



2021 NORTH CAROLINA MEDICAL SOCIETY CALENDAR

# NORTH CAROLINA MEDICAL SOCIETY PHOTO CONTEST

*The NCMS is incredibly grateful for the 2020 Photo Contest participants — physician and PA members who reminded us that there is great beauty to be found in the midst of trying times. We celebrate their work on the following pages and thank them for sharing their talents and their visual perspectives with us.*



**CONTEST WINNER** - "Bodie Reflection"  
Karl S. Chiang, MD



**WINNER: NATURE CATEGORY**  
"Massif and Towers"  
Philip M. Rosoff, MD



**WINNER: TRAVEL CATEGORY**  
"Road to Adventure"  
T. James Baden, MD, FACP



**WINNER: NC CATEGORY**  
"Cypress Sunset Reflections"  
Kathryn McConnell Greven, MD



**WINNER: WILDLIFE CATEGORY**  
"The Eagle Has Landed"  
Rodger Israel, MD

# PHOTO CONTEST SEMI-FINALISTS



**"The Barn" - Wilkes County, NC**  
Charles H. Classen, Jr., MD  
*Orthopaedic Surgeon, Kinston*

*Photographer's perspective: "This beautifully constructed old stone and wood barn was neglected when I first saw it next to my daughter's land on Roaring Gap Road about 14 years ago. We had bets on how long that great construction would hold up. Sadly Hurricane Zeta collapsed it in October. This picture in giant form hangs in the Chef and Farmer Restaurant in Kinston."*



**"Fleming Stadium Fireworks"**  
Jonathon G. Dewald, MD, FACP  
*Internal Medicine Physician, Wilson*

*Photographer's perspective: "From the grandstand over the right shoulder of the umpire."*  
*Camera: Canon PowerShot SX260 HS, a subcompact camera with a very small sensor: ISO 100, 1/50 sec., f/4, focal length 4.5mm."*



**"Falls Lake Sunset on the MST"**  
John Goldfield, PA-C  
*Emergency Medicine PA, Raleigh*

*Photographer's perspective: "Taken on the Mountains to Sea Trail during an evening 9-mile run."*  
*Camera: iPhone 8 without filters*



**"Look into My Eyes" - Rwanda, Africa**  
Craig M. Greven, MD  
*Ophthalmologist, Winston-Salem*

*Photographer's perspective: "We hiked up into the national forest in Rwanda and encountered a family of over 20 gorillas."*

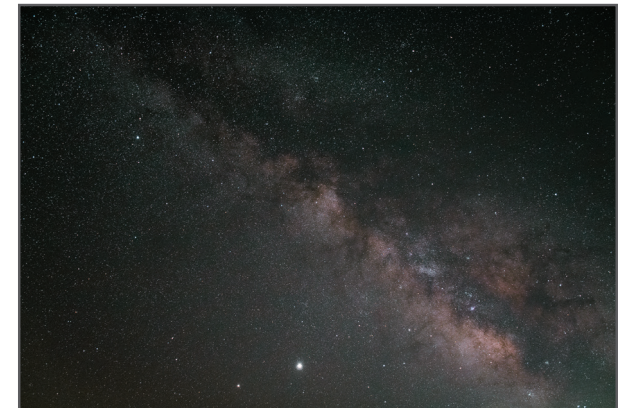
*Camera: Panasonic DMC-FZ1000 with 85mm focal length*



**"King of Beasts" - Game Reserve, Kenya, Africa**  
Richard M. Griffin, MD, FACS  
*Ophthalmologist - retired, Hickory*

*Photographer's perspective: "This black mane lion was resting but was looking directly at me. Had I stepped out of the Jeep, I would have been his next meal."*

*Camera: Sony 9911 and telephoto lens*



**"Milky Way with Jupiter & Saturn" - Nellysford, VA**  
Michael M. Hirsch, MD, FACP  
*Internal Medicine Physician, Hickory*

*Photographer's perspective: "Dark skies are hard to come by near Hickory, so a trip to the Blue Ridge mountains of Virginia allowed me to photograph the Milky Way. On this night, Jupiter and Saturn happened to be in the same region of the sky and can be seen in the lower middle are of the image."*

*Camera: Nikon D7000, 18mm, f/3.5, ISO 3200, exp. 15 sec. Fourteen light and two dark images were combined to minimize noise from the long exposures.*

# PHOTO CONTEST SEMI-FINALISTS (CONTINUED)



**"Hadrian's Wall" - Great Britain**  
Stephen D. Knowlton, MD

*Family Medicine Physician, Reidsville*

*Photographer's perspective: "I always liked this photo of Hadrian's Wall, taken on our trip to England in 2013."*

*Camera: Nikon D40X*



**"Patagonian Sunrise" - Patagonia, Argentina**  
Andy Lamb, MD

*Internal Medicine Physician, Burlington*

*Photographer's perspective: "I was in the Patagonia region of Argentina fly fishing with my two oldest sons. As the sun was rising... I saw this view. I immediately took a picture with my iPhone 6, and this is the result. I have no photography skills. All I know is that if something looks beautiful to me, I take a picture with my phone."*



