

NCNM NEWS

for the alumni and friends of NCNM



QUARTERLY NEWSLETTER

NATIONAL COLLEGE OF NATUROPATHIC MEDICINE

PORTLAND, OREGON

FALL 2004

DR. WILLIAM J. KEPPLER, PRESIDENT

SUSAN K. HUNTER, DIR. OF ADVANCEMENT



Dr. David Shefrin ('74)

1,000 Friends of NCNM

Bezwecken owner, NCNM alumnus (Class of 1974), and a current member of NCNM Board of Directors, Dr. David Shefrin is leading the creation of *1,000 Friends of NCNM*. The purpose of *1,000 Friends of NCNM* is to energize the students, faculty, and alumni by promoting greater visibility of NCNM and by fostering fundraising efforts for the College. The role of *1,000 Friends of NCNM* is to serve as ambassadors of goodwill, create alliances with businesses and supportive individuals, and to identify and cultivate charitable gifts for NCNM.

The campaign objective is to enroll the first 300 members by December 31, 2004. The funding goal is to support excellence in the education of students as they study to become future physicians and expand faculty development in their central roles as educators and doctors. As of October 22nd, \$11,000 has been raised and 40 members have joined *1,000 Friends of NCNM*. During November, NCNM students will be phoning to find more members.

Each member of *1,000 Friends of NCNM* is asked to donate a minimum of \$250 to NCNM during the campaign. Memberships are available in Club 21 (\$21/month or \$250 a year) or Golden Anniversary Club (\$2,500 for a 10-year membership). Each member is encouraged to find three other "friends" to join in support of NCNM. *1,000 Friends of NCNM* are grateful patients, alumni, healthcare practitioners, faculty, staff, neighbors, and friends.

The benefits of being a member of *1,000 Friends of NCNM* are:

- Investment in natural medicine and health care education
- Pride in membership that supports NCNM
- Linkage to your business from a featured section of NCNM's website.
- Invitation to Membership Dinner in your honor, November 22, 2004
- NCNM gift bag and lapel pin

To join, contact Susan Kay Hunter, Director of Advancement, 503-552-1512, shunter@ncnm.edu, or go to www.ncnm.edu.

"We make a living by what we get, we make a life by what we give." Winston Churchill (1874-1965)

Bike Tour: 20th Anniversary

On June 27, 1983, the Naturopathic Wheeling & Healing North American Bicycle Tour began. Led by four NCNM graduates of the Class of '83, one from the Class of '82, and three family members, the team of nine spent the next year bicycling across North America - from Portland, Oregon to Portland Maine-- engaging in the first and longest national media event in NCNM's history.

In 11 months, they traveled over 12 mountain ranges, averaging 80 miles per day. Starting out in Oregon, they rode north to Canada, then south through Montana and Colorado, across the mid-West to Chicago, past the Great Lakes and on to Portland, Maine. From there, they bicycled south to New York City and on to Georgia for Thanksgiving. They spent two winter months in the Florida Keys before cycling across the Gulf Coast, Texas, New Mexico, Arizona, California, and up the Pacific coast to Oregon.

In all, they gave a stunning 98 lectures on behalf of naturopathic medicine. They appeared on television 16 times, once on a nationally televised spot, 19 times on radio shows, and their journey was written about in 13 different newspaper articles.

It was as much a voyage for publicizing the profession as it was a demonstration of their true puck. They had very few resources with which to begin such a daunting expedition until three days before they left town. Though NCNM was the beneficiary of their efforts, the College had no resources to offer. Orion International, a now defunct nutraceutical company, stepped forward to sponsor the ride complete with a support van, tents, literature, T-shirts and publicity. Given the length of time on the road, they had surprisingly few mishaps; a few flats, and three accidents, but only one requiring three stitches.



Bicyclers: Jane and Konrad Kail

Please see "Bike Tour" page 2...

Bike Tour continued...

