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December 1985, centennial silver jubilee of KEMC – In traditional crimson college jacket on a beautiful mid morning of December in Lahore, I was an active participant to an event which was singular in the history of my medical college. We were hosts for the 125 year celebration of our college and to the Alumni members visiting from abroad. The atmosphere was electric as our historic college was transformed into a multi event theatre. The guests came from all over, each with his/her own success story and shared their achievements with all the students. All across the campus the traditional intense academic ambience was interrupted by large multicolored collages, an abstract rendition of extraordinary nature.

We were young and nonchalant. The pictures in the recently published “appna qissa” captured that quintessential spirit. In that faded picture I stood next to a lot many of familiar faces. I stared imperceptibly longer than usual that my daughter picked up and wondered about her father day dreaming.

December 1989, Patiala Block – I met Dr. A. Toor for the first time. He and Dr. Akbar conducted the interviews for the Alumni sponsored residency positions at the University of Connecticut. He looked deep into me as he asked about sarcoidosis and its presentations. I got the job when I mentioned the complication of diabetes insipidus. He laughed at the comment when I met him on arriving from Pakistan at the JFK next summer. (He had come all the way from Connecticut to pick me up).

There he was on the pages of “appna qissa”, with many of other Alumni members. His usual infectious smile and overflowing enthusiasm.

Summer of 2001 Chicago, – The Appna summer convention in Chicago transformed this association. Social and political venues were strengthened. I met Drs. Riaz, Suleman, Naseem Ashraf and many others who exuded purpose in the endeavor and a commitment unsurpassed by many. A large group of people adding depth and sincerity to this family of ours.

Summer of 2004 Washington – In professional thinking there are two kinds of people, shaft sinkers or pyramid builders. The shaft sinkers hope to blast one big drill and hit oil. There effort is mighty but singular. Some of them may get lucky but majority are not rewarded. The pyramid builders painstakingly place brick by brick based on merit and strength and lay a foundation. Slowly across many disciplines they add to the foundation. It sometimes takes for ever to build but the assembly is strong and lasting. The pyramid is a reflection of its builders as well as a testament to the strength of its individual components. I believe appna has a majority of pyramid builders, slow and methodical. Across the pages of this beautiful book “appna qissa” they create a fine composite. Had it not been for Dr. Amjad Hussain (a Pyramid builder) and his work to define this pyramid, we all would have missed the APPNA collage.

Thank you, all of you.
Dear APPNA members

Thank you for accepting me to serve APPNA as a Secretary 2005. I appreciate your confidence in me. As a treasurer I am focusing on improving the clarity and accountability in account management of our funds. The complete report will be presented in October at the executive council meeting. I need your vote and support.

**Services to APPNA**
- Secretary elect APPNA 2005
- Treasurer APPNA 2004
- Chairperson of Finance Committee 2004
- Chair Winter Meeting in Karachi 2003
- Founder and Past President of Arizona Chapter of APPNA
- Chairperson of Membership Committee – 2003.

**Increase the membership from 1880 to 2200, largest ever in APPNA history**
- Co chair Finance Committee – 2003, 2002
- Member Bylaws and Constitution Committee – 2003 & 2004
- Chair Host Committee APPNA fall executive meeting – 2002

**Establishes new standards for the fall and spring meeting of APPNA**
- Co chair Membership Committee – 2002
- Member Finance Committee – 2000
- Member Membership Committee – 2000, 1999
- Member Executive Council – 2000 and 2003

**Services to SMCAANA**
- President – 2000

**Increase membership from 45 to 230 in one year**
- Vice President – 1998 & 1999
- Chair winter meeting SMCAANA & APPNA 2003
- Member, Board of Trustee – current

Started an ongoing ACLS training program in Pakistan during my presidency
Publish the first ever Membership Directory.

**My Goals**
- Uphold APPNA constitution by working together and enhance the reputation of our community in the United States.
- Provide a strong platform to APPNA members to promote the interests of APPNA members in North America. Provide legal assistance and resources to protect our civil liberties.
- Continue existing programs with fiscal responsibility.
- Focus more on human rights issues in Pakistan and United States.
- Educate our members regarding current circumstances and assist them members to integrate socially, politically, and professionally into their communities without losing their own identity.
- Facilitate IMGs to obtain Visa and Residency Positions

I believe in team work. I will serve my position faithfully as a team leader to deliver the best of the best for the organization. I need your help and support to achieve these goals. I am taking the opportunity to announce my candidacy for the position of President Elect of APPNA in upcoming elections. We will move forward with your support, should achieve what is rightfully ours. I request your vote.
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Civil Rights vs. Civil Wrongs

My recent visit to India and Pakistan was an eye opening event to look back at our biological and adopted homelands and look at the prospect of APPNA at present and future.

The three great monotheistic faiths, Judaism, Christianity and Islam spring from the same root, the faith of Abraham. They teach common values and principles which can and should be a unifying force among their believers – respect for freedom, justice, equity and compassion summed up in the commandment of our one God to love others as we love ourselves. In the words of the Prophet, Mohammed PBUH— "none of you is a believer until he wants for his brother what he wants for himself".

We are seeing APPNA transforming into a vibrant and powerful organization for advocacy and proving its worth for the charity of all kinds. The last two marvelous meetings in Orlando and Washington DC has raised APPNA statue to the new heights. Many of you might know that APPNA members in 2004 have donated more than half a million dollars to charity. This is just the tip of the iceberg as APPNA has unlimited potential if we stick to our core values of participative democracy, tolerance and goodwill towards others.

In US we celebrated the 40th anniversary of the signing of the Civil Rights Act on July 2, 2004. This long fight has granted black population "civil rights," to share restrooms, restaurants, theaters, water fountains, and various other facilities and accommodations with white people.

After 9/11 our civil rights are in jeopardy, as security has become a truly global obsession. Attempting to protect us through military might is a natural response, but it does not address the roots of insecurity. However impossible it seems when we feel threatened, we need to redefine what safety means. We need to expand the traditional notion of national security to include a larger, global human security.

Following are the facts from a recent survey by The Washington Post and ABC News. It clearly tells us that we have not done enough to educate our colleagues and society in US to understand our values. We still have a lot of work ahead of us.

1. Most Americans broadly endorse steps taken by the administration to investigate and prosecute suspected terrorists and express little concern that these measures may violate the rights of US citizens or others caught up in the ongoing probes.

2. Six in 10 agree with that suspected terrorists should be tried in special military tribunals and not in US criminal courts.

3. Seven in 10 Americans believe the government is doing enough to protect the civil rights of suspected terrorists. An equally large majority believes the government is sufficiently guarding the rights of American Muslims as well as non-citizens from Muslim countries.

4. Nearly three out of four of those surveyed also agree that it should be legal for the federal government to wiretap conversations between suspected terrorists and their attorneys.

Due to these public perception many of you know that the Administration now has the power to:

1. Conduct surveillance of religious or political groups without evidence of suspicious behavior.

2. Access library records without notice to target; with librarians subject to felony if they inform the target or any other third party of the investigation; again, no suspicious conduct is necessary.

3. Invade the attorney-client privilege by reduced standards for obtaining a warrant for eavesdropping on attorney-prisoner conversations.

4. Indefinitely detain a citizen without charge and without access to counsel if the President names the individual as an "enemy combatant," with no judicial review of that categorization.

5. Intercept the content of e-mails/web-sites, not merely addressing or contact information, with lowered warrant standards; applied to a computer's location, rather than to a particular user (thus affecting innocent citizens); again, without probable cause for the surveillance.

6. Review citizens' private medical, purchasing, banking records without suspicion of criminal conduct through intrusive bank reporting requirements and "sneak and peek" covert searches.

These are demoralizing violation of civil rights in US and represent our failure to educate our countrymen.

What Can We Do?

One thing we cannot do is to stop our fight for the civil rights of our countrymen. We need to join hands with other organizations including other south Asian groups to have a bigger impact. We must keep pressing lawmakers to adopt responsible anti-terrorism powers by saying no to these excesses. The Congress must also place significant importance to due process and immigration procedure issues.

We must not stop enlightening our colleagues in US and in Pakistan that we the moderates the silent majority have a sacred duty to embrace shared, universal values, and begin to drown out those who cloak hatred in religious
rhetoric. We must not let the idea of “a clash of civiliza-
tion” become a self-fulfilling prophecy, heightening the
fears of people who think in black and white.

Our next generation has roots in both East and West.
We must spend most of our energy trying to build bridges
between people to people and among cultures. We can
phrase this debate differently: not as a clash between
Islam and Christianity, or between East and West, but
between the forces of intolerance and the forces of under-
standing. Those who believe in the power of education
must not let ignorance prevail. That is the route to gen-
une security.

We need to educate our children value of tolerance and
peace. Education in the Golden Age of Islam, a thousand
years ago, emphasized independent, creative, analytical
thinking, linked to the larger world — and it planted the
seeds of Western liberal education.

Education can also teach peace. It can be supremely
powerful — more powerful in the long term, than
weapons. Peace-centered education can give people the
ability to open their minds, to look at the world from oth-
ers’ points of view.

Two important reports have been released over the past
year, highlighting the importance of education to develop-
ment and security in the Muslim world. Both reports
emphasize that there is a serious knowledge and commu-
nication gap between East and West. To bridge that gap,
each side must strive to educate itself and reach out to
communicate with the other

One, the 2003 Arab Human Development Report was
the second in a series written by a group of prominent
thinkers, highlighting the cardinal obstacles to human
development — limitations on freedom, access to knowl-
edge, and women’s rights. The other document released
last year, “Changing Minds, Winning Peace”, is a U.S.
Government/Congressional report on the importance of
public diplomacy in promoting security. One emphasizes
the need for Muslim nations to expand their access to
knowledge and information; the other concentrates on
the need for the United States to expand its efforts to
communicate with and listen to Muslim world. Both
reports emphasize the paramount importance of educa-
tion to increasing global security.

With this said we, as APPNA members must not ignore
violation of civil rights and true democracy in our biolog-
ic homeland. I can go on forever but would like to end
by something said by Dr. Omar Atiq at the Peshawar
APPNA meeting.

“Mr. President, We are helped in that quest (of civil
rights) by your policies and actions in Pakistan. When we
demand justice and fair play in our adopted homeland, it
helps to have a just and fair society in our motherland.
When we demand due process and equality before law,
for all citizens in the United States, it helps to have the
same in Pakistan.

When we demand protection for the rights of the
Muslim minority in America, it is helpful to have the rights
of minorities secured here.”

On behalf of publication committee of 2004 I want to
thank our President, EC and all of you for this wonderful
opportunity to work for APPNA.

Come Join Fellow Members of APPNA for HAJJ 2005!

Barakah Hajj & Umrah is guided and led by Riaz A. Akhtar, MD, FACC,

Lifetime member of APPNA, KEMCAANA, PPS, Regional Councilor APPNA-2005
Author of the comprehensive, easy to understand and fully-illustrated A Manual of Hajj and Umrah,
written for today’s traveler and professional, with over 9 years of experience for thousands of Hujjaj

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PRESIDENT'S MESSAGE  Omar Atiq, MD

From the Association of Pakistani Physicians to the Association Of Physicians of Pakistani-Descent: APPNA All The Way!

APPNA has seen a remarkable progress this year. It has worked hard to establish itself as a progressive, relevant and effective organization. Recognizing the prevailing challenge, its mission became the preservation of civil rights and liberties. It embarked on a meticulously planned advocacy and goodwill endeavor, building bridges with other ethnic, medical, and civil rights organizations on the way.

It was imperative to have efficient organizational management to achieve our objectives. Therefore, the constitution and bylaws of APPNA have been revised, its governance structure has been refined, and an Executive Director has been appointed. The financial strength of the organization was secured, while significantly enhancing its charitable character. APPNA is well on its way to success. Congratulations!

The first Annual Strategic Planning Conference at the beginning of the year was instrumental in assessing the strengths and weaknesses of APPNA. It helped us determine our goals and a pragmatic strategy to achieve them, which led to a triumphant year. Hopefully, this tradition will be followed.

The Spring Meeting in New York created history when the President of the Association of American Physicians of Indian Origin (AAPI) addressed the APPNA Council and accepted our invitation to develop a mutually beneficial relationship between our two organizations. Besides completing the process of amendments to the constitution and bylaws and approval of a detailed budget for the year, the thrust of the meeting stayed on the preservation of our civil rights and liberties. There were well-planned, interactive seminars on the subject and on the related issue of the problems of young physicians. Shortly after the spring meeting, APPNA members went on a fascinating educational tour to China.

The deliberate change of venue of the Annual Summer Meeting to Washington, D.C., provided us with the exceptional opportunity to make our presence felt at the Capitol. The unprecedented 'APPNA Day on the Hill and Reception' launched the meeting. It created an enthusiasm and fervor in the membership that is rarely seen. Encouraging and supportive speeches by numerous influential senators and representatives to the zealous APPNA gathering at the Senate Russell Building capped that memorable day.

Later during the meeting, the ‘Symposium on Civil Rights’ provided APPNA membership an opportunity to develop liaison and relationships with the leaders from prominent civil rights organizations of the country, including ACLU, NAACP, CAIR, National Immigration Forum, and Democracy Now.

The APPNA Annual Banquet was a unique and spectacular event where APPNA opened its arms to leaders of the Bangladesh Medical Association of North America (BMANA), AAPI and the American Jewish Congress in the spirit of promoting good will, cooperation and dialogue across ethnic, religious and cultural divide. The response of these organizations to APPNA’s warm welcome was equally passionate, conciliatory and promising. Now, it will be up to all of us to aggressively pursue and nurture these relationships to achieve harmony and peace in our country and in the world. APPNA has already planned a historic trip to India, in collaboration with AAPI, for March 2005. At the banquet, ‘APPNA Special Recognition Awards’ were presented to several national leaders for their support and efforts on behalf of the Pakistani-American community during these difficult times.

While we were building bridges to the future, we did not forget those who enabled us to be where we are today. APPNA Honorary Membership was bestowed upon the Principals of King Edward, Dow, Nishtar, Khyber, Liaquat, Fatima Jinnah, Rawalpindi, Allama Iqbal and Quaid-e-Azam Medical College, who had all gathered for the first time at an APPNA event. ‘APPNA Qissa’, the story of the distance this organization has traveled from inception to the present was also completed and made available to the membership at the meeting.

The APPNA Fall Meeting in Chicago will be remembered because of the in-depth, thoughtful and comprehensive report presented by Mike Thompson, Ph.D., the new Executive Director of APPNA, which has become the basis of the paradigm shift in the structure and governance of APPNA. It has helped propel APPNA on the path of being a distinguished and credible organization. During this meeting, APPNA and HDFNA and APPNA and PAK PAC re-embarked on the journey of cooperation and collaboration, which had been lost, unfortunately, in the recent past.

APPNA adopted its new name, The Association of Physicians of Pakistani-descent of North America, on November 19, 2004, when the revised Constitution was adopted by the majority of the general membership. In the new Constitution and Bylaws, the aims and objectives of APPNA have been redefined, in consonance with the ground realities, the membership and quorum issues have been addressed, the board of trustees has been made more relevant and the overall functioning of the organization has been streamlined.

A special Council Meeting in late November saw the Association addressing all substantive issues affecting APPNA, including discussion on the report and recommendations of the Executive Director. After a day of intense and enthusiastic discussions, the need for the Executive
Director with responsibility for administration, finances, regulatory compliance, component society affairs, and contract and event management was reaffirmed. The establishment of Standard Operating Procedures (SOPs) for the organization was approved and the Executive Director was given the charge to write and present the document to the Executive Committee within a month. Development of a comprehensive website was accepted as a priority. The need for continued enhancement and streamlining of the CME Program was also acknowledged. The Committee structure was changed to have three-year appointments for members, with staggered terms, for improved and effective functioning of all committees. During this meeting, proxy voting of council members was formally accepted and established as a matter of policy for efficient performance of the organization.

Continuing on the theme of coalition building, cooperation and collaboration, a Memorandum of Understanding (MOU) to establish and nurture a mutually beneficial relationship between APPNA and Human Development Foundation of North America (HDF) was approved. A similar MOU was approved between APPNA and PAK PAC, subject to legal review of the document. The establishment of APPNA Charitable Foundation was also approved. It is worth mentioning that the charitable spirit of APPNA was at its zenith this year with its members contributing well over $500,000 for various charitable projects including APPNA SEHAT.

The last meeting of the year held in Peshawar, Pakistan, in conjunction with the Khyber Medical College Golden Jubilee Celebrations, was an incredible experience for many. Some one hundred members registered for the meeting. Rich and enjoyable CME and social programs were augmented by the traditional unparalleled Frontier hospitality. At the meeting, the achievements of APPNA, and our views about civil rights, justice, and democracy were shared with the President of Pakistan, and he was encouraged to pursue policies aimed at establishing those ideals in the country. The dedication of a charitable state-of-the-art cytogenetics laboratory by APPNA, in collaboration with the Child Aid Association, at the National Institute of Child Health, in Karachi, was the rightly the last important event of the year. The laboratory will provide critical information for effective therapy of malignancies in poor children in Pakistan.

