Zumbro Valley Medical Society Alliance News

Physicians’ Spouses Dedicated to the Health of their Community

HeeJune Shin
‘New Song! Every time with my palette knife’

Born and raised in Seoul, Korea, HeeJune Shin came to the United States in 1978 and moved to Rochester, MN with her family in 1992. Prior to pursuing the study of painting as a career, she obtained an MPH in nutrition, worked as a nutritionist and raised three children. In 1999, she enrolled at Minnesota River School of Fine Art to become a painter. Since then she has studied with many great artists: Frank Wetzel, Fred Somers, Camille Przewodek and Dale Redpath are among her mentors. She received the McKnight Established Artist Grant in 2012 and 2016 as a colorist.

“The ephemeral quality of light is the subject of my painting. Being convinced that color is the most effective tool to capture it, I have established myself as a colorist in the tradition of Monet in France, Hensche in USA. The colorists create an illusion of light in colors emphasizing the light key of the moment.”

“I am excited to be in front of a white canvas looking at the object before my eyes. It is never the same: light in different weather, seasons, times of the day. Each moment is its unique set of colors: it is uniquely a new song. I trust my impulse to see the colors of the moment and plunge into making one shape of color at a time. It is a thrill when a painting emerges from these shapes of colors: a strikingly beautiful illusion of light in three dimensions. I relish freshness and intimacy of stroke that a palette knife brings. The variety of strokes from my palette knife speaks for the tactile sensitivity I acquired from the study in Chinese calligraphy in Seoul, Korea. It is my quest that my painting is authentic as a personal commentary on nature.”

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HeeJune has donated one of her paintings to ZVMSA for a fundraiser. See article on page 3.
Dear ZVMSA Members and Friends,

Spring is in the air! Please plan to join us on May 2nd for the annual meeting and an exciting presentation by our own HeeJune Shin. She is an award-winning artist and will not only share her journey as an artist but has generously donated one of her paintings for us to have for a Lucky Dip opportunity. She will also have available for sale her note cards the proceeds from which will also go to ZVMSA. Thank you, HeeJune!

Be sure to read Lyn Smith’s article about our long-running health project, “Start Smart: Read to Your Child” program. Lyn has done an amazing job over almost two decades coordinating the program aimed at starting youngsters on the road to literacy. Lyn is in serious need of reading volunteers so please see if you could be a reader. She would greatly appreciate your participation.

February’s Valentine Basket fundraiser was a smashing success raising over $1000 for the RCTC Nursing Scholarship thanks to the generosity of our members, to bowling league members who purchased tickets, and, of course, to Amy Steinkraus, Valentine Basket Chair, who chaired and created the gorgeous baskets that we all hoped to win!

As ZVMSA’s year draws to a close our membership is strong, talented, and loyal. We look forward to 2017-18 for more educational meetings, fun events, and wonderful camaraderie.

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Report of the Nominating Committee

We look forward to an exciting year as the Nominating Committee has been busy talking with members and filling the positions on the Board for 2017-2018. There are a few positions yet to be filled. If you would like to serve as Assistant Treasurer or Member at Large, please call Doris Folger or Sandra Weissler.

Below is a listing of the Proposed Board of Directors for ZVMSA for 2017-2018.

Officers and Executive Committee

Co - Presidents: Doris Folger, Lynne Hemann, Harriet Hodgson  
Secretary: Betsy Katzelnick  
Treasurer: Jean Schultz  
Assistant Treasurer: To be named  
Membership: Lucy Bahn  
Newsletter: Jill Wylam  
Parliamentarian: Meellee Fish  
Past Co-Presidents: Doris Folger, Helen Walser, Sandra Weissler

Community Outreach: Kristin Sorenson  
Social: Deb Altchuler and Betsy Katzelnick  
Historian: Aileen Williams  
Valentine Baskets: Amy Steinkraus  
Science Fair/Nursing Scholarship: Jean Schultz  
Members at Large: Jane Callahan, Colleen Maddox  
Medical Student Liaison: TBD  
Start Smart: Lyn Smith  
RGCC Liaisons: Lesley Scott, Kris Swanson  
Brunch Invitations: Harriet Hodgson  
IT Communications: Lucy Bahn  
ZVMS Liaison: Lucy Bahn  
MMAA Co-Presidents: Colleen Maddox and Lyn Smith  
RGCC Liaison – Kris Swanson and Lesley Scott  
Brunch Invitations: Harriet Hodgson  
IT Communications: Patrick Buss  
ZVMS Liaison: Lucy Bahn  
Medical Student Liaison: TBD
LUCKY DIP—MAY 2 BRUNCH!

