

SSVMSA SEPTEMBER 2018 NEWSLETTER

ALLIANCE CALENDAR

October 2nd: Board Meeting @ 9:30 Medical Society/ Lunch Bunch to follow (location TBA)

October 3rd: Book Club meeting at Shelly Schermer's (see below for details)

November 2nd: Joy of Medicine/A Balancing Act (see below for details)

December 4th: Holiday Luncheon (location TBA)

ALLIANCE NEWS

Fall General Meeting- Tuesday, September 18th, was a great day for our SSVMSA General Membership meeting. Almost 30 of us gathered in the beautiful private room at Zinfandel Grille and enjoyed a delicious lunch while President Mary Sterner-Sosa gave us an update on our accomplishments and challenges for the upcoming year. Later, we were treated to an interesting discussion and group interaction by life coach, Dr. Kathy James. She gave us some ways to focus on important moments in life, which she termed "magical moments." Dr. Kathy James will be facilitating four sessions for us in the coming months titled: "The Joy of Medicine: Family and Medicine – A Balancing Act." More details can be found below.

President-elect Alice Huang had the newest directories and passed them out to members who attended the luncheon. If you were unable to attend, you should be getting your rosters soon in the mail.



Kathy Greenhalgh, Dr. Kathy James, her daughter Kimmy, Marilyn Skinner



Liz Battaglia, Jon Finkler



Mary Sosa, Sue Brownridge,
Denise Williams



Mariann Fisher, Shirley Griffin



Aileen Wetzell and Sue Mahla

(Photos contributed by Paula and Jon Finkler).

Joy of Medicine, The Medical Family/A Balancing Act

Date: Friday, November 2nd

Time: noon

Location: The Medical Society Building (5380 Elvas Avenue)

Presenter: Dr. Kathy James

This will be the first of 4 sessions to explore the joys and challenges for the medical family. We will share and discover tools to bring balance into our lives and develop relationships which will support growth in our journey.

BOOK CLUB

All are welcome, please contact host to RSVP

- **October 3rd**: Factfulness by Hans Rosling (Host: Shelly Schermer (H) 916-455-5279/shellyberg44@gmail.com)
- **November 7th**: Pachinko by Min Jin Lee (Host: Mariann Fisher (H) 916-443-5409 (C) 916)835-1767/ mafish42@surewest.net)
- **December 5th**: The Cellist of Sarajevo by Steven Galloway
- **January**: Luncheon (date and venue TBA)
- **February 6th** : River of Doubt by Candice Millard (Host: Jerilyn Marr (H) 916-484-6490/j.marr@sbcglobal.net)

Contributed by Evie Lieb (perhaps this will convince you to join our book club!):

After you join a book club and eventually five up, perhaps you can use these tricks, too.

1. Wear a scarf...
2. Make an excuse for why you shouldn't get through the book...
3. Have a quote handy...
4. Make your book look worn...
5. Pick an opinion...
6. Nail your literary buzzwords...
7. Sip tea and say, "Hm" a lot

UC Davis---Save the Date for January 5, 2019!

Raise a glass and toast our students! Help support the physicians of tomorrow as they work to improve our under-resourced and marginalized communities through their student-run clinics. More information about the Wine Auction will be available soon. Cheers!



Signage as seen by Linda and Fred Meyers at a River Cats game:



