

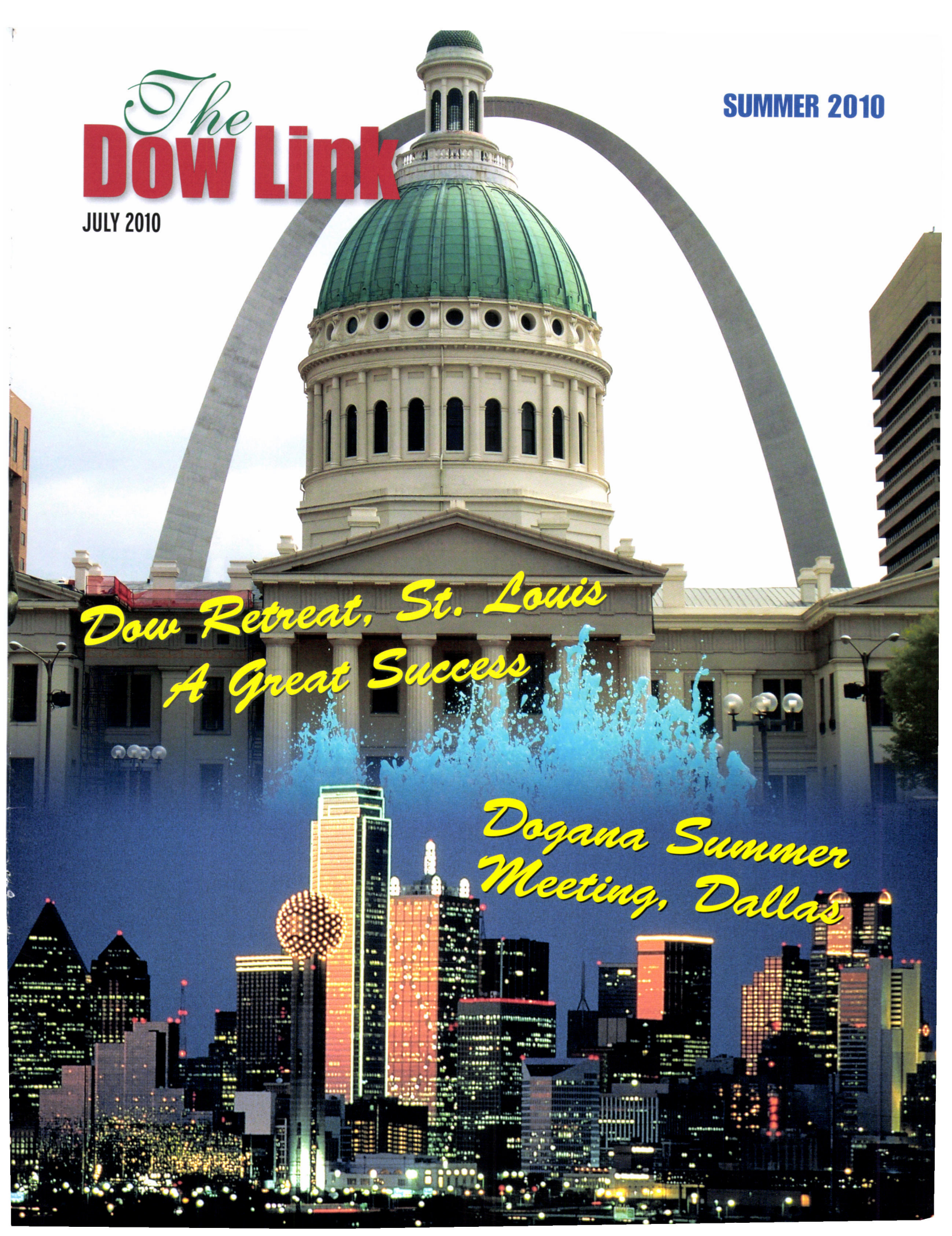
The **Dow Link**

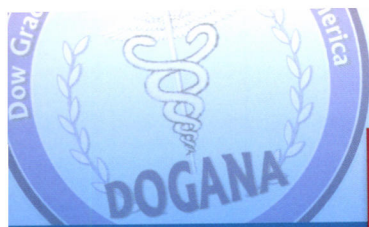
JULY 2010

SUMMER 2010

*Dow Retreat, St. Louis
A Great Success*

*Dogana Summer
Meeting, Dallas*





The DOW Link

Dow Graduate Association of North America
www.DowAlumni.com

VOLUME JULY 2010



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I welcome the DOGANA members and guests to the wonderful city of Dallas. The DOGANA Dallas Host Committee, under the leadership of Chairperson Dr. Hasan Hashmi, Co-Chairs Zahid Zafar and Adnan Nadir, member Rashid Rehman and others have worked diligently and effortlessly to ensure that your stay in Dallas is comfortable and you have an enjoyable experience.

