



Fighting Childhood Obesity Louie's Kids Blazes the Trail

With a shocking 16 percent of America's children being obese and another 17 percent being overweight, organizations like Louie's Kids are an essential life-force of the community. Louie's kids works to empower economically disadvantaged children across the nation with the tools they need to overcome childhood obesity and the associated health risks.

CCMSA supports this mission through funding that is critical to the development of innovative programs like the newly designed Fit Club. Fit Club brings together school administrators, parents and clinicians in a collaborative, afterschool program that includes everything from nutritional education and group therapy to a daily regimen of physical activity.

Come learn more about Louie's Kids. Join CCMSA at Coastal Cupboard on October 20th for a Cooking Demo and Talk by Louie of Louie's Kids.

Bring a friend . . .

. . .to the Kickoff Cocktail Soiree. If they join CCMSA at the event, you will be entered into a drawing for a \$100 gift certificate to Whole Foods.

A Call to Action From President Gretchen Cuddy

The Alliance is looking forward to an unprecedented year that you will not want to miss! We are in the process of developing a modern web presence to keep members connected with our purpose so stay tuned for further developments!

The focus of our work this year is on the critical issue of childhood obesity, which is quickly becoming a nationwide epidemic. Our major annual fundraiser speaks directly to this cause. The highly anticipated Kitchen & Garden Tour of Daniel Island's premier homes will include cooking demonstrations, tastings, nutrition talks and creative approaches to healthful meal planning the entire family will love!

We are opening this year's event to the public to expand our charitable reach because, as you may know, the natural consequence of a struggling economy is less funding for the many charities that connect and empower our community. The Kitchen & Garden Tour will help to ensure funding for these deserving organizations.



Nirvaan Patel and Carter Highsmith demonstrate this year's commitment to reversing childhood obesity through the power of healthy eating.

However, we must also challenge ourselves as individuals to support these causes through our participation. Last year, CCMSA had the opportunity to touch the lives of several foster families, giving their foster children a true Christmas to remember. That event was such a success that we are thrilled to host another foster family luncheon this holiday season. This is just one of the many ways to get inspired and involved with CCMSA! I look forward to seeing you at the kickoff cocktail event!

Save the Date . . .

An exciting and eventful year awaits so mark your calendars! Invitations and details to follow.

"New Year" Kickoff Cocktail Soiree
September 16th

Cooking Demo
& Talk by Louie of Louie's Kids
Coastal Cupboard
October 20th

Holiday Party
December (Date TBA)

Foster Family Holiday Luncheon
December 4th

Girls Night Out
February 17th

Daniel Island Kitchen & Garden Tour
April 16th

End-of-Year Luncheon
Old Village Post House
May 6th

Now on Board

Introducing the 2010 Elected Officers of the CCMSA Executive Board

Gretchen Cuddy	President
Kacie Highsmith	President-Elect
Melissa Ohlson	First Vice President/ Programs Chair
Tracy Carswell	Second Vice President/ Membership Chair
Karen Pinosky	Treasurer
Tassie Bielsky	Treasurer
Linda Spratt	Recording Secretary

Charitable Giving

Last year, CCMSA raised an impressive \$7,200 that was distributed to 16 local charities. This year, the Alliance will reward the achievements of nonprofits focused on children's nutrition, health and fitness, as well as other charities.

Skippy Adkins Tracie Alexander Claire Allen Patricia Bagg Natalie Baker June Baxley
 Tassie Bielsky Broughton Boatwright Susan Brahen Marilyn Brilliant Amanda Brinkley Helen Britton
 Jessie Brooker Joy Brunson Robin Buchanan Susan Burns Cris Cain Rebecca Capell
 Tracy Carswell Mauri Cawley Michelle Caya Nena Chakeris Susan Chalela Bettye Ann Chambers
 Montica Chambers Nancy Chambers Kendra Christmas Maureen Corless Beth Costa
 Clindy Costa Marion Cotton Lena Cox Diane Craige Erble Creasman Gretchen Cuddy
 Ruth Cupp Elaine Cuthbertson Michelle Demarco Reka DeMasi Charlotte Dennis Myrtle Ann Dennis
 Martha Derrick Kathleen Domm Berta Donaldson Brenda Dukes Ellen Durrence Elizabeth Elhoff
 Barbara Ellison Julie Ellison Caroline Feller Elaine Fiorillo Terry Fisher Diana Fishman Susan W. Fitts
 Eva Fitzgerald Martha Fogle Amy Frain Lythea Gatgounis Athena Gazes Frances Geer Joyce Geils
 Mandy Geils Charlotte Gillespie Betty Gore Donna Gottesman Debbie Goulding Liz Gourdin Ann Graves
 Hope Grayson Janet Gregory Judy Grossman Cecelia Gruber Georgia Gruber Heather Halford
 Elizabeth Hamilton Toni Handshoe Fran Hawk Paulette Headden Katie Heard Noreen Herring, MD
 Kacie Highsmith Michelle Hiott Dana Holladay Mary Ivester Rebecca Ivester Beth Jones Susannah Kaelin
 Carol Kelly Trish Kirkland Elizabeth Kline Debra Kuhns Jennifer Lackey Jean Lang Kim Lee
 Coleman Legerton Terri Levin Neltie Linker Janet Litton Cynthia Lowery Ellen Lucas Katherine MacIwaine
 Pamela Marsh Jill Marshall Elizabeth Masiowski Jo Ann McCoy Lynn Merrill Jamie Michaelsen Karen Miller
 Susan Miller Millicent Moore Julie Moscatello Mosmi Naik-Patel Karen New Sally Niemer Amy Nolan
 Neda Nussbaum Summer O Neill Melissa Ohlson Jennifer Oliverio Raye Ann Osborne Janelle Othersen
 Katharyn Ouzts Glenda Owens Karen Pinosky Amanda Poletti Wanda Potts Sara Purcell Mikki Ramey
 Eva Ravenel Grace Reed Susan Rieder Judy Robinson Beth Rowlett Mary Fraser Royall Jeanne Sabback
 Rinne Sade Angela Saito Susan Schnorr Carolyn Schwenzfeier Carol Seltzer Linda Shoemaker
 Elaine Simpson Sally Smith Roxann Spandorfer Linda Spratt Ashley Stock Lauren Sutton Harriett Thrower
 Cheryl Tolley Rosemary Tountas Judy Tyler Jane Tyler, MD Peggy Underwood Ashlea Weathersby
 Joye Wells Cindy Widenhouse Eileen Williams Penny Wilson Rebecca Young

Charleston County Medical Society Alliance Membership Application

Name _____
 Address _____
 Phone _____ Email _____
 Spouse Name _____ Spouse Specialty/Place of Employment _____

CCMSA Dues:
 Please indicate the level at which you would like to support CCMSA and enclose a check for the total amount with this completed application.

- ___ \$20 Local County Dues (*minimum*)
- ___ \$25 State Dues (*optional*)
- ___ \$50 National Dues (*optional*)

Please send membership applications and dues to:

Tassie Bielsky
 5 Charing Cross Road
 Charleston, SC 29407

2007 Fall
Fundraiser

Pictured from left to
right are members:

Caroline Feller,
 Coleman Legerton,
 Natalie Baker, Cindy
 Widenhouse, Karen
 New, Paulette
 Headden and
 Rebecca Young

