1,804! And counting. We have the highest number of registered APPNA members that will be voting in this election. APPNA is fortunate to have four highly qualified individuals vying for positions in its leadership cadre. If this is a symptom of vitality then APPNA is at its vigorous best.

The bruising electioneering processes have become directly proportional to the preeminent place APPNA has started to occupy in the Pakistani-American polity. It is almost as if the election process is a part of a learning curve. Testing the mettle of the candidates probably confers maturity on an individual but it is an extremely unpleasant process. APPNA has in the last few years seen a rapid turn over of policy with the changing of guard. Each Presidential candidate has been elected on a different mandate. A suggestion has frequently been made to increase the term of the President to two years. In my view this could result in stagnation in the pool of aspiring leaders, of which we seem to have an excess, at this time. On the other hand strengthening the role of the Board of Trustees and the Committees would ensure continuity in the evolving design of the organization. The current Constitution and Bylaws Committee is working on these and other issues to bring APPNA in the twenty first century.

In the past ten years the internet has become a powerful communication medium. It has shifted the balance of power in the equation which controlled information. Before the internet, information was disseminated by the powerful elite. Now, anyone with a computer and an internet connection has the ability to reach anyone else at almost no cost. This has increased the participatory process. APPNA consists of two generations; those who came to this country before 1975, who are mostly uncomfortable with the new technology- and those who came after 1985, who are much more techno savvy. The older group has been responsible for promulgating the ideas which have provided direction to this organization. The younger generation has recently started taking an interest in APPNA. However, there seems to be a distinct generational divide that needs to be bridged.

It is important for APPNA members to understand the history of our organization. How did we become the predominant organization in the Pakistani Diaspora? What did it take to arrive where we are? History teaches and reinforces what we believe in, and leads us to the ideals we should be willing to take a stand for. History is always about cause and effect. The lessons of history are lessons of appreciation. Everything we have, APPNA as an institution, its constitution, its projects, is because somebody before us, did the hard work, provided the creative energy, made the sacrifices, and kept the faith. Indifference to history is a form of ingratitude. This is an era of momentous change; this is the time when we should be challenged to do our best. The possibilities inherent in this time are there to be grabbed. We will only do so if we have a clear sense of our past and who we are. The generation that is post '85 must learn the history of what went on before. Dr. Amjad Hussain, one of our past Presidents, is documenting the history of APPNA. This is our investment in the future. Similarly, the quality of the ideas flowing through the internet will determine the value of that discourse for our future. Positive ideas result in consequences which will improve the outlook for our community. It is up to the membership on the elist and message board to use their ideas to light the way for a better future.

A historical event in APPNA history has been the recent ACCME accreditation for a four year term. It has been Dr. Raza Dilawari's enormous dedication and work, which has resulted in carving out this milestone in APPNA's history. The Spring Meeting was a meaningful, well arranged meeting in which Dr. Busharat Ahmed, Dr. Iqbal Nasir, Dr. Shahid Yousof, and Mr. Muzzammil Malik played a key role. My thanks go out to all of them for a phenomenal job which was well done. The business of the meeting was conducted civilly, there were interesting seminars on civil rights and leadership, we were able to raise $50,000 dollars for APPNA SEHAT during dinner, and gratifyingly enough quorum was present throughout the meeting.

We will try to have a similarly successful and well arranged meeting in Orlando. We are looking forward to Seminars on post 9/11 challenges and coping mechanisms, civil rights, visa restrictions and licensure problems. The 12-14 hour continuing education program will be diverse and informative. Javad Ahmed will perform on Saturday and Saira Nasim will gladden alumni hearts on Friday night. The Mushaira will be on full force and we will have the usual complement of SAYA, CAPPNA and the Alliance programs. This year an exciting new addition will be the Social forum program which is geared towards our children who are older then 22 years of age. Drs. Shahid Usmani and Hafeez Qazi are working very hard to deliver one of the best meetings ever to you. As we go through this year, my effort will be to make APPNA economically stable and organizationally efficient. One of my promises on assuming office was that all our publications will be budget neutral. Since we were not able to solicit sufficient number of ads for the journal, we decided to postpone it until the summer meeting, at which time the association will be on a surer economic footing. Meanwhile this newsletter carries all the necessary pertinent information. Through out this year we have tried to economize. Hopefully the belt tightening will bring the much needed economic reprieve to our association. Please become a part of the APPNA family. We need to work together and make our community strong.
SUMMER 2004
YOUR TV WILL NEVER BE THE SAME

Introducing

BRIDGESTV

The first nationwide American Muslim TV channel on the planet.

Be a part of the first-ever nationwide American Muslim TV channel in North America.