Firstly, I would like to express my deep sorrow and grief over the recent physician killings in Pakistan and the effect these and similar incidents have on the psyche of the society. As an organization, we stand united on condemning these incidents based on sectarian and religious views. We started the year off with selection of committees and presentation of a budget.

As you know, the DOGANA Spring Retreat in St. Louis, April 23–25, 2010, was a huge success due to the hard work of the Host Committee under the leadership of Dr. Azfar Malik (Chairperson), Dr. Mohammed Tahir and Dr. Abid Nisar (Co-Chairs), and Registration Committee Chair Dr. Hadi Zaidi. Both evening events were sold out and were at full capacity for our keynote speakers, Senator Claire McCaskill, who spoke on Healthcare Issues; Professor Masood Hameed Khan, who spoke on recent Developments at DUHS and Dr. Arshad Hussain who spoke on Peace and Harmony in Life.

I thank Dr. Hafeez-Ur-Rehman and his committee, Drs. Sohail Maqbool, Shahid Ali and Akhtar Raza for arranging an excellent Mushaira on Friday evening with poets of the caliber of Pirzada Qasim and others in attendance.

I would like to thank Dr. Khalid Naseer and the CME Committee for arranging a very successful CME at the DOGANA retreat in St. Louis. A wide variety of topics were presented ranging from sudden cardiac death and incontinence to EMR and delivery of healthcare and education in Pakistan. This educational activity had up to 6 hours of AMA PRA Category 1 credits toward educational activities. I thank APPNA for providing us with the opportunity in arranging these CME lectures. I also thank all the speakers and the participants that made the CME activities successful.

Kudos to our young physicians Dr. Tariq Azam, Dr. Ali Javed and Dr. Umair Ali who arranged for the first time in the history of DOGANA the parallel residents and fellows session which addressed issues faced by our younger colleagues. This was well attended and was extremely productive.

The Communication Committee is working to bring up a new web-site which should be up and running by the summer meeting. Thanks to Dr. Hasan Ali and his Publication Committee who have brought out timely publications and a change in the design of our publication with an Urdu section as well. The Membership Committee under Dr. Mansoor Abidi is working hard to update the extensive database and the Policy and Procedures Committee under Dr. Sohail Qarni is working long hours at bringing out a Policies Manual.

I am thankful to the EC, my Committee Chairs and the Committee members for being actively engaged in decision making and taking the organization to the next level. We hope to build upon the past successes for the Association and look ahead to completing the new objectives this year.

The focus is to strengthen DOGANA by expanding the alumni network within and across graduating classes and fostering membership and mentorship. I remain committed to bringing new faces and ideas forward and bring about an atmosphere of mutual respect, which I hope becomes the basic precept of this organization.

Thank you for giving me the opportunity to serve DOGANA.

Long live the DOW and DOGANA spirit!

Shazia Malik, M.D., DFAPA
President DOGANA

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ARTICLE SUBMISSION

DOGANA publishes quarterly newsletters. We encourage all Dowites to please submit their articles for the publication through out the year. We are also seeking class news, meeting information or any news that you would like to share with other Dowites. Articles to be submitted by email to linkingdow@gmail.com, in word document, pdf or plain email format will be acceptable. The Editor reserves the right to edit all the submitted material.

FOR ADVERTISEMENTS

For advertisement rates, submission and schedule please email hasanali-habib@yahoo.com

DISCLAIMER: Dow Link is a Quarterly Newsletter, a publication of Dow Graduate Association of North America. The newsletter is dedicated to providing useful information to the members and the readers in general. The views expressed are those of the authors and do not necessarily represent the official position of either the editor or the association.

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— EDITORIAL —

What Can an Oil Spill Teach Us?



THE Deepwater Horizon oil spill may turn out to be a watershed moment in our history. It is being discussed as a disaster with far reaching consequences sufficient to impact global economies, marketplaces and policies. This came only weeks after President Obama opened up parts of US coastlines for drilling, including the eastern portion of the Gulf of Mexico.

