

A Publication
of the
Travis County
Medical Alliance

September 2011



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Programs: Elaine Agatston
Enrichment: Melissa Edgarton

To report an illness, death or
birth in a medical family:
Wendy Kratzer at
wendykratzer@mac.com

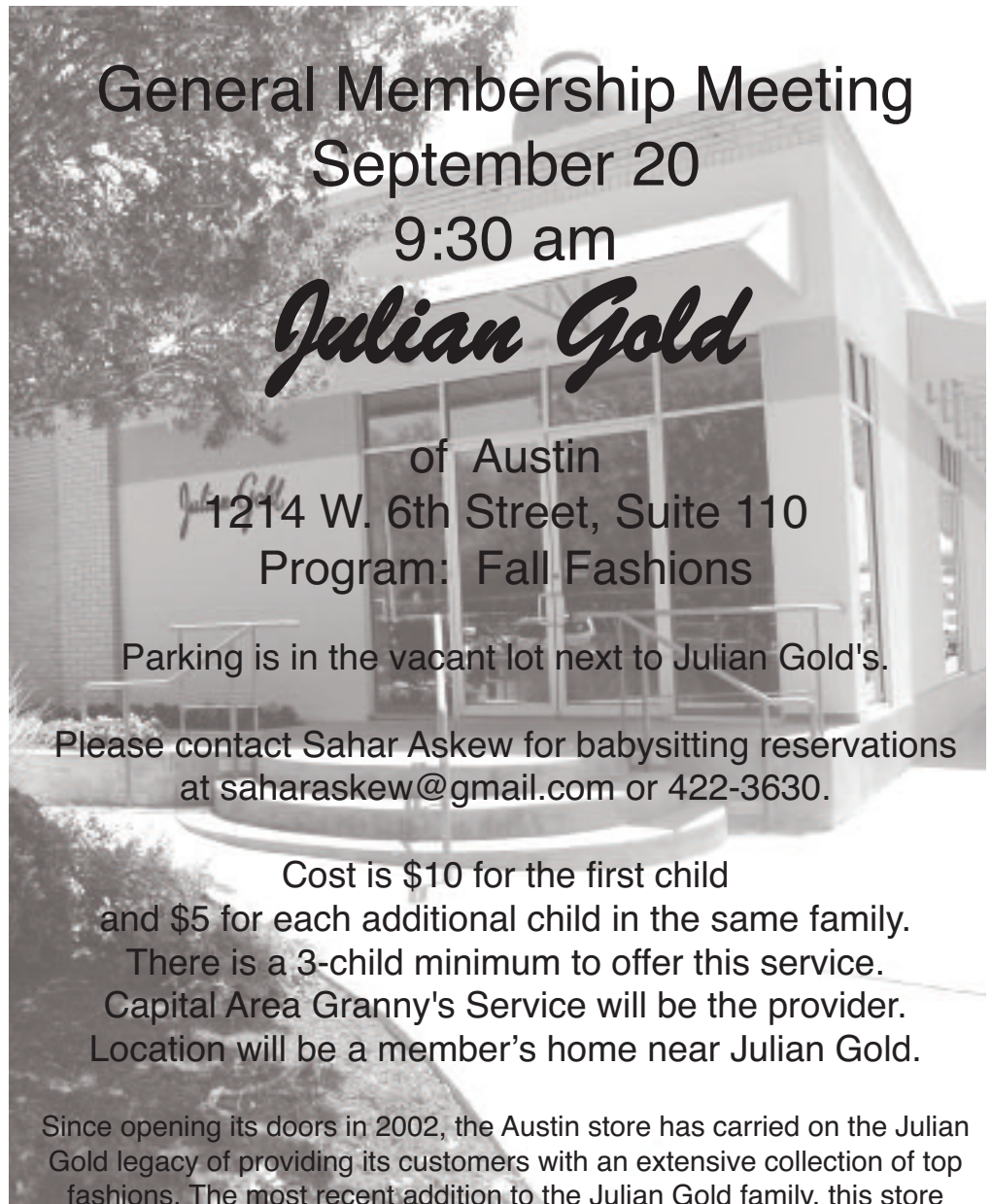
To recruit a new member:
Mari Josey at
mari.josey@gmail.com

To ask about a meeting:
Elaine Agatston at
agatston@aol.com

To obtain legislative info:
Jennifer Clitheroe at
jclitheroe@austin.rr.com

To reach the President:
Vickie Blumhagen at
vblum@austin.rr.com

To report a change in address
information, or to submit news
for the Vital Signs: Pat Wallis at
patriciaawallis@gmail.com



**General Membership Meeting
September 20**

9:30 am

Julian Gold

of Austin

1214 W. 6th Street, Suite 110

Program: Fall Fashions

Parking is in the vacant lot next to Julian Gold's.