This has been an exciting year for our Association. A committed team of volunteers stepped up to the plate, remained focused and dedicated, worked exceptionally hard and achieved what should rightly be considered phenomenal. The active participation and enthusiasm of the general membership throughout the year, as confirmed by the record number of participants in the meetings, has been the source of encouragement that kept us all going.

I am honored to have had the opportunity to serve with such an illustrious group of devoted individuals. I am equally grateful for the support that I received from the general membership. I do not have appropriate words to express my heartfelt gratitude to all of you, so, please accept a simple “thank you”.

---

2004 PRESIDENT-ELECT’S MESSAGE

Hussain Malik, MD

Dear APPNA Members, AOA!!!

I want to congratulate Dr. Omar Atiq for a very successful year. The year started with our strategic planning meeting in Dallas, Texas, in January. The idea of developing APPNA Charitable Foundation and collaborating with other professional and ethnic organizations was materialized. During the recent Executive Council meeting in Chicago, it was eventually approved to incorporate APPNA Charitable foundation. The foundation will develop and support programs primarily for the benefit Pakistani Americans in the U.S.

I am very optimistic about the future of APPNA. We have great potential and with focused and collective efforts, Inshaallah! We will take APPNA to its highest level; here is a brief agenda for 2005.

Special Executive Council meeting - Jan 29-30 at the Hilton Americas Hotel, Houston, TX. We will discuss and approve policies and procedures for better functioning of APPNA. In addition we will discuss developing some new programs like Free Clinics and Scholarships.

Tour of India March 5-17th - Approximately 250 Physicians and their families will be taking this historic trip. The objectives of the trip will be a CME program and also to promote goodwill between the people of Pakistan and India.

APPNA Spring Meeting - Washington DC April 7-10. Will be held in conjunction with Day on the Hill (April 7, 2005.)

Summer convention June 29-July 4 - Will be held at the Hilton Americas Hotel Houston, TX. Dr. Asaf Qadeer, Dr. Rizwan Naeem and other members of the host committee are working very hard to make it a memorable experience for all of you.

Fall Meeting will be held in Las Vegas September 30-October 2, 2005.

Winter meeting, Dec 23-27 2005 - Next year, winter meeting will be held at King Edward Medical College, Lahore Dec 23 and 24 and Fatima Jinnah Medical College, Lahore Dec 26 and 27. We have invited members of AAPI
and Bangladesh medical association and also pre-partition graduates of King Edward Medical College living in India.

I am looking forward to assuming this huge responsibility but will need your help and prayers to carry it out to the best of my ability.

APPNA theme for year 2005
“APPNA Building Bridges People to People”

APPNA Special Executive Council Meeting
Hilton Americas Hotel, Houston TX
Room Rate- $99/room/night

To discuss and approve policies and procedures for better functioning of APPNA new programs for the benefit of Pakistani Americans in the U.S. Call 1-800-Hiltons

On behalf of the Association of Pakistani Physicians of North America, it is my great pleasure and honor to invite you to join a group of Pakistani American physicians and their families (approximately 250) on a historic trip to India March 5-17, 2005. This trip will be in collaboration with AAPI i.e. American Assoc. of Physicians of Indian origin. The theme of the trip is “APPNA and AAPI together, building bridges people to people.” The objectives of the trip will be to promote medical education and also to promote goodwill between the people of Pakistan and India. We hope that this people to people contact will enhance and strengthen the peace process already started between India and Pakistan. Your willingness to join us will be one of the highlights of the trip. Peace between the two countries will bring prosperity to more than a billion people in South Asia. You will be apprised of the details of the trip by Dr. Shaukat Khan, and Dr. Rizwan Naeem, who are members of the organizing committee. I am very optimistic about a positive response from all of you.

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

Membership
As of the printing of this report our total membership is 1936 members which include 555 lifetime members, 1087 annual members and 294 physicians-in-training.

Financial Status
Current Financial Status and the financial challenges being faced by the organization this year is presented in the Treasurer’s Report.

Constitution and Bye-Laws
Thanks to the diligence and hard work by Dr. Mohammad Suleman and the CABL committee, the process of the amendments to the constitution and bye-laws which was started in 2002, was completed this year. As per the report presented by Dr. Suleman, he has
verified that the Constitution and Bye-Laws were finally approved by the general membership in November, 2004.

Operations
- The President announced at the Fall Executive Council meeting that Mr. Mike Thompson has been hired as the Executive Director of APPNA as of August, 2004.
- The process of institutionalizing the compliance of the Component Societies with the legal and accounting requirements was initiated early this year and the compliance did improve, however, it continues to be a challenge.
- APPNA continues to expand with active chapters flourishing all over the country including California, Houston and Ohio chapters. The chapter formed this year is the North Carolina Chapter.
- To institute election reforms, the Board of Trustees has been asked by the Executive Council to prepare a Code of Conduct.

Meetings update
The meetings reflected the spirit of activism and involvement which has been growing in APPNA over the past few years.
- The 27th Annual Summer Meeting was held from June 9-13 at The Wardman Park Marriott Hotel in Washington DC. The President-Dr. Omar Atiq and the host committee under the leadership of Dr. Zahid Butt and Tariq Mahmood worked extremely hard and did a commendable job of arranging the meeting. In addition to a high quality CME program, events included the Day-on-the-Hill, Reception at the Capitol, Civil Rights Symposium, Pak-Pac luncheon, HDF seminar, symposium on the “Hudood Ordinance” organized by DOGANA and talk by Imam Faisal organized by the Women’s Caucus. The

Social Welfare committee held a showing of the documentary movie "Doctor" addressing sectarian violence and "Insaaf Ki Talaash Mein" on Hudood Ordinance. The Banquet was also attended by representatives of the Indian and Bangladesh Physicians Associations.
- The Fall Executive Council Meeting was held in Chicago, October 2-4, 2004. Quorum was present and routine business was conducted. The various committee reports are presented in the journal.
- A Special Executive Council meeting was called on November 20, 2004 for the purpose of discussing the recommendations presented in the executive director's report to the Executive Council at the fall meeting entitled "Roadmap to the Future". The agenda was later expanded by the President to include the Constitution and Bye-Laws committee report, relationship of APPNA with HDF, relationship of APPNA with PAKPAC and the APPNA Foundation. Besides the Executive Director's report, two Memorandums of Understanding between APPNA and HDF and APPNA and PAKPAC were presented by the President. The registration of the APPNA charitable Foundation was also discussed. Additionally, the President appointed an ad hoc committee to further refine the Memorandum of Understanding between APPNA and HDF. What differentiates us from any other Pakistani organization and what makes us leaders in our community is our commitment to our democratic traditions. Hence, it is incumbent upon all of us elected representatives to be mindful of the desires of the membership, strengthen our institutions, and respect our constitution and the values of democracy, accountability, transparency and independence.

Thank you again and God Bless APPNA.

TREASURER'S REPORT Nadeem Kazi, MD

The year 2004 was a challenging year for me. When I took the financial responsibility of APPNA we were running the organization on cash basis. There was no budgetary system. In the previous three years we have deficit of 40 to 90 thousand dollar per year which does not include APPNA Sehat expenses. This deficit was overcome by fundraising and the funds generated during annual meeting. APPNA Sehat initially was run in part by HDFNA with mutual understanding than later loan was taken from provident fund to sustain the program.

This is the first time in APPNA that the budget was prepared and presented in New York. This budget was approved by the executive council (table 1). This budget also includes required funds for APPNA Sehat, salary for the executive director, and APPNA history book (approved by EC in past). The projected revenue showed the budget deficit of $151,150 (table 2). This deficit was planned to over come by fundraising for APPNA Sehat.

Fortunately Dr. Bukhari raised enough money for APPNA Sehat not only to run the program whole year but also paid off the previous loans. This saves $110,000 we have in our budget as this entire fund

<table>
<thead>
<tr>
<th>BUDGET (2004) — Table 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administrative expenses</td>
</tr>
<tr>
<td>Journal &amp; news letter</td>
</tr>
<tr>
<td>APPNA Sehat</td>
</tr>
<tr>
<td>Executive Director</td>
</tr>
<tr>
<td>Web Site</td>
</tr>
<tr>
<td>History Book</td>
</tr>
<tr>
<td>Miscellaneous</td>
</tr>
<tr>
<td><strong>Total</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>REVENUE PROJECTED — Table 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership dues</td>
</tr>
<tr>
<td>CME reimbursement</td>
</tr>
<tr>
<td>Advertisement</td>
</tr>
<tr>
<td>Election fees</td>
</tr>
<tr>
<td>Royalty</td>
</tr>
<tr>
<td>Meeting</td>
</tr>
<tr>
<td>Miscellaneous</td>
</tr>
<tr>
<td><strong>Total</strong></td>
</tr>
</tbody>
</table>
TREASURER'S REPORTS continued

was raised by fundraising at APPNA events. We hired a consulting Executive Director for two months, instead of full time ED, costing $16,000. His job is to provide us a bench mark report. Additional $5,000 is approved for his services to write policies and procedures to run the organization. This saved us $54,000. However, President APPNA decides to retain him for few more weeks.

Table 3a and 3b shows where we save or over spend money compare to the projected budget. Administrative expense most likely will be as budgeted as one more month of expenses is pending. Royalty income will be close to expected as last quarter return is not added by the time of this publication. Journal advertisement will receive more then twelve thousand for this journal leaving $ 6,000 short of expected revenue. On the other hand we saved money on publishing cost by using software to format journal by our own publication committee. Election fee was less than expected as only few positions were contested this year.

<table>
<thead>
<tr>
<th>Table 3a: Receipt</th>
<th>Sept 30th 2004</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member dues</td>
<td>$128,238</td>
<td>+ $3,238</td>
</tr>
<tr>
<td>Royalty</td>
<td>$2,406</td>
<td>- $1,094</td>
</tr>
<tr>
<td>Advertisement</td>
<td>$11,729</td>
<td>- $18,271</td>
</tr>
<tr>
<td>Election Fees</td>
<td>$2,000</td>
<td>- $3,500</td>
</tr>
<tr>
<td>Meeting</td>
<td>$72,814</td>
<td>- $2,186</td>
</tr>
<tr>
<td>CME reimbursement</td>
<td>$20,000</td>
<td>- $5,000</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>$1,822</td>
<td>- $178</td>
</tr>
<tr>
<td>Total</td>
<td>$245,515</td>
<td>- $26,991</td>
</tr>
</tbody>
</table>

We receive little less than expected from Annual meeting. However, this year we have generated ($92,814) more funds then the last three annual meetings. This is all because Dr Zahid Butt and Dr Tariq Mehmoobs’s team worked diligently and the final report was presented in Fall Meeting of the same year. The report was very clear with out any “creative accounting”. Every thing involve in this meeting was documented and the inadequacy were highlighted. This report is going to help us in arranging future meetings.

This year finance committee was also remain active, several change were made through out the year to adjust the life time dues according to the markets variations. This year so far first time in last five years we have out perform the market.

We are facing several day to day issues in accounting as I expressed in previous reports. Currently we are paying an accountant who deposit the checks, sign the checks, prepare IRS returns, and give us the report. This is very unusual for any organization as it creates conflict of interest. We have installed software in the central office which will track all the deposit and withdrawal from different accounts. Starting January 2005 the chair of the office management committee and office secretary will sign the check. The separate outside firm will file for IRS and another separate firm will do the audit as needed.

Table 3b: Expenses

<table>
<thead>
<tr>
<th>Table 3b: Expenses</th>
<th>Nov 30th 2004</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administrative</td>
<td>$155,000 (approx)</td>
<td>0 (approx)</td>
</tr>
<tr>
<td>Journal</td>
<td>$29,736</td>
<td>+ $15,264</td>
</tr>
<tr>
<td>EXE Director</td>
<td>$21,000</td>
<td>+ $54,000</td>
</tr>
<tr>
<td>History Book</td>
<td>$16,500</td>
<td>0</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>0</td>
<td>+ $5,000</td>
</tr>
<tr>
<td>APPNA Sehat</td>
<td>0</td>
<td>+ $110,000</td>
</tr>
<tr>
<td>Total</td>
<td>$184,264</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Table 4</th>
<th>Dec 31st 2003</th>
<th>Nov 30th 2004</th>
</tr>
</thead>
<tbody>
<tr>
<td>General</td>
<td>$10,832</td>
<td>$38,888</td>
</tr>
<tr>
<td>APPNA Sehat Fund</td>
<td>$2,338</td>
<td>$66,173</td>
</tr>
<tr>
<td>Relief</td>
<td>$12,345</td>
<td>$64,735</td>
</tr>
<tr>
<td>Meetings</td>
<td>$144,249</td>
<td>$514,259</td>
</tr>
<tr>
<td>Special</td>
<td>$16,329</td>
<td>$11,714</td>
</tr>
<tr>
<td>CME Fund</td>
<td>$42,298</td>
<td>$16,845</td>
</tr>
<tr>
<td>Lifetime Dues Fund</td>
<td>$780,252</td>
<td>$879,106</td>
</tr>
<tr>
<td>Office Mng Fund</td>
<td>$36,393</td>
<td>$37,820</td>
</tr>
<tr>
<td>Total cash &amp; Investment</td>
<td>$1,045,036</td>
<td>$1,629,540</td>
</tr>
</tbody>
</table>

We have discussed several options which will be final-ized in the next EC meeting.

FROM MY PERSPECTIVE Michael Thompson, Ph.D., Executive Director of APPNA

This is a summary of the last twelve weeks of work that I have been privileged to be a part of with the Executive Committee and the Council of APPNA. This partnership between your volunteer leaders and your staff has lead to some very important and necessary changes in the way your Association is going to be working over the next couple of years.

The very foundation of APPNA is its emphasis on the volunteer support and activity of the membership. APPNA is a perfect example of how democracy and inspired, visionary leadership can work hand-in-hand to take an organization such as APPNA to the next levels of efficiency, purpose and influence. In just twelve weeks, the following has been accomplished:
1. A new and deliberate relationship between PAKPAC and APPNA has been forged. As a result of the efforts of the Council and the Executive Committee, PAKPAC will be more responsive to the needs of the Association as well as the Pakistani community at large and will work to be more effective in presenting those needs to the appropriate political and regulatory officials.

2. APPNA's Mission and Purpose includes meeting the recognized social needs of the people in Pakistan as well as here in the USA. APPNA SEHAT and the Human Development Foundation of North America (HDF) have both been successful in meeting those needs. The reality of limited resources and common goals has produced the possibility of the two organizations working very closely together to further the missions and visions of both organizations more efficiently and effectively.

3. Because the strength of the Association lies with its volunteers, it has become more important than ever to find ways to harness that energy and strength and enhance the financial strength of the Association at the same time. New procedures are being put into place to ensure the financial strength of the Association and its component groups, including more oversight of the local spending, centralized banking for the component groups, outside audits, updated software in the headquarters office and better oversight and management of major contracts.

4. The Constitution and Bylaws will become the "living" documents that they were intended to be. They will need to be rewritten to establish committee appointments that are staggered by years, so the burden of appointing whole committees will be lifted from the President. An appointment process will be established by administrative regulations that will require 1/3 of all committees to step down after three years of service.

5. Communications through the website and print media will need to be improved and made more user friendly. This is going to take some time, but will be a powerful tool in the dissemination of accurate and timely information.

6. The Headquarters office and staff will be receiving a makeover. An new Executive Director will be hired to oversee the administrative functions of the office, advise the Executive Committee, oversee the financial and budgetary needs of the Association, carry out the stated policies of the Council and Executive Committee and act as an advisor to the Executive Officers and Committee members.

7. All major contracts will be reviewed and approved by the Executive Director before being submitted to the Leadership for final approval and execution.

8. Other changes and challenges will emerge over the next year as a result of these far reaching changes. It is important to be reminded that the only constant in our lives is change. Sometimes the changes are minor and almost invisible, other times the changes are very visible and profound. The Association of Physicians of Pakistani-descent of North America will be going through both very visible changes and very subtle changes. There will be new ways of doing association business that will be implemented, new ways of looking at the mission and vision of the Association that will emerge, new relationships and new creative ideas will be born. Patience and tolerance will be necessary as the procedures and processes are worked out.

It has been a pleasure for me to be a part of this process. To see an organization of committed physicians move from the way things were to what can be in the future is exciting and satisfying. APPNA has had great success in the past, but today it stands on the brink of becoming one of the most effective ethnic medical organizations in this country. I have no doubt that you will meet the challenge and create the opportunities that will make a profound difference here and in Pakistan.