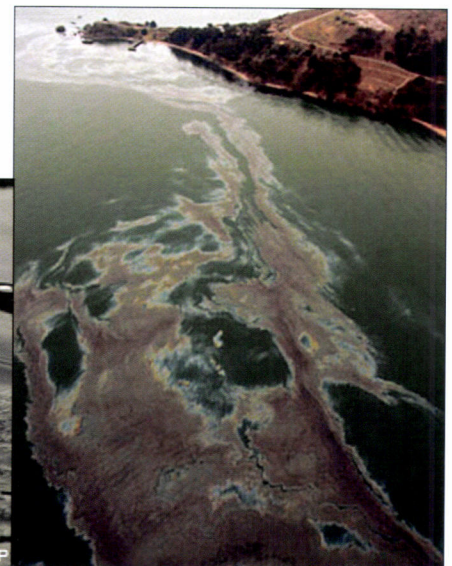
Of foremost importance is to rein in the corporate greed and influence. Days after the accident, the BP lied about the volume and the extent of the spill. This deception in one way or the other has continued to this day. These companies, with a market capitalization bigger than even moderate size countries, yield tremendous power and influence not only on economies but on the politicians.

This should bring a shift in the energy policies in near future. We will have to re-examine our dependence on fossil fuels. Renewable energy sources research and development will have to be accelerated. Stiffer regulation of the other deep sea drilling operations will be called for.

The unmitigated toll on fisheries and the environment will have huge impact. The pristine fishing grounds have been rendered un-operable, leaving many fishermen idle. This will perhaps increase the cost of fish which we consume. The impact on tourism will be far reaching for the economies of the affected states.

In conclusion all this will mean that you and I will foot the bill in terms of dearer fuel and fish.

Zimran Chowdhry, MD, FRCS
Editor-in-Chief



Chronicle / Kurt Rogers

DOW SPRING RETREAT

by Dr. Mohammad Tahir



As the tradition goes, it was on the 23rd to 25th of April, 2010. A festive, educational and literal three day DOW Retreat at the Renaissance Grand Hotel in St. Louis, Missouri.

As I entered the beautiful hotel in Downtown St. Louis, I saw a mix of modern and old architecture and I saw the "DOGANA WELCOMES" banner inviting me into the grand lobby. With the help of appropriate and well-placed directions, I reached the meeting area to be welcomed by the Registration Committee, chaired by Hadi Zaidi, Ali Javed and the Host Committee Dr Malik, who despite having been running around, were glad to see us. At the registration desk got my copy of retreat magazine and retreat program details. Working side-by-side with them were the young residents and other members of the Host Committee who had taken care that we were well provided with a nice lunch in the Hospitality Suite.



The booths and the bazaar, as usual, captivated your attention and the smiling faces of my colleagues and old friends give me a warm, feeling of belonging. Since I was tired, the coffee woke me up and time flew by as I mingled with my fellow DOWITES. Up to my room to get ready for the evening program... The tables were beautifully set with red and gold balloons and the stage with an arch, which reminded you that you were in St. Louis. The Friday

banquet started with speeches, and awards were given to the local Host Committee, and rightly so, for all the hard work they did for us. Tasty Afghani dinner was served while we listened to the sounds of the symphony. While still enjoying the

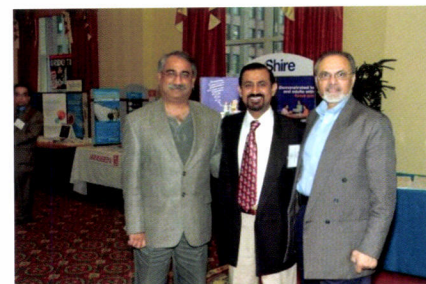


tunes of the violin, we proceeded to the high ceilings and traditional architecture of the Crystal Ballroom where the Mushaira was held. Dr. Hafeez-Ur Reh-

man and his committee presided over the Mushaira, keeping the attention of the literal-minded, which even in this day, were about three hundred people. As I listened to the poetry of Pirzada Qasim and Poplar Meerthi, I was drawn back in time to the Mushairas held at the PMA House in Pakistan. As I looked to the side, some of my friends were enjoying the Chat and Kashmiri tea with the hot Jalebi's. Time flew by and my watch showed it was 2:00 a.m.—ready to go to bed! I have to be up early for the CME tomorrow.



Up and ready for the CME, Dr Khalid Naseer busy with the arrangements making sure all audio-visual is in order and CME goes smoothly, I listened to and understood the symptoms of Bipolar Disorder by Dr. Azfar Malik and to Dr. Shiraz Hyder's presentation on Physician in Management while eating a scrumptious breakfast of Halwa, Puri and AlooCholay with lassi to down it all. The CMEs were excellent, ranging from Cancer Prevention and Screening to Surveillance of Breast Cancer to Robotic Surgery in Urology. During all this, while we were enjoying meeting up with friends and colleagues, we could see Drs Azfar Malik, Abid Nasir, Shazia Malik, Hadi Zaidi, Hasan Ali, Tariq





Alam, Ali Javed and Umair Ali working tirelessly to make sure that all of our needs were met.