With only $10/month annual commitment, you can bring on-air a nationwide Muslim TV channel in North America. We need 10,000 sign-ups to convince American media to carry the Muslim TV channel on their system. With your annual commitment, we will send you movies worth over $100 in value:

- **Muhammad: Legacy of a Prophet** (120-minute $3 million PBS film).
- **The Jar** (Winner of Hollywood Best Animation Feature Film, 2001).
- **Growing up Muslim in America** (Youth with prominent scholars).
- **American Muslim Stand-up Comedy** (Building bridges with humor).

Call 716-578-1317 or visit [www.bridges.tv](http://www.bridges.tv)

Make your Check or Money Order payable to Bridges TV in the amount of $132 for each annual commitment.

Send your order by: Fax: 707-885-1290; Mail: Bridges TV, 3900 Teachers Lane, Suite Six, Orchard Park, NY 14127

Name: ___________________________ (First) ___________________________ (Last)

Address: ________________________________ ________________________________

Credit Card: ___________________________ (Type) ___________________________ (Number)

Expiration Date: ________________________

Signature: ________________________

Email Address: ________________________

Telephone: ________________________

Cable/Satellite Co.: ________________________

Your Masjid: ________________________

$10 donated to your masjid

51 per month will be added for shipping and handling.

$10 donated to your masjid.
PRESIDENT ELECT'S MESSAGE

Dear Fellow APPNA Members,

Assalamo-Alaikum. The time for much needed realignment in APPNA has arrived. As this year gallops past us, we must seize this opportunity and prove equal to the task or forever hold our peace.

APPNA belongs to all of us, and it is important that we have an equal say in its affairs. Therefore, I need your input in planning our strategy for 2004, and your active participation in implementing our plans.

Please take some time out of your busy schedule and write down what APPNA should do, how it should do it, and more importantly, how you will help in that endeavor. Kindly send it to me at your earliest convenience.

Each one of us has to play our part, or else, we risk squandering this unique opportunity.

Thank you very much.

Yours truly,

Omar Atiq
Atiq@dnmail.com

SECRETARY'S REPORT

By Hussain Malik, M.D.

Dear APPNA Members,

Assalaam -O- Alaikum,

I would like to thank the membership for giving me the opportunity to serve you as APPNA Secretary this year.

MEMBERSHIP: as of April 30, 2003

Our membership has already reached to 1800. The main reason is due to hotly contested election for APPNA Secretary and President Elect. All four candidates have worked very hard to make new members. We are hopeful that membership will reach up to 2000 by the July meeting in Orlando, which will be maximum ever.

FINANCIAL STATUS

The financial reports are provided in the Treasurer and Finance Committee reports and I do not need to repeat them. But from the information available so far, it appears that this year's summer meeting in Orlando will be financially more productive.

SUMMER MEETING IN ORLANDO

Preparations are underway for the summer meeting. Dr. Shahid Usmani, Dr Mohammad H. Qazi and other members of the Host Committee are working hard to make it a memorable experience for the members and their families. So far 700 rooms have already been sold. For the music program Ms. Saira Nasim will perform during the Alumni Night on Friday, while Mr. Jawad Ahmad is expected to enthral the audience for APPNA dinner Saturday Night.

SPRING MEETING IN DETROIT

I would like to thank Dr. Iqbal Nasir and other members of the Host Committee for organizing an excellent meeting. The Michigander Hospitality, the Food and the Sitar music program were all exceptional.

During the Executive Council meeting the new concept of the speaker for the meeting was introduced. This helped the meeting to be conducted smoothly but it still lagged behind the schedule. We must streamline the process of conducting the meeting in a timely fashion and stop discussions on extraneous issues. Two new Chapters, i.e. The New England Chapter, and the Ohio Chapter were approved. The changes in the Constitution and Bylaws were discussed but we could not agree on the role of the Regional Counselors and different Chapters representation in the Executive Council. The most significant part of the meeting was the discussion of how to conduct the meeting, our involvement and role in our local communities and how to deal with the news media.

In addition there was a very informative and much needed discussion on Civil Rights and Civil Liberties by a very able panel. We must always be willing to stand up and speak out for free speech of our Civil Rights and Civil Liberties.

FUTURE DIRECTIONS OF APPNA

There was a brainstorming session for the future of APPNA but there was too much discussion and too little time that no concrete suggestions could be made. We plan to continue the discussion during the upcoming Summer Meeting in Orlando.

Respectfully Submitted,

Hussain Malik, APPNA Secretary 2002

Graphic Design and Layout

Lynette Zeitler, Quebecor World Midland, Midland, MI
APPNA Executive Council Meeting April 17th- 20th 2003. Marriott Hotel, Detroit, MI

continued on page 15

APPNA Newsletter, Vol. 13, No. 2, Summer 2003
Asalam-u-laikum. In addition to the financial statements, I had presented a brief overview of some financially relevant issues in our spring newsletter. Here I am outlining further some recommendations.

1. We are financially stable at this time, yet we need to be mindful and proactive with our fiscal management to avoid depleting our reserves in the future.