Dr. Konrad Kail, kept a daily journal of the ride and below are the statistics which say it all:

<p>ON THE ROAD: <i>Portland, Oregon to Maine 1983- 1984</i> Days riding: 281 (2 months stationary in Florida) Miles: 10,896 each (30,315 for everyone) Rain: 23 days riding (14 in the Pacific NW) Camped: 122 nights Guests: 159 nights (some while camping in yard) Hotel: 11 nights (5 in Denver) Flats: 14 Tires: 5 Mountain Ranges: 12 (Continental Divide: twice)</p>	<p>MEDIA BLITZ: Lectures: 98 Attendance: 2,393 Newspaper Articles written: 13 Radio Interviews: 19 Television Interviews: 16 Wheelmen Brochures: 20,000 NCNM Brochures: 5,000 NCNM Catalogs: 500 T-shirts: 400 (sold) T-shirts: 100 (given to hosts)</p>
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What they gained were connections with naturopathic physicians across the United States and Canada.. They learned how to present the profession by their many appearances at public lectures and on talk radio. They fielded tough questions and got very good at it. They met some striking people: Dr. Warren Levin, who started the Holistic Medical Association, Dr. Atkins (of dietary fame), and the movie star husband and wife team of Elli Wallach and Anne Jackson.

What they gave was months and months of publicity on behalf of NCNM. They told the country about naturopathic medicine and recruited students who are now NDs. According to Dr. Larry Herdener, “We hopefully provided a “seed” in areas of the country that has helped our licensing efforts, as well as the credibility of our training as physicians.” The Naturopathic Wheeling and Healing North American Bicycle Tour holds the distinction of the longest running public relations campaign in NCNM’s 48 year history.

NCNM’s great gratitude and best wishes go out to this group of hail and hearty bicyclers who demonstrated exemplary character, integrity, determination, and leadership. Naturopathic Wheeling and Healing team members:

- Dr. Konrad Kail** (’83) Naturopathic Family Care, in Phoenix, Arizona
- Jane Kail**, a medical assistant, and wife of Dr. Kail
- Dr. Erich Fleischman** (’83), Naturopathic Medical Clinic in Grants Pass, Oregon
- Dr. Larry Herdener**, (’83) Herdener Family Clinic, McMinnville, Oregon
- Patty Harris-Herdner**, a biologist and wife of Dr. Herdener
- Dr. Mark James** (’82), Flagstaff Clinic of Naturopathic Medicine, Flagstaff, Arizona
- Dr. Russell Marz** (’83), Tabor Hill Clinic, Portland, Oregon
- Nancy Cunningham**, nutritionist
- Patti Cashion**



Tyler Pioneer Award - Sally LaMont, ND

On September 9, 2004, distinguished NCNM alumnus Dr. Corey Resnick (’78) presented Dr. Sally LaMont (’81) with the NCNM-Tyler Pioneer Award on behalf of Tyler Encapsulation and Integrative Therapeutics, Incorporated (ITI). Sponsored by NF Formulas, Tyler, Enzymatic Therapies and ITI, the Tyler Pioneer Award is presented at the NCNM AANP alumni reception to a graduate of the College who has made a pioneering contribution to the field of naturopathic medicine.

Dr. LaMont has blazed many trails, but none so boldly as the supremely successful campaign to obtain naturopathic physicians’ licensure in California. Last year, Dr. LaMont victoriously spearheaded the efforts to pass legislation in California – known as the Naturopathic Act -- to extend licensure to clinically trained naturopathic doctors. Senate bill 907 was signed by Governor Gray Davis in September, 2003 and took effect in January, 2004. Dr. LaMont’s leadership in the passage of this legislation was crucial, pulling together a grass roots campaign, speakers, testimony, public relations, and funding. Her boldness and dedication to the naturopathic profession will allow countless individuals and families the opportunity to embrace natural approaches to health care in California.

Dr. Sally LaMont was the featured NCNM commencement speaker in June, 2004. NCNM president, Dr. William Keppler, presented her with the President’s Medallion for her efforts in promoting excellence in natural health education.