Please contact Sahar Askew for babysitting reservations
at saharaskew@gmail.com or 422-3630.

Cost is \$10 for the first child
and \$5 for each additional child in the same family.
There is a 3-child minimum to offer this service.
Capital Area Granny's Service will be the provider.
Location will be a member's home near Julian Gold.

Since opening its doors in 2002, the Austin store has carried on the Julian Gold legacy of providing its customers with an extensive collection of top fashions. The most recent addition to the Julian Gold family, this store features new and extensive lines that cater to the discerning clientele. Located in the heart of West Austin, this savvy team combines the quirk and cosmopolitan side of Austin with the Julian Gold trademark classic style.

www.traviscountymedicalalliance.com



PRESIDENT'S MESSAGE

Vickie Blumhagen, President, vblum@austin.rr.com

Dear Alliance Member,

The Travis County Medical Alliance is an active and dynamic group of physician spouses, and several physicians. We have so many great plans for the upcoming year with opportunities for service, social activities, special interest groups, and political involvement. We recently won the Mary Ann Homer Award for Legislative and Political Action as the county with the best legislative project in Texas.



We are "Physicians and their spouses enhancing the health of Central Texans." Through community health initiatives and service projects such as Volunteer Healthcare Clinic, Ronald McDonald House, Pediatric Literacy, and Keep Austin Healthy (including Be Wise Immunize and Hard Hats for Little Heads) members have volunteered hundreds of hours on behalf of the family of medicine. Each year tens of thousands of dollars are raised at our annual gala for local non-profit healthcare related organizations including Austin State Hospital, Bookspring, Family Eldercare, Hospice Austin/Camp Braveheart, Lifeworks, People's Community Clinic, St. Louise House, and The Volunteer Healthcare Clinic. Each year we give two nursing school scholarships, one to a student at the UT School of Nursing, and one to a student at the ACC School of Nursing. Each year we help sponsor a science fair for students through Austin Energy. We also have a long history of financially supporting numerous local public and private high schools with their Project Graduation to help provide a drug-free, alcohol-free lock-in event for graduating seniors.

We have many great social events planned this year such as general meetings, Toast To Doctors, Holiday Brunch, the Spring Family Picnic and of course the annual gala. If you would rather get together in a small group, there are eleven special interest groups to choose from including groups that participate in local Fun Runs, groups that explore local restaurants, activities in Austin, and movies. There is a girls' night out group, a men's group, preschool play group, book review, sewing group and a Mah-jongg group.

Most importantly, we support each other as families in medicine. Our Outreach and Support group provides support to members who are ill, homebound, hospitalized, bereaved or have a new baby. Partners in Practice supports members who work in the medical offices of their spouses by meeting and discussing relevant issues.

My goal this year is to build on what past presidents (since 1924) and boards have done to make the Alliance what it is today. Our members have amazing backgrounds and skills that are a huge asset to the Alliance. Being active in the Alliance is a great way to use your talents and make life-long friends.

Thank you for being a member of TCMA and for being dedicated to the mission of our organization! I am looking forward to a great year. Please feel free to contact me with any suggestions or concerns. You can follow TCMA on Facebook or log on to our website at www.traviscountymedicalalliance.com.

Best Regards, Vickie Blumhagen



HEARTBEATS

THANK YOU TO:

Roberta Pazdral for her time and dedication in completing our new TCMA Directory.

Mari Josey and Loren Gigliotti for revising all the TCMA new member packets!

Vicki Zagrodzky for kicking off the new Keep Austin Healthy Committee this summer. The committee's first special project is to help Travis County children get up to date on their childhood immunizations at the UT Children's Wellness Center in Del Valle.

The Long Range Planning committee members Roberta Pazdral, Shelly Ozdil, Vickie Blumhagen, Margene Beckham, Karen Kim, Cindy Nelson, and Susanne Tetzlaff for giving their time to the Alliance this summer.

CONDOLENCES TO:

The family of long-time Alliance member Muriel Trickett who died last December 22.

Betty Stuart and Todd Scharnberg on the loss of his mother in July.

The family of Lansing Thorne, MD, who died on May 31.

Past Alliance president Pat Koen and family on the loss of Lyle Koen, MD in July.