**"Lift off..." - Hyco Lake, NC**  
Steve Long, MD

*Internal Medicine Physician, Roxboro*

*Photographer's perspective: "While looking for Osprey, I was lucky to see this Great Blue Heron fishing along the shore."*



**"Pelican Diving for Food" - Galapagos Islands**  
Emil Menk, MD - *Anesthesiologist, Charlotte*

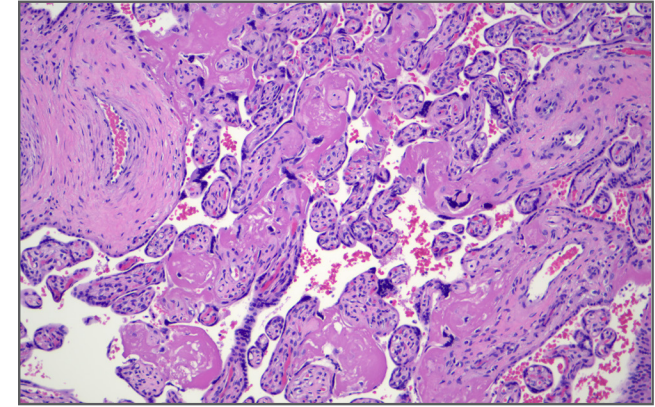
*Photographer's perspective: "I was snorkeling, taking pictures with my Nikon Coolpix underwater camera and saw a big bird floating on the water. I popped my head to see a pelican very close to me. Almost immediately the bird dove under water. I took one blind, random picture of the bird underwater.... Later when reviewing my pictures, I was pleasantly surprised to find the picture was very detailed, in focus and well-centered."*



**"Capitol Dome" - Washington, DC**  
Joel B. Miller, MD - *Ob-Gyn - retired, Hickory*

*Photographer's perspective: "The interior of the Capitol Dome, shot at an interesting but unusual angle. The painting is a fresco by Constantino Brumidi titled The Apotheosis of Washington."*

*Camera: Nikon D800; Lens: Nikon AF-S Nikkor 24-120mm F4G ED VR; Settings: 24mm, 1/25 sec., f/6.3, ISO 250, Exposure compensation 0*



**"New Life Emerging into North Carolina and Covid-19"**  
Keith V. Nance, MD - *Pathologist, Raleigh*

*Photographer's perspective: "This microscopic image of a placenta from an asymptomatic Covid19 positive mother illustrates placental chorionic villi with nonspecific increased intervillous fibrin but with normal maternal blood vessels. Covid-19 has been associated with vascular effects on multiple organs including an increased incidence of placental maternal vascular disease. Fortunately, thus far there have been no documented cases of intrauterine or transplacental transmission of the Covid19 virus from mother to fetus. The photo was taken at 10x magnification using an Excelis MPX-20C microscopic camera with Captavision Plus software."*

# PHOTO CONTEST SEMI-FINALISTS (CONTINUED)



"A Camel's Stroll on the Beach" - Turtle Beach, Karachi, Pakistan  
Maqsood A. Valliani, MD  
(Pediatrician, Roanoke Rapids)

*Photographer's perspective: "Camel riding is very unique and a must-do activity whenever I visit the beaches in Karachi, Pakistan. After having a family picnic, we decided to sit back and enjoy the waves of the beach for the rest of the evening. The sunset made this picture so amazing that I could not resist sharing the picture with you all."*

Camera: Canon 5D



"Pemaquid Point Lighthouse" - Bristol, ME  
Donna M. Richardson, MD, MBA, FCAP  
(Pathologist, Laurinburg)

Camera: iPhone



"Bugling Bull Elk during 'The Rut'"  
Rocky Mountain National Park, Colorado  
Robert M. Varnell, MD  
(Interventional Radiologist, Winston-Salem)

*Photographer's perspective: "This picture was taken during elk mating season also known as 'the rut'. It was a beautiful evening, with the sun setting beyond the Rocky Mountains behind us, as reflected in the bull elk's eye."*

Camera: 35mm Pentax DSLR; Lens: 300mm lens (equivalent focal length of 450mm); Settings: f/4.0, 1/200 sec., ISO 1000

**Do you have a photo you'd like to submit  
for the 2021 NCMS Photo Contest?**

**Send it in by Friday, July 16, 2021.**

**For more information on rules and prizes,  
visit [www.ncmedsoc.org/photo-contest](http://www.ncmedsoc.org/photo-contest).**

# PHOTO CONTEST HONORABLE MENTIONS



"Sunset at Tattooine" - Camp Buehring, Kuwait  
Major Grank Brinkley, DO  
*(Emergency Medicine Physician)*



"Coming in for a Landing" - Hyco Lake, NC  
Joanne M. Fruth, MD  
*(Family Medicine Physician, Raleigh)*