2. We need to align our fiscal policy and management with short term (current years) and a long term (at least 3 years) strategic plan for the Association.

3. To do that we need more coordination and communication among officers and with relevant committees. The committees with large budgets, such as the convention host committee and publications committee, should present their budgets early in the year, so that appropriate projections for the year can be done.

4. There is a strong case for hiring an executive director, however, as per the fiscal budget for this year, we do not have the resources yet.

5. Requirements for re-certification of component societies need to be strictly enforced.

6. Centralized meeting registration for alumni night to be considered by the executive council to streamline collections and payables.

### APPNA BALANCE SHEET
March 31, 2003 AND 2002

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>2003</th>
<th>2002</th>
</tr>
</thead>
<tbody>
<tr>
<td>GENERAL FUND:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash in bank</td>
<td>$25,764</td>
<td>$25,404</td>
</tr>
<tr>
<td>APPNA SEHAT FUND:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash &amp; Investment</td>
<td>$2,924</td>
<td>$42,013</td>
</tr>
<tr>
<td>LIFETIME DUES FUND:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Investment - Market value</td>
<td>$645,214</td>
<td>$717,112</td>
</tr>
<tr>
<td>RELIEF FUND:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash in Bank</td>
<td>$10,980</td>
<td>$16,609</td>
</tr>
<tr>
<td>MEETINGS FUND:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and Investments</td>
<td>$173,107</td>
<td>$206,198</td>
</tr>
<tr>
<td>SPECIAL PROJECTS FUND:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash in Bank</td>
<td>$19,961</td>
<td>$26,528</td>
</tr>
<tr>
<td>TOTAL OF CASH AND INVESTMENTS</td>
<td>$877,950</td>
<td>$1,003,864</td>
</tr>
<tr>
<td>FIXED ASSETS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Office Condo, at cost</td>
<td>$100,590</td>
<td>$100,590</td>
</tr>
<tr>
<td>Furniture &amp; Equipment</td>
<td>$21,755</td>
<td>$21,755</td>
</tr>
<tr>
<td>TOTAL ASSETS</td>
<td>$1,000,295</td>
<td>$1,156,209</td>
</tr>
<tr>
<td>EQUITY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NET ASSETS</td>
<td>$965,817</td>
<td>$1,107,511</td>
</tr>
<tr>
<td>TOTAL EQUITY</td>
<td>$1,000,295</td>
<td>$1,156,209</td>
</tr>
</tbody>
</table>
**FINANCE COMMITTEE REPORT**

By Zedaf Munir, MD

LIFETIME DUES FUND as of April 7, 2003 and December, 31 2002

<table>
<thead>
<tr>
<th></th>
<th>Soloman Smith Barney</th>
<th>Soloman Smith Barney</th>
<th>Rittenhouse Large Cap Growth Bal</th>
<th>Oppenheimer Large Cap Value Bal</th>
<th>Lord Abbott Small/mid cap Value</th>
<th>TOTALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Directed Money Market</td>
<td>0.00</td>
<td>183,143.56</td>
<td>203,404.22</td>
<td>156,771.43</td>
<td>86,103.64</td>
<td>629,422.85</td>
</tr>
<tr>
<td>Directed Preferreds</td>
<td>2,250.00</td>
<td>207,000.00</td>
<td>200,542.75</td>
<td>154,914.28</td>
<td>79,615.78</td>
<td>644,322.81</td>
</tr>
<tr>
<td>31-Dec-02</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7-Apr-03</td>
<td>2,250.00</td>
<td>207,000.00</td>
<td>200,542.75</td>
<td>154,914.28</td>
<td>79,615.78</td>
<td></td>
</tr>
</tbody>
</table>

The committee conducted its business via teleconference.

The following recommendations were made:

1. Asset allocation to be a 60% Stock/Growth and 40% Preferred/Income stocks.

2. Since bonds and preferred stocks suffer setback when interest rates rise we will be investing in premium preferred stocks.

3. Established minimum investment criteria for the preferred stocks – A3 by Moody’s and/or A- by Standard & Poor’s with at least a yield to call of 5%.

4. Limit Strategy:
   To protect the downside we will be notified to take action if –
   a) Preferred stocks drop to $22.00 or downgraded to BAA 3 by Moody’s and/or BBB- by Standard & Poor’s.
   b) Money Managers – appreciation or decline by 10-15% from quarterly Totals.

Thank you for allowing me the opportunity to serve as your treasurer and chairperson of finance committee this year.

---

**Smart People make smart financial decisions,**

starting with who manages their money.

---

**Investment decisions in the Azzad Ethical Income Fund and the Azzad/Dow Jones Ethical Market Fund are made by Wright Investors’ Service:**

- **Established,** in 1960, Wright is a global investment firm.
- **Trusted,** managing over $2.5 billion.
- **Professional,** always seeking to achieve consistent results.
- **Creator** of Worldscope®, the world’s premier corporate financial database.
- **Disciplined,** investment approach that balances risk and return.
- **Halal** investment criteria used to help you stay in line with your values.

