

Alliance Action

President's Corner...

Happy New Year! Fill your hearts with new hopes! Reach out for new opportunities! Raise a toast to good times and welcome in 2010! I am so fortunate that I won't have to come up with any New Year's resolutions because I can just repeat the same ones from last year! So, I will be trying to stay on budget, exercise more, eat less, and to try not to go out to eat so much. I bet I am not the only one with these goals for 2010. I'm sure I will see a lot of you at the gym, at least for the first few weeks of the New Year.

I want to extend a heart felt thank you to Mike and Melinda Welling for opening their lovely home for the Medical Society and Medical Society Alliance Holiday party. The décor was amazing. I have never seen a home so completely decorated for Christmas as Melinda's! The food was delicious since Brunella's mom is visiting from Italy and helped with the catering. What a great way to kick off the busy holiday party season. Thanks also to Sheila Winnefeld for helping with the invitations.

Sue Magee did another great job in organizing the book drive at Barnes and Noble. A huge thank you goes out to Sue and her army of volunteers who spent the day helping to represent the Mesa County Medical Society Alliance at our booth. Uschi Hall was on hand to present our Faux Paw internet safety program. All the money raised will help support our anti-violence campaign. Thank you to all our members and friends who helped with this worthwhile cause.

Upcoming events in 2010 for the Mesa County Medical Society Alliance include our Culinary Workshop on January 14. Angela Hegstrom and Kathy Tarman are busy planning the fun and exciting progressive dinner on March 27. Mark your calendars now and please plan on attending these fabulous and entertaining events.

As requested, this is the artichoke dip recipe that I served over the holidays: Combine 8 oz artichoke hearts-drained, 1 cup parmesan cheese, ½ cup sour cream, ½ cup mayo, 8 oz cream cheese, 2 cloves minced garlic, a few slices pickled jalapeno's-no seeds, to taste. Bake 325 for 30-35 minutes. Serve with Triscuits.

Wishing you blessings of happiness, peace, and prosperity in 2010.



Event Calendar

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| Jan 6 | MCMSA board meeting
924 24 1/4 Rd
9:30 am |
| Jan 12 | MCMS meeting at
Grand Vista Hotel |
| Jan 14 | Healthy Cooking Class
335 Dakota Circle
11 am |
| Jan 19 | Book Club
818 26 Rd
9 am coffee
9:30 am discussion |
| Jan 22 | Playgroup
371 Martello Drive
10 am to noon |
| Jan 28 | Women's Night Out
Coat Drive and Social
905 Topler Ridge Court
6:30 pm |
| March 27 | Progressive Dinner
5:30 pm Starters
7:00 pm Dinner
New Date! |

newsletter editor:
Kathy Swelstad
swelstad31@hotmail.com
243-4858
Deadline is the 15th of each month

Thanks to all who participated in the Barnes and Noble Book Fair. The Alliance appreciates your purchases that day to help us raise money for our SAVE projects.

I appreciate the volunteers who said "Yes" when called: Callie Ash, Amy Czarnecki, Heather Gerson and Lily, Uschi Hall, Barbie Hartshorn, Dawn Hunter, Eileen Lepisto, Jackie Moran, Kim Moore, Kathy Swelstad, and Gaye Walker.

They wrapped presents with the tips going to SAVE.

Sue Magee

We have already received the check from Barnes and Noble for the Book Fair. We raised \$176.62 from the store and \$51.10 in tips. The Book Fair raised a total of **\$227.72** for the SAVE project.

Thank you to everyone who participated!

Callie Ash

Thank you! Thank you! We did it! With all of your help, we now have 113 members! We surpassed the 100 member goal that the board set. What an amazing, dedicated group of spouses! Thank you for supporting the MCMSA.
Sheila Winnefeld, membership chair

Healthy recipes to start off your new years resolutions!!!

Join us for the January Healthy Cooking Class and Luncheon presented by Diana of DMT Catering.