---

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Dear Friends & APPNA Members:

Assalamu-Alaikum. Thank you for electing me to APPNA Treasurer 2005. I have confidence in your support and I value your trust. It is encouraging to me to rise through the ranks and announce my candidacy for Secretary APPNA 2006.

I have a record of accomplishment of effective leadership and ability to deliver visible results. My professional activism started as a medical student when we supported Pakistan Doctors Organization (PDO) in our struggle for the rights of young doctors. Twenty years later, the activism continues. I take pride being part of APPNA activists that care about the present day challenges and lend their time and resources to achieve our objectives.

My Vision for APPNA:
1) To make APPNA a fiscally stable organization by building its foundations on endowment that caters for our present & future needs.
2) To run APPNA as an effective organization, by consensus building & cooperation.
3) To organize APPNA at grass root level by strengthening the local Chapters at major Metropolises.
4) To lend support and provide effective guidance to Young Physicians by establishing a resource center at APPNA Headquarters.
5) Pakistani-American community development by building bridges with other fraternal organizations.

Brief review of my Services to APPNA & the Community

<table>
<thead>
<tr>
<th>Position</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treasurer APPNA</td>
<td>2005</td>
</tr>
<tr>
<td>Life Member APPNA</td>
<td>1996</td>
</tr>
<tr>
<td>Co-founder, NY Chapter</td>
<td>1997</td>
</tr>
<tr>
<td>Founding Member AIMCAANA</td>
<td>1998</td>
</tr>
<tr>
<td>Past President, NY Chapter</td>
<td>2000</td>
</tr>
<tr>
<td>Organized &amp; Directed First</td>
<td></td>
</tr>
<tr>
<td>Young Doctors Seminar, NY</td>
<td>2000</td>
</tr>
<tr>
<td>Member Central Executive Council</td>
<td>2000-02</td>
</tr>
<tr>
<td>Councilor Region II</td>
<td>2001</td>
</tr>
<tr>
<td>Project Evaluation Committee</td>
<td>2001</td>
</tr>
<tr>
<td>President AIMC Alumni</td>
<td>2002</td>
</tr>
<tr>
<td>Committee for Medical Clinics</td>
<td>2002</td>
</tr>
<tr>
<td>Member host committee</td>
<td></td>
</tr>
<tr>
<td>Annual Summer Meeting</td>
<td>2002</td>
</tr>
<tr>
<td>Founded New Jersey Chapter</td>
<td>2003</td>
</tr>
<tr>
<td>Co-Chairperson</td>
<td>2003-04</td>
</tr>
<tr>
<td>Membership Committee</td>
<td></td>
</tr>
<tr>
<td>Young Physicians Taskforce</td>
<td>2003-04</td>
</tr>
<tr>
<td>Directed, Tri-State Young</td>
<td></td>
</tr>
<tr>
<td>Doctors' Seminar</td>
<td>2003</td>
</tr>
<tr>
<td>Sponsor APPNA-SEHAT</td>
<td>2003-04</td>
</tr>
<tr>
<td>Chairperson, Spring Meeting</td>
<td>2004</td>
</tr>
<tr>
<td>Life Member IMANA</td>
<td>1997</td>
</tr>
<tr>
<td>Active Member, CAIR since</td>
<td>1999</td>
</tr>
<tr>
<td>Member BOT, HDFNA, since</td>
<td>2000</td>
</tr>
<tr>
<td>Founding Member HDFNA</td>
<td>2004</td>
</tr>
<tr>
<td>Founding Member APCNA</td>
<td>2004</td>
</tr>
<tr>
<td>Secretary, Society for International</td>
<td></td>
</tr>
<tr>
<td>HELP (SIH) since</td>
<td>2000</td>
</tr>
<tr>
<td>Secretary, Foundation of the Faithful (FOF) since</td>
<td>2000</td>
</tr>
</tbody>
</table>

Dear Friends, I present my credentials and vision to you and ask for your support. Let's make APPNA a more representative, vibrant, and effective organization of Pakistani-Americans that can deliver and stand up to present day challenges. I am a team player and together we can make a difference.

ALAMMD@AOL.COM
I am a strong believer in APPNA's mission and have served the cause for many years, to the best of my capacity. I am presenting myself as a candidate for the office of Secretary APPNA, and, if I have favor with you, will be able to serve APPNA and its projects in the USA and Pakistan more effectively.

I have a passion for organization and believe in listening to all shades of opinion, in accommodation, without compromise on principles. I do not think confrontational politics is very productive. A colleague, not in full agreement with me, but entitled to his/her viewpoint, may be an asset and may be able to make a worthwhile contribution to our collective efforts.

We have opted to live in the USA with our free will. Our children, while cognizant of our national and religious values, are in tune with American norms, morals, and culture. It is my firm conviction that we have a very valuable role to play in promoting good relations and understanding between the society we were in born in and the one we have adopted.

My level of participation is indicated by the following:

**APPNA Activities:**
- APPNA life member
- Secretary, President of APPNA Upstate NV-PA
- Co-chair APPNA Ethics & Grievance Committee.
- Coordinator APPNA alliance entertainment program
- Worked at fund raisers and various APPNA projects

**Local Community / Civic Activities:**
- Secretary, Treasurer, and President of Islamic Association of the Finger Lakes (IAFL)
- Fund raising for IAFL projects
- Fund raising for Red Cross in National Calamities
- Charter Member Lions Club at Corning Hospital
- Co-founder and General Secretary of Finger Lakes Chapter, Regional Community Alliance (RCA), a regional community political and social awareness organization, upstate New York
- Campaign and fund raising co-coordinator for US congressional candidate for elections 2004
- Participant in “Walking Together”, an inter-faith project involving Jews, Christians, and Muslims
- Participant in “Adopt a Highway” project for community clean up
- Regular participant in “Carrier Development Project” for high school students
- Speaker at various community programs, including Rotary Club, educational institutions, and businesses, regarding Islam
- Coordinated cultural programs in collaboration with local South Asian community

**Professionals:**
- Graduate of DMC 1985; Board Certified Pathologist
- Founder of Regional Pathology Associates (RPA), a group of pathologists in five hospitals in upstate NY
- Secretary, Treasurer, and President of Medical Staff, Corning Hospital, Corning, New York
- Member, Board of Trustees, Guthrie CI, Sayre, PA
- Member, Board of Directors, Schuyler Hospital, Montour Falls, New York
- Chairman, Infection Control Committee, Blood Usage and Tissue Review Committee, Executive Committee, and Building Committee

**Activities in Pakistan:**
- Visiting consultant with the Department of Pathology at Lahore Medical and Dental College
- Honorary consultant to Shauket Khanum Memorial Hospital, Lahore
- Organizer of release movement of innocent female inmates in Pakistani prisons
- Patron of Scholarship Fund for needy medical undergraduate students
- Actively participated in placement of fresh graduates in US residencies
- Assisted residency graduates in job search and relocation
Committee Reports

Special Executive Council Report

By Omar Atiq, MD

From the President's Desk

Based on the recommendations of the Council during its meeting on October 2, 2004, in Chicago, Illinois, a Special Council meeting on November 20-21, 2004, to discuss very important issues regarding the future of APPNA.

The proceedings of the Special Council Meeting on November 20, 2004, were held under the revised Constitution and Bylaws. The meeting started at 9:10 am and continued until 5:29 pm, with a working lunch and only a 10 minute prayer break. The meeting was open, and the perseverance, dedication and commitment of the members was extraordinary. APPNA members, Executive Director and office staff took time off on yet another weekend, immediately after Eid, and came from all over the country to meet their obligation and serve the Association.

After intense and enthusiastic discussion, significant decisions were made which will prove to be a milestone in the annals of progress of APPNA. A brief summary of the meeting follows:

I. Update from Dr. Atiq

1. The amendments in APPNA Constitution and Bylaws have been approved by the general membership. The revised Constitution and Bylaws take effect immediately.

2. The Ethics and Grievance Committee has now become the responsibility of the Board of Trustees. They will be responsible for the appointments and oversight of the committee.

II. Roadmap to the Future

Dr. Michael Thompson, Executive Director of APPNA began the discussion of the report delivered to the Council on October 2, 2004. The Council was provided with a summation of the 16 recommendations made in the report. The members were then given the opportunity to vote on their first, second and third priorities to determine the order of discussion for the rest of the morning.

The Council vote established the following priorities:

1. Hire either an Executive Director or Executive Secretary as the senior in-house officer.

2. Maintain a strong infrastructure without damaging the strengths of the volunteer system in the Association.

3. Provide sound financial management and accounting procedures that protect the Association. Put into place significant changes in check signing authority, investment policies, controls on the committees and their programs, and the reports provided on a monthly basis.

4. All contracts, commitments and employment agreements be reviewed by the Central Office and the Treasurer and approved by the President before being signed.

5. As per the recommendation of the accountant, the Association makes sure that all of the Chapter financial records are properly maintained and recorded.

6. Work to strengthen CME.

7. The website should be strengthened and made more user-friendly.

8. Establish a Finance Committee. Treasurer and Finance Committee will submit a balanced budget to the Executive Committee each year.

9. Consider longer terms of office for the Secretary and Treasurer. Each should serve for three (3) years. At the end of the second year, an Assistant Secretary and Treasurer would be elected. They would automatically succeed their predecessor. The terms of service would be staggered so that there would not be an election of the Assistant Secretary and Assistant Treasurer in the same year.

10. Streamline the Committee structure. There are too many levels, committees and "gray" area in the administrative structure.

11. The dues established at $250 per annual member per year.

12. Additional contributions should be sought from Life Members and/or their benefits should be limited.

13. Registration fees for the various meetings be reviewed by the Executive Council.

14. Review and rewrite the bylaws to strengthen the administrative authority of the Executive Council. The bylaws may be strengthened in such ways as to provide for the flexibility needed to respond quickly to sudden needs, and at the same time provide consistency in the governance.

15. The actual cost of publishing the Journal should be determined, and at least a portion of the cost be charged back to the membership through their yearly dues.

16. Update and train the staff in the membership software program that is currently in use. The iMIS program is inherently a flexible and dynamic software program. It should be used more effectively.
Council Decisions

1. The Executive Director act as senior person in the office with the authority and responsibility for working with the Executive Committee and the Council.

Dr. Thompson will provide a position description as soon as possible. The position description will include, but not be limited to the following: Chief Administrative Officer, Chief Financial officer, Contracts management, Events management, Regulatory requirements and Component society overview.

2. Financial reporting to be improved. The Central Office has a new software package called Peachtree which is compatible with the IMIS membership program that will allow the Central Office staff to manage the money much more efficiently. Training and transition of the financial reports from the programs and chapters will be gradual over the next couple of months.

3. Establishment of Standard Operating Procedures (SOP’s). Each member of the Council will contribute $200 to the Association to support cost of creating the SOP’s. Total cost of the writing the SOP’s of up to $5,000 was approved.

4. CME to be a very strong program in the Summer meeting. The rules and regulations governing the CME time at the meeting be protected.

5. APPNA Committee Structure to be changed. Each committee be made up of nine (9) members with staggered terms. By 2007, every member on all committees will have three -year terms. The in-coming President will appoint three members to each committee and he/she will also name the Chairs of the committees from among the members.

6. Development of a good, user-friendly website is a high priority. It should be completed as soon as possible.

111. Charitable Foundation

APPNA Charitable Foundation will be established with 501 (c) (3) status.

IV. Memorandum of Understanding with PAKPAC

MOU between APPNA and PAKPAC was approved subject to legal review.

V. Memorandum of Understanding with HDFNA

MOU between APPNA and the HDFNA (Human Development Foundation of North America) was approved.

APPNA India Trip “Building Bridges, People to People

Dr. Shaukat Khan, Dr. Rizwan Naeem and Helen Allen:

The members of the organizing committee including Dr. Hussain Malik, Dr. Shaukat Khan, Dr. Nisar Chawdhry and Dr. Rizwan Naeem visited India in December to finalize plans. We are pleased to inform you that plans are looking great for the APPNA’s upcoming trip to India, March 5th - 17th, 2005. The theme of the trip is building bridges, people to people. The objectives will be to have an excellent CME program and to promote goodwill between the people of Pakistan and India.

Brief Itinerary for our CME Conference and Tour of India

Monday March 7 - Wednesday March 9 (Delhi)

♦ Excellent CME programs on March 8th in collaboration with Appollo Cardiac Institute.

♦ Sight seeing and visits to Red Fort, Jama Masjid, India Gate, Parliament House Humayun’s Tomb, Outab Minar, Embassy area, Ghalib Academy the Jantar Mantar, Connaught Place - the main Shopping centre in New Delhi and a spectacular sound and light show at Purana Qila.

Thursday March 10- Friday March 11 (Agra)

♦ Travel to Agra via air-conditioned coaches. A visit to the Taj Mahal the world’s greatest monument and one of the Seven Wonders of the World. It commemorates the love of Emperor Shahjahan for his queen Mumtaz Mahal. It took 22 years to build and was completed in 1653. Also the Agra Fort, built by Emperor Akbar in 1565. Inside are several palaces and the largest of pure marble mosques-the Moti Masjid, a magnificent citadel with exquisite marble palaces, ornate alcoves and terrace pavilions.

Saturday March 12 and Sunday March 13 – (Jaipur “The pink city”)

♦ enroute to Jaipur visit Fatehpur Sikri - the deserted, but perfectly preserved sandstone city. Fatehpur Sikri was build by the Mughal emperor Akbar in 1571 in honor of the Sufi saint, Sheik Salim Chisti. The capital is amazingly beautiful, and it reflects the Hindu-Muslim architectural style which Akbar favored. Walk through history as you see the

continued on page 37
COMMITTEE REPORTS

Memorandum of Understanding - APPNA and HDFNA

By Omar Atiq, MD

This memorandum of understanding sets forth the mutual agreement of collaboration between the Association of Physicians of Pakistani-descent of North America (APPNA) and the Human Development Foundation of North America (HDFNA).

Background

APPNA was created in 1978, and in a short span of 27 years it has been recognized for its formidable presence on the Pakistani-American scene. Included in APPNA’s numerous achievements are its community services and projects, APPNA SEHAT and HDFNA.

In 1997, APPNA collaborated with the Society of International Help (SIH) and the Noor Foundation to create HDFNA as an autonomous organization, involving community members from all walks of life. HDFNA was given the charge for “facilitating a non political movement for positive social change and community empowerment through mass literacy, enhanced quality of education, universal primary health care, and grassroots economic development.” This movement was our gift to the people of Pakistan on the occasion of Pakistan’s 50th Anniversary of Independence.

During the last seven years the HDF team, which includes several APPNA members and former officers has worked tirelessly to mobilize and network the Pakistani Diaspora, in support of a civil society movement for positive social change. The team has successfully created a model of integrated community development, and brought the issue of human development to the forefront of public policy agenda of the Government of Pakistan.

APPNA-HDFNA Collaboration

Although the majority of the volunteers and leadership of HDFNA belong to APPNA, and the majority of the funds for HDFNA have been raised by APPNA members, there is a desire on the part of both organizations to solidify and enhance the cooperation and collaboration between them. It is understood that such a relationship will be mutually beneficial and that it will lead to the enhancement of the community services being provided in Pakistan and being contemplated in the United States.

In order to achieve these goals, APPNA and HDFNA agree on the following:

1. HDFNA will become an affiliate organization of APPNA. Both organizations will recognize the relationship in all appropriate forums, verbally and in print.
2. APPNA and HDFNA recognize and respect each other’s respective autonomy and the right to govern and manage their internal affairs.
3. Majority of the members of the HDFNA Board of Directors will be elected from amongst the nominees of the APPNA Council who meet the eligibility criteria established for BOD members by the HDF, and will be subject to all the policies and procedures and rules and regulations adopted by the HDF BOD.
4. For the purposes of Clause 4 above, both parties agree that all the current physician members of HDF BOD will be considered as APPNA nominees, and will complete their terms as per HDF Bylaws and rules and regulations.
5. HDFNA will be provided an opportunity to present detailed reports on its activities, programs, finances and all other relevant matters to the APPNA Council during its regularly scheduled meetings.
6. HDFNA will enhance its scope of work to include social issues including women’s issues and disaster relief in Pakistan as well as initiate community services programs in the United States.
7. The work of APPNA SEHAT will always remain the intellectual property of APPNA. APPNA SEHAT will become the health component of HDFNA’s integrated community development program, and HDFNA will have the sole responsibility for resource development, program development, enhancement, and implementation, and management. HDFNA may also initiate new health initiatives that may be outside the scope of current APPNA SEHAT model.
8. APPNA will provide HDFNA access to its membership at its meetings including the council and general body meetings and the meetings of its component societies, as well as through its mailings, website and other means of communications.
9. APPNA will provide HDFNA an opportunity to raise funds for its community programs at APPNA events.
10. APPNA and HDFNA will support and augment each other’s activities, functions and good name.
11. The implementation of this Memorandum of Understanding will be a priority for both organizations and they will make every good faith effort for the same and for resolution of any challenges and conflicts that may arise in their relationship from time to time.
12. Both parties recognize that this MOU establishes the principles and the framework for the collaboration between them, and will work expeditiously to develop a formal contract that outlines the necessary logistical details of actual implementation of the MOU.
13. APPNA and HDFNA will establish a joint Conference Committee to monitor the progress of this collaborative effort, and report regularly to the governing bodies of both organizations.

