and APPNA is please to announce the combined celebration will be held in Multan. Meeting dates are December 19-22, 2002. Dr. A. Rashid Piracha, President Nishtar Medical College Alumni Association will be the contact person for the meeting. Dr. Shabbir Safdar is the Chairman for the CME session.



EDITORIAL LINES

Furrukh Sayer Malik, M.B.B.S.



The yearly APPNA convention was successful in maintaining the 'social fraternity' image. The meeting acknowledged no vision or guidance and the biggest gathering of educated Pakistani Americans met and left for another time. The question is how long is this charade of social convenience going to last? The tremendous tragedies of 9/11 have influenced every immigrant and their collective impact is yet to be felt. But the image of the Muslim immigrant has suffered grave distortion. The situation beholds us to answer a few of the imploding queries. What do we have to do to continue to be productive and reliable members of our new country? How can we exhibit our solidarity to our new homeland? The simple fact that we all came here to bring peace and prosperity to our families (loved ones that we left behind) is not sufficient. Individual acts do not determine the nature of impact on the fabric of a community. We all know that. Our individual acts of migration have only helped a few. Collectively we have not been able to present a viable, productive integration into the amalgam of America that we now call our home.

Why is it that we are willing to send our kids to local schools but are not interested in involving ourselves in the school board functioning? Why is it that we have lavish Pakistani parties and our neighbors have never been invited? Why do we complain about inadequate local libraries and insensitivities of local newspapers to our religion and way of life, while we make no effort to visit the local library and ask for books relating to our way of lives or actively seek out local newsmakers and make our point? Why do we not ask our better halves to join the local parent association, social responsive family outings and take active part in our town hall meetings? Why do we not register in the political process and take part in the only participatory and representational democracy?

When will we feel the need to be heard and seen and let our fellow countrymen hear our unusual accent and clothes and inquire about our way of life? They will not unless we open ourselves to their families, take part in the daily issues affecting them and share their grief, sorrow and happiness. It is one of the tenants of our faith and it is the right thing to do. The expectation that our neighbors, fellow Americans will inquire, read and help us in our need is bound to be a grand failure unless we reach out and hold them in their time of sorrow.

SPRING 2003 MEETING

Detroit, Michigan

April 17 - 20, 2003

The Spring Annual Executive Council Meeting for 2003 is going to be in Detroit, Michigan. The meeting is around the Easter weekend and will include a day of "Brainstorming" session. There will be seminars and other events of wide interests. The EC and members are requested to check the APPNA website for specifics and hotel arrangements.

Citizenship Award

The inaugural citizenship award for the most meritorious services to APPNA members and Pakistani Physicians in USA is given to Dr. Busharat Ahmad. Dr Busharat is well known for his active participation in AMA and ECFMG and is a strong proponent of organized medicine and participatory democratic principle. Many congratulations to Dr. Busharat.

Academic Achievement Award

Among the several well-respected and published Pakistani Physicians in USA, this year Dr. Azra Raza was awarded the Academic Achievement Award. The award is intended to appreciate the curricular pursuits of individuals and their services to APPNA community in the field of academic research and career development. Many congratulations to Dr. Azra Raza.

CLASSIFIEDS

Pediatrician - full or part time in Tucson, Arizona. Competitive salary and package. J1 may also apply. Please contact Dr. Nauman at (520) 293-6686 fax (520) 887-1736

BC/BE Cardiologist, EP or peripheral preferred, for a busy three-physician practice in suburbs of Philadelphia. Sorry No J1 visa. Please send CV to: Practice of Cardiology, 531 Maple Ave, Westchester, PA 19380

Opportunity in Lahore Pakistan

We are looking for physicians from different specialties in the United States who are interested in a medical practice opportunity in Pakistan. At this time only those physicians who are interested in a joint investment in the set up of a state-of-the-art multispecialty clinic in Lahore are requested to contact us. The clinic would be staffed by US trained/board certified physicians only. Please contact Waqar Khan, MD, MPH FACC e-mail : drwkhana@aol.com

APPNA SUMMER MEETING 2002 - NEW YORK

Arif Muslim, M.D.

Local Host Committee Chair



A-salaam-alaikum and greetings from Pakistan, where I am enjoying all that our motherland has to offer.

I thank you all for your feedback, both positive and negative. Each comment is constructive, in that it helps the organizers of the next meeting. Organizing an APPNA meeting takes a great toll on a person's life, their practice, and their family and, of course, on their state of mind. For those of us gluttons for punishment who have organized multiple meetings (this was number 5 for me), success is not measured in "opulence or grandstanding", as some have suggested. To us, success is measured in effort. It is measured in dedication. It is measured in knowing that each and every member of my Local Host Committee put APPNA ahead of himself or herself and gave 110%. Mostly, it is measured by knowing that many people and their families enjoyed themselves and the company of their fellow Pakistani's and Pakistani-Americans.

