

American  
Association of  
Women  
Podiatrists Inc.

# AAWP

## Serving Women Podiatrists Nationwide

www.aawpinc.com

Winter

November  
2006

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### President's Message

## Does This Make You Lose Your Appetite?

By Kathleen Satterfield, DPM

I was enjoying a great culinary adventure in Las Vegas during the APMA national meeting with my husband and a close friend whose wife is a noted leader in Podiatry but was not present that evening. Why, I asked him, wasn't she a member of the AAWP? Many of her accomplished friends are members. It surely must just be an oversight....she just had forgotten to send in her dues, obviously.

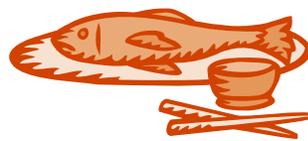
"No," our fellow gourmet answered. "She isn't a member and she won't be a member."

I dropped the steamed dumpling I was holding in my chopsticks! I am a child of the sixties, with all that that means – hammering away at glass ceilings my entire life and realizing a payoff by seeing significant changes occur over the past four decades. Even more profound is that many of the members of our organization, those now retired, did so much for those of us who came afterwards. I show my gratitude with respect and awe....and by trying to keep the momentum going.

How would my absent friend have felt if she had been the first woman in a class filled with men? They probably would have wondered about why she was there. What was her motive? Was she "husband shopping?" One senior member once said to me that she had been chided for applying and being accepted.

"One of my male classmates said to me 'Why are you taking a slot in the class when it could have gone to a man trying to take care of his family? You're just being silly and selfish,'" she recalled him saying. You could tell by the expression on her wise face that those unreasonable words still stung.

The founder of this organization, Dr. Patricia Kopenhaver, has had a lot of firsts in her life, I am sure. I am also sure that she and her contemporaries created this organization in order to make sure that other



young women would be recognized for what they could accomplish and not for their gender. It might have surprised that woman's male classmate but she had a family to feed as well and she wanted to help suffering patients to live better lives. "Silly and selfish"? No, not hardly.....

Cut to the 21<sup>st</sup> Century and that restaurant table in Las Vegas. After I regained my composure (and it took more than a few sips of water), I commented on my reluctant friend's success in a man's world.

"I'm glad for her that she has become so recognized. She can make a real difference if she wants to," I said.

Her husband said that she indeed did and that "She wanted to show the guys that she could do it. She can compete with the men on a level playing field."

To me there were two things wrong with that sentence:

She wanted to show others that she personally could do it. I salute her for making it but I would give her a standing ovation if she would do it in order to help *others make it as well.*

She said she could compete on a level playing field but since when is the playing field level? The women's sprint to full recognition is still strewn with boulders. Women now make up about 50% of the incoming classes in podiatric medical schools. Why then, are they a rarity at the APMA House of Delegates?

There is no consideration for the part-time Mommy Track when it comes to paying APMA dues. It's all or nothing, full-price or no membership. This is in spite of the tireless work of former APMA president Harold Glickman, APMA trustee Phil Ward and past AAWP presidents Marlene Reid and Jane Andersen.

We and our leaders are thoughtful, caring individuals. There is a solution. I challenge them and the women who "have made it" to come up with answers that will solve a disparity that was seen by Dr. Pat and is still seen now by us.

# Las Vegas Workshop Cutting-Edge Surgical Technology

The Advanced Surgical Skills workshop at the APMA National Scientific Meeting taught participants the latest, cutting-edge surgical technologies. Nationally noted surgeon and lecturer, Dr. Kim Eickmeier, developed the program.

As one workshop participant said, "These are things that I can take back to my office next week and start to use on my patients. This will be to their

benefit."

The companies that brought in their latest technologies included:

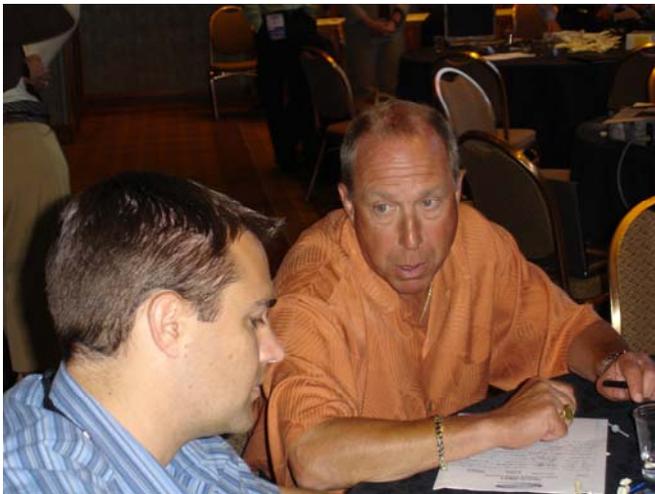
Arthrocare with the Topaz system

Arthrosurface

Osteomed with 3 new products: the interflex system, cannulated screws and phalangeal hemi implant



Surgeons improve their skills with the help of the AAWP workshop.