14. The MOU will become effective once approved by the respective governing bodies of APPNA (Council) and HDF (BOD).

It is our firm belief that this collaboration is in the best interest of both APPNA and HDFNA. It is in keeping with their high aims and objectives and it will enhance their stature.

Approved by APPNA Council on November 20, 2004, by a unanimous vote.

Constitution and Bylaws Committee Report

Mohammad Suleman M.D.

On behalf of the Constitution and Bylaws committee it is my pleasure to report the completion of the assignment for reviewing and revising the C&BBL. As you all remember the process of revising the bylaws was started after a special executive council meeting was called in Chicago in April 2002. It is not an easy job to review and revise the bylaws. I would like to thank all the committee members, officers of APPNA, staff at the central office, and, last but not least, the unwavering support I had from our president Dr. Omar Atiq. My hat is off to him for being such a great leader. He has proven by his actions that he is a uniter and not a divider. I would like to thank the members of the Constitution and Bylaws committee for their tireless efforts to bring about the changes which were very essential for the smooth running of the organization.

The committee members are:

Dr. Sheikh Sultan Ahmed
Dr. Khalid Riaz
Dr. Hussain Malik
Dr. Rashid Piracha
Dr. Nadeem Kazi
Dr. Suhail Siddiqui
Dr. Hafizur Rehman

There were other committee members who contributed to the process of reviewing the bylaws. I would like to thank Dr. Busharat Ahmed for his involvement in the process and his guidance.

The following are the main features of bylaws changes. For a detailed review please call the central office; they will mail you the complete set.

1. In the preamble we have added physicians of Pakistani descent. The rest is same, and APPNA’s name will also remain the same.

2. No change in affiliation; APPNA will remain a non-profit organization.

3. There is no change in the categories of membership. Only active and life members will be able to vote and hold office. Resident and fellows can vote after paying the full dues. Membership will be free with a letter from their residency director, and they can attend APPNA annual functions without paying registration fees.

4. Regional Councilors have been eliminated. This is done to encourage more regional chapters. A chapter can be formed in one particular geographical area by making 25 dues paid members of APPNA. They should have their own bylaws (not in conflict with APPNA bylaws), have yearly elections, and present reports to the central office of all the accounting and CME activities. The physician in training section will have a seat on the executive council.

5. We have created a category of affiliate organizations. They will have their own charter and legal status; however, they will also have APPNA representation in their governing boards or executive bodies. The affiliation will be through an application process and approval by the executive council. They will present their financial and activity report to the executive committee of appna.

6. The quorum requirement for executive committee has been reduced to 30 percent. The quorum requirement for general body remains 20 percent of the registered members at the time of the annual meeting.

7. The election process and the dates remain the same as before, these will be taken up by the next CBL committee.

8. Board of trustees will appoint the ethics and grievance committee, and they shall oversee long-range and strategic planning for the association.

The rest of the document remains the same. The process of revising the constitution and bylaws remains unchanged.
COMMITTEE REPORTS

Young Physicians Task Force Report
Zeelaf Munir, MD-Chair, Tahseen Mozaffar, MD-Co-Chair

Members: Zeelaf Munir (Chair); Tahseen Mozaffar (Co-Chair); Zafar Iqbal; Rubina Inayat, Faisal Cheema, Busharat Ahmad; Sherry Gilani; Zahid Imran; Sajid Ahmed; Qazi Kamal

Volunteers: Nadeem Kazi; Shahid Latif; Rizwan Naeem; Asad Ansari; Mahmood Alam; Sajid Chaudhry; Abdur Rashid Piracha, Zia Ahmad, Amna Buttar.

Several meetings of the Task Force have been held via phone, e-mail and teleconferences.

Detailed report including the background, mission and action plan was submitted at the Executive Council Meeting held in NYC March 19-21, 2004 and during the Summer Meeting in Washington DC in June 2004.

Achievements made since the report presented at the Summer Meeting:

Construction of the YPTF website infrastructure has been completed and the website will be functional in the next few weeks.

Surveys for the database were mailed to the membership; however, the response was sub-optimal. A wider survey through one of the AMA approved data collection agencies will be sent later this year.

The Task Force had a busy past few months with multiple teleconferences

• Members of the taskforce have developed a very stable relation with a reliable high ranking official in the State Department, who has been an incredible help in getting these cases resolved.
• In the past two months the taskforce, through its meeting with the state department and with letter writing campaigns, was able to help the case of 16 physicians who were held up because of security clearances.
• A small number of J-1 renewal refusal cases were also resolved.
• However, unlike last year, despite getting the support of many prominent and high ranking Senators and House Representatives, the Embassy in Islamabad did not relent in the cases of many J-1 refusals (both new and renewals).
• This reflects a significant change from last, definitely not because of a lack of effort.
• A complete list of cases resolved so far with details is available.

Recommendations of the Committee:

The APPNA Young Physicians’ Task Force needs to be given the status of a full committee.

To have maximum impact and to enable continuity in pursuing these important tasks, we unanimously recommend that there should be continuity in this committee.

More APPNA members should be encouraged to get involved as volunteers.

We recommend that the Task Force/Committee concentrate (after the November US elections) on establish a contact with the senators and the house members who will be serving on the Senate and the House Immigration Committees.

To be able to achieve the goals listed in #4, the Task Force recommends to enlist the help of all political resources including PAK-PAC to help galvanize the political support for this cause.

The Task Force regrets the almost complete lack of support from the Pakistani Government on this issue and strongly feels that this needs to be changed.

The task force would like to enlist more active support of the Govt. of Pakistan including the Embassy and the Foreign Office.

In addition, the Task Force also recommends that a meeting with President Musharraf be arranged during his visit to the US.

The liaison with the State Department needs to continue on a regular basis. This should include phone contacts as well periodic visits.

The Task Force recommends gathering information and data on the visa refusals, especially in non-medical professions. On the basis of this data, we may be able to publish more extensively in the press and in medical journals regarding this issue.

The Task Force recommends that the officers of APPNA should continue to contact and hold meetings with the representative of the State Department and the US Ambassador to Pakistan to reinforce our commitment as an organization to advocate for these young physicians and to be able to influence and reverse the discriminatory policies and practices.

Finally, the Task Force felt that the APPNA leadership could have played a larger and more visible role in advocating for this cause. This will obviously need to change and the Task Force hopes that the incoming APPNA leadership will provide their fullest support and enthusiasm towards this endeavor.

Editorial Note: During the Fall EC meeting in Chicago the YPTF has been approved as a full standing committee and Dr. Piracha (President Elect for 2005) has accepted to be the chair this committee. Dr. Piracha’s describes his recent visit to Pakistan and his meetings in US as very positive steps and seeing collaborative efforts from officials in Pakistan and US.
Hundreds of APPNA members lobbied their legislators this summer
— A brief report by Dr. Mahmood Alam.

The theme of annual meeting 2004 was Freedom, Liberty, and Justice. Both individual and collective grass-root work and advocacy is imperative for the matters that affect us as physicians and members of Pakistani-American community. APPNA organized the Day on the Hill in collaboration with PAKPAC and with the help of other civil rights organizations on June 10, 2004. It was an appropriate thing to do in the present day social and political climate. A record number of Pakistani Physicians joined this event at the Capitol Hill that was a key component of this year’s annual summer meeting.

The day started with a two-hour long briefing session from 7:30 a.m. to 9:30 a.m. at the Wardman Park Marriott Hotel pertaining to “Effective Advocacy at the Capitol by Physicians”. Seasoned and accomplished congressional staffers and professionals from ACLU, CAIR, and national immigration forum led this session. They briefed the audiences on two bills namely, Civil Liberty Restoration Act of 2004 (CLARA) and the Safety and Freedom Ensure Act 2003 (SAFE). They discussed the civil rights issues pertaining to Muslims in the post September 11 scenario. They emphasized the need to protect our rights as a people and to speak up for this just cause. The panel gave instructions on how to communicate and lobby effectively with the legislative staff. The participants picked up the folders that contained the materials including the talking points on the issues to be discussed with the legislators.

At 9:30 a.m., buses departed the hotel for the Capitol Hill. From 10:00 a.m. to 12:00 noon, more than 100 APPNA members met with their senators and congressional representatives. They conveyed their concerns about the PATRIOT act that has affected their civil liberties. They sought the support of legislators to vote against patriot act in its present form. They also requested their legislators to sign a letter to the President expressing the concern over Visa refusals to the physicians and students from Pakistan as well as inordinate delays in security clearance after obtaining the visas.

The next was the APPNA luncheon reception in the honor of senators and representatives at the Capitol in the Senate Russell building from 12:00 noon to 2:00 p.m. Senators Tom Harkins (D-IA), Senator Hillary Clinton (D-NY), Senator Tom Carper (D-DE), Senator Tim Johnson (D-SD), Senator Blanche Lincoln (D-AR), Senator Lincoln Chafee (R-RI), Senator Arlen Spector (R-PA), Congressman Rob Simmons (R-CT), Congresswoman Sheila Jackson Lee (D-TX), and Congressman Mike Ross (D-AR) graced the occasion and each of them briefly addressed the jam-packed Hall. Most of the legislators shared our concerns about the impact of patriot act on the civil liberties of American-Muslims. They voiced their support and suggested to become more proactive for our rights.

This was a great opportunity to visit and interact with our legislators. It was a unique experience for many to know how the political process works at the capitol. Participant did their effort to protect our civil rights and liberties in these difficult times. “It was an opportunity to explore the legislative and political aspect of medicine; to see from a different angle when we lobbied for visa issues”, Dr. Sajid Chaudhry, President physicians-in-training section commented. It was a first and positive experience for most of the participants. It was indeed a success, Dr. Omar Atiq, president APPNA, expressed his feeling at the end of the day. We need to thank Dr. Saud Anwar, Dr. Nasir Gondal, and many other APPNA friends for their efforts to make it happen”, Dr. Atiq added. It was a second day on the Hill by APPNA in less than a year. Although it sounds a good sign, nonetheless, it is just a beginning of a continued struggle for our rights. We hope that APPNA leadership would build up on this work in an organized manner!
COMMITTEE REPORTS

State of APPNA SEHAT - A Comparison

Hassan I. Bukhari MD, Shafiq ur Rehman MB,BS.

APPNA SEHAT was established in 1989 as a subsidiary of APPNA, to launch practical low cost primary health care projects for marginalized rural communities of Pakistan. For this to happen, APPNA SEHAT developed a self-help based educational model after extensive feasibility study at that time. As a first step APPNA SEHAT was registered with Social Welfare department. But astonishingly APPNA SEHAT was registered only for Capital territory where APPNA SEHAT has no operations except a small project during December 2000 through November 2002. All other activities and operations outside Capital territory stand illegal and competent authority may close it down at any time. Secondly NO local rules and regulations were drafted ever since its inception and NO local board of Directors established which was a legal and foremost requirement. This issue has always been put up to all Chairpersons in States along with all its consequences but no action was taken. This dreadful and demoralizing issue remained pending for years. During first ever visit of Dr. Hassan Bukhari to APPNA SEHAT Pakistan the same issue was raised again. And at last, this serious issue was considered seriously. But registration of NGO in Pakistan became an uphill task after 9-11 incident. But the decision was taken to end up the uncertainty. During the same visit APPNA SEHAT Board of Director was formulated and go ahead signal was given to initiate the process of APPNA SEHAT registration and all necessary guidance and support was provided by the Chairperson. Now process of registration is in last stages and expected to have it is a matter of weeks. This will end up uncertainty for all times to come which spanned 15 years. This certainly imparted new confidence to management of APPNA SEHAT in Pakistan. This also wiped out the impression of being neglected by policy makers as they seem to be more interested in newer organization they developed. The BOD in Pakistan comprises of Hassan Bukhari-Chairperson, Professor Riaz Chaudhry-Secretary, Justice(Rtd) Mohammad Aslam Arain, AVM(Rtd) Ehtisham Akram and Dr. Shafiq ur Rehman, who is also the CEO of APPNA SEHAT and Country Director in Pakistan.

Financial issues also remained one of the top most problems. There had been instances when salaries of the whole APPNA SEHAT staff could not be paid for three months in a row and late payments also been a common phenomenon during previous years. Even by the end of year 2003 APPNA SEHAT had to graduate most of its units by taking a drastic and desperate management decision as there was no more funds as well as no policy available in this regard. Any unit once came on board remained on ever rising APPNA SEHAT financial support which set off self-destructive phenomenon. Now a concrete policy has been devised which clearly dictates the duration of project activities and interventions in any given unit coming on board and number of units (20 units) on board at any given time. This would be for the first time in the history of APPNA SEHAT that committed funds reached Pakistan well in time without asking for it. Financial manual of APPNA SEHAT, delineating procedures and authorities which used to be unclear and uncertain, is developed for the first time and now in operation. In 2003 to make the payrole and other operational expenses funds were borrowed from the employee Provident Fund. In 2004 APPNA SEHAT was able to raise enough funds to meet all its expenses in Pakistan and pay off the loan from the Provident Fund. No financial help was drawn from APPNA even though the running of APPNA SEHAT was a budgeted item.

Another issue which had been prevailing was lack of communication. Communication is the only two-way channel which is used for harmony between leadership in States and Pakistan that facilitate decision making process and understanding of ongoing activities. This infrequent communication resulted in lack of guidance. Last year i.e. 2003 was the hectic year in this respect. This infrequent communication ultimately turned into complete silence from August 2003 on the part of Chairperson. Now this situation is reversed as almost weekly telephonic conversation happens between APPNA SEHAT management and APPNA SEHAT Chairperson. This is seen as conscious efforts to keep himself fully involved and knowledgeable of organization’s situation and direction. This regular communication provides the opportunity to discuss each and every aspect of project implementation and facilitates well thought out decision in the best interest of APPNA SEHAT and the beneficiaries. This helped a lot in regaining self-assurance which resulted in renaissance of APPNA SEHAT.

Another issue was poor condition of project vehicle at head office which had potential dangers to life of commuters. Breakdown of the vehicle during field visits had also been on record. But decision about change of project vehicle at head office had been deferred for long time. Although most of the Chairpersons had been apprehended the problem but for unknown reasons could not take decision. But during the current year (2004) it was decided then and there to replace the vehicle. This not only relieved the persons on monitoring visits who usually worried about personal safety but also improve the mobilization for the project.

Winter 2004
ity for monitoring. This must be considered as a cost effective decision as it reduced maintenance cost as well as opportunity cost of person involved in maintenance and also time wasted on getting it repaired.

Now Board of Directors is reviewing critically all procedures and discussing and deliberating on all such issues which should have been done long ago but never happened in the history. Board of Director under direct supervision of Chairperson is working on staffing of APPNA SEHAT. The Accounting practice is being changed to Accrual basis rather than current Cash basis. Separate rules and regulations have been made as require by laws, to manage and invest the Provident Fund.

This is for the first time that APPNA SEHAT changed her welfare view back to its main premise of time bound health education. In the past, it was satisfying for all decision makers that they had opportunity to provide jobs to few hundred people. This really obscured the aim of the organization, improving health indicators in Pakistan and stuck in same units for years. Now there is clear policy about duration of interactions in any given unit. This would provide equal opportunity to all rural communities to be added into the project.

The endeavors made during the current year to streamline organizational working and confidence building measures are exuberant in all respects and are more than made in the history of APPNA SEHAT. This process does not stop here and is still going on.

APPNA Social Welfare and Disaster Relief Committee 2004 - Annual Report

Nadeem Zafar, MD (Co-Chairman), Javed Akhtar, MD (Chairman)

2004 has been an extremely productive year for this committee. The year started with a collection for the Iranian Earthquake Relief (Baiman Earthquake Project), which resulted in a handsome collection of over $42,000, which were sent to Iran through a charity called ERFO (Earthquake Relief Fund For Orphans-http://www.erfo.org/). This activity turned into a uniting force for the whole APPNA community with the current, immediate past and president-elect all stepping up to the plate. This was followed by a fund-raiser for a brave colleague who was hit by a drunk driver in Minnesota, and was made quadriplegic. DOGANA (Dow Graduate Association of North America) approached us for help and we provided DOGANA and a whole team of volunteers the facility to collect and distribute funds. Over $120,000 was collected for this project and distributed. Again, the whole community came together to help one of the injured colleagues. With this colleague in recovery, APPNA can be reassured that it won a convert for life.