**www.azzadfunds.com**

For complete information about the Azzad Funds, including risks, charges and expenses, call for a prospectus. Read it carefully before investing. Past performance does not guarantee future results. Distributor: Lloyd, Scott & Valenti, Member NASD & SIPC. 7701 N. Lamar Blvd, Suite 408 Austin, TX 78752.

---

**APPNA Newsletter, Vol. 13, No. 2, Summer 2003**
Welcome to
APPNA's 26th Annual Summer Meeting
July 2 - 6, 2003
Gaylord Palms Resort
6000 Osceola Parkway
Kissimmee, FL 34746

On behalf of the local host committee it gives me great pride in inviting you to the city of Orlando, for the 26th annual summer meeting. This will be the first meeting held in a true resort setting, offering extraordinary amenities. Here you will experience gracious southern hospitality in a comfortable environment. Excellent resort rates have been negotiated for the meeting, which will serve to make for a real treat for you and your family.

Please visit the resort website at www.gaylordhotels.com or by clicking on the Gaylord palms link on the APPNA website. The resort is located just outside the Walt Disney World Resort Complex and also lies in close proximity to Universal Studios and Sea World. Discounted tickets and complimentary transportation to the above attractions will be available to our meeting's attendees, making this an extraordinary vacation opportunity for the entire family.

We have also arranged for Travel Discounts:
Delta Airlines (call 1-800-241-6760, APPNA file # 195866A)
Northwest Airlines (call 1-800-328-1111, APPNA file # NMZYR)
Hertz Car Rentals (call 1-800-654-2240, APPNA file # 02EV0004)

Please mention APPNA summer meeting when making reservations by calling the above telephone numbers). This year we are also offering meeting and resort reservations on line at the APPNA web site at www.appna.org for your convenience.

Dr. Raana Akbar, President APPNA has provided leadership and guidance to the local host committee in preparing for this meeting. We are also indebted to Dr. Mushtaq A. Khan for his invaluable input in coordination and planning. The host committee is working diligently to make our annual summer meeting this year into a most memorable event and an exciting vacation for the entire family.

I sincerely thank the chairpersons and members of the various subcommittees, without whose help and hard work this meeting could not be a success. If you should have any questions or would like further information please do not hesitate to call me or any committee chairperson.

We look forward to seeing you here in Orlando in July.

SHAHID F. USMANI, MD
Chairperson
Local Host Committee
APPNA's CME Program: A Brief History

The Association of Pakistani Physicians of North America (APPNA) is a not for profit organization that aims to promote education and scientific research. Although education is the fundamental goal of APPNA, it took more than a decade for APPNA to attempt to fulfill this educational objective through a credible CME program.

At the annual summer meeting in St. Louis, Dr. Shabbir Safdar opened the floor for discussion of an accredited CME program. In 1998, then APPNA president Dr. Durdana Gilani, asked the Research, Education, and Scientific Affair Committee to look into the process of independent accreditation for APPNA by the Accreditation Council for Continuing Medical Education. This charge was given to the committee at the fall meeting of the Executive Council and began the long process of obtaining accreditation. The responsibility of accreditation was given to a committee member, Raza Dilawari. In 1999 the pre-application was submitted and ACCME ruled that APPNA could apply for accreditation. The application was submitted in 2000, and in 2001 APPNA's CME program got provisional approval for two years.

In 2002, another application was submitted and received the approval for the next four years. Since 2001, APPNA has provided credits to annual meetings and the contents of meetings continue to improve. There is an average of 450 attendees at the annual meeting with very constructive and positive feedback from the participants.

Where do we go from here? We would like to continue to improve the quality of the program. We would like to have a database of our faculty (APPNA members who are in academics) and promote participation of physicians in training by providing opportunities for them to present their research.

Suggestions and feedback are essential for success; as is your involvement in APPNA. Several people have worked very hard to help APPNA reach its goals of promoting education and helped to get us where we are today. Many continue to work behind the scenes, whether through fundraising efforts or arranging meetings and helping with the process of ACCME accreditation. Key participants in the CME efforts for APPNA include Drs. Shabbir Safdar, Najam Awan, Arif Muslim, Durdana Gilani, and last but not least Helen Allen, our CME administrative assistant.
## Accreditation Statement

The Association of Pakistani Physicians of North America (APPNA) is accredited by Accreditation Council for Continuing Medical Education to provide CME for physicians. APPNA takes responsibility for the content, quality, and scientific integrity of this CME activity.

This activity is approved for the total of 14 credit hours of Category 1 towards physicians recognition award by AMA. Each attendee should claim only the hours he or she attended.