I do find great amusement in the fact that some of those who have leveled the harshest criticisms were still drawing blood and starting IV's when I was organizing my 1st, 2nd and 3rd meetings in New York. However, I ask each of you who have commented on the meetings, positively and negatively, to please, for the sake of our great association, roll up your sleeves and work with the local organizing committees and do everything you can to make each meeting better than the one before.

COMMENTS RECEIVED AFTER THE NEW YORK SUMMER MEETING

This is our only meeting where the vast majority of members come so we can get input from every one for future planning and to disseminate all the information about APPNA activities of the year. It is a time to assess what we have achieved, direction of our work and critique our shortcomings. It provides the opportunity for this but mostly it is lost in other "halla gulla". We need to work to improve on this issue.

Dr. Afzal Arain

The objectives outlined in the APPNA web site clearly define the direction APPNA should be taking. Unfortunately in our meetings, the focus is more on social and political, rather than professional activities (The Association is organized for educational and scientific purposes-----)

Dr. Naveed Iqbal

I have the following suggestions for the next Annual Meeting. Create a good APPNA COMMUNICATION BOOTH with the following setup:

A Local area network made up of a server and several terminals (maybe 10-20) in private temporary booths. An information database consisting of the current APPNA directory, maybe local visitor information and other important data etc. People can register for a small fee. The site can be utilized for networking, social contacts and match making. APPNA volunteers can do this or award it to a company to do it.

Some thoughts on FASHION SHOW. The APPNA meeting and its fashion show bring two opposites of the colorful spectrum; at one end we have a strict a segregation of sexes, hijab for women, men with pants above ankles, no dance, no ETOH etc. At the other end of the spectrum is a typical liberal "Western" party. Where are we heading? As an Institution, APPNA cannot provide a venue for liberal western culture without bruising the conservative majority. We should utilize the time and energy for engaging our youth in constructive activities like a forum for science projects, political dialogue and discussion, conflict resolution and career guidance.

Amin H. Karim

APPNA members get together once a year and use this gathering as a big social function and as a reunion and to renew acquaintances and maybe look for Rishia Naata, all in all for Halla Gulla and Gup Shupp. The rest is secondary. We should be addressing some of the following:

1- CME

2- Address legislative issues (of this country), organized medicine, involvement in local and community affairs, humanitarian issues, violence against us in this country and in Pakistan.

3- Emphasize and find solutions to issues that affect our children and young people in this country.

4- Learn to behave in this society and in our own large gatherings.

5- Acknowledge those who contributed to our society in USA and give them proper respect.

6- Social and musical aspects are important as these bring us together.

- 7- We should allocate our time in such a manner to give more time to address issues important to our membership.
 - 8- Maybe we should distribute those issues over 3 meetings that we have instead of trying to do it all in one annual meeting.
 - 9- Address issues that affect us back home in Pakistan.
 - 10- In these meetings we need to keep an OPEN MIND, learn to disagree without coming to verbal or physical blows.
- Dr. Busharat Ahmad (Recipient of Citizenship Award for the year 2002)*

Amina Moheyuddin (age 13)

I would like to let you know that I was terribly ashamed to be a part of this gathering. I attended the Saturday night dinner. Starting from dessert I could not believe that these people are well educated and civil. They attacked the food like vultures. If the rich and educated behave as such, what are we to expect from the poor? The next thing that was disturbing was the way people were shoving and pushing to get to the front doors before the show started. I thought grown-ups should have organized better but I was wrong. Last year I was the commissioner on the school council responsible for organizing school events. We did it in an administrative fashion. We would dismiss classes one by one and then would bring them back row by row in an organized fashion. But at this occasion it was opposite. I heard a woman shouting that kids were suffocating and would die so they better open the doors or she would call the police. The first thing I would have done is to ask people to come back in an hour. Then make a line and re-enter one by one to avoid the stampede. Well I am sure I will not be looking forward to go to the next APPNA meeting after all this and I am sorry if I offended anybody.

The boat ride was a harrowing event with hours in heat without water; lack of facilities on the boat and inadequate dinner boxes with no drinks. The Saturday night some of us found a place in the most remote, soundless, viewless part of the hall. The service was inadequate and food consisted of a dry cold piece of bread and cold Curry. It was painful to see my old parents in that situation.