Come lunchtime some of us went for a trip to the Arch and

a boat ride organized by Dr Abid Nisar. The weather was not in our favor unfortunately. Some of my friends stayed in the hotel and relaxed while others continued to discuss politics. Others met with Dr. Masood Hameed Khan and discussed issues regarding DUHS.

While we were having the CME, the younger residents and fellows headed by Tariq and Ali were having their own parallel session discussing their financial planning, setting up a private prac-



tice, mentorship and visa issues. It was a pleasure to note that many of our senior DOWITES were there guiding them and giving suggestions. The interactions were very heartening to see.

The Saturday evening banquet was the Crown Jewel of the event as it was to full capacity and people listened attentively to our Keynote Speaker, Senator Claire McCaskill and to Dr. Arshad Hussain. Senator McCaskill spoke on healthcare



issues and a question and answer session with active participation followed. Later, Dr. Professor Masood Hameed Khan presented the recent developments at DUHS. Dr. Shazia Malik emphasized the importance of involving new faces and getting more physicians involved

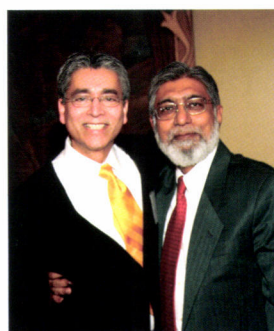


in DOGANA, she brought up the idea of the fellowship position at the university and stressed the importance of increasing membership. After a tasty

and lavish variety of dinner ranging from roasted rack of lamb to Katakot and other delicious dishes, we listened to



a presentation of ENDOW. DOGANA and ENDOW are working in close collaboration, for the benefit for both organizations and DUHS. This was followed by the fun and frolic of singing and dancing until late hours of the night. Time again flew by and it was way past midnight. Even through all the excitement, I was feeling a little sad because tomorrow will be the last day of spring retreat with friends and colleagues.



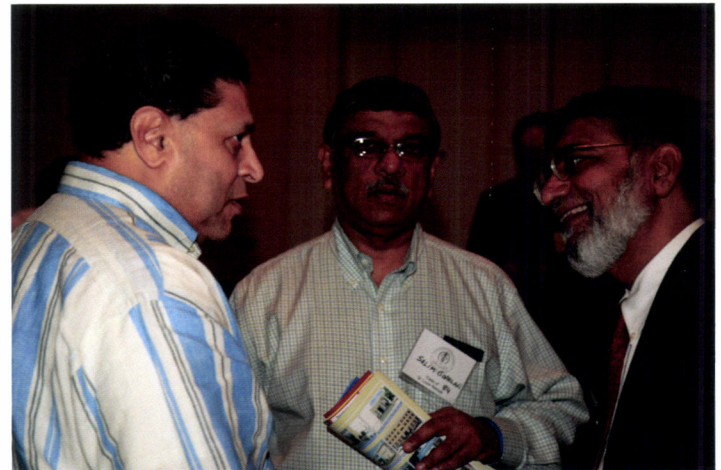
Sunday morning starts with the same scrumptious breakfast. While I listened to the Treatment of Venous Insufficiency and also learnt about ADHD, in the beautiful Crystal Ballroom overlooking the City of St. Louis. And so ends our retreat and we say out goodbyes with a lot of joy but a little sadness.

ABOUT THE AUTHOR: Dr. Mohammad Tahir is a 1976 Dow graduate. He is a practicing cardiologist in St. Louis, Missouri.



DOGANA RETREAT 2010





DOGANA COMMITTEE REPORT 2010

by Shazia Malik



Dear Dowites:

I welcome all DOGANA members and guests to Dallas. To begin with we have had regular Executive Committee meetings and Executive Committee members have been actively involved in the meeting. I would like to give an update on our committees.

CME COMMITTEE - Talib Raza M.D./Khalid Naseer, M.D.



I would like to thank Dr. Khalid Naseer and his team and the CME Committee for arranging a very successful CME at the Annual DOGANA Retreat in St. Louis, MO. A wide variety of topics were covered ranging from Sudden Cardiac Death to

EMR, Incontinence, Bipolar Disorder and others. The educational activity had a maximum of six hours of CME. We thank APPNA for providing us with the opportunity to arrange these CME's. We are grateful to our speakers and our participants. We hope to continue to be actively involved in CME activities. The Visiting Faculty Program since APPNA has developed an active VFP we plan on collaborating with them rather than duplicating the wheel, however we will be actively enrolling and forward the enrollments to APPNA.

DOGANA RETREAT - Chair, Azfar Malik, M.D.