Amongst the ongoing projects, our committee has continued to support an organization in Pakistan, headed by Justice (Retd) Nasir Aslam Zahid and Dr. Yasmeen Rashid. This organization has effectively provided legal support to women wrongfully incarcerated under Hudood ordinance. A total of $10,000 was released for this project. The Social Welfare Committee also provided $600 for the Sind Women Education Project in Khairpur Sind and $2000 for a multimedia projector for State Emergency Management Organization in Punjab.

The last project of the year was a fund-raiser for establishing a Cytogenetics Laboratory in the public sector in Karachi, under the auspices of Child Aid Association (CAA). This laboratory is stipulated for completion by the end of 2005 and would be a prelude to the first Bone Marrow Transplantation Program in the public sector in Pakistan. APPNA has in principle accepted this laboratory as a center of excellence, and would help it through technical and financial support. During the last 15 days of Ramadan, we were pledged about $41,000 for this project and this would form excellent seed money for the Cytogenetics Laboratory. This is the first time in the history of APPNA that a concept of “center of excellence” has been approved. This would prevent duplication of efforts, more optimal utilization of resources and more opportunity for local high-quality training.

We thank Allah Subhan for His Mercy and to our patrons and well-wishers for their continued support.

Congratulations Dr. Mehboob K. Chaudhry for Receiving Governors Award for Community Services in McKeesport, PA:

On behalf of APPNA we like to congratulate Dr. Mehboob who was recently recognized by American College of Chest Physicians (ACCP), the Chest Foundation. He received a competitive Governors award for the community service project “Community Tobacco Cessation/Prevention Integration with Chronic Disease Program”. A total of 75 entries were evaluated and his project stands out as exemplary.

Good work Dr. Mehboob you have made us proud for community services.
This year’s APPNA winter meeting was undoubtedly a big success. This was a weeklong celebration in conjunction with the golden jubilee of Khyber Medical College. Dr. Bungush and Dr. Omar Atiq had done a terrific job of coordinating this event. In addition to a superb CME program a fabulous social program was also organized which included sightseeing trips, mushaira and a musical evening. The highlight of the meeting was the inaugural session organized by Khyber Medical College in which they invited President Musharraf, Governor and Chief Minister of NWFP. Omar Atiq gave a very enlightening speech some of the text is as follow.

“Assalam-o-Alaikum! On behalf of the Association of Physicians of Pakistani descent of North America, it is my privilege and honor to welcome you to the Khyber Medical College Golden Jubilee Celebration, being held in collaboration with the Association, popularly known as APPNA.

A half century ago, the vision and dedication of many gave birth to Khyber Medical College, our alma mater. Since then, the college has established itself as the premier medical institution in the country because of the relentless efforts of its faculty and students.

Khyberians played an active role in the creation of APPNA in 1978. They have provided dynamic and visionary leadership to this premier, democratic organization of expatriate Pakistanis, in the United States. APPNA represents some 10,000 physicians of Pakistani descent in North America. It serves a leadership role for the Pakistani Americans in particular and for the American Muslims, in General.

APPNA has been at the forefront of struggle for Pakistani and Muslim causes in America. It has assisted young Pakistani physicians to settle and succeed in the United States. Its members have contributed to fund and produce the movie, Jinnah, as a tribute to the father of the nation. It also started the APPNA SEHAT program, and launched the Human development Foundation, to provide basic health education and primary preventive health care, and to enhance literacy and poverty alleviation endeavors, in the poorest areas of Pakistan. With commitment, dedication and hard work, these programs have been very successful. American College of Physicians awarded their prestigious Richard and Hinda Rosenthal award for the most innovative and cost effective primary health care program in the world to APPNA SEHAT in 2002. The citation acknowledged the remarkable reductions in infant and maternal mortality in the program areas.

The success of this program led to efforts by APPNA members to expand and enhance it, and to take it to the next level. For this daunting task, a past president of APPNA, a fellow Khyberian, the person who was responsible for envisioning and establishing APPNA SEHAT and HDF, and arguably, the best leader that APPNA has ever produced, Dr. Nasim Ashraf, volunteered his services, at great personal risk and sacrifice.

Mr. President, at this juncture I will be failing in my duty, if I do not acknowledge and appreciate your wisdom and your vision in accepting the idea, and bringing human development to the forefront of the national agenda, by establishing the National Commission for Human Development, with Dr. Nasim Ashraf as its chair. This may well be your best legacy to the nation!

It is our firm belief that the true meaning of the creation of Pakistan will never be realized until every child born in the country has access to basic...
necessities of life, and until every man and women is empowered to chose his or her destiny, through exercise of free-will. We believe the human development efforts have the potential, over time, to help reach that goal.

Ladies and Gentleman, our world has changed since 9/11, and so has the focus of APPNA. While we successfully lobbied for the Brown amendment to release frozen Pakistani funds and equipment, in the past, and helped defeat the morbidly anti-Pakistan legislators, like Senator Larry Pressler and Representative Stephen Solarz, we are now in the fight of our life for preservation of our civil rights and liberties, and for strengthening of individual freedoms, all across the country. That has been APPNA's mission this year. That has been our Jihad.

Mr. President, We are helped in that quest by your policies and actions in Pakistan. When we demand justice and fair-play in our adopted homeland, it helps to have a just and fair society in our motherland. When we demand due process and equality before law, for all citizens in the United States, it helps to have the same in Pakistan. When we demand protection for the rights of the Muslim minority in America, it is helpful to have the rights of minorities secured here. Thank you, Mr. President, for moving forward on these issues. We appeal to you to continue to implement these policies with full enthusiasm and vigor.

Mr. President, we are encouraged by your promise of true, unadulterated, representative democracy through free, fair and impartial elections; a democracy that does not lead to chaos, anarchy and corruption, but one that leads to peace, harmony and progress for this great nation.

Mr. President, in the end, I would like to thank you for providing this opportunity to share our views with you. I am also very thankful to the Governor and the Chief Minister of NWFP for gracing this occasion with their presence. As President of APNNA, I am proud to be in such an august gathering. As a Khyberian, I thank all the guests for sharing this momentous occasion with us. I wish to conclude with a poem from Sahir Ludhianvi, which depicts my feelings and those of many in the audience, rather well.

After Peshawar meeting APPNA has also organized a groundbreaking ceremony at the National Institute of Child Health (NICH) at Karachi in collaboration with Child Aid Association (CAA). This event was the beginning of state of the art genetic diagnostic laboratory at NICH and CAA. APPNA President Omar Atiq, President elect 2005 Dr. Piracha and many other APPNA members attended this historic event. Dr. Omar Atiq presented a ceremonial check of over 50,000.00 dollars to Dr. Nizam Ul-Hasan the president of CAA. This money was raised with the help of Dr. Nadeem Zafar and social welfare committee of APPNA from APPNA members. This laboratory hopefully will be the best legacy of APPNA to help develop center of excellence in Pakistan and transfer of technology to our homeland. I gave the state of the art lecture about cytogenetics laboratory and the need in our society for cancer treatment. In the end CAA organized a delicious lunch.

Over all this was a dream come true for me to see our efforts are finally taking shape to help poor and needy in our society.
Celebrating Our Heritage
Together for Peace and Prosperity
Houston, Texas September 4, 2004:
Lasseeville Times Report
Amin Karim, MD and Rizwan Naeem, MD

The Second Annual Indo-Pak Independence Day Peace Celebration organized by Indian and Pakistani Communities and by local South Asian physicians in collaboration with community activists was held at the Holiday Inn Select in Houston on September 4th, 2004.

The goal of the conference was to develop people to people contact and build bridges in communities and to promote peace and friendship in South Asia. The conference was attended by over 250 participants.

This was a lively, productive and fun filled evening that was enjoyed by all.

The evening began by the showing of a documentary film CROSSING THE LINES: KASHMIR, PAKISTAN AND INDIA by Parvez Hoodbhoy. This was followed by speeches and interactive discussion with audience participation. The panelists were Dr. Kamran Asdar, Mr. Amit Pandey, Dr. Khalid Riaz, Pritham Rohila, and Ms. Bapsi Sidhwa. The moderator of this discussion was Dr. Nusrat Malik of KPFT 90.1 program Border Crossings.

The keynote speaker Congresswoman Sheila Jackson Lee (Co-Chair of the Pakistan and India Caucus in the House) stole the show by her passionate talk touching not only on Indo-Pakistan relations, but also on the recent violence in Russia. She applauded Indians and Pakistani Americans on not accepting the status quo but taking the step forward towards peace and prosperity and assured support from the US Congress on any development project that is initiated by physicians that promises a better life in South Asia. She presented the US Congress Certificate of Recognition to the organizers of the evening.

Special guest, former mayor of Karachi and MNA Dr. Farooq Sattar flew in to Houston for the Conference and enthralled the audience by his passionate talk on the necessity of peace in South Asia as a relief for the suffering poor and middle class in Pakistan. He blamed the peace impasse on that part of the world on the unholy alliance of Generals and feudal lords who want to maintain the state of affairs to maintain their hold on the masses.

President Elect APPNA Dr. Hussain Malik, Treasurer APPNA Dr. Nadeem Kazi, President of the AAPI Houston Chapter Dr. P.K. Shah also addressed the conference.

The evening was capped by sumptuous cuisine by Lazeeza of Houston and a musical program by Samia Sethi of Ocasionz and by Shehzad Roy.

Dr. Rizwan Naeem was the Chief Organizer and comparer of the event.
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Dr. Asaf Qadeer, Chairman
Dr. Rizwan Naeem, Co-Chairman
ROMA and APPNA

At the recently held October joint meeting of the APPNA Executive Council and the Human Development Foundation (HDF) Board of Directors, during a special session discussing the potential for future collaboration between our two organizations, the attendees asked a number of clarifying questions. The HDF Board members and management feel that these questions are important enough to share with the entire APPNA membership. Given the long history of cooperative efforts between our two organizations and our joint interest in developing a vision for the future, HDF feels that the answers to these questions can help to clear up some commonly held assumptions about our organization and thereby help us all plan for the dynamic future we envision.

Is HDF a part of APPNA?

The creation of HDF was co-sponsored by APPNA, SIH and the Noor Foundation in 1997 with the intention of adding to the APPNA SEHAT health program, and evolving into an integrated development program. It was incorporated as an independent 501(c)3 not-for-profit corporation the following year. Although there is no legal or corporate connection between the two organizations, the majority of the HDF Board of Directors is currently made up of APPNA members including several APPNA Past Presidents.

Is there any common organizational structure shared by HDF & APPNA?

HDF and APPNA are independent organizations with their own staffs, budgets, and organizational structures. However, the current structure of the HDF Board of Directors reserves three seats for APPNA officers. Fifteen of the twenty one current HDF Board are also APPNA members.

Does HDF get any financial support from the Pakistan Government?

HDF does not receive any funds from the Government of Pakistan nor does it remit any of the funds it raises to any government or government entity. HDF collects all of its funds from generous donors like you.

Who are PHDF, NCHD, HDF, HDFNA and HDF Pakistan?

- HDF or HDFNA - The Human Development Foundation is a non-governmental organization (NGO) incorporated in the United States providing program services in Pakistan and in the U.S.
- NCHD - The National Commission On Human Development is an entity formed by the Government of Pakistan as a result of long term persuasion efforts by members of HDF and APPNA
- PHDF - The Pakistan Human Development Fund (PHDF) is responsible for channelling resources from the Government of Pakistan, the private sector and the international donor community into the NCHD and its programs. Although the Pakistan Human Development Fund is integral to the NCHD's Global Resource Mobilization program, it is an autonomous organization and a separate legal entity
- HDF Pakistan - HDF Pakistan is a sister organization of HDF in Pakistan. It is a not-for-profit organization incorporated in Pakistan on April 25, 2001 with the Securities and Exchange Commission of Pakistan, licensed as a public company under Section 42 of the Companies Ordinance, 1984. HDF Pakistan is governed by an all-volunteer Board of Directors.
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What is the difference between NCHD and HDF?

HDF is an independent, non-governmental organization (NGO) registered in the U.S. as a not-for-profit 501(c)3 tax exempt corporation. HDF programs are funded by generous individual donors along with institutional support from non-governmental institutions such as the Pakistan Poverty Alleviation Fund (PPAF) and Khushhali Bank.

The National Commission on Human Development in Pakistan (NCHD) is a government entity whose funding is provided primarily by the government of Pakistan but also from some individual donors and International institutions.

HDF is not connected with nor does it receive or remit any funding from or to NCHD.

Is there any sharing of funds between NCHD & HDF?

There is no sharing of funds between HDF and NCHD. HDF does not receive any funds from NCHD nor contribute any funds to NCHD. All your donations contributed to HDF are used to implement HDF programs.

What is the relationship between HDF, NCHD, & APPNA?

HDF, NCHD, and APPNA are three independent organizations with their own staffs, budgets, organizational structures, and funding sources.

What is the relationship of HDF with the Pakistani government?

HDF has no direct or legal relationship with the Pakistani government. On certain limited projects HDF has partnered with the Pakistani government and with non-governmental entities such as the PPAF.

Is there any mechanism in place to measure outcomes of HDF activities?

HDF has quantifiable measurement techniques in place that regularly monitor the progress of our projects. Some of HDF's quantifiable results are:
- Touching the lives of 188,000 people
- 900+ civic developmental organizations
- 200+ schools in operation
What HDF programs benefit the population here in the USA?

HDF has two programs currently operating in the U.S., an internship for young adults and a newly developing public policy advocacy program.

Chapter Activism in APPNA Comes of Age!

Mahmood Alam

The APPNA chapters have emerged as centers of dynamic activity in recent years. A local chapter provides the platform that brings Pakistani-American physicians together. This chapter activism establishes APPNA at the grass root level. Chapter activity lends support to build a better Pakistani-American community in a variety of ways. APPNA requires at least 25 active members from a region to apply for a chapter status. A proposed chapter needs to have Bylaws that regulate chapter activities. A chapter comes to existence only after review of its proposal by central APPNA secretary and by its formal approval by central executive council (EC). Presently, there are 22 chapters. Most Chapters became active in the last ten years. Each chapter has a seat in the EC. Initially, councilors represented geographically defined regions in the EC. This practice will continue until 2005. The regional councilors are eliminated by the recently amended Bylaws and it appears to be a move in the right direction. The Councilors represented the regions but not necessarily the membership of the region. In most instances, councilors were elected unopposed since nobody wanted to have a contested election at the councilor level. As the chapters grew in number, EC progressively became too large to handle. Meeting the quorum requirement for the action items on the agenda has been a problem in the recent years. It is expected that downsizing the EC by eliminating councilors may help achieving the quorum. Furthermore, the members elect chapter leadership and its representation in the EC provides a basis for a grass root approval of the decisions made by the EC.

Typically, chapter activities range from annual dinners, Eid celebrations, a half-day or a daylong meeting that includes continued medical education, seminars on different topics, and business meetings. Chapters have the potential to help form and support political action committees (PACs) in the local areas. This will promote liaison with the legislators that our community needs the most at these difficult times of discrimination and harassment. Some chapters are already taking the lead in that direction. It should be kept in mind that being a 501 C non-profit professional organization, APPNA, can neither endorse nor raise funds for politicians from its platform. The PACs supported by APPNA members may serve this purpose.

The critics of chapters’ formation and activism thereof express their concern that chapters may become organization within the organization. Chapters’ independent activity may overshadow APPNA activities organized by the headquarters. Local leadership may make policy statements that are not approved by EC of APPNA. Moreover, management of funds raised by the chapters and their proper accounting and timely reporting to Internal Revenue Services has been a problem due to lack of staffing at APPNA headquarters. The supporters of chapter activism are proud to have activities at the local level. They see these activities complimentary to those organized by central APPNA. “I had been a life member of APPNA for a long time but could not manage to go to the meetings”, until, we had a local chapter, Dr. Shaukt Chaudhary, President New Jersey Chapter of APPNA expressed at the Eid Diner.

Most members have welcomed the Chapter activism. We need to translate this activism in making APPNA strong. I proposed to combine local chapter dues with central APPNA annual dues at the strategic planning meeting in January 2004 at Dallas, Texas. This change would engage local leadership to make members for the chapter as well as for the center. This move should bring more paid membership to APPNA without electioneering. Furthermore, early bird discounts may be considered for the Summer Meeting registration for those who pay their dues early with the chapter dues. Chapter accounts and their regulation were discussed during the EC meeting at Chicago on November 20, 2004. The EC suggested the development of a modus operandi for chapter activities. The EC assigned this task to me. We shall discuss this issue in the upcoming APPNA strategic planning session that is going to be held on the weekend of January 29-30, 2005. Meanwhile, I will welcome any suggestions from the membership at large. E-mail ALAMMD@AOL.COM or call 732 874 3705.
While the Association of Pakistani Physicians in North America (APPNA) and the Pakistani-American Public Affairs Community (PAKPAC) have worked together on many fronts in the year 2004, the level of collaboration has improved significantly. There has been a significant overlap of active members the organizations share.