Painting donated to ZVMSA - ‘Afternoon Light on the Umbria’

HeeJune painted this pastoral scene in Umbria, Italy during a workshop with Camille Przewodek in 2016. She has generously given this painting to ZVSMA for a “lucky dip” fundraiser in support of our Nursing Scholarship and Science Fair support.

Anyone attending the brunch on May 2nd will have an opportunity to purchase raffle tickets. Donations are: 10 tickets for $30., 5 tickets for $20., and 1 ticket for $5. She will also have her beautiful note cards available for purchase and will donate the proceeds to ZVMSA.

Hee June's work is highly prized and acclaimed. We thank her for her generous spirit and we are excited to have her as our speaker.

Afternoon Light on the Umbria

Painted by HeeJune Shin

HeeJune will have a 40 painting exhibition at Cascade Meadow Wetlands and Environmental Science Center, 2900 19th St NW, Rochester from May 1—June 30, 2017. The exhibition is under the sponsorship of a McKnight Established Artist Grant. An artist reception will be held May 20 from 1:00 - 3:00 p.m.
ON THE HUNT FOR SPEAKERS

Heard any great speakers lately? Think you have a topic your fellow ZVMSA members would like to hear about? Is there a particular health topic about which you are really curious?

In our constant search for brunch speakers, we are asking you members for your ideas. We live in a town that is rich with talented people, both medical and otherwise. It is gratifying to discover that so many of our fellow citizens are working in a myriad of ways to make progress in creating a healthy community… and that they are sharing their many talents across the globe.

We will shortly be holding a brainstorming session to create the programming for our 2017-2018 brunches. If you have any ideas or contacts for speakers you think would be available to present at one of our brunches, please let one of us know. And if you would like to join in the brainstorming session, don’t be shy.

Please contact one of us. We would love to hear from you!

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Helen Walser
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SAVE THE DATE!

Mark your calendars. As part of the Minnesota Medical Association annual meeting being held this fall in Rochester, the ZVMSA and MMAA will host a Mayo Clinic Art tour, Friday, September 22, 1:30 – 3:00 pm. The art tour will be listed in the registration form and open to all spouses of attendees. Plans are being made to have available brochures from ZVMSA, LSMSA and MMAA. There will also be an opportunity for ZVMSA volunteers to help distribute our material at the ZVMS booth during the meeting.

Minnesota Medical Association Alliance Update

The MMAA Annual Meeting will be held May 9th in Duluth. Registration will start 5 pm at the Northland Country Club on 3901 E Superior St. There will be a social hour followed by dinner and the meeting. Colleen Landherr Maddox and Lyn Smith will be installed as Co-Presidents of the MMAA during the meeting. ZVMSA members and members-at-large are welcomed to spend the night and attend the Lake Superior Medical Society Alliance’s meeting also at the Northland Country Club the next morning, May 10. ZVMSA members are automatically members of the MMAA and will receive a detailed invitation in the mail. Be sure to look for your invitation. Let’s get a crowd from Rochester going!

If you would like to car pool to Duluth please contact Lyn at 358-2807, lyn.d.smith@gmail.com or Colleen 287-0318, landherrmaddox@gmail.com
2017 Social Events

Social Committee Update

SEED SAVERS EXCHANGE TOUR - LUNCH AT RESTORATION RESTAURANT

We hope you can join us on May 16, when we plan a trip to Decorah Iowa to tour the Seed Savers Exchange, an organization dedicated to the preservation of heirloom seeds. The grounds are full of gardens, orchards, and hiking trails. There is also a lovely visitors center and garden/gift seed shop. Our tour will begin at 2 PM.