Tahseen Rab

'By No Means Shall You Attain Righteousness Unless You Spend (in charity) Of That Which You Love,' (3.92)

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SUMMER MEETING - July 2 - 6, 2003
Gaylord Palm Hotel and Resort - Orlando, Florida
Shahid Usmani, M.D.
Chairman Host Committee Orlando 2003

Lets meet again. This time for real fun and excitement.

The annual APPNA gala is planned in the city of Orlando. The meeting is at the Gaylord Palms resort in Kissimmee, a new exciting facility in the heart of Florida. Set in the style and grandeur of the turn-of-the century Florida Mansion, this magnificent hotel offers extraordinary gardens under glass, endless entertainment and hospitality, incredible ambiance, leisure atmosphere and splendid décor of the 1400 rooms. The facade includes an Old World flavor in the St. Augustine guestrooms to the intrigue of the everglades. The Emerald tower provides the eclectic flavor of the Caribbean.

Stroll along the rugged wooden walkway through the everglade to an old hickory steakhouse. Walk along the wharf in Key West and savor fresh Florida seafood at sunset at Sam's fish club or climb aboard the 60-foot floating sailboat and enjoy a light fare. Relish a la carte dining in St. Augustine at the Villa de flora or a quick bite at one of the four café's. There are two large pools; world class 20,000 square foot spa and fitness center, nearby golf club and a kid's station. All in all a well rounded resort facility to cater to the needs of the entire family. To experience it your-self log on to www.gaylordpalms.com or call 407-586-2000. Furthermore Special rates at the Disney theme parks with 10% discounts for admission and free to and from transportation to the parks and hotel. A boat cruise to Bahamas is also planned if enough members register early. Come join your friends at this unique facility. The rates are desirable and we assure you of a memorable fun filled family break. Contact Dr. Usmani at 407-877-8300.



Key West Guest Room

50th Anniversary

Nishtar Medical College is celebrating its 50th anniversary. APPNA is pleased to announce a combined celebration in Nulltan, December 19 - 22, 2002. Please contact Dr. A. Rashid for more information. (304) 487-1431



Exotic Dressers
Dr. Imran and friend



"We have had enough!"

The 2003 election report

The officers for 2003 are:

- President - Dr. Raana Akbar
- President Elect - Dr. Omar Atiq
- Secretary - Dr. Hussain Malik
- Treasurer - Dr. Zeelaf Munir

Congratulations and best of luck to all of the office bearers

H.E.L.P

Hospital Equipment for Love of Pakistan (HELP) is a new self help based organization with the sole purpose of transferring used and donated medical supplies and equipment to Pakistani Hospitals. Last year over a quarter million dollars of medical supplies were donated. This year the scope is broadened to include durable and usable medical hardware. We are collaborating with International Hospital association a charitable U.S. organization.

Members interested in donating their time and resources are asked to contact HELP at Furrukhmalik@aol.com or tel. (225) 761-5465.

APPNA meeting - Fall 2002

The Fall meeting of APPNA is scheduled for October 4, 5 and 6 at the Millennium Resort in Scottsdale, Arizona. Features include a Leadership Seminar, Membership Issues, and discussion of a Women's Caucus in the APPNA organization. Please join us in Arizona. See the Registration Form on page 8 for more information.

SPECIAL ANNOUNCEMENT

There will be a KEMC meeting in Lahore along with the meeting of Family Practice Physicians. The dates are December 15-19.



The Ill-Fated #2 Boat



Some of the happy moments at the New York Meeting.

Association of Pakistani Physicians of North America

25th Fall Meeting - October 3, 4, 5 and 6, 2002
Millennium Resort, Scottsdale, McCormick Ranch
7401 North Scottsdale Road - Scottsdale, AZ 85253
(800) 243-1332 - (480) 948-5050 - Fax (480) 948-9113

REGISTRATION FORM

NAME _____
Last First Middle

ADDRESS _____

PHONE: (Office) _____ (Home) _____ FAX: _____

EMAIL: _____ Medical College _____ Year Graduated _____

APPNA Registration - Includes breakfast for Oct. 4, 5, 6 and lunch on Oct. 4, 5	_____	x (\$60)	_____
Saturday, October 5th at 7:00 p.m.	_____	Dinner and Entertainment	_____ x (\$65) _____
	_____	Sedona Tour	_____ x (\$25) _____
GRAND TOTAL			_____

PAYMENT (Please circle appropriate method) **No registration accepted without full payment.**

CHECK MASTERCARD VISA AMERICAN EXPRESS
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Please make your hotel reservations before August 15, 2002. This will help us to obtain additional rooms. Discount rate is \$149. Chairman Host Committee: Dr. Nadeem Kazi, Office (520) 426-1928, Home (520) 421-2423



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