The family of honorary Alliance member Ruth Bain, MD, who died in June. Dr. Bain was the second female president of TMA. During 39 years in private practice, the family physician from Austin delivered more than 1,000 babies. Dr. Bain was president of Travis County Medical Society and first winner of its Gold-Headed Cane Award, inducted into the Central Texas Women's Hall of Fame, a member of the State Board of Medical Examiners, and a winner of the TMA Distinguished Service Award.

MEMBERSHIP

Mari Josey, mari.josey@gmail.com

The TCMA welcomes new members **Andrea Stovall, Dawn Buckingham, Maya Miley, Esther Reed, and Dr. Andrew Skiles**. We look forward to meeting all of you at one of our upcoming events. Please join us for the first General Meeting on September 20 at 9:30 at Julian Gold.

Check your mailboxes for an invitation to our Fall Membership Happy Hour! We are currently planning some fun membership events for the 2011-2012 membership year.

Please help us recruit new TCMA members! Bring a friend to a general meeting, introduce a friend to one of your favorite volunteer opportunities, or let a friend tag along to one of our social events. Know someone in need of membership materials? Contact Mari Josey at mari.josey@gmail.com or (512) 791-4288.

NOMINATING COMMITTEE

Roberta Pazdral, rpazdral@gmail.com

Interested in being on the board next year? Self-nominations are encouraged, welcomed, even applauded! Contact Roberta asap!



Vicki Zagrodzky, TCMA Keep Austin Healthy Chair
and Lydia Soldano, TCMA President-Elect

COMMUNITY SERVICE

Vicki Zagrodzky, vzag@austin.rr.com

Volunteer Health Clinic Children's Health Day today on August 6. Alliance members supported the VHC's Back To School event by distributing backpacks with school supplies and fitting bike helmets, part of the TMA's Hard Hats for Little Heads program. More than 40 children (ages pre-K through high school) participated in the event.



Gougeres: Easy and Elegant

“And I didn’t say anything else because I had taken a bite of one of the little puffs and I was concentrating on the way they simply evaporated into hot, cheesy air when my mouth closed over them.” This confession is from none other than Ruth Reichl, former restaurant critic for the New York Times, in her book *Garlic and Sapphires*; it made me want to make these delights immediately, or at least in time for my next party.

Gougeres, (goo-ZHAIR) are Gruyere flavored choux pastries, piped with a pastry bag or dropped with a spoon onto a baking sheet and baked to a puffy crisp. They can be served warm or cold. Though not part of any definition I was able to uncover, I think they are little golden jewels that taste just as good as they look. One of the best surprises came as I attempted to make them. They are easy. An even better surprise is that they freeze well and can be thawed very quickly and served at room temperature or can be reheated if you choose. They keep forever in a freezer bag without suffering damage – sturdy little jewels!

A little history is in order. Gougeres are essentially flavored choux pastry or pate a choux (pat-a-shu). Choux pastry is the stuff of profiteroles, éclairs and, when deep fried, beignets in France and New Orleans and churros in Spain and Latin America. Choux pastry is believed to have originated in Italy. When Catherine de Medici moved to France in 1533, she brought her entire court with her, including her chefs. Her head chef made cakes from this dry dough he had invented. The dough has changed names over the centuries, it’s present name “choux”, French for cabbage, dates back to the 1700s when a pastry maker used the dough to create a product called Choux buns that were thought to resemble small cabbages in shape.

Recipes I’ve tried are fairly similar. I prefer Alain Ducasse’s recipe from the Food & Wine site. He uses “ground pepper” and I have changed that to “ground white pepper” and have added a few prep notes of my own. Enjoy!

Ingredients:

1/2 cup water
1/2 cup milk
4 oz. unsalted butter, cut into tablespoons
large pinch of coarse salt
1 cup all-purposed flour
4 large eggs
3-1/2 oz. shredded Gruyere cheese plus more for sprinkling
Freshly ground white pepper
Freshly ground nutmeg

Instructions:

Preheat oven to 400 degrees F. Line 2 baking sheets with parchment paper or use a couple “silpats” (a silicone, non-stick baking mat available at restaurant supply). In a medium saucepan, combine the water, milk, butter and salt and bring to a boil. Add flour and stir with a wooden spoon until a smooth dough forms; stir over low heat until it dries out and pulls away from the pan – happens quickly. (This will be quite obvious).

Scrape the dough into a bowl suitable for an electric mixer; let cool for one minute. Use mixer to beat the eggs into the warm dough, one at a time, beating thoroughly between each one. Add the 3-1/2 oz. of Gruyere and a pinch each of pepper and nutmeg. Transfer dough to a pastry bag fitted with a 1/2 inch round tip (I use a smaller star tip and pipe less for smaller pastries). Pipe mounds onto the baking sheets, 2 inches apart. Sprinkle with extra Gruyere and bake for 22 minutes or until puffed and golden depending on your oven. Serve hot or let cool and refrigerate or freeze.