The year 2004 brought with it many of the challenges that the Pakistani-American community and the physician community has been facing. The legislative efforts, advocacy work and team building had been initiated right in the beginning of the year. The planning and coordination was performed early in the year so that remaining voluntary time could be placed primarily on the execution of legislative and advocacy efforts.

The first steps was the strategic planning meetings in Dallas, where after strategic planning the consensus of the APPNA members was that it is critical that PAKPAC and APPNA build and improve on alliances, and use the combined efforts of the two organizations to improve advocacy work.

The advocacy work includes in-reaching (within the community) and team building, and setting targets and becoming more focused towards the need of the time. The spring meeting in New York served as an in-reaching meeting, where the session titled "Prescription for Perception Change" was initiated.

This session included an internal evaluation and focus on the importance of the Pakistani-American community in general and the Pakistani-American Physician community in specific to start building and understanding amongst each other and with all other fellow American Muslims and Americans.

This prescription for perception change included evaluation and understanding of the reasons for negative perceptions and stereotypes about American-Muslims and Pakistani-Americans.

This meeting included many speakers including people who are active in Islamic theology, true community activists, victims of hate crimes, victims of legislative and immigration changes that have occurred in the recent few years. Other invited guests and speakers included civil right attorneys amongst the Pakistani-American community, as well as media personnel. This session was well attended and was considered as one of the most important part of the APPNA’s spring conference.

The momentum that was gained at this meeting helped us towards team building. This team building, and efforts and coordination reach this maximum potential at least during this year during the APPNA summer meeting. The summer meeting included civil rights sessions for the American-Muslims and all other Americans. This was a coordinated effort and allowed us to collaborate and build critical alliances team building with other organizations, which were focusing on civil rights as well. There was as session held with ACLU, NAACP, CAIR, Immigration Forum, NAPALC and others.

This meeting allowed us to develop an understanding with many of the other organization’s leaders and members. The next step in this meeting was the effective execution of “Day on the Hill” of Association of APPNA with PAKPAC.

This advocacy day, should be noted not only in the in the history of the Pakistani-American community in the United States, but all American Muslims to be a landmark event. Since this is a day the Pakistani-American community in a much more effective approach was able to reach out to more than about 120 Congressional legislators offices, and talked to them about their concerns with respect to the civil rights concerns, as well as the concerns of the young physicians, who are having problems with their visas when they try and pursue their educational careers in the United States.

This meeting was well attended, well received and the APPNA members were able to reach out to the members of the Congress in their offices and developed a further understanding and sophistication with respect to the advocacy efforts. In the afternoon, there was a meeting held in the Senate building, which was packed with APPNA members, as well as a large number of United States Senators and House Representatives. Some of the guest attendees included Senators Tom Harkins, Hillary Clinton, Tom Carper, Tim Johnson, Blanche Lincoln, Lincoln Chafee and Arlen Specter together with Congressman Rob Simmons, Sheila Jackson Lee and Mike Ross. All of these Members of Congress waited to be able to give a short speech to the over 300 tightly packed doctors.

During the fall time, the Pakistani-American community played an unprecedented and historical role and efforts in the US Presidential and the Congress Elections. During this time, PAKPAC remained focused with respect to the legislative issues and is the only organization, which effectively reached out to Pakistani American community well in advance to identify key issues of priority of the Pakistani American community. Subsequently, all presidential candidates were asked specific questions with
respect to their legislative agendas and evaluated them with respect to their positions on issues of our concerns. During this time, one-to-one meetings, as well as phone conferences and discussions with campaign staff were also held to educate the different Presidential candidates on our issues and understand their perspectives as well.

Some of these meetings were attended by elected APPNA representatives as well. At this time, coalition building and understanding was developed with other larger American-Muslim organizations and other Pakistani-American organizations as well. The unprecedented involvement of the Pakistani-American community in these elections is again a step in the right direction with respect to advocacy efforts of this community.

The November elections included very critical House and Senate races as well. PAKPAC assessed and in timely fashion was able to provide recommendations regarding appropriate candidates from the community’s perspective. Timely support with funds was provided in the form of PAKPAC coordinated fund raisers as well as member initiated fund raisers with PAKPAC back ground and coordination and fund raising support.

Some of the PAKPAC specific projects and advocacy coordination included helping build and strengthen the Pakistan Caucus. While lead on this project was taken by other organizations, the specific focus approach at grass root was provided by many of our members. We look at this as work in progress and look forward to having many more members of congress from the 109th congress to join the Pakistan caucus. To learn more about the caucus and how you can help, please visit: http://www.pakpac.net/caucus.asp. PAKPAC also initiated an education effort for members of congress. Moreover, we were able to provide dissemination of information about fund raisers and focused invitations and fund raising activities. PAKPAC this year was able to set up a toll free number to help the community with respect to reporting civil rights problems, help individuals to recruit members of congress for Pakistan caucus, and also help them with the focused fund raisers.

Some of the other legislative efforts and communications with nationwide members of the congress included,
• Asking members not to support HR 4021 (Not to grant Pakistan Non NATO Ally)
• Opposing Senate Bill S-2476 (To make PATRIOT ACT permanent)
• Focused thank you letter campaign to Senator Lugar for his comments on Peace in South Asia
• Opposition to HR 2671: CLEAR ACT
• Coordinated effort to write to Kerry campaign to change their stated position regarding Pakistan
• Coordinated effort regarding the Department of Homeland Security about the internal memo for profiling Pakistani Americans.
• Support of HRES 234 RH
• Support of Dream ACT

Letters and follow up with multiple Senators regarding individual cases across the country for visa related issues.
• Support SAFE ACT
• Support HRES 528 IH, “The French Bill”
• Support CLRA (Civil Liberties Restoration Act)

There are multiple other bills and actions taken. This gives a glimpse in some of the cases.

As this year come towards the closure while the PAKPAC and APPNA have worked in collaboration as a team together during this whole year in order to make this understanding and teamwork a part of mutual understanding and respect of the two organizations, a memorandum of understanding was reached between the two organizations with consensus from the executive council of APPNA and the board members of PAKPAC to develop an understanding and collaboration, and improved the symbiotic relationship of these organizations.

The trick with legislative efforts and advocacy work is that this is a never-ending job. In the same spirit, the legislative efforts would have to continue and more challenges are ahead of us. Some of these challenges include the building on the understanding and relationship with all other organizations sharing our agendas. These include not only other Pakistani-American organizations, but also the American-Muslims and all other civil rights related organizations as well. Secondly, unfinished business of improving on the civil rights of Pakistani-Americans remains high is on the agenda with focus on Pakistani-Americans in specific and American-Muslims in general.

The malpractice reform and organizing the organizations remains issues that we would have to continue to deal with. The time has come for APPNA members and all other Pakistani-Americans to work together in a coordinated fashion. The individuals in our communities are far more talented than any other community. Where we need to improve on is our abilities to work together in a coordinated manner. While we all work in our own respective areas, if we do not work in coordination and realign our priorities, we are not going to be able to achieve the targets as effectively. We look forward to rolling up our sleeves and moving on the 2005 which brings new challenges in the areas of advocacy towards media, policy institutes, legislators, and administrators. We ask all to join us for the sake of our collective future.
APPNA Qissa / APPNA Qazzia
Riding a donkey through a crowd of grenade-lobbing jehadis
S. Amjad Hussain

A parable:

There is a parable of a father and son traveling with their donkey from the village to the city. Along the way no matter how they traveled - on the donkey, off the donkey, one on the donkey the other walking and vice versa - the people along the way kept objecting to the arrangement. Finally the pair decided to lift the donkey and carry it on their shoulders. Of course this was also unacceptable to the Monday morning quarterbacks.

Moral of the story? Be very careful when you take on a project for APPNA. It can be worst than riding a donkey through the countryside or a Peer-e-Tasma Paa (from the story of Sind Baad the Sailor) on your back.

It was with a sense of duty that I accepted, albeit reluctantly, the project to write the history of APPNA. In the past a few attempts had been made but none had come to fruition. It was left to the determination of Dr. Muhammad Suleman (President APPNA 2000) to re-activate the project and ‘press-gang’ me for the task of researching, writing, editing and publishing the book. With repeated delays it took almost two years to complete the project. ‘APPNA Qissa: A History of the Association of Pakistani Physicians of North America’ was released at the annual summer meeting of APPNA in Washington in June 2004.

No sooner had the book come out then a few self-appointed jihadis lobbed a few hand grenades at me on the Internet APPNA ListServ. They questioned my honesty as a person and my integrity as a writer. None of them had the courtesy to call me with questions about the book. To ask pertinent questions is a right and a privilege; to insult and slander is neither a right nor a privilege. In a civil and polite society one can be inquisitive without being abusive. Perhaps it would be helpful for APPNA members to know the story behind the book.

Why did the leadership asked me to take on this project? I cannot answer that with certainty but perhaps a brief mention of my experience in this area might provide some context.

In 1993 I published A Brief History of the Frontier Town of Peshawar and since then the monograph has gone through four editions. In 1993 I helped write, edit and publish a 578-page History of Khyber Medical College. In 2001, I co-authored ‘The First 150 Years: History of the Academy of Medicine of Toledo and Lucas County’. I have published papers on the evolution of western medicine in the Indian Subcontinent and the Early History of King Edward Medical College. I have also had the privilege of delivering keynote lecture on the life of Sardar Abdur Rab Nishtar and the history of the college that bears his name during APPNA’s winter meeting in Multan in 1989.

Here is the story of APPNA Qissa.

The initial proposal for the book was submitted to APPNA leadership in 2000 with an outline of the proposed book and an estimated cost of $18,500 for a 200-page soft cover product. The expenses were to cover a researcher from the University of Toledo, secretarial services, type setting, graphic designing and printing of the book. The proposal was accepted and I was asked to proceed. I had also requested that I would like to deal with only one person for the duration of the project. I did not wish to introduce uncertainties brought in by the change of leadership. To their credit Dr. Raana Akbar the incoming president in 2003 and Dr. Omar Atiq president 2004 kept that arrangement intact and helped move the project along. Dr. Suleman however remained the main contact person for the duration of the project.

The initial proposal called for five chapters. However the archival material retrieved from APPNA office was deemed inadequate. To bridge important gaps we needed to interview past presidents and some of the senior members. A detailed questionnaire was sent to all them. Interviews were also conducted either in person or on the phone with some of them. In addition many APPNA members were requested and they obliged by loaning their personal archival material for the project. To bring objectivity to the work I decided to add a chapter on past presidents for their personal perspectives. Another chapter was added on the affiliated alumni associations.

We had planned to add occasional black and white pictures in the book to compliment the narrative. With a large number of historic pictures that became available through the courtesy of many members, a new section called Album was created to document pictorial evolution of the association. All these additions brought the total number of pages to 328. All additions and changes were brought to the attention of the leadership and each step was taken with their consent.

The first five chapters of the book deal with the Founding of the Association, Political Activism, Service to Homeland, The Maturing of the Association and the Future of APPNA. These five chapters are amply referenced and the references are listed at the end of each chapter in endnotes.
The project was delayed for almost a year because of inability to get pertinent archival material, lack of response from some presidents and alumni associations. This caused unnecessary delays. The researcher Dr. Barbara Floyd having fulfilled her obligation in the first five chapters was not willing to continue with the add-ons and so some of the later work had to be farmed out. The book had already been outlined and pages allotted when the late-arriving material required addition of new pages, re-numbering of most of the book and major revision of the index. This is a time consuming and expensive process. Part of the graphic design also had to be farmed out because the original graphic designer had already exhausted contracted time because of unnecessary delays and revisions.

In the end the book cost $32,800 for a run of 1600 copies. (This also includes personal contribution of $2000 by Dr. Sulaman to have the Album part produced in full color instead of B&W). The total expenditure is certainly more than what we had originally estimated. Still it is not out of line even if there were no costly delays and last minute revisions. Any one familiar with writing and publishing books would agree that the amount spent to produce a 328-page hard cover book with a four-color dust jacket and 38-pages of full color pictures is extremely reasonable. The cost comes to be approximately $20 per copy. At the conclusion of the project all pertinent receipts and cancelled checks were submitted to Dr. Omar Atiq, President APPNA and Dr. Muhammad Suleman, the contact person for the project.

One of the volleys lobbed at me on the ListServ concerned plagiarism. It is a rather serious allegation for a writer and such accusations could, under certain circumstances, be grounds for libel.

While preparing the chapter on alumni associations I received written material from two past presidents of King Edward Alumni Association. As I had done with other alumni narratives, I edited the pieces and gave credit to the persons who had submitted the material. After publication of the book Dr. Raana Akbar brought to my attention that much of the KE Alumni narrative was her writing that had been published before under her name. I apologized to her for this mistake even though I had no way of knowing this. In all fairness, the gentlemen who had sent the material did not claim authorship and it was my assumption that they had written those words.

We have put in an honest effort to produce a readable and coherent account of APPNA. Whether we have succeeded in our effort is for others to judge. The book has been however favorably reviewed by Pakistan Link and The (daily) Statesman of Pakistan. Reviews by monthly magazine The Herald, daily Dawn and Fortnightly Pulse International, all from Pakistan, are awaited.

For my two years of work I have accepted with gratitude twenty copies of the book.
The fiscal gap between the rich and the poor in Pakistan is tremendous, as is the available healthcare to these groups. The former can afford healthcare comparable to the west and the latter—little if anything. To the latter, even a 5-day course of antibiotics is a luxury. So how do we deal with the humongous challenge that faces those who want to do more for the poor in Pakistan? Amongst these compassionate are many Pakistani physicians settled in the United States, who wake up every day, remembering that their medical education was subsidized by the Pakistani exchequer. Many of these physicians make six-figure salaries, have estates worth in seven and eight figures and have access to places like the White House. They want to do more, want to help those they have left behind and want to ensure that their goodwill and their contributions would not be abused and would get to the neediest.

Many in APPNA have grappled with the challenges in bringing these compassionate physicians closer to the poor and deserving Pakistanis. APPNA for years has been seen as an organization which has typically worked around three events—a tour to some distant land in the spring, a large summer meeting in the US, and another trip to Pakistan in the winters (also called the winter migration of the APPNA geese). This seems to be changing and the events of 2004 are a proof to this effect. Many of the committee reports would enlighten everyone about what we have been up to in 2004. But I want to bring to your attention two very exciting projects that some of us would be working on in 2005.

The first of the two projects is the establishment of a state of the art Cytogenetics Laboratory at the Child Aid Association (CAA) (http://www.childaidassociation.org/) sponsored Oncology Unit at National Institute of Child Health in Karachi. The estimated cost for this project is $200,000. A total of $53,000 was pledged during the first fund-raiser for this project. This fund-raiser was done during the last 15 days of Ramadan, and was conducted via emails and telephone calls. The cost of this fund-raiser was virtually $0 dollars and with a track record of almost 100% collection, we have already reached 25% of the targeted amount. With this pledge, we would work for matching grants from local donors in Pakistan and also through US organizations that fund projects in healthcare overseas. An even greater challenge is the availability of expert technologic help in planning and executing highly technologic endeavors. With the availability of abundant talent amongst the ranks of APPNA, this challenge is being overcome. Dr. Rizwan Naeem, Director of Cytogenetics at Texas Children Hospital has very kindly consented to be the resource person for this project and is and would remain very actively involved at all stages of the project. The commission date for this project is the fall of 2005. This project would eventually help launch a full-fledged bone marrow and stem-cell transplantation program in the public sector in Karachi. To this end, Pediatric Oncologists in the APPNA ranks have started coming together. The first transplant is insha-Allah anticipated in the fall of 2006.

The second project that is in the planning stage is the setup up of medical equipment repository under the APPNA auspices. Many of our members have access to excess medical equipment, new and used in good condition, which could be made available for shipment to hospitals in Pakistan and other parts of the under-developed world. The first step in this process is having a centralized listing available and then coordinating our efforts with other charities and people who could help get us this equipment across. It is also possible to swap equipment with other charities, which are involved in similar work and may have access to equipment that is needed in Pakistan. In return we may be able to fulfill their needs by providing them equipment that we may have and not need for Pakistan. Initial negotiations have begun with some charities to draw a blue print for this activity.

While this activity goes on, it is extremely important for our members and colleagues to realize that if more people are involved and more resources are available, more could be achieved more efficaciously. Our job is to ensure that highest standards of transparency and efficiency are maintained but we have to rely on each one of you for your support (skills, time and money). We are getting closer to a point where we could get each one of you hooked up to an institution in Pakistan, which could benefit from your skills and time. You can be an ambassador of goodwill and healing for the poor and deserving. You can help your alma mater and the people you love and feel for. We in APPNA can help you achieve your dreams. By being more involved and more generous, you can help us help you.
**IMANA’s Activities in Houston**

Kokab Saeed, MD

Islamic Medical Association of North America, Houston chapter (IMANA) celebrated its annual function of medical education and elections on December 5th 2004 at the Marriott Medical Center. Kokab A. Saeed, MD hosted the event. Dr Abdul Moosa was elected. Some IMANA’s program consisted of some scientific presentations, children’s activities and chief guest speaker was Dr Husain Nagamia who came from Florida specially for this occasion. Dr. Husain Nagamia, Past President of IMANA and past Editor-in-Chief of Journal of the Islamic Medical Association of North America gave an excellent talk on “Development of Medicine and Health Sciences during the Islamic period of history”.