Raza A. Dilawari
Chairman Research, Education and Scientific Affair Committee of APPNA

### Thursday, July 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-10 AM</td>
<td>Current Status of the Management of HIV Prof. Mobeen Rathore</td>
</tr>
<tr>
<td>8:30-9 AM</td>
<td>SARS and its Global Implication in Light of Bio-terrorism Dr. Ali Shan Khan</td>
</tr>
<tr>
<td>9-9:30 AM</td>
<td>Management of Sinusitis and Common Skin Infections Dr. Hendrick</td>
</tr>
<tr>
<td>9:30-10 AM</td>
<td>Domestic Violence and Physicians TBA</td>
</tr>
</tbody>
</table>

### Friday, July 4

**Parallel Session I (Pediatrics) 8-10 AM**
Moderator: Prof. Mobeen Rathore

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-8:30 AM</td>
<td>Asthma in Children Dr. Shahid Sheikh</td>
</tr>
<tr>
<td>8:30-9 AM</td>
<td>Otitus Media in Children Dr. Kaukab Saeed</td>
</tr>
<tr>
<td>9-9:30 AM</td>
<td>ADHD Dr. Colin Condron</td>
</tr>
<tr>
<td>9:30-10 AM</td>
<td>Vaccines: Myths and Reality Prof. Mobeen Rathore</td>
</tr>
</tbody>
</table>

**Parallel Session II (Geriatrics) 8-10 AM**
Moderator: Dr. Amna Buttar

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-8:30 AM</td>
<td>Urogenital Problems in Elderly Females Prof. Masood Naim</td>
</tr>
<tr>
<td>8:30-9 AM</td>
<td>Problems of Prostate Cancer and BPH in the Elderly Prof. Saleem Afridi</td>
</tr>
<tr>
<td>9-9:30 AM</td>
<td>Acute Management of Stroke Prof. Saeed Bajwa</td>
</tr>
<tr>
<td>9:30-10 AM</td>
<td>Management of Depression in the Elderly Dr. Abid Mian</td>
</tr>
</tbody>
</table>

### Friday, July 4

**General Session 10:15-12**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:15-11 AM</td>
<td>Lipids in Causation of Coronary Artery Disease Prof. Rahimtoola</td>
</tr>
<tr>
<td>11-12 AM</td>
<td>HIPPA Compliance for Small Practices Dr. Arif Toor</td>
</tr>
<tr>
<td>12-2:30 PM</td>
<td>Lunch Alumni Meetings and Jumma Prayer</td>
</tr>
</tbody>
</table>

### Saturday, July 5

**Breast Cancer Symposium 8-10AM**
Moderator: Prof. Shabbir Safdar

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-8:20 AM</td>
<td>Genetics of Breast Cancer Dr. Rizwan Naeem</td>
</tr>
<tr>
<td>8:20-8:50 AM</td>
<td>Adjuvant Treatment of Breast Cancer Prof. M. Jahanzeb</td>
</tr>
</tbody>
</table>
12-12:30: Lunch

12:30-2PM
Licensure, Visa Requirements, and Other Issues for Foreign Medical Graduates Seeking Residency in the United States: A Panel Discussion
Moderator: Dr. Bushart Ahmed

Acknowledgements
APPNA gratefully acknowledges the support of the following pharmaceutical companies:
Aventis
Roche
Shire
Astra Zeneca
Novartis
Mead Johnson

SAYA Seminar and Debate
Preliminary Program

Friday, July 4th, 2003:
8am-10am
College Prep Seminar
Debate on “Islam’s survival depends on its liberal revival”. 13-24 year-old SAYA members are invited to contest.

Saturday, July 5th, 2003
8am-10am
Career Development Seminar
The APPNA-SEHAT Health Program in Pakistan is bringing amazing changes in the thought process of people in Pakistani villages. For the first time ever they have been exposed to the power of community organizations and joint efforts. This awareness has brought out many wonderful things that they never thought they could independently.

Over the past many years we have been reporting to you how Appna Sehat has been doing mass immunization of infants and women of child bearing age and how the infant mortality and maternal mortality rates have come down significantly in our areas of operation. Now, we would like to share with you some of the Non-Medical Achievements of these people and the unbelievable amount of work that they are doing of their own without any help from us. These achievements include:

♦ Installation of hand pumps for clean water.
♦ Construction of sanitary latrines.
♦ Purchase of syringes for inoculation.
♦ Establishment of funds for poor people in their community.
♦ Donation of equipments to local schools.
♦ Village street maintenance.
♦ Establishment of computer center.
♦ Construction of bridges over water channels.
♦ Plantation of trees for community.
♦ Establishment of medical dispensary (Sehat Markaz)
♦ Starting vocational centers for such activities as such as embroidery and sewing.
♦ Construction of pony tracks and play grounds for school children.
♦ Construction of local sewerage and waste management system.
♦ Developing contracts with government agencies to speed up electrification or installation of transformers.