Dr. LaMont is the former Executive Director of the California Association of Naturopathic Physicians (CANP). She received the 2001 “Physician of the Year” award from the American Association of Naturopathic Physicians (AANP) for her political advocacy work for the profession.



*Dr. Sally LaMont (’81)
Wearing her NCNM
President’s Medallion*



Dr. Kenneth Harmon

In preparation for National College of Naturopathic Medicine's Golden Anniversary, 1956-2006, we are re-connecting with our founders and early graduates, "our elders." In September 2004, at the American Association of Naturopathic Physicians conference (AANP) in Seattle, we caught up with Dr. Kenneth Freeman Harmon who graduated from NCNM in 1964 when NCNM was but eight years old. Two naturopathic physicians were graduated from NCNM that year, Dr. Robert Overton, who died in 1977, and Dr. Kenneth Harmon. Dr. Harmon has practiced naturopathic medicine in the Seattle area for forty years, and serves on the Northwest Naturopathic Physicians Convention Committee, the oldest professional organization of naturopathic physicians in North America.

At age 67, he is the principal physician in a thriving practice offering chiropractic and naturopathic healing. Dr. Harmon graduated from Western States Chiropractic College as well as NCNM during the years that NCNM's campus was in Seattle. He is an avid hunter; hailing from Havre, Montana, and returning to his homeland to hunt for elk on horseback this fall as he has nearly every year.

While a student at NCNM, Dr. Harmon supported his family by working nights loading and unloading trucks. As a young physician, he preceptored with Dr. Cyrus Maxfield, and later studied at the University of Washington Medical School. For a short time after he graduated from NCNM, he pinched hit as a Dean for the College. He remembers signing diplomas for the few, resolute physicians NCNM graduated. He shrewdly hired newly graduated chemists and physiologists from the University of Washington to teach basic science classes for NCNM in the early days when there weren't enough naturopaths to provide the core classes. He also donated his time to NCNM to teach three nights a week from 7 – 11 pm. He and his family made many sacrifices, but his dedication to help build NCNM and see it flourish kept him going. He interviewed and accepted students: among them, Joe Pizzorno, Bill Mitchell and Lester Griffith – all of whom later went on to found Bastyr as graduates of NCNM.

Dr. Harmon's greatest love was to practice medicine using a variety of naturopathic modalities. "I'm a white elephant," he said. "I've delivered babies, used manipulation, done minor surgeries, made house calls, ran my own lab, treated any number of aches and ills, and sold botanicals, homeopathic and pharmaceutical products. I believe a good naturopathic doctor is the one who has the broadest scope of practice."

He owns the building which houses his clinic, the Seahurst Naturopathic Center, and regularly sees 11- 13 patients a day, six days a week, until recently when he cut back to five days. He reckons he has treated a small city of patients, between 50,000 – 75,000 in his lifetime.

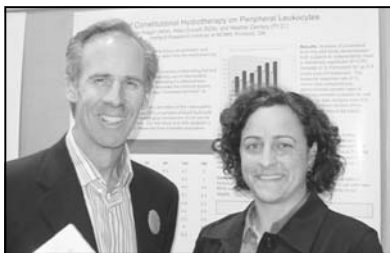
His wife of 33 years, Bonnie Harmon, passed away 11 years ago and he has since remarried. His children are grown, living on the West Coast and in Israel. Still, he's not thinking of retiring.

Though he no longer delivers babies, he still makes house calls. Dr. Harmon's counsel for his younger colleagues is to "have a smile and an ear for every patient. You must always be looking and listening," he advises. What he most wants people to remember him for is this: "Old doc Harmon was sincere and he liked to have a good time. I tell my patients, 'Live a good life within reason, and do what you want within reason.'" Sage guidance from one who has helped NCNM and so very many patients to flourish.

Fish Any One?