"Stingray amongst Sharks" - Key West Aquarium  
Lisa M. Gangarosa, MD  
*(Gastroenterologist, Chapel Hill)*



"Sargassum Fish" - West Papua, Indonesia  
Steven M. Genkins, MD ("Seadoc")  
*(Diagnostic Radiologist, Charlotte)*



"Niagara Falls Rainbow" Niagara Falls, Canada  
Jim Hill, PA-C, MEd  
*(Emergency Medicine PA - retired, Charlotte)*



"The Other Side" - Newport, RI  
Hampton A. Howell, MD  
*(Plastic Surgeon, Winston-Salem)*

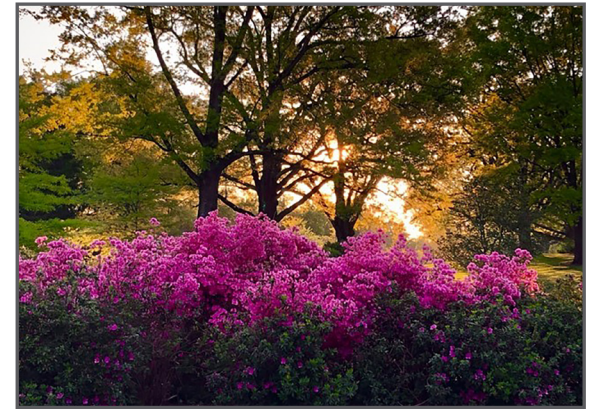
# PHOTO CONTEST HONORABLE MENTIONS (CONTINUED)



"White Squirrel of Brevard" - Brevard, NC  
H. Slade Howell, MD  
*(General Surgeon - retired, Boone)*



"Robbery at Bluebird's" - Beaufort, NC  
H. Curtiss Merrick, MD, FACP  
*(Internal Medicine, Beaufort)*



"Morning Reveal" - Willowbrook Park,  
Burlington, NC  
David K. Mertz, MD  
*(Pediatrician, Burlington)*



"Summer Solstice Sunset" - Near Spruce Pine, NC  
Brett C. Niblack, MD *(Ob-Gyn, Shelby)*



"If Music Be the Food of Love Play On"  
Kiawah Island, SC  
Katherine J. Pierce, MD  
*(Internal Medicine Physician, Charlotte)*



"Fishing Cape Point (the Point) on  
Hatteras Island"  
Demetri T. Poulis, MD, FACS  
*(General Surgeon, Nags Head)*

# PHOTO CONTEST HONORABLE MENTIONS (CONTINUED)



**"Monumental"** - Washington, DC  
Robert W. Monteiro, MD  
*(Internal Medicine Physician, Raleigh)*



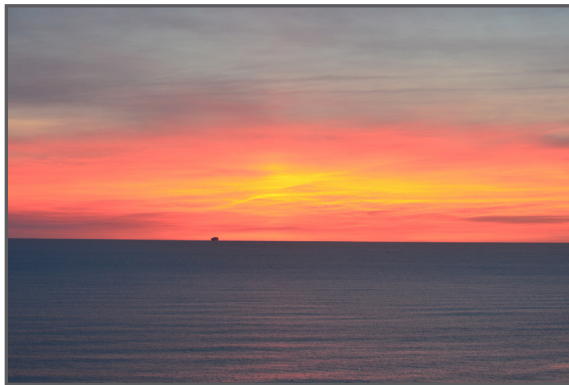
**"Perfection in a Rose"**- Elm City, NC  
Nadine B. Skinner, MD, FAAFP  
*(Family Medicine Physician, Rocky Mount)*



**"The Rose"** - Apex, NC  
Lisa P. Shock, DrPH, PA-C, MHS  
*(Family Medicine PA, Apex)*



**"Ocean Isle Sunset"** - Ocean Isle Beach, NC  
Robert E. Taylor, MD  
*(Otolaryngologist, Durham)*



**"Virginia Beach Sunrise"** - Virginia Beach, VA  
Brooks Taber, MD *(Radiologist, Cary)*



**"Stately Take Off by a Great Blue Heron"**  
Cecil K. Thoppil, MD, FAAP *(Pediatrician, Mt. Airy)*



**"Windswept"** - Fort Fisher, NC  
John G. Wagnitz, MD *(Psychiatrist, Pinehurst)*





"Dry Rain" - Photographed at Hanging Lake outside of Glenwood Springs, CO (Camera: Sony Cybershot)  
Photographer: **James A. Salisbury, MD** (Ophthalmologist in Morganton, NC; NCMS member since 1990)

# DECEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																											
<p>NOVEMBER 2020</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						<p>JANUARY 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p>1</p> <p>NCMS POLICY COMMITTEE MEETING*</p> <p>World AIDS Day</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>
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<p>6</p>	<p>7</p> <p>Pearl Harbor Remembrance Day</p> <p>☾ Last Quarter (7:36pm)</p>	<p>8</p> <p>Bodhi Day (Buddhist)</p>	<p>9</p> <p>NCMS FOUNDATION BOARD OF TRUSTEES MEETING*</p>	<p>10</p> <p>Human Rights Day</p>	<p>11</p> <p>Hanukkah Begins (Jewish)<sup>1</sup></p>	<p>12</p> <p>Feast of Our Lady of Guadalupe (Catholic)</p>																																																																																											
<p>13</p>	<p>14</p> <p>Total Solar Eclipse (11:13am)</p> <p>● New Moon (11:17am)</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>																																																																																											
<p>20</p>	<p>21</p> <p>Winter Solstice (5:02am)</p> <p>☾ First Quarter (6:41pm)</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p> <p>Christmas</p>	<p>26</p> <p>Boxing Day (Canada/UK)</p> <p>Kwanzaa Begins (African American)</p>																																																																																											
<p>27</p>	<p>28</p>	<p>29</p> <p>☾ Full Moon (10:28pm)</p>	<p>30</p>	<p>31</p> <p>New Year's Eve</p>	<p>Have you renewed your NCMS membership for 2021?</p> <p><a href="http://www.ncmedsoc.org/renew">www.ncmedsoc.org/renew</a></p>																																																																																												



*"Ninini Point Daybreak" - Photographed in Kauai, HI (Camera: Nikon 610; Lens: Nikon 24-70mm f/2.8; Settings: 1/1000 sec., f/5.6, ISO 800, focal length 35mm)*  
Photographer: **Thomas J. Monaco, Jr, MD** (Anesthesiologist in Raleigh, NC; NCMS member since 1992)

*Photographer's perspective: "This photo was taken just after sunrise from a difficult-to-reach rocky cliff near the Ninini Point Lighthouse in Lihue, Kauai. The rugged landscape is immediately adjacent to a runway at Lihue International Airport. Many of my other attempts to capture this scene included aircraft on their final descent to the runway."*

# JANUARY 2021

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			<p>NCMS FOUNDATION GIFTS &amp; GRANTS MEETING*</p> <p>Epiphany (Christian)</p> <p>☾ Last Quarter (4:37am)</p>	<p>Christmas (Orthodox Christian)</p>	New Year's Day																																																																																					
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		<p>NCMS FOUNDATION BOARD DEVELOPMENT MEETING*</p>	<p>● New Moon (12:01am)</p>	<p>Old New Year (Orthodox Christian)</p>		<p>Religious Freedom Day</p>																																																																																				
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	<p>Martin Luther King, Jr. Day</p>		<p>Inauguration Day</p> <p>☽ First Quarter (4:01pm)</p>	<p>NCMS LEGISLATIVE CABINET MEETING*</p>		<p>NC SOCIETY OF EYE PHYSICIANS &amp; SURGEONS CODEQUEST MEETING* (Virtual)</p> <hr/> <p>NCMS BOARD OF DIRECTORS MEETING*</p>																																																																																				
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31			<p>Holocaust Remembrance Day</p>	<p>Tu B'Shevat (Jewish)<sup>1</sup></p> <p>○ Full Moon (2:16pm)</p>		<p>NC DERMATOLOGY ASSOCIATION ANNUAL MEETING* Jan. 30-31 (Virtual)</p> <p>Mercury Retrograde until February 20</p>																																																																																				



**CONTEST WINNER:** "Bodie Reflection" - Photographed in Nags Head, NC

**Photographer:** Karl S. Chiang, MD (*Interventional Radiologist in Greenville, NC; NCMS member since 1994*)

*Photographer's perspective: "This Feburary before the pandemic started, I decided to spend a weekend in Nags Head to photograph the Red Wolf. I never saw any that weekend, but I did happen upon this scene at Bodie Lighthouse for sunrise, which initially was a bust. It was cloudy, and I had packed up when the sun came out. I quickly unpacked my camera and tripod and snapped this picture before the colors went away. Serendipity."*

# FEBRUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Feast of Saint Brigid (Patron Saint of Ireland) Imbolc	2 Groundhog Day	3	4 ☾ Last Quarter (12:37pm)	5	6 Waitangi Day (New Zealand)
7	8	9 ALAMANCE-CASWELL MEDICAL SOCIETY MEETING*	10 DURHAM-ORANGE COUNTY MEDICAL SOCIETY MEETING*	11 NCMS POLICY COMMITTEE MEETING* ● New Moon (2:06pm)	12 Chinese New Year (Ox) Losar (Tibetan New Year)	13
14 Valentine's Day	15 Nirvana Day (Buddhist) Presidents' Day	16 Mardi Gras Vasant Panchami (Hindu)	17 NCMS NLDC MEETING* Ash Wednesday, Lent Begins (Christian) Random Acts of Kindness Day	18 NCMS PAC BOARD MEETING*	19 NC CHAPTER - AMERICAN COLLEGE OF PHYSICIANS ANNUAL SCIENTIFIC SESSION* Feb. 19-20 (Virtual) ☾ First Quarter (1:47pm)	20
21	22	23 NCMS FINANCE COMMITTEE MEETING*	24 NCMS FOUNDATION FINANCE MEETING*	25	26 NC NEUROLOGICAL SOCIETY ANNUAL MEETING* Feb. 26-28 (Virtual) Purim (Jewish) <sup>1</sup>	27 ☉ Full Moon (3:17am)
28					JANUARY 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MARCH 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



"Vis Medicatrix Naturae" - Photographed at Bridal Falls, Dupont State Forest, NC i (Camera: iPhone)

Photographer: **Danna Park, MD, FAAP, FACP** (Internal Medicine Physician/Pediatrician in Asheville, NC; NCMS member since 2008)

# MARCH 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																					
	1 Feast of St. David (Patron Saint of Wales)	2	3	4	5 ☾ Last Quarter (8:30pm)	6																																																																																					
7	8 International Women's Day	9 NCMS FOUNDATION BOARD DEVELOPMENT MEETING*	10 NCMS FOUNDATION BOARD OF TRUSTEES MEETING*	11 NC POPULATION HEALTH COLLABORATIVE MEETING* NCMS FOUNDATION GIFTS & GRANTS MEETING* Maha Shivaratri (Hindu)	12	13 ● New Moon (5:21am)																																																																																					
14 Daylight Saving Time Begins	15 Great Lent (Orthodox Christian)	16	17 St. Patrick's Day	18	19 NC OBSTETRICAL & GYNECOLOGICAL SOCIETY ANNUAL MEETING* March 19-20 (Virtual)	20 1849 SOCIETY EVENT* NCMS BOARD OF DIRECTORS MEETING* Spring Equinox (5:37am) Ostara																																																																																					
21 ☽ First Quarter (10:40am)	22	23	24	25 NCMS LEGISLATIVE CABINET MEETING*	26	27																																																																																					
28 Palm Sunday (Christian) Passover Begins (Jewish) <sup>1</sup> ○ Full Moon (2:48pm)	29 Holi (Hindu)	30 National Doctors' Day	31		<b>FEBRUARY 2021</b> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28							<b>APRIL 2021</b> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
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"Keeping the Little One Safe" - Photographed in Corolla, NC (Camera: Olympus OM-D E-M10; Lens: Olympus 45mm)

Photographer: **Lawrence Greenblatt, MD** (Internal Medicine Physician in Durham, NC; NCMS member since 2009)

Photographer's perspective: "Taken near sunset on 4WD Beach at the northern end of the Outer Banks, a bit north of the end of the road. These beloved wild horses roam free in a most beautiful setting and their well-being is protected. This couple has their foal carefully positioned between them, ensuring safety from people, horses and other animals."

# APRIL 2021

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Easter (Christian) ☾ Last Quarter (6:02am)	Easter Monday (Australia, Canada, UK)			Yom HaShoah (Jewish) <sup>1</sup>	Good Friday (Christian)																																																																																												
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☉ New Moon (10:31pm)		ALAMANCE-CASWELL COUNTY MEDICAL SOCIETY MEETING* Ramadan Begins (Islamic) <sup>2</sup>	DURHAM-ORANGE COUNTY MEDICAL SOCIETY MEETING*		NC SOCIETY OF PATHOLOGISTS ANNUAL MEETING* April 16-17 (Virtual)																																																																																												
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		☾ First Quarter (2:59am)	NCMS NLDC MEETING*	NCMS PAC BOARD MEETING* Earth Day	Feast of St. George (Patron Saint of England)																																																																																												
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Palm Sunday (Orthodox Christian)	☉ Full Moon (11:31pm)				Arbor Day																																																																																												



**WINNER NATURE CATEGORY:** "Masiff and Towers" - Photographed in Torres del Paine National Park, Patagonia, Chile

Photographer: **Philip M. Rosoff, MD** (*Pediatric Hematologist/Oncologist in Durham, NC; NCMS member since 2007*)

*Photographer's perspective: "The mountains are overwhelming and astonishingly beautiful. We were very fortunate to hit a string of sunny (although incredibly windy) days with amazing clouds."*

# MAY 2021

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<p>2</p> <p>Pascha (Orthodox Christian)</p>	<p>3</p> <p>☾ Last Quarter (3:50pm)</p>	<p>4</p>	<p>5</p> <p>Cinco de Mayo (Mexico)</p>	<p>6</p> <p>NCMS FOUNDATION GIFTS &amp; GRANTS MEETING*</p> <p>National Nurses' Week Begins</p>	<p>7</p>	<p>8</p> <p>Lailatul Qadr (Islamic)<sup>2</sup></p>																																																																																				
<p>9</p> <p>Mother's Day</p>	<p>10</p>	<p>11</p> <p>NCMS FINANCE COMMITTEE MEETING*</p> <p>● New Moon (3:00pm)</p>	<p>12</p> <p>NCMS FOUNDATION FINANCE MEETING*</p>	<p>13</p> <p>NCMS LEGISLATIVE CABINET MEETING*</p> <p>Ascension (Christian) Eid al-Fitr (Islamic)<sup>2</sup></p>	<p>14</p>	<p>15</p> <p>NCMS BOARD OF DIRECTORS &amp; NCMS FOUNDATION BOARD OF TRUSTEES MEETINGS May 15-16</p>																																																																																				
<p>16</p>	<p>17</p> <p>Shavuot (Jewish)<sup>1</sup></p>	<p>18</p> <p>NCMS MEDICAL EDUCATION COMMITTEE MEETING*</p>	<p>19</p> <p>☾ First Quarter (3:13pm)</p>	<p>20</p>	<p>21</p> <p>NC ALLERGY, ASTHMA &amp; IMMUNOLOGY SOCIETY ANNUAL MEETING* May 21-23 (Virtual)</p> <p>Bike to Work Day</p>	<p>22</p> <p>NCMS NLDC MEETING*</p> <p>Armed Forces Day</p>																																																																																				
<p>23</p> <p>Pentecost (Christian)</p>	<p>24</p> <p>Victoria Day (Canada)</p>	<p>25</p>	<p>26</p> <p>Vesak (Buddhist) Total Lunar Eclipse (7:19am) ○ Full Moon (7:14am)</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>Mercury Retrograde until June 22</p>																																																																																				
<p>30</p>	<p>31</p> <p>Memorial Day</p>																																																																																									





"Daybreak in Maggie Valley" - Photographed in Maggie Valley, NC

Photographer: **Yun L. Boylston, MD** (*Pediatrician in Mebane, NC; NCMS member since 2010*)

# JUNE 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																											
		1	2 NCMS FOUNDATION BOARD OF TRUSTEES MEETING ☾ Last Quarter (3:24am)	3 NC ACO COUNCIL MEETING*	4	5 World Environment Day																																																																																											
6	7	8 NCMS FOUNDATION BOARD DEVELOPMENT MEETING ALAMANCE-CASWELL COUNTY MEDICAL SOCIETY MEETING	9 DURHAM-ORANGE COUNTY MEDICAL SOCIETY MEETING Feast of St. Columba (Patron Saint of Scotland)	10 Ascension (Orthodox Christian) Annular Solar Eclipse (6:42am) ● New Moon (6:53am)	11	12 AMA ANNUAL MEETING June 12-16 Loving Day																																																																																											
13	14 Flag Day	15	16 NCMS POLICY COMMITTEE MEETING	17 ☾ First Quarter (11:54am)	18	19 Juneteenth																																																																																											
20 Father's Day Pentecost (Orthodox Christian) Summer Solstice (11:32pm) World Refugee Day	21	22	23	24 ☉ Full Moon (2:40pm)	25	26																																																																																											
27	28	29	30	<p>MAY 2021</p> <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> </tr> <tr> <td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>		S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<p>JULY 2021</p> <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1 2 3</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> </tbody> </table>	S	M	T	W	T	F	S							1 2 3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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**WINNER WILDLIFE CATEGORY:** "The Eagle Has Landed" - Chilkat Bald Eagle Preserve, Haines, AK

*(Camera: Nikon D850; Lens: 600mm; Settings: f/4, 1/1000 sec., ISO 800)*

Photographer: **Rodger Israel, MD** *(Internal Medicine Physician in Raleigh, NC; NCMS member since 1993)*

# JULY 2021

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Independence Day				Canada Day (Canada) ☾ Last Quarter (5:11pm)	NC DERMATOLOGY ASSOCIATION SUMMER MEETING July 9-11 Omni Grove Park Inn Asheville, NC ● New Moon (9:17pm)																																																																																					
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			Bastille Day (France)	NCMS FOUNDATION GIFTS & GRANTS MEETING		NCMS BOARD OF DIRECTORS MEETING ☾ First Quarter (6:11am)																																																																																				
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Tisha B'Av (Jewish) <sup>1</sup>		Eid al-Adha (Islamic) <sup>2</sup>			☉ Full Moon (10:37pm)																																																																																					
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						☾ Last Quarter (9:16am)																																																																																				





**WINNER TRAVEL CATEGORY:** "Road to Adventure" - Capitol Reef National Park, UT (*Camera: Canon EOS Rebel T3; Settings: f/7.1, 1/120 sec.*)  
**Photographer:** T. James Baden, MD, FACP (*Dermatologist/Internal Medicine Physician in Nebo, NC; NCMS member since 1981*)

# AUGUST 2021

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8  ● <i>New Moon (9:50am)</i>	9  NCMS FINANCE COMMITTEE MEETING	10  NCMS FOUNDATION FINANCE MEETING ALAMANCE-CASWELL COUNTY MEDICAL SOCIETY MEETING Muharram (Islamic New Year) <sup>2</sup>	11	12	13  NC SPINE SOCIETY ANNUAL MEETING Aug. 13-15 Pinehurst Resort Village of Pinehurst, NC	14																																																																																				
15  Dormition of the Theotokos (Orthodox Christian) ● <i>First Quarter (11:19am)</i>	16	17	18	19  Ashurah (Islamic) <sup>2</sup>	20	21																																																																																				
22  ○ <i>Full Moon (8:02am)</i>	23	24	25	26	27  CAROLINAS CHAPTER-AACE ANNUAL MEETING Aug. 27-29 Omni Grove Park Inn Asheville, NC	28																																																																																				
29  ● <i>Last Quarter (3:13am)</i>	30	31			<b>JULY 2021</b> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td></td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	T	F	S				1	2	3		4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<b>SEPTEMBER 2021</b> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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“Morning Reflections” - Photographed at Widgeon Lake, South Tweedsmuir Park, British Columbia  
Photographer: **Jeffrey Coston, DO** (Anesthesiologist in Hendersonville, NC; NCMS member since 1998)

*Photographer's perspective: "After canoeing and portaging several lakes the day before, I awoke to this view on a very cool early September morning. The sun had just cleared the eastern mountains and was shining on Talchako Mountain and Horribilis Peak (on the right, named for the grizzly bears that frequent this area). Snow fell within a week of this picture."*

# SEPTEMBER 2021

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	<p>Labor Day</p> <p>● New Moon (8:52pm)</p>	<p>Rosh Hashanah (Jewish New Year)<sup>1</sup></p>	<p>International Literacy Day</p>	<p>NC POPULATION HEALTH COLLABORATIVE MEETING*</p>	<p>Ganesh Chaturthi (Hindu)</p>	<p>Patriot Day</p>																																																																																											
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<p>Grandparents Day</p>	<p>☾ First Quarter (4:39pm)</p>	<p>NCMS FOUNDATION BOARD DEVELOPMENT MEETING</p>		<p>NCMS PAC BOARD MEETING</p> <hr/> <p>NCMS FOUNDATION GIFTS &amp; GRANTS MEETING</p> <p>Yom Kippur (Jewish)<sup>1</sup></p>	<p>Constitution Day</p>																																																																																												
19	20	21	22	23	24	25																																																																																											
	<p>☾ Full Moon (7:55pm)</p>	<p>International Day of Peace</p> <p>Mid-Autumn Festival (Asian)</p> <p>Sukkot Begins (Jewish)<sup>1</sup></p>	<p>Autumnal Equinox (3:21 pm)</p> <p>Mabon</p>	<p>NCMS LEGISLATIVE CABINET MEETING</p>	<p>NC SOCIETY OF EYE PHYSICIANS &amp; SURGEONS ANNUAL MEETING Sept. 24-26 Pinehurst Resort Village of Pinehurst, NC</p>	<p>NCMS FOUNDATION BOARD OF TRUSTEES MEETING</p>																																																																																											
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	<p>Mercury Retrograde until October 18</p>	<p>☾ Last Quarter (9:57pm)</p>	<p>Simchat Torah (Jewish)<sup>1</sup></p>																																																																																														



"Plate-Billed Mountain Toucan" - Photographed in the Tandayapa, Ecuador (Camera: Canon EOS 7D MIII; Lens: 500mm f4 lens with a 1.4x teleconverter)  
Photographer: P. Mark Gallerani, MD (Radiologist in Greensboro, NC; NCMS member since 1999)

| Photographer's perspective: "This was a real prize with the bird being native to the western slope of the Andes in Ecuador and far southern Colombia."

# OCTOBER 2021

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			<p>National PA Week Begins</p> <p>● <i>New Moon (7:05am)</i></p>	<p>Navaratri Begins (Hindu)</p>																																																																																						
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	<p>NCMS FOUNDATION GIFTS &amp; GRANTS MEETING</p> <p>Indigenous Peoples Day</p> <p>Columbus Day</p> <p>Thanksgiving (Canada)</p>	<p>NCMS POLICY COMMITTEE MEETING</p> <p>ALAMANCE-CASWELL COUNTY MEDICAL SOCIETY MEETING</p> <p>● <i>First Quarter (11:25pm)</i></p>	<p>DURHAM-ORANGE COUNTY MEDICAL SOCIETY MEETING</p>	<p>NCMS BOARD OF DIRECTORS MEETING</p>	<p>NCMS LEAD HEALTH CARE CONFERENCE</p> <p>Oct. 15-16</p> <p>NCMS BOARD OF DIRECTORS &amp; NCMS FOUNDATION BOARD OF TRUSTEES MEETINGS</p>																																																																																					
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		<p>NCMS FINANCE COMMITTEE MEETING</p>	<p>NCMS FOUNDATION FINANCE MEETING</p> <p>○ <i>Full Moon (10:57am)</i></p>																																																																																							
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<p>United Nations Day</p>																																																																																										
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<p>Halloween</p>				<p>● <i>Last Quarter (4:05pm)</i></p>	<p>NC ORTHOPAEDIC ASSOCIATION ANNUAL MEETING</p> <p>Oct. 29-31</p> <p>Pinehurst Resort</p> <p>Village of Pinehurst, NC</p>																																																																																					



"Sunset, Haleakala National Park" - Photographed in Maui, HI  
Photographer: **Vikas Patel, MD** (*Dermatologist in Raleigh, NC; NCMS member since 1996*)

# NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																											
	1 All Saints' Day (Christian) Day of the Dead (Mexico)	2 All Souls' Day (Christian) Election Day	3	4 Diwali (Hindu) ● New Moon (5:14pm)	5	6																																																																																											
7 Daylight Saving Time Ends	8	9	10	11 NCMS PAC BOARD MEETING NC ACO COUNCIL MEETING* Veterans Day ● First Quarter (7:46am)	12	13 NCMS BOARD OF DIRECTORS MEETING AMA INTERIM MEETING Nov. 13-16																																																																																											
14	15	16	17	18	19 Partial Lunar Eclipse (4:03am) ○ Full Moon (3:57am)	20 Universal Children's Day																																																																																											
21	22	23	24	25 Thanksgiving	26	27 ● Last Quarter (7:28am)																																																																																											
28 Advent Begins	29 Hanukkah Begins (Jewish) <sup>1</sup>	30 Feast of St. Andrew (Patron Saint of Scotland)			<b>OCTOBER 2021</b> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> <tr> <td>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<b>DECEMBER 2021</b> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> </tr> </tbody> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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**WINNER NC CATEGORY:** "Cypress Sunset Reflections" - Photographed at Lake Mattamuskeet, NC (Camera: Nikon D850 35mm focal length)  
**Photographer:** Kathryn McConnell Greven, MD (Radiation Oncologist in Winston-Salem, NC; NCMS member since 1983)

*Photographer's perspective: "This was taken December 2019 at Lake Mattamuskeet as the sun was setting. The small dots on the lake are a variety of swans and birds that inhabit this area of eastern North Carolina. I love the look of the cypress tree branches."*

# DECEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOVEMBER 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1 World AIDS Day	2 NCMS POLICY COMMITTEE MEETING	3	4 Total Solar Eclipse (2:34am) ● New Moon (2:43am)
5	6	7 Pearl Harbor Remembrance Day	8 NCMS FOUNDATION BOARD OF TRUSTEES MEETING DURHAM-ORANGE COUNTY MEDICAL SOCIETY MEETING Bodhi Day (Buddhist)	9	10 Human Rights Day ● First Quarter (8:35pm)	11
12 Feast of Our Lady of Guadalupe (Catholic)	13	14 ALAMANCE-CASWELL COUNTY MEDICAL SOCIETY MEETING	15	16	17	18 ○ Full Moon (11:35pm)
19	20	21 Winter Solstice (10:59am) Yule	22	23	24	25 Christmas
26 Boxing Day (Australia, Canada/UK) Kwanzaa Begins (African American) ● Last Quarter (9:24pm)	27	28	29	30	31 New Year's Eve	Have you renewed your NCMS membership for 2022? <a href="http://www.ncmedsoc.org/renew">www.ncmedsoc.org/renew</a>

# 2021 AT-A-GLANCE

## JANUARY 2021

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## SEPTEMBER 2021

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## OCTOBER 2021

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## NOVEMBER 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## DECEMBER 2021

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

PLEASE NOTE: The holidays listed in this calendar are accurate to the best of our knowledge and research. All times in this calendar are given in Eastern Standard Time (EST) or Eastern Daylight Time (EDT). In addition, meetings listed in this calendar are subject to change; please contact the NCMS at (919) 833-3836 for meeting details and to confirm location and time.

<sup>1</sup> Jewish holidays begin at sundown the evening before the date given.

<sup>2</sup> Islamic holidays begin at sundown the evening before the date given. The Islamic calendar is based on lunar observation and may vary depending on the sighting of the crescent moon.

<sup>3</sup> Eclipses are not viewable from all regions.

# 2022 AT-A-GLANCE

## JANUARY 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## FEBRUARY 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

## MARCH 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## APRIL 2022

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## MAY 2022

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## JUNE 2022

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## JULY 2022

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## AUGUST 2022

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## SEPTEMBER 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## OCTOBER 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## NOVEMBER 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## DECEMBER 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### ABOUT THE NORTH CAROLINA MEDICAL SOCIETY

**OUR MISSION:** To provide leadership in medicine by uniting, serving, and representing physicians and their health care teams to enhance the health of North Carolinians.

**OVERVIEW:** The North Carolina Medical Society (NCMS) began in 1849 when 25 physicians united to advance medical science and to raise the standards for their profession. Today, we continue to champion the same goals and ideals while representing the interests of physician and physician assistant members and protecting the quality of patient care across the state.

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