**Dr. Fernando Diaz traveled from Peru for the event**

# Treasurer's Report: *The Bottom Line*

By Carolyn McAloon, DPM

Treasurer

**Cash Flow**

7/1/05 through 6/30/06

Category Description

INFLOWS

2004 Paypal Payments 962.45

2005 APMA Annual Member lunch sponsor 3,000.00

2005 APMA Lab Vendor 3,664.03

2005 Spa Seminar Registrant 10,175.46

2005 Spa Seminar Vendors 20,735.27

2006 APMA Cadaver Lab Vendors 3,250.00

AAWP Sweatshirts

Membership Dues-2 year 165.00

8,958.20

Membership Dues-Life 4,000.00

Membership Dues-Regular 5,656.42

Membership-Associate 769.47

Scholarship Donation 4,845.00

TOTAL INFLOWS 66,181.30

OUTFLOWS

2005 APMA Annual Board Meeting Expenses 2,777.27

2005 APMA Cadaver Lab Expenses 8,111.07

2005 Spa Seminar Expenses 25,003.20

2005 Spa Seminar Honorariums 6,461.66

2006 APMA HOD 848.42

AAWP Business Reimburse-

ment 2,387.29

Bank Charge 133.00

CPA 200.00

Credit Card Payment 80.00

Founders Scholarship

5,000.00

FPME 3,600.00

Newsletter 3,157.90

Web Hosting 194.85

TOTAL OUTFLOWS

57,954.66

**OVERALL TOTAL**

8,226.64

## Are You Surprised? Survey says "No" to Spa!

Almost everyone in the room at the annual meeting of the AAWP, Inc. was surprised at the



outcome of the survey taken.

The result? Membership did not list the Spa Seminars as being among the most important offerings of the organization. Listed



far above the traditional seminar were: Mentorship, Promotion of women in the profession. Support of a part-time status for working mothers who are podiatrists.

Do you agree? Please let us know.



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of Women Podiatrists

Serving Women  
Podiatrists Nationwide

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## AAWP HOLDS ANNUAL MEETING AT THE APMA

AAWP held its Annual Meeting, election, and luncheon at the APMA National Meeting in Las Vegas August 8, 2006. Members and guests enjoyed fellowship as well as lunch, sponsored by FoxHollow Technologies.

Dr. Alan Block, of Ohio State University spoke to the group about the SilverHawk Plaque Excision System. Honored guests included Dr. Patricia Kopenhaver, Charter President of AAWP, Past President and current APMA BOT Member Dr. Kathleen Stone, and several other APMA Board Members.

Dr. Melinda Reiner was recognized for her service on the AAWP Board as Vice President and Seminar Chair. Dr. Marlene Reid, outgoing Past President was honored for her 10 years of outstanding service to our organization.

Elections were held for one year terms. Dr. Kathleen Satterfield was elected President, Dr. Kimberly Eickmeier Vice President, Dr. Carolyn McAloon Treasurer, and Dr. Lisa Schoene Secretary. Dr. Jane Andersen assumed the role of Immediate Past President



Officers pose with AAWP founder, Dr. Pat Kopenhaver (center.) Officers are, from left, Dr. Kathy Satterfield, Dr. Jane Andersen, Dr. Pat Kopenhaver, Dr. Marlene Reid, Dr. Kimberly Eickmeier and Dr. Carolyn McAloon.



Dr. Alan Block of Ohio State University discusses the SilverHawk System for Plaque Excision in the at-risk extremity.

# Welcome to Our Newest Members !

Tammie Black, DPM

81 Willimansett Street  
South Hadley, MA 01075

Tanya Thoms, DPM  
2217 W. Shackleton Drive  
Anthem, AZ 85086

Sharon Joag, DPM  
285 Aycrigg Ave #181  
Passaic, NJ 07055

Tracey Walton, DPM  
2418 Druid Oaks NE  
Atlanta, GA 30329

Denise Mandi, DPM  
Broadlawns Medical Center  
1801 Hickman Rd  
Des Moines, IA 50314

Deborah Cook, DPM  
9195 Hidden Valley Lane  
Mentor OH 44060

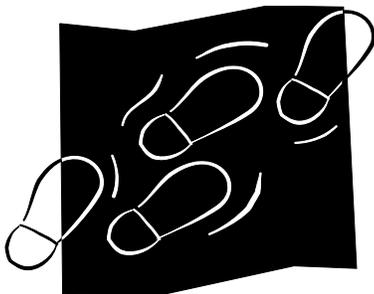
Mary Brigid Lodge, DPM  
10 Oxford Dr. Apt 9  
Latham, NY 12110