Alaska Smokehouse, the famous Pacific Dessert Company, is offering NCNM a 40% donation for purchases of gourmet food on their website. You'll pay the same price as you would at any retail gourmet store, but you will be raising additional money for NCNM. Keep NCNM in mind when you're thinking about online gifts!

www.gourmetfoodfundraiser.com



From left to right: Michael Traub ('81), Kate Wiggin ('04), Marnie Loomis ('00), Bruce Canvasser ('77), Helen Healy ('83), Kenneth Rifkin, ('77), Dana Keaton ('89)

Where Are They Now?

Rena Bloom ('91) and **Jacob Schor** ('91) - Rena is President of the Colorado Association of NDs and Jacob is Legislative Chair of CANP. They are proud parents of twelve year old daughter, Sophie. They are practicing what they were taught and it works!

Shaun Dylor ('93) - Shaun is still busy at Integrative Therapeutics and practicing out of his home. He is married to Katy, and has two wonderful children, Tatiana, 7, and Alexander, 2. He is completing a book and producing a worship CD.

Hilary Back ('00) - Hilary has consolidated her practice to one office in Carbondale, CO. She is marrying Terry McShane in October, 2004.

First International Naturopathic NGO Launched

Opening International Opportunities for Natural Health Providers Worldwide

By Dr. Michael Owen

A non-profit, non-governmental organization (NGO) that will help bring international community based practice opportunities to naturopathic physicians was incorporated in 2003 by three NCNM alumni. **NATURAL DOCTORS international (NDi)** was founded by Drs. Laurent Chaix ('95), Michael Owen ('04) and Tabatha Parker ('04), three NDs who envisioned bringing natural medicine to underserved communities worldwide but found that opportunities for alternative medicine professionals were limited.

NATURAL DOCTORS international (NDi) is the first naturopathic non-governmental organization (NGO) of its kind designed to provide natural medical aid to underserved communities throughout the world, establish clinics and/or rotations at hospitals in third world countries for naturopathic physicians, and become a hub and resource center for international opportunities for NDs. Currently, NDs who want to participate in international relief work have limited opportunities. Many large NGOs, such as *Doctors Without Borders*, do not accept naturopaths into their programs; others are religious organizations that focus on missionary work. While numerous NDs have lived and worked abroad, there has not been an organization dedicated to creating international opportunities for them until now.

In addition to setting up official clinical opportunities with the government and Ministry of Health in each country, **NDi** will offer volunteer travel trips that may last anywhere from 1 week to 1 month for ND's who wish to experience service work but have limited time. The medical director at any given **NDi** branch clinic will arrange rotations for the participants of all travel trips at in-need medical facilities in their region. A qualified physician who specializes in natural health care supervises travel trips.

NDi has recently launched its pilot program on the Island of Ometepe in Nicaragua. Home to more than 30,000 islanders, **NDi** has teamed with local physicians to develop the first **NDi** site where a naturopathic physician will collaborate with MDs during a one-year rotation at the Hospital of Moyogalpa.

At this time, there is no centralized location for NDs to access information about working in low resource settings, locally or internationally. **NDi** is creating a database and directory to fill this need. If you have any information that would be helpful to this cause, or if you wish to find out more, visit **NDi** at www.naturaldoctorsinternational.org.

President's Corner

NCNM Board

Vision

By 2006, our 50th anniversary, NCNM is a fully funded, accredited institution with the highest caliber programs and facilities.

Board of Directors:

Pauline Baumann, ND, Chair
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Some of the best news since I came to NCNM has just arrived. Our external auditing firm has informed me that the Fiscal Year (FY) ending on 30 June 2004 indicates the College finished with another balanced budget for the second year in a row.

The best news of all is that our U.S. Department of Education (DOE) Composite Ratio is +1.80! The DOE Composite Ratio is regarded by regional and professional accreditation agencies as the litmus test of the financial condition of a higher education institution in the United States. It is the financial health barometer that DOE utilizes for participation in the Title IV Student Financial Loan program. Colleges and universities must by federal law mandate have a DOE Composite Ratio of + 1.50. to participate in the Federal Student Loan program. This is most critical for our chances for institutional accreditation would have been substantially reduced if our DOE Composite Ratio had been below a passing grade of +1.50. This passing ratio could not have come at a better time for NCNM and for that, I am most grateful to all of you since it has taken everyone's efforts to make this happen.

When our administration assumed our duties and responsibilities in January 2003, the DOE Composite Ratio was .30. This was because NCNM had a debt service of \$ 1.4 million and, by the end of the calendar year NCNM had taken out additional bank loans for \$ 750,000. The following year, through draconian cost containment measures that included financial exigency, reduction in force, rolling summer layoffs, and reduction in upper level administrative salaries by 50%, we were able to obtain a DOE Composite Ratio of .70. With reorganization and re-

structuring and cost containment in every unit and department in the College in FY 2004, we were able to earn more than the minimum pass level ratio of +1.50 to a very solid ratio of +1.80.

Everyone in this College should take some pride of ownership in this achievement as she or he participated in personal sacrifice, cost containment, and more efficient budgeting of expenditures. I especially want to single out Mr. Jerry Bores, Vice President for Finance and Administration, Mr. Leonard Lee, Assistant Controller, and all the other conscientious and dedicated employees in the Business Office for a job well done.



Dr. William Keppler, President

Mexican Delegation of Health Professionals Visit NCNM

By Dr. Jacqueline McGrath

On Tuesday, September 28th, 2004 an international delegation visited the National College of Naturopathic Medicine (NCNM) as part of the Oregon-Mexico Health Professionals Exchange (OMHPE) program. The group included several doctors and nurses representing Portland's sister city of Michoacan in Central Mexico as well as interpreters and liaisons from the Consulate of Mexico. Among their many excursions throughout Oregon in September, the OMHPE delegation spent a morning at NCNM, the second official OMHPE visit to the College. NCNM hosted a delegation two years ago, and was invited to participate again this year as a result of the overwhelmingly positive response from the 2002 delegation to their introduction to the philosophy and therapies of naturopathic medicine.

This year, Dr. David Odiorne, Provost and Vice President for Academic Affairs, welcomed the group over a continental breakfast. As NCNM's master of ceremonies, Dr. Lucy Rojo made introductions and gave an overview of the morning's events. NCNM alumna Dr. Paloma Leiderman gave the delegates a tour of the Ross Island campus and acted as official interpreter. The group learned about several aspects of naturopathic medicine via discussions and demonstrations. Drs. Karen Frangos and Yasmin Chotoruz demonstrated physical medicine modalities. Dr. Jacqueline McGrath provided an introduction to homeopathic medicine using remedies, books, and websites



Drs. Leiderman ('04) (l) and McGrath ('04) (r) presented to the Mexican Delegation

from NCNM's Rare Book room. Dr. Martha Munoz gave a tour of NCNM's herb gardens, and fielded questions about botanical medicine. The OMHPE delegation then walked to the Natural Health Center on First Avenue where they toured the clinic and medicinary. Dr. Eric Blake gave a stimulating introduction to hydrotherapy, including a demonstration of constitutional hydro with one of the delegates as a patient. Dr. Jim Cleaver discussed Chinese medicine and offered a practical presentation of acupuncture. Goodbyes and contact information were exchanged between the NCNM and Mexican health professionals, and the delegates were soon on their way with a care package provided by the President's Office.

The OMHPE visit was a success for all involved. The Mexican delegates were refreshed and excited by what they learned about naturopathic medicine. One delegate commented that naturopathic medicine is more attuned to the overall needs of the Mexican people, and wished there were naturopathic medical schools in Mexico. Susan Hunter, Director of Advancement and Public Relations, encouraged the delegates to share NCNM's information with prospective students in Mexico. The Consulate is eager to connect NCNM researcher Dr. Carlo Calabrese with traditional medicine researchers in Mexico. Appreciation for a warm visit from our southern neighbors should go to Sue Yirku, Director of Special Projects and Safety and NCNM's number one ambassador.

Dr. Jacqueline McGrath is a 2004 NCNM graduate with a focus in naturopathic midwifery and homeopathic medicine. After studying at La UNAM in Mexico City in 1993, Dr. McGrath's interest in Mexico has grown. During her years as a student at NCNM, she volunteered as a Spanish interpreter for Wallace Medical Concern and completed several rotations at NCNM's community clinics that serve Spanish speaking patients. In January 2005, Dr. McGrath is moving to Quintana Roo, Mexico where she will begin her naturopathic medical career.

Helfgott Research Institute - News

In just two years, under the able leadership of Dr. Heather Zwickey, the Helfgott Research Institute (HRI) at NCNM has grown dramatically and successfully in establishing a strong base of research at the College. Faculty and students are being taught the skills to do research and many projects are now underway.

Three developments will add to the standing of the department as it launches itself as a top-notch research institute:

- HRI received two National Institute of Health (NIH) grants, the first in NCNM's history, each worth \$300,000 for research on diabetes and multiple sclerosis. NCNM will be collaborating with the Oregon Health Sciences University (OHSU) as part of the grants. Congratulations to Dr. Zwickey, Director of the HRI and hard working faculty.
- An HRI Research Fellowship worth \$10,000 has been awarded to Gene Bowman, ND, a 2004 NCNM graduate.
- Holistic Medical Science Symposium – 2nd annual conference February 26-27, 2005. Symposium addresses energy medicine, spirit and consciousness, and natural health sciences. Presenters from the movie *What the Bleep Do We Know?* include: Dr. Fred Alan Wolfe, Dr. Wend Hughes, Dr. Jim Oschman, and Dr. Amit Goswami. **To register call 503-552-1743.**

Contributors

A very special thank you to the contributors to NCNM News: Susan Hunter, Dr. Konrad Kail, Dr. Jacqueline McGrath, Laurie McGrath, Dr. Michael Owen, Michael Owens, and Andrea Smith

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2004 NCNM Alumni Survey - Income Data

By Andrea Smith, Executive Director of Institutional Research and Assessment

In summer 2004 the Curriculum Committee of National College of Naturopathic Medicine, in cooperation with the Office of Institutional Research and Assessment, surveyed NCNM alumni. The purpose of the survey was to obtain alumni opinion regarding success of the College in meeting its educational goals as well as to obtain information on the financial success of alumni. The survey was mailed to all NCNM alumni (except the class of 2004, who had just completed exit surveys) and included a postage paid return envelope for alumni located within the United States. Approximately 1086 surveys were mailed, and 340 completed surveys were received by the College.

Thank you, alumni, for taking the time from your schedules to complete the survey. Every opinion counts!

We were pleased to learn from the survey results that 97% indicate primary employment in the medical field. The table below summarizes the areas in which alumni are focusing. (Alumni were given the option of indicating all that applied.)

TABLE 1

Areas of Focus (total = 340)	Number	Percent
Private Practice	254	75%
Group Practice	62	18%
Education Institution	39	12%
Corporation	31	9%
Health Supplement Industry	24	7%
Research	12	4%
Other Medical	14	4%
Medical Hospital	8	2%
Resident	6	2%
Writing and/or speaking	6	2%
Insurance Industry	1	0%

The Office of Research and Assessment completed its first phase of analysis of the data resulting from the completed surveys, an examination of gross and net income. The next phase of analysis, which is scheduled for completion by December, focuses on the success of the College in meeting its educational goals.

The tables below provide a summary of income information from the survey responses. Table A provides gross and net income information for all responding alumni who indicated they work 32 or more hours per week. Table B breaks this information into cohorts by number of years of practice. **Gross annual income was defined as "gross annual income (before taxes and business expenses)". Net annual income was defined as "net income (take home pay)".**

Data in Table A indicates that the mean gross salary for alumni who work 32 or more hours per week is \$134,093, and the median gross is \$82,000. The net mean for alumni who work 32 or more hours per week is \$54,350, with a median of \$45,000. It is important to note that net income as defined in this survey was after taxes. For example, if a practitioner paid 25% in taxes and had a median net income of \$45,000, the net before taxes would be approximately \$60,000.

TABLE A
SUMMARY OF INCOME INFORMATION FOR
NCNM ALUMNI WORKING 32 OR MORE HOURS PER WEEK

	N	Minimum	Maximum	Mean	Median
Gross annual income	168	\$1,500	\$800,000	\$134,093	\$82,000
Net annual income	156	0	250,000	54,350	45,000

TABLE B
INCOME GROUPED BY NUMBER OF YEARS IN PRACTICE
NCNM ALUMNI WORKING 32 OR MORE HOURS PER WEEK

Grouping by years of practice	Income Type	N	Min.	Max.	Mean	Median
0-4.99 years of practice	Gross	60	\$1,500	\$430,000	\$64,806	\$49,000
	Net	55	0	72,000	29,357	24,000
5-9.99 years of practice	Gross	32	30,000	750,000	149,131	97,500
	Net	31	2,000	140,000	52,871	45,000
10 or more years	Gross	75	25,000	800,000	183,961	140,000
	Net	69	15,000	250,000	75,000	68,000

Additional detailing of income results from the survey is available on the NCNM website, www.ncnm.edu. As data analysis continues, updates will be posted on the website.

Continuing Education: Update

As the year comes to an end, many naturopaths may find themselves needing to fulfill their required 25 hours of continuing education for license renewal. NCNM is committed to assisting our alumni's need for CE credits by offering a variety of CE-approved classes and video tapes. Below is a "how to" mini-guide to acquiring CE credit from NCNM.

To access all information online regarding CE, including lecture schedules, seminars, and video library, visit our website, www.ncnm.edu, click on Academics, then click on Continuing Education.

Ross Island Campus Lectures. NCNM offers a wide variety of CE-approved lectures that you may attend. If you are planning to attend a lecture at the main campus, **you may park in a Visitor spot only and must obtain a parking permit from Room 101 upon your arrival.** Failure to display a permit may result in a ticket. Because an outside company oversees our lot, we have no way of reversing tickets.

Updated Video List. An updated CE-approved video list is published and placed as a small Adobe PDF file on NCNM's website for easy download. As required by OBNE, titles older than five years are purged from the CE video library. You may order up to three tapes at one time. The cost is \$25/credit hour and \$6 shipping. If you are not interested in CE credit, tape rental is \$10 per tape plus \$6 shipping.

NCNM and OANP. NCNM has partnered with the Oregon Association of Naturopathic Physicians (OANP) and will be co-sponsoring CE events at our Ross Island Campus.

Updates on Continuing Education Policies:

Changes to OBNE Requirements:

There have been some recent changes in OBNE requirements, three of which are notable for CE credit:

- No more than 15 hours of credit will be given in one subject area (an increase from 10)
- At least 10 hours of CE must be obtained through participation by attendance at approved seminars, conferences, grand rounds or other in person activities
- A Naturopathic physician must obtain at least 3 hours of medical ethics education every three years

For a complete copy of the changes, please go to the OBNE website, www.obne.state.or.us.

New CE Credit Fee. Effective August 25, 2004, the fee for continuing education credits is \$25 per clock hour. CE credit hours are paid (cash, check, or VISA/MC) in the Office of Advancement, located in room 101, or mailed to: NCNM, Office of Advancement, 049 SW Porter St., Portland, OR 97201. Please write "NCNM-CE" on your check.

Goodbye VHS, Hello DVD. As technology changes, the need to simplify and preserve the CE library becomes more important than ever. The 2004-2005 academic year will be the first year NCNM's CE Department introduces lectures on DVD and the last year for video cassette tape. Starting Fall 2005, *new* lectures will only be available on DVD.

Contact. If you have questions, want to provide feedback, or order video tapes, please feel free to contact Michael Owens at 503-552-1840, or e-mail: ce@ncnm.edu.