This year, as per the tradition, the Retreat was held on April 23rd - 25th at the Renaissance Grand Hotel in St. Louis, MO. This was an excellent, well organized and well attended meeting with high caliber CME and keynote speakers. The hard work and dedication of the local host committee was evident in the little details, which were attended to at the meeting. The highlights of the meeting were

Keynote Speakers Claire McCaskill, Professor Masood Hameed Khan and Dr. Arshad Hussain. Another prominent feature of the retreat was the Residents' and Fellows program, which was well appreciated and well attended by both residents and senior Dowites. I am happy to report that even in these difficult financial times we were able to save considerable revenues for DOGANA.

COMMUNICATION COMMITTEE - Junaid Syed, MD



This year we decided to revamp our website and that is a major task. So, the goal for the year is to establish a new website that is up and running. It has been updated. There is a direct link to membership. We have a DOGANA Facebook. We plan on having a U-Tube and Webinar by August, 2010. There is a link to DUHS Website and a link to DOGANA office on DUHS. In this way, we hope to better collaborate with DUHS. Also, a form for registration visiting faculty will be on the website so that it can be easily accessible. APPNA link will also be present.

CABL AND POLICIES AND PROCEDURES - Wajid Baig and Sohail Qarni

The Policies and Procedures Committee has worked diligently and has been working on the formulation of a Policies Manual and is going to be helpful for future references in the day-to-day running of the organization. This has required hours of hard work

BOT - Dr. Hafeez, Dr. Rahman



After Dr. Aftab Naz moved to APPNA BOT, BOT comprising of Dr. Hafeez-Ur-Rehman, Dr. Abid Nisar, Dr. Wamig Yousuf and Dr. Abdul Rehman met and voted for Dr. Azfar Malik as a BOT member from amongst the candidates recommended by the EC. BOT has since met and elected Dr. Hafeez ur Rahman as its chairperson and is in the process of coming up with policies for running of BOT.

ETHICS AND GRIEVANCE COMMITTEE - Azfar Malik, M.D.

Ethics and Grievance Committee met this year and successfully resolved the issue brought about during the election process last year. They are also in the process of formulating a policy regarding the ethics and grievance process

SOCIAL FORUM - Nuzhat Ahmad



DOGANA has collaborated once again with AIMCANA to hold a joint program and we look forward to enthusiastic participation in our social forum which is related to the current issues at hand “who created Fasil Shehzad”.

PUBLICATION COMMITTEE - Dr. Hasan Ali Ahmed



We thank the DOGANA Membership for the help provided to bring out a Publication which is budget neutral. Since the EC did not allocate any money toward the Publication Committee. With not even seed money the committee brought out two publications in a timely manner. Two salient features this year are the Resident and Fellows Corner and the addition of the URDU Section. Without the help of our Editor in Chief, Zimran Choudry and co-editor Qasim Ansari and members of the committee like Shagufta Naz Naqvi this would not have been possible.

MEMBERSHIP COMMITTEE - S. Mansoor Abidi



This year, the Membership Committee has been updating the list of our members, annual and lifetime. We have been working closely with the Communication Committee to update the database on the website. One new addition, is the Lifetime and Annual Membership Cards that will help in verifying the membership status. We also hope to send members, certificate of membership, budget permitting.

YOUNG PHYSICIANS TASK FORCE - Tariq Alam/Ali Javed

This year has been remarkable. We were able to have a resident and fellows' session at the DOGANA Spring Retreat. This was well attended by residents and fellows as well as by senior DOWITES. A number of issues facing the residents were discussed, including financial planning and Visa issues, one of the most important sessions with the Ins and Outs of Setting Up a Private Practice by Dr. Azfar Malik. The Mentorship Program was also a major feature of this session.

DUTIES OF COUNCILORS:

Each Councilor shall be responsible for:

Having a DOW get-together in his/her area to get more involvement of the members and to enroll new members.

Will be actively involved in the retreat/summer meeting by encouraging DOWITES from his/her area

to attend, each councilor shall encourage at least ten members from his/her area

Will attend at least eight of the twelve monthly meetings

At the end of the year, a Councilor of the Year Award will be given if the President chooses to the councilor who has enrolled the most members and has had the most involvement at the DOW get-together and positive involvement with the workings of the EC.

CME GUIDELINES

CME Chair will work with the Chair of the CME Committee for the Spring Retreat to help with the organization of the CME activities of the Retreat and guide the Retreat Chair.

We will follow the guidelines of CME as prescribed by the APPNA CME Guidelines (see attached).

Retreat—CME Chair of the Retreat along with the CME chair will be responsible for:

1. Pre-meeting CME minutes
2. Post meeting CME minutes
3. Communication with Central APPNA re: issuance of certificates in a timely manner

CME Chair will work with DUHS Committee for the CME arrangements of the Winter Meeting along with the Chairperson of the Winter Meeting.

