

# Alliance Action

## ***President's Corner...***

Hello and Happy St. Patrick's Day! Don't forget to wear your green on March 17 or you might get pinched! Some of you may know that we have a leprechaun living in our home named "Clover". My son Mikey writes to her and surprisingly she writes back to him! We are sure that she is responsible for anything that gets lost and occasionally she gets into mischief and we find something broken in the house.

Yee Haw!!! I am so excited about the upcoming progressive dinner that Angela Hegstrom and Kathy Tarman are busy planning. The theme this year is Texas Hold-Em and although I don't play I am always open to trying something fun. PLEASE, PLEASE mark your calendar and plan on attending this event. It is the ONLY fundraiser that the Alliance does and ALL proceeds go to support our anti-violence campaign (S.A.V.E.- Stop America's Violence Everywhere). In addition to a great evening with old friends, you will meet new ones and have a great evening while supporting a worth while cause! Save the date: March 27!!!! I'd rather be lucky than good!

The Mesa County Medical Society Alliance is involved with many community service projects. We as a medical community are so aware of the many needs in the valley and around the world. Thank you to Susan Erb who was kind to open up her lovely home for the Coffee Open House on February 9<sup>th</sup>. It was great to see friends and received so many donations of books, games, and movies to give to Homeward Bound. Thanks also to Kim Moore and Rebecca Mashburn for organizing all the medical supplies that went to Haiti! The warehouse was FULL and many boxes were packed and shipped out to those in need. I couldn't believe how many volunteers showed up to work! Thank you to everyone who donated time to these worthwhile community service projects.

I have had so many requests for my Island Salsa recipe that I thought I would just share it here: Combine 1 cup chopped pineapple, 1 cup chopped mango, 1 cup chopped yellow or red bell pepper, 2/3 cup chopped kiwi, 1/2 cup chopped red onion, 1/4 cup cilantro, 1 t. lime juice, 1/2 t. minced Serrano chili, ground white pepper to taste, salt to taste. Serve with tortilla chips or pita chips. Also great over fish!

I'll sign off now with one of my favorite Irish blessings:  
May your pockets be heavy and your heart be light,  
may good luck pursue you each morning and night.



## *Event Calendar*

- March 2 MCMS Meeting at Bookcliff Country Club  
6:30 p.m. - Social  
7:00 p.m. - Dinner
- March 3 MCMSA Board Meeting  
924 24 1/4 Rd  
9:30 am
- March 16 Book Club  
Meeting place TBA  
9 am coffee  
9:30 am discussion
- March 27 Progressive Dinner  
5:30 pm Starters  
7:00 pm Dinner

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

**MESA COUNTY MEDICAL SOCIETY MEETING**

**DATE: Tuesday, March 2, 2010**  
**LOCATION: Bookcliff Country Club**  
**TIME: 6:30 p.m. - Social**  
**7:00 p.m. - Dinner**

**The Executive Committee will meet at 6:00 p.m.**

**No charge for Medical Society Members or Family Medicine Residents and Spouses.  
Otherwise, spouses/guests \$30.00.**

**RESERVATIONS ASAP..... 243-2808**

**SPEAKERS/TOPIC:**

**John Shelton Reed**  
**Dale Reed**

**AUTHORS OF "HOLY SMOKE"**  
**The big book of North Carolina Barbecue**

**Look forward to this being a great presentation with great food! DR. BOB SAMMONS WILL BE PREPARING HIS CHAMPIONSHIP BRISKET (28<sup>TH</sup> nationally out of 4,612 teams) AND PULLED PORK (55<sup>TH</sup> nationally). This delicious meat will be accompanied by "traditional sides".**

**If Chapel Hill is Blue Heaven, then North Carolina is Barbecue Heaven, as it is this part of the country that has made barbecue famous. "Holy Smoke" is a cornucopia of visual, gastronomical, historical and humorous information that can provide a wide and varying degree of enjoyment across different time periods of reading, depending on what the reader wants.**

**This talk will mirror the book as the authors present a cultural and culinary history of barbecue, filled with history, interviews and all kinds of kooky heirloom Southern recipes. You will find these speakers to be as entertaining as they are informative!**

**The authors are planning a book signing at Barnes and Noble on March 1st and we will have signed books available on March 2<sup>nd</sup> at \$32.30 per copy.**

**NOTE: We are anticipating a rather large attendance at this event and since all of the meats Dr. Sammons will be preparing are "special order", we would appreciate receiving your reservation as soon as possible...243-2808.**

**MSMSA Book Club**

Tuesday, March 16th  
"The Lace Readers"  
by Brunonia Barry  
Meeting place TBA  
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.

Condolences to Patti Wataha on the loss of her mother.

Thanks to everyone for the great turnout at the drop-in coffee.

Instead of a volunteer opportunity this month we encourage everyone to attend the Progressive Dinner! Proceeds go to the SAVE program. Hope to see you there!

Look for April's volunteer project in next months newsletter. We invite any suggestions for community outreach.

Howdy Ya'll!

Come to the

**TEXAS HOLD'EM  
SALOON & CASINO**

**BBQ-Progressive Dinner**

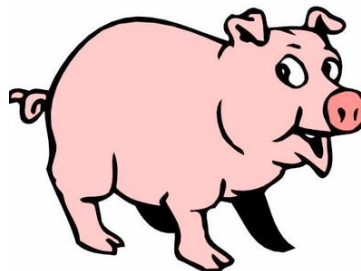
(this isn't your mother's  
Progressive Dinner)

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

Winners Circle and  
Dessert to follow

\$30/person  
Proceeds benefit SAVE

**\*GET IT ON YOUR  
CALENDAR\***  
(invitations coming soon)



**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 Gerson, 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

MARCH, 2010

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