Elizabeth Lu, DPM  
135 Cypress Cove  
Dyersburg, TN 38024

Toni Jo Neal, DPM  
118 North Durkee Street  
Appleton, WI 54911

Maryann Hartzell, DPM  
3221 Alton Street  
Allentown, PA 18103

Atoosa Kashani, DPM  
14803 Hartlaub Ct  
Centerville, VA 20120



## Put Your Experience to Work: *Become a Mentor*

We have young members who would like to have mentors—others who have experienced the difficult art of balancing the demands of work and family.

Will you help guide a young podiatrist through this maze? Currently we have a request for a mentor in the Midwest area who has a family and a rural practice. If you are willing to offer a helping hand, please send an e-mail to [VKSatterfieldDPM@aol.com](mailto:VKSatterfieldDPM@aol.com).

# Sound Money Advice from Physician Advisory Resources

## The Saving Equation

Stephanie J. Bond, CPA, CFDA

Director of Advisory Services for Physician Advisory Resources

From the time most of us are old enough to start earning an allowance, our parents start preaching to us about saving our money. We know this is the right thing to do, yet why do we find it so difficult? Perhaps it is because the things we are saving for seem so hard to mentally grasp. Goals defined simply as retirement, education or some other intangible make the challenge more difficult. Or, if we have defined a tangible goal, it may seem so far off in the future that we still think of our goal as a mere fantasy. To a recent college graduate, saving for a down payment on a first home can seem to be so far into the very distant future that it's hard to fathom how this goal can be achieved.

The goals might seem lofty and perhaps unattainable but an understanding of how money compounds can make goals seem more realistic. Whatever the goal, tangible or intangible, the mathematic principals that allow a sum of money to multiply are the same. Understanding how these principals work can hopefully assist in achieving the goal and make the entire process a less painful. Once the basic elements of the saving / investing formula are understood, hopefully, it will be easier to overcome the mental barriers that often prevent "saving for a rainy day".

**Rule of 72:** This is one of the most basic and easiest formulas to grasp. It is extremely valuable because this is an expeditious way to approximate the impact of compounding interest on a stated sum. This formula is used to approximate how long it will take to double a sum of money:  $72 / \text{interest rate} = \text{time period}$ .

According to this formula, and assuming a 6% interest rate, it will take twelve years to double your money. By changing the variables, either interest rate or time frame, a goal can be established. For example, if you inherited \$1,000 and decided to invest it at 10%, it will take a little over seven years for this sum to become \$2,000. For those who prefer an online version of this calculation, checkout <http://moneychimp.com/features/rule72.htm>.

**Dollar Cost Averaging:** "Pay yourself first," is a slogan that many financial professionals preach. Utilizing the dollar cost averaging system is a way to put this practice in place. To implement, simply designate a certain sum of money each and every month to be placed in an investment account. This is a very systematic and methodical way of conquering your financial goals. It works well because this strategy eliminates the emotion and temptation of trying to time the highs and lows of the market. You can start a program with as little as \$50 per month. In addition, this can be a practical strategy to make certain you get your IRA contributions made for the year. By dividing the annual \$4,000 maximum contribution (\$5,000 if you are over age 50) into monthly deposits, a contribution of just over \$300 might seem more within reason.

**Time Value of Money:** We can't talk about investing for the long term without considering the effects of inflation on the dollar. A dollar today isn't worth the same as it was twenty years ago. Prices for consumer goods are constantly on the rise. On average, the rate of inflation is around 3% per year. When this variable is incorporated into a savings/investment plan, you must realize you have to be very careful not to chase a moving target. For example, assuming your goal is to save \$100,000 over the next twenty years, this equates to just over \$31,000 in today's dollars assuming an average return of 6% per year. After including this variable in the equation, perhaps your target should be reevaluated and redefined based on what your specifics are. There are numerous online calculators that can help calculate present value, one of which can be found at [http://www.moneychimp.com/calculator/present\\_value\\_calculator.htm](http://www.moneychimp.com/calculator/present_value_calculator.htm)

Understanding these basic principles will help you set realistic goals, stay focused and help you see your financial goals come to fruition.

### WEST COAST PATHOLOGY LABS — A GOOD FRIEND TO AAWP

Did you know.....Every time you use WCPL for your specimens, AAWP is given a donation of \$5 to our scholarship fund?

Did you know.....WCPL care about the quality of the reports it provides to you and your patients?

Do you know.....In the last quarter they contributed over \$900?