Starting veterinary dispensaries through contacts with live stock department.

Thanks to the simplicity of our initiatives and the commitment of our volunteers, the bang for our donated buck we are getting — at the meager cost of one dollar and forty cents per person — is really quite impressive. Present APPNA leadership considers this project so important that we have made it our top priority. At the recent Executive Council meeting held in Detroit on 17th April, 2003, APNA committed itself to run this project on its own and to make it financially viable. It launched a program of fund raising that will continue indefinitely.

Our goal is to establish an Endowment fund of two million dollars to make APPNA-Sehat independent and self-sustaining. This program deserves your strong support in the form of Zakat, Sadqa and Qurbani donations. Please donate generously. Your contributions will help us in spreading this program to all the villages in Pakistan.

I am very grateful for your generosity and commitment to this noble cause and would like to thank all of you for your time and support. If you have any question or need more information about Appna Sehat, please feel free to contact me any time.

Please note that all donations are tax deductible.

Drs. Durdana Gilani, Zaheer Ahmad and Omar Atiq devising strategy for APPNA-Sehat.

Dr. Zaheer G. Ahmad is Co-Chairman APPNA-Sehat Committee and can be reached at: zaheergahmad@aol.com

JOIN THE eLIST

Members of the Association of Pakistani Physicians of North America can now join their own news and discussion forum on the internet. This is a large collection of members linked through their current email addresses. Members are free to write their views, impressions, suggestions, comments on interesting articles in the media etc. Likewise, important announcements from the APPNA Central Office are sent expeditiously via email. If you have access to internet, please go to http://www.appna.org and click on “forums”. From the drop down menu, select elist and then click “subscribe”. If the message says that you are not on our database, please send an email to me at at akarim@bcm.tmc.edu or kardio@swbell.net. Phone 713 797 9955. and I will add you the database.

Once you are on our list, please expect anywhere from 10-20 messages a day from the members. You may unsubscribe any time you wish by following the above procedure.

Amin H. Karim MD
Moderator APPNA eList
Attention Young Adults!

The APPNA Social Forum has been re-activated for the young adults of the APPNA family that are over 22 years old.

This Forum aims to facilitate social interaction among the young adults of our APPNA family. Besides providing an opportunity for networking with like-minded individuals, the Forum will also develop a Support Network that will provide opportunities for our young adults to become involved in community service projects both locally and in Pakistan.

Please join us at this year's APPNA Summer Meeting in Orlando for the re-inaugural meeting. On Friday July 2, 2003, we plan to have a "Getting to Know You" party, followed by an open forum with a panel discussion on the morning of Saturday, July 3, 2003. Please make every effort to attend. This is going to be a wonderful way to meet new people and make new friends and we look forward to seeing you there!

The application form for membership to the Forum is available at the APPNA website under "FORMS". Every applicant must be sponsored by an APPNA member. The membership fee is $25.00. For details contact Razia Chishti at: razi_l@hotmail.com

FREE FINANCIAL CONSULTATION.
INVALUABLE ADVICE.

In today's challenging markets professional advice and insight are more important than ever. Take advantage of a complimentary consultation from a Smith Barney Financial Consultant and see how we can help you.

- Establish an investment strategy to help achieve your long-term goals
- Maintain focus on your investment objectives in challenging markets
- Reevaluate and diversify your current portfolio
- Determine your risk tolerance

To schedule your complimentary financial consultation, contact:

Asif S. Fakroddin
First Vice President—Investments
Financial Consultant
Retirement Planning Specialist
10 S. Wacker Drive, Suite 2800
Chicago, IL 60606
(800) 621-5231 Ext. 3541

The Human Sun
Mariam Husain

Upon our wake, bringing its light
Burning boldly, with such great might.
Shifting its course, hour by hour
Till we reach 12, the zenith of our power.
What hurry we go in
Unable to see the light in our premature sin.
Darkness becomes our home for a lifetime

Soon we reek of the dark filth we once wore.
End of innocence, Fall of Man
Propaganda to sell to the illusioned fan.
Was it not in our hearts that let such fire
come forth.
Or was it the burning ball that came east
from our north.

Mariam graduated from Centerville High School in Ohio this year. A gifted poet, Mariam was a semi-finalist in the recent poetry competition organized by the International Library of Poetry.
Fatima Jinnah Medical College Alumni Report
Fauzia Rana, MD

As I write this message our community is going through difficult times. American landscape is different after the 9/11 tragedy. "During the last year we have seen subtle but persistent assault on our civil rights and as a consequence, there is a manifest uneasiness that permeates our gatherings." Most of us chose to live in this country because of opportunities, democratic values and, most of all, freedom. Democratic values and practices change with the will of people. Democracy also imposes that the majority will rule but in its positive form it must ensure that the rights of minorities are also protected. Since Sept 11, 2001 we have seen erosion in the rights and liberties of minorities in this country. We, therefore, must struggle for the preservation of civil rights but we must work within the system to be heard.