To learn more about Seed Savers exciting work, see: http://www.seedsavers.org

Before the tour we will have lunch at Restoration, a popular restaurant located it the historic Winneshiek Hotel. http://www.hotelwinn.com/restaurants/restauration/

We will also have time to check out the downtown area shops, rumored to be fun and interesting.

We will plan to meet at the Wehrenberg Theatre parking lot at 9:30, and carpool to Decorah IA. We should be back in Rochester by 4:30 PM. There will be signup sheets at the May 2, ZVMSA Brunch, or let us know beforehand by notifying Betsy Katzelnick at eturnerart@gmail.com or Deb Altculer at deb@altchuler.net

RIFG IS COMING SOON! — ROCHESTER INTERNATIONAL FILM FESTIVAL - APRIL 21-27

We hope you will be able to join us for some great international films at Wehrenberg Theatre this month. The featured films are listed at www.rifg.org We are happy to here from members about movies they would love to see with the ZVMSA group. We will be sending out emails to our Lunch and a Movie email list for specific films and the times we plan to attend. If you would like to be added to the list, let me know at eturnerart@gmail.com, Betsy Katzelnick

GOLF UPDATE

Because the Rochester Golf and Country Club golf course is undergoing major renovations, there will be no appropriate practice range available for holding lessons, according to Martin Keefe, our golf instructor. There will, therefore, be a one-year hiatus on ZVMSA offering lessons.

And due to lack of response last golf season for golf outings, this year I am asking that anyone interested in playing nine holes from time to time please e-mail me. There will be a group e-mail sent if anyone is interested in getting together during any given week. If so, I will arrange a suitable tee time and inform those who have expressed interest.

Doris Folger  (507) 285-4883  difolger@aol.com
**Start Smart! Read to Your Child!**

Start Smart! Read to Your Child! Needs Volunteers

What is Story Time? Research has shown the importance of reading to young children. ZVMSA volunteers highlight this message by reading aloud to the young children waiting for appointments at the Olmsted Co. Public Health Department. There are three story times scheduled each week. Volunteers have access to a reading cabinet that is well stocked with a wide assortment of Big Books to read aloud and books to give to children to take home.

Volunteering is easy! Typically, there are two volunteers for each story time. Scheduling is done in three month increments either by e-mail or on the web site, Sign Up Genius. Volunteers choose the dates/time that are convenient for them. Friends can volunteer together or a person can meet a new friend by volunteering. Please note, spouses can also volunteer! There are no minimum number of story times a volunteer must sign up for. Scheduling is on-going for the three-month period until all story times are completed. Calendar updates will be e-mailed and Sign Up Genius is always updated. This is also one volunteer opportunity that can be easily done if you have young children. Children are always welcomed at story time!

Update for the MMAA Grant: The 2016/2017 grant purchased 952 books to give out to story time participants as well labels, new seating mats and materials to make nametags. There are classic board books, plenty of Doc McStuffin and super hero books for everyone. MMAA has awarded ZVMSA another $2000 grant for 2017/2018 to purchase more books to give out during story time as well as labels and other necessary supplies. The reading volunteers are still enjoying the new Big books purchased in 2015/2016 to read aloud. Lyn’s favorites include Little Blue Truck (animal and truck noises as well as the little blue truck who is rewarded for being nice to everyone) and Where’s My Teddy? (a teddy bear mix up told in simple rhyming words). Volunteer to read and find your favorite read aloud Big Book!

Summer Volunteers are special! It is always a challenge to find enough volunteers because of summer vacations. If we do not have enough volunteers, we have to cancel that story time. In past summers ZVMSA members have volunteered to read with their older children. Records of all volunteer hours are kept. Letters detailing story time and the volunteer hours can be provided to any volunteer in order for them to receive credit for volunteering. As always young children are welcome to accompany their parent to story time. Spouses are also welcomed to volunteer. Remember that volunteer readers chose only those story times that work into their schedules. How can you share your love of reading? Volunteer! Contact Lyn Smith, 358-2807 or email, lyn.d.smith@gmail.com. Lyn can provide you with more information or arrange a time to observe. Let’s have a full spring and summer of story times. A new volunteer will always be initially paired up with an experienced volunteer. Volunteers are still needed for April and May. The summer schedule will be sent mid-May. All it takes is one phone or one e-mail to start volunteering.

