



We are back from Nicaragua!

As you know, this February The WCMA sent a team of 12 volunteers to the Rio San Juan region in Nicaragua on a joint medical and dental mission.

Nicaragua has some of the most breathtaking scenery imaginable, active and inactive volcanoes, magnificent lagoons, blue skies, and green landscapes. There, the grass seems greener, somehow deeper, richer. Tropical flowers in a number of bright colors, grow wild to decorate the landscape.

Nicaragua also has some of the most heartbreaking poverty imaginable. The dental team saw over 200 patients with multiple dental needs. Their goal was to save as many teeth as possible by filling cavities. When teeth were beyond repair, they resorted to extractions and over 500 teeth were pulled. The medical team saw a multitude of patients and distributed huge amounts of vitamins, antibiotics, analgesics, creams & lotions, and a lot of other medicines that are available in the U.S., but that are hard to obtain or afford over there. While some of those medicines were donated, most of them were purchased with your \$ 8535.00 donations for this mission!

We have all been humbled by the things that we have seen in this country. Once, I read a phrase, by William Arthur Ward, that came to my mind during this mission. It goes something like this: "Greatness is not found in possessions, power, position, or prestige. It is discovered in goodness, humility, service, and character"

I would like to thank the volunteers of this mission for giving selflessly their service, effort, time and money to help others less fortunate. I also deeply appreciate your donations and support!

A total of 1392 patients were seen by the doctors in the mission; and 1300 prescriptions were filled by our pharmacy!

Check our website at: www.wcmatx.org to see the pictures.



Nicaraguan's Mission - Great Job!

Dr. Rosa Torres, Mrs. Terri Urbanek, Ms. Brenda Rodgers, Dr. Rick Urbanek, Mrs. Sara Picado-Green, Dr. James Green, Mrs. Kori Lewis-Swan, Dr. Oscar Torres, Dr. Terry Seegers, Mrs. Martha Picado - Seegers, Dr. Paul Bonner, and Miss. Indiana Porta.

Haiti Relief

We decided to support the North Texas Medical Mission- NTMM, which was already in the works, by purchasing medical supplies/meds for the medical mission. The WFISD partnered with the WCMA for a fundraising "Hearts for Haiti" to purchase these meds. These meds were purchased based on the list that Dr. Wilson provided URCHS pharmacy. The funds raised by the kids and faculty of the WFISD paid for these meds that were delivered to Dr. Wilson and ALL taken to Haiti. According to Dr. Kazanas, superintendent of the WFISD and Renae Murphy, director of public relations, this was a very good civics lesson for the kids and it thought them how we all need to be responsible citizens of the world by trying to help those who are in need.

As of today, thw WCMA has collected \$ 69,000.00 in donations for Haiti. We are working on different initiatives as far as what the WCMA will be doing next. Such as: Medical Mission(s), clean water for Haiti, prosthetic, partnering with local and established organizations in Haiti, et.al.

Our next Event

Doctor's Day Celebration

Tuesday, March 30 - 11:00 to 12:30 p.m.

Hamilton Pavillion

The WCMA will honor:

Dr. Cliff Burross Dr. Mark Ewell
Dr. Emory Sobiesk Dr. Fred Wood

RSVP to Jill King @ 689-9919

Thanks

- To the WCMA members for all your donations to the Nicaraguan Mission and to the Haiti Relief Fund.

- To the WFISD for collecting donations for the WCMA Haiti Relief Fund.
We are impressed and grateful for this support.



IN TOUCH

The Wichita County Medical Alliance Official Newsletter

March 2010.



A Letter from the President

Welcome to another exciting year for the WCMA. I am humbled as well as honored to serve you as the 74th president in a long tradition of the Alliance dating back to its inception in 1924. Over the years, the Alliance has been instrumental in promoting the medical family to our community and getting involved in various community services and benefits not only at the local level, but nationally as well as internationally.

Case in point – did you know that there are a fleet of at least 10 new fishing boats (plus 10 refurbished boats) in India that has the WCMA name on it?, that there are over 10,000 people getting fresh water from five water wells that the WCMA provided for in Myanmar, as well as a water well in Vanuatu that has our name on it? It is quite amazing how our Alliance has reached out and made a difference in people's lives near and far. All these are possible because of you – your participation, your involvement in various projects, your donations, and your kind hearts, and “can do” attitudes.

Nowadays, everyone is so busy juggling so many things. I believe, the techies call it multi-tasking. But once in a while, we all need to take a little break and slow down to enjoy good company, good friends and good times. That's where the social events of the Alliance come into play. These planned events are great opportunities to reconnect with colleagues and friends and have fun. Interestingly enough, it is during these social events that we make new acquaintances and rekindle old friendships that help the Alliance grow. The established families have so much to show and share with the new families and in turn, the new comers bring new perspectives to share with the group. It is this synergy that keeps our organization fresh and forward thinking, ready for any challenges.