In addition to individual efforts, we must assert ourselves as a community. As we all know the voice of a group is louder and is heard more clearly. Also, the bigger and stronger a group is the more effective it can be. We are fortunate that we have a strong and well organized group in the form of APPNA. However, we must make it stronger. This can only happen if each one of us takes an active role and gets involved in the organizational process. We have to make sure that our organizations are truly representative.

I would encourage all FJMC Alumni Association members to step forward and play an active role in your organization. I would like to urge those who have not become a member yet, to pick up your pen and fill out the membership application to join FJMC Association and APPNA. We all owe this to our college, to our community and to our country.

Our relatively few alumni have contributed significantly to APPNA through the leadership of Dr. Murtaza Arain, Dr. Afzal Arain and Dr Latafat Hamzavi. Dr. Kimat Gul Khatak was gracious enough to offer his services to be the secretary/treasure of our alumni. His email address is: kkhatak@aol.com. We are both eagerly awaiting your renewed commitment towards your alumni. Your constructive criticism and your membership dues (annual or life) are welcome. Your cooperation in advanced planning of our next meeting by earlier registration will also help us provide better quality of service.

Finally, for those Liaquatians, who for reasons best known to them have simply walked away from APPNA and from Liaquat Alumni Association; I urge them to reconsider their decision. The fact remains that one cannot bring about any changes in any institution by not participating. So please become a member. I have started my term with manifold aspirations for our alumni. May just motives and dignity of thought remain the basic ingredients for the recipe aimed at strengthening our Alumni Association.

Quaid-E-Azam Medical College Alumni Report
Manzoor Tariq, MD

The Quaid-E-Azam Medical College Alumni of APPNA is proud of all we have accomplished in the past year. We had our second official meeting as an alumni last year during the APPNA conference. During our dinner, we had a great turnout of which we are very proud. We hope to have many more members present at the upcoming APPNA in July 2003 because our membership is constantly increasing.

A few months ago, the current principal of Quaid-e-Azam Medical College, Major Amin met with me in St. Louis. We discussed current events and progress at the college. Major Amin was very thankful for the two computers we donated to them. We are also sending medical journals for use at the college. Our alumni are also working on developing a scholarship for deserving candidates at the college. There are numerous other projects in the offing as well.

Liaquat Alumni Report
Izhar Hague, MD

It is both a privilege and a challenge to succeed Dr. Mahmood Qalbani to the presidency of Liaquat Alumni Association. Observing the attendance record of our Alumni Association's annual meetings over the last few years meetings (with attendance ranging from 35 to 110) it has become quite obvious that the venue and the timing of Sindhi Association meetings have a direct impact on Liaquat Alumni meetings. It would be beneficial for our mutual growth and strength if Sindhi Association could merge at least one of its meetings with Liaquat alumni's annual meeting.

King Edward Alumni Report
Shahzad Sadiq, MD, FACR

I am pleased to write this report as we prepare for the summer meeting in Orlando. It is a pleasure to serve as the president of KEMCAANA, one of APPNA's main component societies. We are actively reorganizing our entire operation.
and refocusing our goals in view of the post-9/11 logistical problems.

Our membership has been flat because we have not extended a heavy discount in the life-membership fee. Nevertheless, we remain strong although not yet achieving our target of 500. Our representation in APPNA remains the highest of all component societies.

The 9/11 attacks have adversely affected our PGE Program. We have discontinued two of these programs but the other two programs are still accepting residents recommended by us. In fact, University of Tennessee has agreed to accept two residents this year. A total of three graduates were selected during the interviews in last December and those will begin residency this July in Monmouth Hospital in New Jersey, and in University of Tennessee. However, the mini-fellowship program has been put on hold for now and we will give it a second look in due time.

We continue to provide donor support and guidance to the Model Medical and Surgical Wards that had been set up at Mayo Hospital many years ago. These programs had been initiated to improve the care given to the poor at this hospital in Lahore, as well as to provide optimal training and research facilities for the graduate and post-graduate students of KEMC.

The KEMCAANA Village Project was started with the intention of providing a basic health and education development in Pakistan. This project too is beginning to take shape. The land for a possible site has been pledged and negotiations with the government are taking place. We have collected a significant sum of donations for this project, primarily through the efforts of Dr. Asim Malik.

Many years ago, the computer laboratory project was begun in an effort to improve the graduate and post-graduate education in KEMC. We have transformed this project into a brand new set-up financed by KEMCAANA. The laboratory moved into new quarters last December and is now functional with fourteen computers and a server provided by KEMCAANA. We continue to provide annual financial support to this laboratory for maintenance.

The Scholarship Endowment Fund was started as Dr. Aftab Qureshi Memorial Fund by his widow Dr. Faiqa Qureshi to award scholarships to the needy students of KEMC. It was then expanded to include other donors with similar intentions. The scholarship is awarded by the faculty and administered by KEMCAANA. This endowment fund is now supporting ten students, two in each year of medical school. It is our hope that other alumni organization will join us in this project and expand this to their organizations. We will be glad to administer such a joint venture.

KEMCAANA has established a temporary office and hired a part-time secretary to coordinate our activities, organize meetings, maintain membership records, and archive reports.

The Free Clinic Project is a new project being launched this year. While the primary function of any alumnus is to support education and special project in their parent organization, we tend to forget that we owe something to the communities in which we live and earn our living. I believe that we should spend some time and effort to help the indigent population here and serve the underprivileged and underinsured. Instead of opening KEMCAANA or APPNA free clinics, I have suggestions to participate in numerous free clinics that already exist in our communities throughout USA. This will not require investment, but does involve donation of our time and professional service. Please join me in this noble cause. In our upcoming meeting I intend to present a plan to coordinate such participation in the free clinics throughout USA.

We continue to strive for the best. On behalf of the Executive Council, I would like to thank the membership for their continued support and goodwill. We are looking forward to seeing you in Orlando and request all KE graduates to make sure to attend the Executive Council and General Body meetings, and dinner/entertainment program on Friday July 4, 2003.

Please fax a copy of your medical license to APPNA Main Office for verification of members and voting status.

Fax Number: 630-968-8677

PAKISTAN NEEDS YOU!

TAKE THE CHALLENGE OF SERVING THE COUNTRY THAT GAVE YOU A HEAD START IN LIFE. YOUR PROFESSIONAL EXPERTISE IS MOST IN DEMAND HERE!

Shifa International Hospital is a comprehensive and tertiary healthcare facility located in the beautiful and peaceful city of Islamabad, Pakistan.

We require consultants in ALL SPECIALITIES

Please mail/fax / e-mail your CV to:

Dr. Manzoor H. Qazi Medical Director
SHIFA INTERNATIONAL HOSPITAL
SECTOR H-8/4,
ISLAMABAD, PAKISTAN
Tel. No. 92-51-4446801-30 Ext. 3342
Fax No. 92-51-4446879
E-mail: shifamd@hotmail.com
"By No Means Shall You Attain Righteousness Unless You Spend (in charity) Of That Which You Love." (3:92)

With your tax deductible donation Mercy-USA can continue its life saving support throughout the world.

- Economic Development
- Agricultural and Animal Husbandry Programs
- Education and Youth Development
- Health Promotion
- Disaster Relief
- Food and Shelter
- Ramadan Iftar

**PLEASE HELP! CALL NOW 1800-556-3729**

Website: www.mercyusa.org E-mail: mercyusa@mercyusa.org

<table>
<thead>
<tr>
<th>In USA:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mercy-USA for Aid and Development</td>
</tr>
<tr>
<td>44450 Pinetree Dr. Ste. # 201</td>
</tr>
<tr>
<td>Plymouth, MI 48170-3869</td>
</tr>
<tr>
<td>Tax No. 38-2846307</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>In Canada:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mercy-USA for Aid and Development (Canada)</td>
</tr>
<tr>
<td>Fiesta R P O</td>
</tr>
<tr>
<td>P O Box 56102, 102 Hwy # 8</td>
</tr>
<tr>
<td>Stoney Creek, ON L8G 5C9</td>
</tr>
<tr>
<td>Tax No. 89458-5553-RR0001</td>
</tr>
</tbody>
</table>

Contribution Form

Name (Please print)

Address

City State/Province Zip/Postal Code

Telephone Fax

E-mail

□ Enclosed is my gift to help the needy.

□ My check is enclosed

Major Credit Cards accepted:

□ Visa □ MasterCard □ Discover

Card No. Expires

Authorized Signature Date
Luxury Living in Pakistan

It's Good To Be Home
American Style Luxury Condominiums In Lahore

You deserve an ideal location with all facilities of modern life and Rehman Gardens offers all that and much more.

Accommodations
- 3 bedrooms w/ Attached Bathrooms
- Drawing / Dining Rooms
- Kitchen
- Front and Rear Balcony
- Tiled Staircase
- Adequate Sun Light and Air Circulation Provisions

Special Features
- Protective Wall w/ Central Security System
- Swimming Pool, Gymnasium, Community Hall
- Supermarket, Mosque, Playgrounds
- Wide Carpeted Roads, Sewerage Systems
- Sui Gas, L.T. Electric Wiring, Underground Telephone Cables
- 24 Hour Gated Community, Guaranteed Upkeep and Maintenance

Contact: Shahbaz Khan
WWW.REHMANGARDENS.COM (602) 750 - 9730

Association of Pakistani Physicians of North America
6414 S. Cass Avenue
Westmont, IL 60559
(630) 968-8585, (630) 968-8606
FAX: (630) 968-8677