Thank you! Thank you to the dedicated volunteers in December, January and February who provided 27 story times (despite many snow cancellations!) and either read to and/or gave away books to 186 children: Meellee Fish, Dorothy Kaese, Josephine Camilleri, Nancy Currier, Ann Peterson, Jean Schulz and Lyn Smith.
ZVMSA History

The Alliance has a deep history of volunteerism in the Zumbro Valley community. Every event, transaction, and activity was recorded and preserved in typed or handwritten form, newspaper articles, and photographs. The records, presently kept in binders, take up considerable space and are clearly not well suited for searches. So, the time has come to make a digital copy of our history. An ad hoc committee was formed after the January board meeting to discuss how to sort the paper records and to decide what might be of interest not only to ZVMSA but to the wider community as well.

The committee (Aileen Williams, Jean Williams, Helen Walser, Vivita Leonard, and Lucy Bahn) met on February 16 and drafted an agenda for sorting and scanning. Fortunately, many of the projects that the Alliance has spearheaded in the past are summarized in written form. One article, for example, a history summary written by Helen Walser on occasion of the 75th Anniversary of the Alliance, was printed in the Minnesota Medical Association Alliance publication in 1997 and is preserved at the History Center of Olmsted County. The documents supporting the summary will be scanned for our archives.

Our goal is to reduce the volume of records to a flash or hard drive. Multiple copies may be stored for back up. Any of our members who have an interest in this effort are invited to join in. Watch for calls for volunteer sorting and scanning gatherings. Going through the history of this organization is endlessly fascinating and ignites an admiration for the alliance members who worked so hard and accomplished so much in years past.

Submitted by Lucy Bahn

Calendar 2017

April
21-27 — Rochester International Film Festival — See article on page 5 for more information.

May
2 — May Brunch, 9:30 a.m. at Rochester Golf & Country Club, RSVP by April 25
9 — MMAA Annual Meeting in Duluth — See article on page 4
16 — Seed Savers Exchange Trip, 9:30 a.m.—4:30 p.m.—See article on page 5
20 — Artist Reception 1:00-3:00 p.m. — 40 Paintings at Cascade Meadows—See article on page 3

September
22 — MMAA sponsored Mayo Art Tour in Rochester, 1:30-3:00 p.m.—See article on page 4

Have a great summer and don’t forget to Volunteer to Read— See article on page 6
ZVMSA BOARD VOTES TO FINANCIALLY SUPPORT THE GATEway SCIENCE FAIR

For 28 years, GATEway, (the Rochester Chapter of the Minnesota Council for the Gifted and Talented, a statewide not-for-profit organization that advocates for educational services for gifted and talented students) has sponsored a Science Fair for all interested students in grades 3-6 from Rochester and surrounding schools. This past February, there were 279 students registered for the Fair.

SCIENCE FAIR MISSION:
• to foster enthusiasm for science and an understanding of the scientific method of inquiry in young students in our community,
• to provide a non-competitive setting where adult science professionals can guide and encourage young students, focusing on learning and personal growth rather than on prize-winning, and
• to promote an early, positive learning experience for all students in such areas as scientific literacy, self-confidence, presentation skills, originality, problem-solving, goal-setting, task-completion, and critical thinking.

As part of ZVMSA continuing support of science and health related community events, the Board approved adding to next year’s budget, $200 for the GATEway Science Fair. There will also be opportunities for Alliance members to volunteer at the Fair as reviewers, planning and logistics. For more information, check out the GATEway website at: www.rochestergateway.com

Thank you all for your membership renewals and a special thank you to our new members! If you do not find your name on the list, please consider joining so you may receive the quarterly newsletter and mailings to our events. For membership, contact Lucy Bahn at 507-272-7744 or email at lucy@lucybahn.com