2010 started off with a very difficult challenge on top of the various projects that we have already planned. Our biggest challenge this year is how to help the people of Haiti who were devastated with a catastrophic earthquake on January 12th. Without missing a beat, the WCMA partnered with the Medical Society to establish the Haiti Earthquake Relief Fund. Your response was absolutely spectacular! Through your efforts, kind hearts, and generosity, as of this writing, we have received \$69,000 in donations. This amount is the highest fund raising the WCMA has ever collected. Historically, our fund raising efforts have been primarily within our local medical community. For the first time, we have expanded our efforts and partnered with URHCS, other county medical alliances in Texas and with the WFISD. We wish to thank all of you who donated to the cause, and as in the past, we will keep our promise to spend 100 percent of your donation to the people of Haiti. Our volunteers pay for their expenses and administrative costs are paid for by our annual membership dues.

I look forward to a very exciting and busy year, and I dare not say that I will follow our past president, Martha Picado-Seegers' footsteps – those high heels are a killer! She has wonderfully balanced the need for social events and community services and that set the tone for this year and the many years to come. I will need her guidance and ask for your support to make 2010 a productive year. As our world becomes smaller, we want to be good citizens in this global community.

Sincerely,
Oscar De Asis

A Recipe for Easter:

Lamb with Garlic & Rosemary

Looking for a special meal to prepare for your holiday? Why not rack of lamb. Serve it with roasted potatoes, greens and a hearty red wine such as Italian Barolo.

Ingredients:

- 1 head of garlic, halved horizontally
- 1 leg of lamb bone in, approx 4½ lb
- 6 garlic cloves, halved
- 1 bunch fresh rosemary
- ½ oz softened butter
- Salt and freshly ground black pepper
- Olive oil

Directions:

- 1- Preheat the oven to 425 F.
- 2- In the bottom of a roasting pan pour a little olive oil to coat the bottom and add the garlic head halves.
- 3- Make 1-inch deep incisions in the lamb. Into each incision insert the garlic cloves and rosemary sprigs.
- 4- Rub the butter over the lamb and place the leg on top of the garlic head halves. Season with salt and pepper and place in the oven for 1-1½ hours (15 minutes per pound for rare and 20 minutes for medium), turning over half way through.
- 5- Remove the lamb from the oven, season again and transfer to a tray to rest.

Gravy: place the roasting pan over a moderate heat to caramelize the lamb juices for 2-3 minutes. Strain off any excess fat. Pour in 12 oz cold water, reduce heat and simmer gently for 5 minutes. Strain through a fine sieve.



Famous Quote

Be kind whenever possible. It is always possible!

Dalai Lama



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The Wichita County Medical Alliance and The Wichita County Medical Society celebrated together the Installation of Officers for 2010. It was lots of fun! At the same event, two doctors, Dr. Rashmikan Mankody and Dr. Susan Strate, were honored with the the Lifetime Achievement Awards. Additional pictures can be viewed in our web site: www.wcmatx.org

In this picture: Dr. Mankodi with family & friends



They look GREAT! dancing the "Chicken Dance"

In this picture Dr. Susan Strate dancing with Mr. Fred High



Dr. Rosa Torres presenting Dr. Dryden his trophy and champagne as the Best Dancer of the evening.



In this picture, Mr. Oscar and Dr. Myrna De Asis, Dr. Cecile Soliven, Dr. Armando San Diego, Dr. & Mrs. Terry Seegers, Mrs. Judi Valencia, Mrs. & Dr. Eugene Pak, and Sir Tito Tolentino enjoying the evening.





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The following entries were submitted from the WCMA to the TMAA for 2010 Awards

1. Our website www.wcmatx.org for the ALLIANCE OF THE FUTURE award.
2. Myanmar Relief Mission for the GLOBAL SERVICE AWARD.
3. Philippine Flood Relief - Typhoon Ondoy for the GLOBAL SERVICE AWARD
4. Be Wise Immunization for the DEDICATION TO THE MISSION AWARD

Myanmar Relief Mission

This WCMA Relief Mission was in response to cyclone Nargis. The WCMA raised funds for this relief effort with the help of three physicians from Myanmar, Dr. Lucy Tan and Drs. Nick and Rita Kong and the Wichita Falls Medical Society. A fund raising get-together was held in the Kong's home after the disaster to collect funds and support the victims.

Working in cooperation with Globus Relief, the WCMA was able to ship a container with 22 pallets of medical supplies valued at over \$200,000 to Myanmar for distribution by Gleaning for the World through its local medical clinics in the disaster area. Through the contacts of our three Myanmar physicians we were able to partner with Dr. Pyi Htun, the BRN and their engineering associates in Myanmar to finance the construction of tube wells in the Irrawaddy delta for 5 cyclone damaged villages that had no potable water. Each well was equipped with a casing, service platform, pump, motor and reservoir. They could pump sufficient water to supply an entire village of from 1,500 to 3,000 people. In total, about 10,000 people now receive pure water from these 5 wells.



Be Wise Immunize

The WCMA has The Be Wise Immunize Clinic every year on the weekend prior to the beginning of the school year. Last year, 136 children were immunized and 363 shots were administered. We passed out at least 175 packets. Also, 160-165 children were screened that either were not in need of immunizations or were turned away due to an incomplete shot record. 28 children were on Medicaid and we billed for those. That left 108 for the alliance to cover at \$3.50 per child for a total of: \$378.00.



WCMA Philippines – Ondoy Flood Relief Mission

In mid September 2009 the Philippine Islands were struck by a series of tropical storms including Typhoon Ondoy. They caused extensive flooding. The Philippine province of Rizal, the largest in the country, was exceptionally hard hit. Angono is the capital of Rizal province and by chance the Angono General Hospital, is where the WCMA's Philippine medical missions are held. This hospital is the province's most important medical facility and was flooded by the storms as was much of Angono. The WCMA organized a relief effort that included shipping an EKG machine and a sonograph machine to this Hospital. In addition, the WCMA sent over 500 pounds of medical supplies to help the hospital recover from the flooding. A small delegation from the WCMA visited the Philippines in November taking additional medical supplies and \$6,000 to purchase food and medicines locally for the flood victims. It is interesting to note that the TMAA actually participated in this effort since the \$250 prize that the WCMA received for winning the TMAA 2008/2009 Global Service Award was part of \$6,000. Independently and simultaneously with the above effort the WCMA donated medical supplies to the hospital on Colon Island. Approximately 2,000 pounds of medical supplies were shipped to the hospital on that remote island to treat the poor.

Please visit our website www.wcmatx.org to view pictures of the flooding in Angono as well as the official letter of appreciation from the Mayor of Angono.



IN TOUCH

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2010 Elected Board

President: Oscar DeAsis

Vice-president/President Elect: Amber Schacter

Treasurer: Sukie Desire

Secretary: Judi Valencia

Public Relations: Anissa Leaseburg, Claudia Ruiz,

Newsletter: Martha Picado - Seegers

Membership: Charity Pak, Tito Tolentino

Directors of Missions: Bob Horth, Tito Tolentino,

Martha Seegers

Director of Scholarship: Amber Schacter

Director of Child Safety: Patrick Hearn



HAPPY EASTER FROM US TO YOU !

Happy Birthday!

January

Dr. Flavia Horth
Dr. Lowell Harvey
Bob Horth
Chermaine Tyler
Dr. Steven Ashlock
Ginger Garbacz

Chondra Palmer
Dr. Cesar Porta
Dr. Joshua Schacter
Mary Thachil
Ana Djafari

Dr. Daalon Echols
Judi Valencia
Dr. Daunne Peters
Ruth Kramer
Dr. Paul Kinnard

February

Chitra Rao
Dr. Andre Desire
Dr. Webb Key
Dr. Elmer Alger
Darla Montgomery

Dr. Jim Godwin
Sharon Thomas
Dr. Allen Brajer
Wendy Pression
Saba Mustafa

Dr. Barry Prestridge
Dr. Harl Mansur Jr.
Joan Le Vasseur
Barbara Purcell

March

Dr. Benny Barnhart
Jason Majors
Dr. Earl E. Watson
Dr. Mohamed Kadiri

Suzanne Stone
Carrie Spencer
Dr. C Mac Geyers
Dr. Dick Shaw

Bonnie Lee
Brenda Bartel
Dr. Peter Tauriainen

If you have any information you want to share with the medical family, please contact:
Martha Picado - Seegers, Editor

Questions? Comments? Suggestions?

www.wcmalliance@gmail.com

www.marthaeseegers@aol.com

Calendar of Events for 2010

Installation of Officers

Doctor's Day Celebration

International Dinner

Habitat for Humanity

Welcome Picnic

Hard Hats for Little Heads / Bee Wise

Halloween Party

2nd Wine Tasting

Holiday / New Year Celebration

February 6th

March 30th

April 17th

TBA

September 18th

August 28th

October 30th

November 6th

January 7th

Like to receive the Monthly E-Newsletter?

- The E-Newsletter is sent to your email address once every three months and it contains reminders of upcoming events and updates on what's happening in your Alliance. To subscribe please email your current email address to Martha Seegers at marthaeseegers@aol.com to be added to our list. Then add wcmalliance@gmail.com to your email's address book to keep our emails out of your spam folder. - visit the WCMA website to know more of past, current, or future events. or projects.

Did you know that... Americans consume

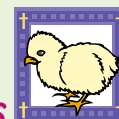
16 billion jelly beans.



90 million chocolate Easter bunnies.



700 million Marshmallow Peeps



on Easter? becoming in this way, the biggest candy consuming holiday after Halloween.