DOGANA OFFICE MANAGEMENT COMMITTEE

Will have monthly meeting with the DOGANA office.

Chairperson will be responsible for contact with the liaison of the DUHS office and for any concerns of the graduates. The committee members will meet, review and correct any hurdles the membership is facing in getting their paperwork done and implement avenues for smoother.

Liaison at DUHS will forward a list of all the contacts they have had in the previous month for review and overview.

- MEETINGS -

SPRING RETREAT

Location: Bids will be asked for at the General Body meeting at the Summer meeting after which EC will meet and the announcement made at the evening dinner at the summer meeting by the president elect.

President elect will appoint the chair of the Spring Retreat in collaboration with the EC and will work with the Chair of the Spring Retreat Committee and the liaison from the EC in the planning of the Retreat.

SUMMER MEETING:

President will appoint the Chairperson and the Committee for the Summer Meeting in agreement with the EC.

Liaisons will be appointed from the EC who will guide the chairperson and be the communicators between the Chairperson and the EC to ensure that the proceedings of the meetings are organized.

FALL MEETING

Fall meeting will be held at the discretion of the President. Traditionally, it has been held in the northeast. This helps involve more members. If the President wishes, the meeting can be held in any other area where membership enrollment is needed.

WINTER MEETING

Will be held as traditionally along with the APPNA Winter Meeting.

President will appoint the Chairpersons and the Committee for the Winter Meeting in collaboration with the EC.

There will be 2 liaisons from the EC who will collaborate all the arrangements and guide the Chairperson re: the arrangements of the meeting.

– COMMITTEES –

Each Committee shall meet at least every other month or more often if needed, but shall have at least 4 – 6 meetings a year. The co-chair of the committee shall be responsible for keeping the meeting minutes.

Committee Chair will present to the EC at least twice a year the progress of the committee and the achievement of the goals for the year.

CME	Khalid Naseer
Communication Committee	Syed Junaid
Policies & Procedures	Sohail Qarni
Publication Committee	Hasan Ali Ahmed.
Young Physician Task Force	Tariq Alam/Ali Javid
CABL	Wajid Baig
Membership Committee	Mansoor S. Abidi
Election and Nomination Committee	Muslim Jami
Office Management Committee	Farrukh Hashmi
Social Forum	Nuzhat Ahmed
BOT	Hafeez-Ur-Rahman
Collection of Funds	Kaman Queshi
Selection of Lifetime Achievement Award	Sultan Ahmed

KEYNOTE SPEAKER SUMMER MEETING 2010

Professor Adib Rizvi

Professor Adib Rizvi will be the keynote speaker at Dow Graduates Association of North America's dinner. Professor Adib Rizvi heads the largest Urological Center of Pakistan and is a Professor at Dow Medical College, Karachi. Prof. Doctor Adib Rizvi, a prominent name who is doing a phenomenal job when it comes to medical treatment and welfare of patients coming over to SIUT.

He has the great will to cater his patients desires, His effort not only as a doctor but as an administrator and as a human being are highly commendable. 'He maintains that his greatest satisfaction is to see the smiles on the patients' faces.'



قاضی تنویر حزر کی یاد میں



1959-89
DR. K.T. UZAIR

شاہد رشید، مک ایٹن ٹکساس، ریاست ہائے متحدہ امریکہ، مورخہ ۱۶ نومبر ۲۰۰۹ء

وہ حسین یادیں تری، ہم نہ بھولیں گے کبھی

Ah, what beautiful memories, who can forget?

یاد کرتے ہیں تجھے یاس و حسرت سے بھی

We remember you constantly through longing despair and regret

پُرکھش باتیں تری خوشامچہ ترا

Your engaging conversations, your radiating handsome countenance

عم میں تمھاتیرا وجود پھول میں خوشبو کی طرح

Like the fragrance in a flower, was your existential presence

علم و دانش میں کیا تو نے وہ ممتاز مقام

In knowledge and wisdom, the heights you attained

تیرے گرویدہ ہوئے مشرق و مغرب میں تمام

Captivated the entire East and the West combined

زندگی وقف تری خدمت انساں میں رہی

You dedicated your life in service of humanity

یہ صفت تھی، جو تیرے نام کی تمثیل بنی

This attribute of yours which became your identity

نغمہ سرا سبھی ہیں ترے دوست و اغیار

They all sing your praise, friends and foe in concert

تری محنت، تری الفت، تری قیادت کے

Of your passion, your leadership and your untiring effort

ہم ذعا گوئیں تجھے جنت فردوس ملے

We pray endlessly for you to enter the Gardens of Eden

اور اللہ بلند تر ترے درجات کرے۔ آمین

غزل

شگوفۂ نقوی

شگوفۂ نقوی۔ ہیوسٹن
ماضی کی ڈور

کوئی نہیں ہے

بارش کی مدھم سی ٹپ ٹپ تیز ہوا کا شور
دل کی سونی سیج پہ ناچے گئی رتوں کا مور

دور پرانے دیس کی گلیاں دھیان میں پھر سے آئیں
رستوں کی سنسان فضا میں چھم چھم نیر بہائیں