An introduction and overview of goals and objectives of IMANA and its link with the central office were presented by Dr Saeed.

All past presidents of IMANA, present were recognized. IMANA’s collaboration with other local social chapters and associations were mentioned such as Islamic Society Of Greater Houston, Shifa Health Foundation Services, Muslim Health Professional Society, Association of Pakistani Physicians of North America, Houston Physician Forum, Galveston Islamic Center & SE Mosque, Muslim Medical Association, Galveston Community Volunteer Group, Women & children, Education Lab to Train the Trainers in the 3rd world countries. County Clinics (Galveston and Hariss) and Sind Medical College Pioneer Group. Dr Saeed also shared some photographs of the health fair on 4/11/04 and executive council meeting on 1/10/04. Some of local sponsors for the program were Merrill Lynch, Moon Jewellers and Ross.

Dr. Susan Cooley, Project Director, Reach Out & Read, in Texas gave a talk and encouraged local muslim physicians to apply for the grant for receiving books for children in their clinics.

Dr. Ahmed, professor and a researcher in the department of Pathology at UTMB, who has been actively involved in Islamic cultural activities, especially in Galveston gave an overview of Islam on the Island. Anita Nash and Lacy Willie taught adults and children about healthy eating habits and serving portions and how to count calories. Mrs Dr Kausar Naqvi who is an Assistant Director of the Montessori School in Houston and artist in graphic designs jointly engaged children of doctors attending the meeting by activities such as face painting and games. Dr James Lukefahr, medical director, CPS Center for the Medical Evaluation of Child Victims of Abuse and Neglect gave an overview how to identify and help victimized children of abuse. A young artist and architect Aamir Saeed also gave an introductory presentation on Islamic architecture.

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**Health Care in Pakistan**

Ayaz M. Samadani M.D.

I am not surprised by the story “Health Care in Pakistan” as printed in APPNA Newsletter. It is unfortunate that the value of human life is so trivial in our homeland. I know of several other examples of poor patient care at prestigious institutes. I have personally witnessed malfunctioning of oxygen therapy equipment in the private wing of the inpatient at Agha Khan Hospital where patient was turning blue with a tight mask on his face, inadequate service in PIMS Islamabad and poor care resulting in the patient’s death at the Army Hospital in Rawalpindi where a diabetic patient was not examined over the weekend. There are many more unnecessary deaths and examples of less than adequate or poor care.

Our physicians are some of the best trained and Pakistan has over 100,000 physicians in active patient care. We need to have accountability and quality control, without this there is no chance of improving medical care. I would like to hear from those individuals who would be interested in joining me to form some avenue of quality check that would be a hallmark of quality control of medical care in Pakistan.

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**APPNA Special Executive Council Meeting**

Hilton Americas Hotel, Houston TX
Room Rate- $99/room/night
To discuss and approve policies and procedures for better functioning of APPNA new programs for the benefit of Pakistani Americans in the U.S.
Call 1-800-Hiltons
Physicians spend their adult lives helping others. They make tremendous personal sacrifices in an effort to improve the health and quality of life of the populous. Given their financial resources and desire to help others, physicians often times are involved in significant charitable endeavors. At times, the wave of philanthropy that is the combination of professional and charitable pursuits can overwhelm a physician's ability to make sure their own financial house is in order. If this description sounds like your life, you are not alone and you owe it to yourself and your family to participate in a financial health check-up.

I personally have benefited from the tremendous efforts of a number of special physicians. After my mother was diagnosed with breast cancer, the initial prognosis gave her six months live. Due to the extraordinary efforts of an oncologist and my mother's spirit and will, she lived for five years. During those five years, there were medical bills that eventually the insurance stopped paying and my family couldn't pay; however, the oncologist never stopped treatment. In my mother's final years, she was able to watch her grandchildren grow and she watched me graduate from university summa cum laude. Later, my father died of heart disease; however, his life was extended due to heart by-pass surgery. In my father's final years, I asked him to make a list of all the places he wanted to visit and things he wanted to do. In our time together, we traveled to places like Nashville and Las Vegas and he was able to watch the Dallas Cowboys live. I remain grateful to the medical professionals that provided me with the opportunity to enjoy and continue to learn from my parents in their final years. Now, I would like to give something back to the medical profession that has done a tremendous job of helping my family. My goal is to help educate physicians regarding the financial decisions they make in their practices and personal lives, call it a Financial Health Check-up, so that they can always live and retire with grace and dignity.

Overview of Your Check-up

With this being the first of a series of "Your Financial Health Check-up's", let's start with the financial framework we will use to move through the entire check-up.

Your check-up will include a look at how you are managing the following:

Grace
1) Beauty or charm of form, movement, or expression,
2) goodwill; favor

Dignity
1) Honorable quality; worthiness, 2) high repute or honor, or the degree of this, 3) a high position, rank, or title

Structures - These structures act like a skeletal system in your personal and professional lives. For example, the Professional Corporation for your practice, Trusts for your family or favorite charity, or Limited Partnerships for unique investments allow you to separate, organize and protect your financial life.

Cash - Where would we be without cash? Cash is like our cardiovascular system. For example, the Working Capital in your business, Emergency Funds for your personal life or Lines of Credit for both personal and professional needs must course through our financial veins to keep us personally and professionally viable.

Investments - Investments can be viewed as our muscular system. For example, the desire to build and grow your retirement plan(s), savings for your child's education and other special accumulation accounts can be similar to the desire to "build muscle" and increase your financial strength.

Risk - Like your immune system, your risk management system engages when something bad happens. For example, medical malpractice insurance, general liability, health insurance, automobile insurance, homeowner's insurance, disability insurance, life insurance and long-term care insurance can all be part of a risk management system that will help to protect you when something goes wrong.

Now you may be asking yourself, "What ties these different areas of the check-up together? What plays the role of the brain with this set of systems?" The answer is your overall Financial and Estate Plan. Your Financial and Estate Plan helps to ensure there is a coherent and cohesive set of steps to help you accomplish your goals.

Coming Up Next

In the next installment of "Your Financial Health", we will look at Investment Management and focus on opportunities to optimize your retirement plan. In addition, we will show you how it may be possible to contribute in excess of $100,000 annually to a retirement plan.
Dear APPNA Members, Assalam-O-Alaikum.

I would like to wish you and your family a happy, healthy and prosperous new year. I thank you for the opportunity to serve you as APPNA President. I am very excited and optimistic about APPNA's future. I shall do my best to take APPNA to its highest level, but I will need your help and your prayers. We have a very busy and ambitious agenda this year, which is as follows:

1. APPNA Special Executive Council Meeting January 29 and 30, 2005 at Hilton Americas Hotel, Houston, Texas. Room rate $99.00 per room per night (call 1-800-HILTONS).
   ◦ To discuss and approve policies and procedures for better functioning of APPNA.
   ◦ APPNA Charitable Foundation
   ◦ APPNA Free Clinics
   ◦ Other special projects
   ◦ Committee Chairs Goals for the Year

2. APPNA tour of India, March 5 to 17, 2005. The theme of the trip will be ‘APPNA Building Bridges, People to People’. The objective will be to have a combined CME program with our Indian counterparts and also to promote goodwill between the people of Pakistan and the people of India. After my two recent trips to India, I can assure you that this will be one of the best trips that APPNA members will ever take.

3. APPNA Spring Meeting, April 7 - 10, 2005 in Washington, DC.
   ◦ Annual Day on the Hill - April 7, 2005.
   ◦ CME - April 8, 2005
   ◦ APPNA Executive Council meeting - April 9 and 10, 2005
   ◦ Hotel site not decided yet

4. APPNA Summer Convention - June 29 to July 4, 2005 at Hilton Americas Hotel, Houston, Texas. Room rate $99.00 per room per night. (call 1-800-HILTONS).

5. APPNA Fall Executive Council Meeting - September 30 to October 2, 2005 - Las Vegas, Nevada. Hotel site not decided yet.

6. APPNA Winter Meeting - December 23 – 27, 2005
   ◦ King Edward Medical College, Lahore - December 23 and 24, 2005
   ◦ Fatima Jinnah Medical College, Lahore - December 26 and 27, 2005

I would highly encourage you to attend as many meetings as possible this year. Thank you for your time.

Hussain G. Malik, M.D.
President

APPNA India Trip “Building Bridges, People to People”
continued from page 17

Buland Darwaaza, Paanch Mahal, the Hiran Minar that Akbar built in memory of his favorite elephant, Tomb of Salim Chisti, Jamia Masjid, Birbal’s House and the Diwan-i-Khas.

Sightseeing also includes the City Palace, art gallery and museum. Places to visit include Jantar Mantar, Ram Niwas Gardens, great hilltop fortress on a beautiful elephant; a guided tour will walk us through the Hall of Pleasure, the Palace of Mirrors and the King’s secret hideaway.

Time will be allotted to shop at the colorful bazaars for handmades and trinkets. Kundan jewelry and blue pottery are must buys for you to bring home.

This evening we will enjoy an evening sunset visit to the sand dunes.

Monday March 14 – Wednesday
March 16 - (Mumbai) Fly to
Mumbai March 14

City tour of Mumbai that includes visit to Gateway of India, Prince of Wales museum, Flora Fountain, Victoria Terminus, Crawford Market, Rajabai Tower, drive past Marine drive.

Visit the famous Elephanta caves located on an island, 7 kms away from the mainland city and a “WORLD HERITAGE SITE”.

Tour of Bollywood

CME Program, Music and Entertainment

Grand dinner and superb music programs, one in New Delhi and one in Mumbai.

Qawwali program near Taj Mahal, Agra

Most accommodations a five star deluxe hotel

In summary, this is a trip of a lifetime. You’ll have the thrill of riding elephants and camels, which will make those ever-lasting memories that you’ll treasure for a lifetime. The architecture of the Maharajas tells the tales of chivalry, tragedy and romance. The Sound and Light Show in Delhi, after sunset, brings to life the bygone days of Delhi’s history from the Mughal period. Our visit to Bombay has something to please everyone. The Arabian Sea, the port city of Mumbai, is responsible for half of India’s foreign trade. The lights along the darkness of the Arabian Sea make a spectacular view, one, which you’ll have to experience.
Wives from the Homeland

Iram Qureshi

Note: Names and locations at which these events took place have been changed to protect the identity of my friends.

"Ali is getting married." I choked on my drink and stared at my friend Nadia in shock. "But he's only 19! And he's very immature," I protested.

"Lucky him, I wish I was getting married," Omar interjected. "But, I'm not going to marry girls from here! Look at how corrupt they are! They drink, date, and simply cannot be trusted. Not that any of you are like that," he added quickly.

"Then who exactly are you going to marry? White girls?" Nadia asked through clenched teeth. "Of course not, I'm going to marry a girl in Pakistan." Omar than launched into a description of Pakistan as a land of Ashwariya Rai look-alikes who were rich, came from well respected families, were religious, knew how to cook and clean, and very also either doctors or lawyers but willing to give up their career once they married. By this point, everyone at our table was howling with laughter, and Omar had given up trying to explain to us the finer points of being a good wife.

Unfortunately, Omar's point of view is nothing new in the Pakistani-American community. Despite the fact that we have grown up in a more gender equal society, the double standard still exists, fueled by our elders. It is perfectly acceptable for young (and old) Pakistani men to drink and date, but heaven forbid if a young woman does the same things. A young woman who drinks or dates is considered corrupt, and aunties must protect their "see-day-saaday" sons from such girls.

The alternative to the evil Pakistani-American girl is of course the girls in the Homeland. But, our community's perception of the girls back home is seriously flawed. For starters, not all girls in Pakistan are beautiful like Ashwariya Rai. If they were, the likes of Ash would not be considered beautiful, they would be considered average. However, since there are many more Pakistanis than Pakistani-Americans, the likelihood of finding beautiful girls is by default higher.

It is also believed that girls who are born and raised in Pakistan are taught to cook and clean before they learn to walk. Personally, I have yet to meet a girl from Pakistan who can cook, but perhaps that is not the case with most people. However, young women (and young men) in the States who move out of their homes generally learn to cook and clean out of necessity.

I have tried and still fail to understand why a woman must give up her career. There are many women who learn to balance career and family and I think every woman should be given the chance to at least try to do so. Demanding that a young woman give up her career as soon as she gets married is not only unfair but a waste of her time. Lawyers and doctors generally have two decades or more of education under their belt. Male lawyers and doctors are well respected in our community and no one would ever dare ask them to give up their careers after marriage. Then why should a woman who worked just as hard is asked to waste her education simply because of her gender?

Our community's standards of a good wife are unrealistic and unhealthy. So, aunties, uncles, and gentlemen, please stop targeting us Pakistani-American women for your negative comments. Pakistani-American women are a large, complex and diverse group. Pakistani women are an even larger, complex and even more diverse group. Negative and positive qualities exist in both groups, so please stop degrading one and idealizing the other.

Saga Autumn Letter

Iram Qureshi

Like to take this opportunity to thank the people who were involved in organizing such a successful meeting.

First of all, I'd like to thank Raafeh Waseem for his help in every single event we did this year. This meeting could never have gone well if Raafeh hadn't been there to help us out! A big thank you to our Co-Chair Dr. Mujeeb Khaliq for her dedication to SAYA, which went above and beyond the call of duty. For the three months leading up to the
meeting, I (as well as other EC members) were on the phone with Dr. Khaliq for several hours every single night. The programs in this meeting may not have been possible without Dr. Khaliq’s hard work and support. I’d also like to thank Dr. Tariq Mahmood, Dr. Zahid Butt, and Mrs. Asfa Butt for all their help in making the necessary arrangements at the hotel.

Thank you to Empire for coming to perform for us at the SAYA dinner, and thank you to the Pakistani Embassy, Deputy Chief of Mission/Deputy Ambassador Mohammad Sadiq, Nadia Naviwala and PALI for helping coordinate the dinner. Thanks to Raafah and Basima Latif for planning a wonderful after-party. Thank you to our treasurer Zeeshan Qureshi for responsibly handling funds this year. And thanks to Zeeshan and Ammar Waseem for all their help at the booth, I don’t think it would have been possible to run the SAYA/CAPPNA booth without them. I’d also like to thank Asim Hussain and Tarim Wasim from Harvard Business School for their presentation on admissions.

And last but not least, thank you to everyone who helped out with the fashion show this year. A very special thank you to Nadaa for all her help in coordinating the dances and the formations for the catwalk. Thanks to Arooj for coordinating the Anarkali dance, and thanks to my mother, Dr. Shamsa Qureshi, for the Anarkali idea and for her unwavering love and support throughout the year. And a very big thank you to all the models and especially all the dancers: Shawn, Saad, Shoaib, Hannah, Serish, Nimrat, Saarah, Nadaa, Shamail, Rehan, Omar, Asad, Kasim, Saarah, Shuja, Laila and Arooj, for working so hard and making the fashion show a success. I think I’m missing a few names for with I apologize. Thank you to Salman for coming at the last minute and helping me MC. And most of all, thank you to Dr. Mujeeb Khaliq, Mrs. Rukhsana Sharif and Mrs. Nazia Hussain for their invaluable help, hard work, love and support.

I would also like to thank all the members who showed up at the SAYA meeting and gave us feedback and suggestions on how to make the organization better. Member feedback is extremely important, and I hope to see many more SAYA members at the meeting next year. Our members should know that this organization can’t function without their participation, so it is very important that SAYA members become involved.

Advocacy, Legislative and Governmental Affairs Committee of APPNA

M. Saud Anwar M.D., M.P.H., F.C.C.P.

At the last APPNA meeting in Chicago 2004, the APPNA Exec Council voted to create an APPNA Advocacy, Legislative, and Governmental Affairs Committee. This committee had been functioning in principle even before being given any name or legal status by APPNA’s decision making body. The current members that have been appointed till December 2006 to serve on this committee include, Drs. Hussain Malik (Chair-2005), Abdul R Piracha, (Chair-2006), Omar Atiq, Nasir Gondal and Saud Anwar.

This committee will serve to provide APPNA and its membership guidance and management with respect to the advocacy, legislative and government affairs in the United States which may have an impact on the organization and its membership.

At this time following are some of issues and specific areas of focus that have been identified by APPNA membership and leadership.

♦ Civil rights and civil liberties related issues that have been affecting the Pakistani American community members already present in the United States.

♦ Immigration related issues, especially with respect to the new physicians coming to the United States.