To reheat, preheat oven to 350 degrees F. Remove gougeres from freezer, place on cookie sheet with parchment or a silpat and bake about 10 minutes.

Lyn Weingarten is a 2002 graduate of the Texas Culinary Academy. She has worked as a line cook at Lake Austin Spa and Jeffrey’s in Austin, Texas. She welcomes your polite comments and suggestions: lynw@austin.rr.com.



AUSTIN WITHOUT LIMITS

Edie Finch, efinch@ediefinch.com

Most or all these activities will be at the Long Center. More details will be included in the invitations to be received 2 or 3 weeks prior to each event. We are getting a 33% discount on the ticket prices.

Saturday September 24 at 8:00 p.m. Rain: A Tribute to The Beatles (might need to substitute with another activity. I will let you know soon)

Sunday October 9 at 4:00 p.m. National Acrobats of the People's Republic of China

Friday November 25 at 7:00 p.m. Sing-a-long Sound of Music

Saturday January 14 at 8:00 p.m. Robert Dubac's Free-Range Thinking

Saturday February 25 at 8:00 p.m. Tao: The Art of the Drum

Sunday March 4:00 at 3:00 p.m. Clifford The Red Big Dog

Tuesday April 17 at 7:30 Laughter and Reflection with Carol Burnett (includes dinner to celebrate TCMA President Vicky Bumhagen's birthday)

Please make all reservations by e-mailing Edie Finch at efinch@ediefinch.com 2 weeks prior to the event.

FOR PARENTS' SAKE

Jeni McArthur Lowry, jenimlowry@gmail.com

The group is meeting for lunch at Central Market (North location at 4001 North Lamar) at 11:00 on Tuesday, September 13th.

<http://www.centralmarket.com/Stores/Austin-Central.aspx>

WANT TO SIGN UP?

Pat Wallis, patriciaawallis@gmail.com

**Did you miss signing up for your favorite committee?
Just email the chair to get on the list.**

Don't know the chair? Email Pat Wallis for info.

BOOK GROUP

Ola Bell, obell@mail.utexas.edu

Suzanne McFarlane, smcf2222@austin.rr.com

All meetings begin at 10am

August 24

Hostess: Cathy Powell

Reviewer: Pat Wallis

Book: *Room* by Emma Donoghue

September 28

Hostess: Martha Coons

Reviewer: Ola Bell

Book: *The Social Animal* by David Brooks

October 26

Hostess: Jane Howerton

Reviewer: Evelyn Hootkins, Toni Burns

Book: *As I Lay Dying* by Faulkner

November 16—Plans to be made at 8/24 meeting.

November 30

Hostess: Marina Sifuentes

Annual Potluck Holiday Luncheon

CHIC LADIES

Lara Norris, larisalee1968@aol.com

Join us for a fun ladies night out of dinner and a glass of wine at The Grove Restaurant, 6317 Bee Caves Rd.

After dinner, have some dessert and shop next door at Anna Gray Jewelry, and Maria & Kyndal's Boutique.

Date: Tuesday September 27th

Dinner at 5:45

Please reserve your spot with Lara Norris 913-9121 or larisalee1968@aol.com.

SPRING PICNIC

Margaret Connor, margkonn2@yahoo.com

Save the date!!!!

This year's picnic will be on Sunday, April 29.



Calendar of Events

SEPTEMBER

- 20 - General Meeting
- 24 - Austin Without Limits
- 27 - Chich Ladies
- 28 - Book Group

OCTOBER

- Dues notices for 2012 will be mailed
- 9 - Austin Without Limits
- 16 - Toast to Doctors
- 21 - TMAA Fall Conference
- 26 - Book Group

NOVEMBER

- 15 - General Meeting
- 25 - Austin Without Limits
- 30 - Book Group

DECEMBER

- 2 - Holiday Luncheon

Travis County Medical Alliance
www.traviscountymedicalalliance.com

Editor's Corner

Pat Wallis, patriciaawallis@gmail.com

Do you know the first year that you were an Alliance member? If you know or can guess, let me know. I'll add the information to next year's directory!

Chairs, be sure to keep good notes and take photos during the year. There are AWARDS to win at the end of the year at AllMed.

Have some great photos to share that have children in them? Be sure to get permission to publish from the parent or guardian!

As always, your comments, questions, corrections, suggestions, and submissions are welcomed!

Looking forward to another wonderful year in the Alliance! Pat