ایک پرانے گھر کی چھت پر یاد کی بکھری راکھ
پیڑ پہ انکی چاند کرن سے کب کا چھوٹا ساتھ

بیٹے وقت کی کول تانیں من میں آگ لگائیں
اُن کمروں دالانوں میں پھر واپس لے کے جائیں

سندر وقت کی ساری باتیں من میں پھول کھلائیں
گئی رتوں کی چنچل گھاتیں کان میں کہہ کر جائیں

دھیان سے رکھنا عمر کی نقدی چراغ لے کوئی چور
دیکھ سہیلی ٹوٹ نہ جائے ماضی کی یہ ڈور

ایک دو بے کا ہاتھ پکڑ کے
کل تک یوں کھیلا کرتے تھے
جیسے عمریں ساتھ جنیں گے

جانے کیا پڑھ کے آئے ہیں
کس دینی سردار کے ہاتھوں
رشتے ناطے بھول چکے ہیں

اپنے سینوں پر ہم باندھے
پل میں خاکستر ہوتے ہیں
ماں نے برسوں جن آنکھوں کو

خون دل دے کر سینچا تھا
آج وہ اپنے خون میں لتھڑی
بچ سڑک پر اپنے ہی دھڑکے

کھڑے ہوتے دیکھ رہی ہیں
جانے کس کی جیت ہوئی ہے
مجھ کو اب تو یوں لگتا ہے

ٹوٹ گئے سب رشتے ناطے
سچائی بھی ہار گئی ہے
کس کو دوں میں اپنی چادر

کوئی نہیں ہے
کوئی نہیں ہے

اکثر میرا دل چاہتا ہے
پیار وفا کی چادر بن کر
صاف دلوں کے موتی ٹانگوں

بے غرضی کا پلوچن کر
میٹھے بول کی افشاں چھڑکوں
سکھ کی بھٹی میں رنگواؤں

خود پہنوں سب کو پہناؤں
لیکن پھر میں ہنس دیتی ہوں
اپنے دل کی نادانی پر

دُنیا داری کے پھندوں میں
نفرت کے گورکھ دھندوں میں
ہم جیسوں کی کون سنے گا؟

پیار مسیحائی دل داری
بے معنی الفاظ ہوئے ہیں
حرص کی روشن بستی میں سب

دل کالے ہوتے جاتے ہیں
دشتِ وفا کے راہی گم صُم
کوچہ جاناں کے دیوانے

عرصے سے بن باس لیے ہیں
کچی عمروں کے پنجے جو

☆ اگر سچائی کو اس کی اصل ضرورت کے وقت پیش نہ کیا جائے تو اس کے وجود کا اعتراف بے کار ہے اور چراغِ جلانے کا اصلی وقت غروبِ آفتاب کے بعد آتا ہے نہ کہ پچھلے پہر۔

ابوالکلام آزاد

I Want to Help My People, But...

by Anwar Masood



A few summers back, I was waiting for someone at the Baltimore airport.

A weathered out, white woman in a long dress came over and started talking to me. She asked me if I was from India. I corrected her that I am from Pakistan.

She then started a conversation about the monsoons, and being an expert in small talk, I went on my authority mode on the monsoons. She kept correcting me, at almost every instance, at which I had to ask her how she knows all about it. She told me that she has been working in Chennai, for the last some years and especially in the monsoon season. In fact she lived there all those years and had just come back home to leave again.

I was a little peeved at the direction the conversation was going, so I tried to change the subject. Then she asked me what I do for a living. I told her that I am a Physician.

Her next question was that what are you doing here? I told her that I am waiting for someone.

She looked at me and said, No, In USA, in this country? Why are you here?

The next few minutes were one of the most difficult in my life, blaming myself for not judging the situation, and trying to find a way out of this quagmire. Using all my skills, I tried my best rationalization, but knowing pretty well it is not going to sell, I kept on.

I found out that she was a missionary working in the poorest regions of India, living with them and helping them with their daily lives. She worked in the small clinic, set up by her missionary group.

Her question was plain and simple, why are you not helping your own people?

She opened up the wounds that I had suppressed deep down in a dark corner of my mind. The rationalization to stay in my cozy environment was strong, but proved once again to be the weakest, especially when there was a strong argument sitting next to me.