♦ Professional/practice issues with affect the lives of physician community in the United States e.g. Malpractice issues.

♦ Developing an understanding and working relationship to promote good will and understanding with other strategic organizations.

♦ Other issues depending on the changes in the legislative environment that may arise.

Some of the key functioning mechanisms of this committee would include networking, collaborating with other strategic organization to help build and strengthen coalitions. This committee would also support and collaborate with APPNA Chapters and Affiliate organizations fulfill their responsibilities with respect to the above mentioned issues.

Some of the other responsibilities would include development and implementation of:

Rapid response system: which would assist APPNA leadership in taking public positions on behalf of the organization.

Providing direct information to the membership with respect to pertinent advocacy and legislative issues.

This committee will also help arrange the annual APPNA “Day on the Hill” and other such events as deemed necessary.
Is our identity, culture and heritage in danger?

Abdul Rehman

"More than a cluster of words or a set of grammatical rules, a language is a flash of Human Spirit by which the soul of a culture reaches into the material world. A language, according to Michael Krauss of the University of Alaska is as divine and mysterious as a living organism. Should we mourn the loss of a language less than the loss of a species?"

With the technologic advancement of this century and the westernization of the globe, English language is having a huge impact on other languages. Urdu speaking elite, with resources and the ability to migrate, is relocating itself to the parts of the Globe that are alien to Urdu. By necessity, these immigrants have to learn and converse in the local languages of their adopted homelands, leaving little room for Urdu. It is feared that after a couple of generations, the descendents of these new immigrants might have no ties left with the Urdu language and might not be able to identify themselves with Urdu culture. This, in effect, could be the demise of Urdu language.

A language that is not formally taught or is ignored for more than two generations is practically extinct in less than 75 years. Our failure to formally teach Urdu to our children could spell disaster for the language in years to come. We must pay attention to Urdu.

and preserve this language for the sake of our own grandchildren. Experts tell us that whosoever left his mother tongue, in effect got disinherited from his or her culture. Language is the first step of the ladder of culture. Whosoever failed to teach his or her language to the children in fact sentenced the children to the exile.

Question arises, why is it necessary to have Urdu as a language when we can easily prosper knowing English only. The answer is quite simple. Most of our heritage, our literature and in deed our culture is intricately tied up with Urdu language. We will be a community without past if we lost Urdu language. We the people of the subcontinent, regardless of where in the world we settle and how assimilated we get in our new environment, will always be a certain race and ethnicity. We cannot change that. Our identity will always be what it is, "people of a certain race from South Asia". We have every reason to be proud of what we are and we should live up to that identity. For that to take place, we should not alienate ourselves from its culture and should be able to connect to this identity by knowing its language.

Another obvious threat is the real possibility of loss of Urdu script or "Rasm-ul-khat". There have been movements in the past to use an alternate script to write Urdu in place of its original alphabet that is derived from Arabic. Some of our children that can understand spoken Urdu and can carry on some conversation, may give us the impression that they know Urdu but when asked to write an Urdu word, might use Roman English to do so. Likewise Dev-Nagri script is used to write Urdu in most Hindi speaking areas of India and that cannot be read by most of us. If Urdu alphabet is abandoned, a huge treasure of literature may lose its utility and a culture will be lost. We must teach Urdu alphabet to our children to safeguard against such results.

I fail to see why we should not use Urdu as a medium of communication in our homes. This is the only sure way of passing our language on to our children. In Pakistan, it might have been fashionable to speak in English at home because that gave us some privacy in presence of our household help (the servants). Needs of such privacy are reversed here in the United States. To be private here in presence of our English speaking help, we need Urdu to come to our rescue. We must establish at least basic Urdu classes in our Mosques, other places of worship and Sunday Schools for our children so that they can write and read Urdu. This way they will at least be able to read the Road Signs and not feel illiterate in Urdu when they go to their ancestral homeland.

Urdu, an Introduction:
National language of Pakistan, Urdu is the third largest spoken language in the world, after English and Spanish. This figure includes those Hindi speaking people who understand the spoken Urdu but use Dev-Nagri script and may not be familiar with Urdu script. Out of the total world population of about five Billion people, well over a billion speak Urdu.

Urdu language belongs to the Indic branch of the Indo-European family of languages and its seeds were sown on the soil of India with the first invasion by Mahmood Ghaznavi around year 1000. As the native Sanskrit and Brhig Bhasha amalgamated with the Turkish, Farsi and Arabic spoken by the invaders, the new language started to take shape with its clear identity by the time of Amir Khusro in the early 1300’s. Another 300 years later, during the reign of emperor Shah Jahan (1610-1650), in early 1600’s, it was given the name "Urdu". Urdu is a Turkish
word for Lushkar or Army, since this was the language of the soldiers. Under the influence of Farsi, the Ghazal form of Urdu poetry started to take shape and Wali Dakkani, (who died in 1742) was the first recognized Urdu poet of the Ghazal form. By the time of Mir Taqi Mir (1722-1810), Urdu Ghazal had established its literary identity. Urdu Ghazal therefore is no more than 250 years old. Urdu humorous poetry (Tanz-o-Mazah) established its separate identity only recently at the time of Akbar Allahabadi (1846-1921), who can truly be called the father of Urdu Humorous poetry. There did exist humor in Urdu poetry prior to his time but Akbar was the one who gave it its separate and unique identity. Urdu Humorous poetry (Zareefana Shaeri) therefore is about 100 years old.

Farsi had tremendous influence on Urdu initially and most early Urdu writers and poets also wrote in Farsi. This influence started to dwindle in early 1900’s and became negligible by the time of partition of India. Urdu language is quite versatile and is continuously adopting new words into its vocabulary from dozens of regional languages of South Asia and from English. In hindsight, it appears that a new language was being shaped in the subcontinent over past three to four centuries, under the influence of an Islamic culture, which was destined to become the identity of a new Islamic Republic-Pakistan-, to be borne in mid 1900’s.

APPNA’s leadership has taken a giant step in establishing an Urdu section in APPNA Journal. This shows our love and commitment to our heritage and culture. Six years ago, in New York, APPNA had started the tradition of holding an “Alternative Entertainment Program” at its Annual Summer Meetings. That program has become more elaborate and popular over the years and now enjoys a large audience. We have used that program to introduce Urdu into the Organization and are making every effort to keep this program entertaining as well as educational. It is my desire that as we have introduced the talent and the top artists of the Music Industry like the late Nusrat Fateh Ali Khan to our membership here in the United States, we should also introduce the big names in Urdu literature, (Drama, Poetry, Playwrights etc.) as our way of patronizing the Fine Arts Of Pakistan. These programs should be adequately funded to assure excellence and enviable quality. People will not expect anything less from APPNA.

2004 APPNA Attendance Sheet

Every year APPNA membership delegates authority to its Executive Committee/Council to discuss the affairs of the organization, deliberate on issues and make decisions for smooth and efficient operation of the organization. Members of the EC/Council volunteer for that responsibility and make a commitment to serve their respective constituencies.

During 2004, the following APPNA members attended all six meetings:

Omar Atiq .................................................. President
Hussain Malik .............................................. President-Elect
Nadeem Kazi ............................................... Treasurer
Mufiz Chauhan .............................................. Councilor
Riaz Chaudhry ............................................. Past President
Khalid Mahmood ......................................... Secretary, KE
Syed Samad .................................................. President-Elect, Dow
Mahmood Alam .......................................... Treasurer-Elect
Arif Muslim* .............................................. Trustee and Past President

The following APPNA members attended five of six meetings:

M. Suleman ................................................. Past President
Rizwan Naeem ............................................ Managing Editor
Zeelaf Munir ............................................... Secretary
Mohammad Jahanzeb .................................. President, KE
Mubasher Rana .......................................... Councilor
Imtiaz Arain ............................................... Councilor
Zahid Asgher ............................................... Upstate NY-PA

*Dr. Arif Muslim has consistently and faithfully served APPNA, among other commendable deeds, by never missing a single meeting since its inception.

APPNA applauds the dedication, devotion and personal sacrifice of all these members.

Classified Ads

Excellent opportunity to join an established, successful Family Practitioner in Jonesborough, Tennessee. Excellent compensation and benefits. For more information please contact Dr. Hussain at (865) 405-1045 or email your resume at neuro_rehab@hotmail.com

Busy Neurology practice is looking for a BS/BE Neurologist in beautiful east Tennessee. Competitive salary and benefits package offered. Practice includes EMG, EEG and Sleep programs. Contact Dr. Hussain at 865-405-1045 or fax resume at 865-690-6676.

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(Left) Banquet begins with the recitation of US and Pakistani anthems. Dr. Imtiaz Arain accompanies Dr. Omar Atiq’s daughter at microphone with Pakistani anthem while Mavara Agha (R) daughter of Dr Arif Agha had earlier sung the US anthem. Photo Right Dr.Omar Atiq addresses the banquet assembly.

(L-R) APPNA Executive Director Mike Thompson, Drs Hussain Malik President Elect 2005, Omar Atiq President, Zeelaf Munir Secretary and Nadeem Kazi Treasurer.

(L-R) Drs Nadeem Kazi (Casa Grande,AZ) and Mohammad Kazi (FL)

(L-R) Dr.Ashraf Sabhat -President Upstate NY Chapter, Dr. Zahid Ashger and Dr. M. Nassar Quraishy-Treasurer New Jersey Chapter

(L-R) Drs. Faheem Butt , Asim Malik (rear) ( Old Westbury, NY) , Mahmood Alam (Holmdel, NJ) Raza Hassan (rear) (SC) and Nasir Gonda (NY)

(L-R) Mrs. Nasreen Riaz (IL) , Drs Zeelaf Munir (Rehoboth Beach DE) and Naheed Qayuum (IL)

Group includes (L-R) Drs. Busharat Ahmad (MI) Amna Buttar, Rashid Piracha (VW), Mrs. Piracha and Aziz Arain(IL)

Group includes (L-R) Drs. Javed Qasim, Sohail Khan (IL), Nassar Quraishy (rear) Zia Moiz Ahmad (MO) Zeelaf Munir (DE) Busharat Ahmad (MI)
Drs. Afzal Arain (Madera, CA), Nisar Chaudhry (MA), and Zahid Asgher (NY) at the poetry recital (mushaira).

Mrs. Anwar S. Khan and Dr. Shaukat Khan (PA), Former APPNA President 1997.

Dr. Arif H. Agha (IL), Treasurer Pakistani Physicians Society of Illinois (a chapter of APPNA).

Dr. Arif Atiq (AK) confers with Dr. Busharat Ahmad, (MI), right Dr. Mohammad Jahanzeb (center) in discussion with Dr. Busharat Ahmad (left) and Zia Moiz DOGANA President (right).

Dr. Omar Atiq (AK) confers with Dr. Busharat Ahmad, (MI), right Dr. Mohammad Jahanzeb (center) in discussion with Dr. Busharat Ahmad (left) and Zia Moiz DOGANA President (right).

BELOW (L-R) Dr. Mushfaq Sharif and Dr. Shaukat Khan in discussion.

Dr. Kimat Khattak and Dr. Ayyaz Samadhani (Beaver Dam, WI).

Dr. Hussain Malik (East Stroudsburg, PA) seemingly reacting to Quaid-e-Azam Medical College Alumni President Dr. Manzoor Tariq's (MO) comment.

(L-R) Mrs. Anwar S. Khan and Dr. Shaukat Khan (PA), Former APPNA President 1997.

(L-R) Drs. Hussain Malik, Shaukat Khan and Nadeem Kazi in intense discussion.

L-R) Drs. Mushtaq Sharif (IL), Mohammad Kazi (FL), Nasir Rana (IL), Asaf Qadeer (TX) and Pervez Rasul (Berwyn, IL).

Dr. Kausar Zaman of Rockville Center (NY) was misidentified in fall 2004 APPNA newsletter. The error is regretted.
After a very successful morning seminar on Democracy APPSA group in DC after dinner.

The Houston Group with Representative Sheila Jackson Lee on the Day on the Hill.

The Gurus in line to share their opinions at the EC meeting in DC.

Dr. Omar Atiq, APPNA president, presenting the Plaque to Professor Gopi Chand Narang, The Chief Guest at the Mushaera, as Dr. Abdul Rehman and Dr. Taqi Abidi look on.

Thelast Hurrah and probably the last picture of wonderful Summer meeting. The die hards after the completion of EC meeting on Sunday.

Three Amigos Dr. Shahid Shakh, Dr. Rizwan Naeeem and Dr. Amin Karim just before departing home to meet again.

Dr. Abdul Rehman Abd (podium), greeting the invited poets that included Dr. Taqi Abidi, Hanif Akhtar, Dr. Gopi Chand Narang, Amjad Islam Amjad, Himayat Ali Shamer, Munnu Bhai and others.
انساوی ایشی آف پاکستانی فریشنس آف دارته امریکہ

نیا آردو و میکس

نیا آردو و میکس

(عبدالرضا عابد)

Abdul Rehman
URDU Editor
آناز عاصف شاہ تحقیزی وزارت

(آناز عاصف شاہ نامی ایک تحقیقی وزارت کا سرکاری اعیان)
اکی اغناکی دعا

(خدم حضرت علی)

روہول کی پاکستانی خلیلی بنیان
ندراں نے کہیں شو کہ یہ
چاہے پھر کیا کہ یہ
مین تک چلا
کہ کہ
یہ

لغز

(خدم حضرت علی)

پیدو سر کیاں پیچھے
یہ تمام نہ سنے ہے
بھی ہے اس طرح پہلو کے
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(عمرالحسن عبد)

ست گا ای یہ تری، سہ وہ یہ تری
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- میرے وہ یہ تری

Winter 2004

APPNA Journal 49
غزل
(اسم محلول)

یہ تیار انس مرا کا کوئی جماعت کے
رسے کی باتیں نہ درشتی کا ہیں
تھا خلد پالیا کا ایک خوشم ہیں
مراؤقوں سے سیرتی رفاقت کے
آخر کے راہ سے خوش دیاہما مزول
ہماری بائیوتوں پر پیکر فرحت کے
دوبارہ ہم ہوتوں کیوں غیظ کا پتھر ہیں
یہم غزیہ سے جیہ سے تری حالت کے

غورت
(اسم محلول)

ام دوسرے سے ختمے کے ساتھ
جہتی چسی تری کے ہے
مردوں کی دلیل کے قریب
پہ ہوا اب کچھ دوچار
چاپر گھی شیو ہو ہے
غورت والوں کے م-query کے
پی ہم کوکھاپا کا مالے ہے
تو کا کاہو دوبارہ قیام کے
Why should I be the one who works at a loss, and keep ignoring (to take) the interest.

Not be worried about my tomorrow (future) and stay busy (lost) in the worries of today.

Hear the cries of the Nightingale and be all ears (i.e. Just listen and do nothing about it).

O’ my companion, am I some kind of a flower (an inanimate object i.e. unable to speak) that I stay quiet.

My ability to speak is coaxing me to say something.

Dust in my mouth (woe unto me) that I (do) have a complaint against the Almighty.
Your being (oh the creator) was in existence for ever (from before the beginning of time.). Flower (blossom) was gracing the garden but its fragrance was not widespread. Oh, the most generous and benevolent one, with justice as a pre-condition, (tell us) how would the fragrance have spread if the breeze was not there.

It is true that we are well known for our obedience. We narrate the story of our misery (pain) because we are forced (by the circumstances) to do so. We are full of complaints but are quiet like the instruments of an orchestra (that is not being played.) If a word of complaint reaches our lips, it is because we have no choice in the matter. Oh Allah, hear also the remonstrance of thy faithful. Do listen to a bit of complaint from those accustomed to your glorification.
Friends, not Masters,
(by President Ayub)

Before we arrived on the scene, this World of yours was quite strange. People were worshiping the stones and the trees. Human eye was accustomed to the worship of the tangible objects only. Under those circumstances, how could anyone believe in the invisible God.

You know very well, but was there anyone at the time that even mentioned your name?

It was the hard work (strong arm) of the believers that got the job done for you.
تین کیا چوک یہ کہ ایک انہر نہیں ہونا تھا جس نے ہدایت اور جوہر کی کوشش سے دوسرے انسانوں کا ذاہب ہونے کے لئے اپنی قربانی کی۔

کورنر ایک ہدایت زندگی کے ساتھ پرستی کا عنوان بنا تھا۔

کئی لوگوں کی ایک ہدایت کے لئے فہرست کا مقدمہ کیا گیا تھا۔

(Official visits) کے لئے ایک کانفرنس کی تیاری کی گئی تھی۔

China, South Korea, Malaysia, India

(Indepen- dance)

(Official visits) کے لئے ایک کانفرنس کی تیاری کی گئی تھی۔

(Universal Education, Democracy)

(Indepen- dance)

(Official visits) کے لئے ایک کانفرنس کی تیاری کی گئی تھی۔
APPNA Presidents
From the beginning to the present