Featuring healthy & delicious foods we can all prepare at home!

Thursday, January 14th at 11 a.m.
at the home of Uschi Hall

335 Dakota Circle
Grand Junction, 81507
242-1842

\$25 per person
(non-members friends welcome)

Please RSVP to Heather Gerson at 433-7379 or hbgerson@aol.com by Monday, January 11th
Space is limited to 30 people, so rsvp today!

Sample menu may include:

Clear fresh ginger, chile and shrimp broth;
Kale and white bean soup

Lentil tabouleh with Feta
or goat cheese crumble

Fresh citrus supreme
(segments without peel or pith),
with fresh mint,
ginger and lemon drizzle

Receive a full package of recipes
(the dishes featured, plus 6 more)

MSMSA Book Club

Tuesday, Jan. 19th
 "Shanghai Girls"
 by Lisa See
 at Barbie Hartshorn's
 818 26 Rd
 Coffee at 9 am
 Discussion at 9:30 am

The Alliance Book Club is open to all members. If you enjoy literature, or just good company, please come try it out! You don't even need to have read each book--sometimes you just want to hear a review, and this is the place! If you are interested in joining the Book Club, please email Mary Graves at peacockcat@msn.com or call 241-4905 for monthly updates on book and meeting place.

Thank You!!!

Thank you to Mike and Melinda Welling for hosting the fabulous Christmas Party!

**January Alliance
 Womens Night Out**

"Dead of Winter Coat Drive"
 Please bring an appetizer or bottle of wine and any used coats, scarfs, hats, etc to donate to Homeward Bound

Wednesday, January 28
 6:30 pm

Stephanie Witwer's house
 905 Topler Ridge Court

RSVP: 201-7346

Howdy Ya'll!

Come to the

**TEXAS HOLD'EM SALOON &
 CASINO**

BBQ-Progressive Dinner
 (this isn't your mother's Progressive Dinner)

Saturday, March 27th
 Starters @ 5:30
 Hold-em and Dinner @ 7:00

Winners Circle and
 Dessert to follow

GET IT ON YOUR CALENDAR
 (invitations coming soon)

January Playgroup!

Friday, January 22

10 am to noon

at Holly Seeberger's

371 Martello Drive

778-4336

Condolences to Kimberly Langston for the loss of her father.

MCMSA Board Members

2009-2010

Callie Ash, President
 245-1650

Jolie Griffin, President Elect
 241-7372

Amy Czarnecki, Secretary
 985-4019

Dawn Hunter, Treasurer
 314-9001

Sheila Winnefeld, Membership
 241-0594

Kathy Swelstad, Newsletter
 243-4858

Robin Heil, Tech Support
 241-7520

Janna Gustafson, Hospitality
 243-1490

Mary Graves, Book Club
 241-4905

Bobbi Alpha, Organella
 242-5508

Uschi Hall, S.A.V.E.
 242-1842

Natalie Gehl, Faux Paw
 245-7110

Susan Erb, Community Service
 257-1644

Stephanie Witwer, Members
 Night Out
 201-7346

Kim Moore, AMA Foundation
 245-0916

Gay Walker, Historian
 245-7533

Sue Magee, Advisor
 245-4611

Lisa Bumgarner, Advisor
 243-8806

Heather Gurson, Advisor
 433-7379

Alliance Action Mission

The mission of the Mesa County Medical Society Alliance is to support and nurture the medical family in order to be a proactive volunteer voice of the Mesa County Medical Society, promoting the health and well-being of Mesa County, Colorado

MESA COUNTY MEDICAL SOCIETY ALLIANCE

JANUARY, 2010

Mesa County Medical Society Presents...

The next scheduled meeting
will be Tuesday, January 12th.

This meeting will not be held at the Bookcliff
Country Club, but rather at the Grand Vista.

For more information please call
Delores Bennett at 243-2808.