I have not forgotten that evening to this day and I have five different plans that I am working on, in my subconscious all the time.

The seven inches of rain in Karachi, without electricity, has put a lot of clauses on those plans!!

MEMBERSHIP TIME

If you want to cast a ballot in this year's DOGANA elections, the last date for membership is July 31ST, 2010.

S. Mansoor Abidi
Chairman, Membership Committee
DOGANA 2010

JOIN DOGANA www.dowalumni.com



Residents and Fellows with Publication Chair Dr. Hasan Ali Ahmed at DOGANA Spring Retreat.

ZOHAIR KARAMALLY

I got involved with the DOGANA Spring Retreat after Dr. Hasan Ali introduced me to Dr. Shazia Malik in the initial organizational Host Committee Meeting. These meetings were held very regularly since late November of 2009, almost weekly. I found that all the Host Committee Members were very actively involved in the preparation of the Spring Retreat. What was most heartening was that we as residents and fellows were welcomed at these meetings and were assigned responsibilities with our senior DOWITES who then guided us through the process. I think this is a really new direction that DOGANA has taken under the tenure of our current President, Dr. Shazia Malik, and I hope that this trend continues. This was the first time in the history of DOGANA that we had resident and fellow sessions addressing our needs and was extremely informative. The Retreat, overall, was well organized, well attended, and very well appreciated by the alumni as well as the guests.

IRFANA SOOMRO

This was my first time as a resident going to the Spring Retreat. One of the things that I found very helpful was that the tickets were reasonable at a resident's pay. Also, the residents had a table to themselves so we could sit together at the evening events which helps us interact with each other. The most important part was that Residents' and Fellow's Session. The resident's and fellow's session was something which I feel has brought us into the folds of DOGANA since I did not feel left out as a junior physician. I think Dr. Shazia Malik has done an excellent job of getting residents involved at all levels.

Also, I think the Host Committee was very inclusive in getting us involved in their meetings and their preparations. I feel that this tradition which has started this year should be continued into the future.



Dr. Tariq Alam (left) and Dr. Ali Javed conducted a program for Residents and Fellows at Spring DOGANA Retreat in St. Louis, Missouri.

The program was excellent and was supported by many senior Dow Graduates.



DOGANA ELECTION 2010

NOMINATION OF CANDIDATES

Any active member of the association may be nominated to a post in central council of DOGANA. An active member of DOGANA duly seconded by another active member must submit nomination. If a candidate nominates him/her self then three active member of association must duly second the nomination.

MEMBERS ELIGIBILITY TO PARTICIPATE IN ELECTIONS

All candidates nominated for the post of Central Council of DOGANA should be verified active members of the association at the time of nomination. All members whose applications for the membership is received by September 30, 2010 and subsequently verified as active members will be eligible to vote in the election.

POSITIONS FOR CANDIDATES

Councilors: Total eight candidates. One each from Eastern, Central, Mountain and Pacific time zones in the US, and one candidate from Canada. There will be three Councilors-at-large from any part of North America. Candidate needs to specify which seat he /she is contesting for. There is a single post for President, Secretary and Treasurer election.

DATE OF ELECTIONS (AS SPECIFIED IN BYLAWS)

The Nominations and Elections Committee shall ask for nominations from the general membership in the first week of September.

The nominations are to reach the Committee at the latest by end of the third week of September. The Committee shall present the slate of qualified candidates to the Central Council by the second week of October. The ballots shall be mailed to the members (postal and/or electronic) within Two weeks. The completed ballots are to be returned (postal and/or electronic) to the person and address specified by November 15TH. The results of the elections shall be announced by November 30TH of Candidate.

FEES FOR NOMINATION OF CANDIDATES

Following fee shall be charged to each candidate to facilitate the election process. Candidates for the posts of President, Secretary and Treasurer shall be charged \$500 each. Candidates for the posts of Councilors shall be charged \$250 each.

Election and Nomination Committee
M Muslim Jami, Chair
Hafeez U Rahman, Raheel R Khan

DOGANA PROGRAM

DOGANA SUMMER MEETING AT DALLAS, TEXAS

SOCIAL FORUM

Friday, July 2ND, 2010, 2:00-4:30 PM

DOW ALUMNI BANQUET

Friday, July 2ND, 2010, 6:30-10:00 PM

GENERAL BODY MEETING

Friday, July 2ND, 2010, 12:00-1:30 PM

REGISTRATION

DAILY 9AM-4PM

Association of Pakistani Physicians Of North America



The
Dow Link

Dow Graduate Association of North America
6414 S. Cass Avenue
Westmont, IL 60559

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