Preceptor Program - Free CE

For many physicians, the connection between NCNM's Preceptor Program and Continuing Education comes down to one simple perk: free CE credit. Doctors on the *Active List* of the Preceptor Program will qualify for free CE (on-campus courses and videos). Doctors in the Portland area must be taking students in the current term. Doctors outside the Portland area must have taken a student within the last calendar year. If you are not on the Active List, you will have to pay the regular fee of \$25 per clock hour. To be on the Active List, physicians must contact **Dr. Nancy Scarlett, 503-552-1798**, directly each academic term with their available times for taking students. Each term, the CE Department is given the list of active physicians for whom free CE would apply.

Additional Benefits

By joining the Preceptor Program's Active List, you will receive several other benefits, including:

- Scheduling—NCNM's Preceptor Office will handle the scheduling; the doctor's office will not be flooded with direct calls from students. (Doctors outside the Portland area can let us know if they need this service.)
- Advanced students—Active List Physicians will preceptor with students of advanced standing (3rd year and up)
- Library privileges—Active List Physicians will have access to the NCNM library.

Finally, you will make a valuable contribution to NCNM's Preceptor Program by passing on your expertise to an ND student.

The Winter 2005 Continuing Education newsletter with lecture and Grand Round schedules will be mailed to alumni in mid-December.



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NCNM Calendar 2004-2005

Events	Nov.	18	Free Women's Health Series, <i>Infertility</i> , NCNM First Avenue Clinic, 6:30-7:30 PM. Call 503-552-1551	
		19	Student For a Day, <i>to attend or assist, contact our Office of Admissions, 503-552-1660.</i>	
		22	Counting Our Blessings, 6 PM, Ross Island Campus, Room 310	
	Dec.	2	Free Women's Health Series, <i>Menopause</i> , NCNM First Avenue Clinic, 6:30-7:30 PM. Call 503-552-1551	
		15	Breakfast with the President, 7:30 AM, Ross Island Campus, Room 223. Call Susan Hunter, 503-552-1512	
	Jan.	Thurs	Free Women's Health Series, <i>Breast Health & Cancer</i> , NCNM First Avenue Clinic, 6:30-7:30 PM. Call 503-552-1551	
		28	NCNM Board of Directors Meeting	
	Feb.	26-27	Holistic Medical Science Symposium, Drs. Jim Oschman, Wend Hughes and Fred Alan Wolf. Call 503-552-1743	
	Qigong/Taiji	Community Classes are ongoing and can be joined at any time. Classes meet in the Qigong space upstairs at 2232 NW Pettygrove St. and are \$12 per drop-in class, or \$10 per class (4-10 classes) if prepaid . Please wear comfortable clothing.		
		Mondays	12:30-1:45 PM, Beginning Qigong (Wu); 5:30-6:45 PM, Beginning Taiji (Wu); 7:00-8:15 PM, Beginning Qigong (Wu)	
Tuesdays		5:30-6:45 PM, Beginning Qigong (Staudt)		
Wednesdays		9:30-10:30 AM, Beginning Qigong (Carew); 5:30-7:00 PM, * Int./Advanced Qigong (Wu); * This class requires permission from Dr. Staudt		
<i>Subject to change, call for new Winter term updates after January 1, 2005. Qigong information line: 503-552-1825</i>				

Keeping in Touch

Staying connected with our alumni and friends is one way we can inform you of upcoming events, NCNM news, naturopathic and Chinese medicine news, as well as our Continuing Education schedules. To inform NCNM of your **new** whereabouts, simply e-mail **AlumniAndFriends@ncnm.edu** or call 503-552-1511. Also, if you're an alumni and would like to be listed as a practitioner referral on NCNM's website, a free service, e-mail us and we'll be glad to help you boost your business! You can now update your contact information using our online update forms. Simply go to **www.ncnm.edu**, click on *Alumni & Friends* then *Alumni Information Update*.

<p>I/we wish to donate \$ _____ to NCNM. <i>Gifts made to NCNM are eligible for a tax donation.</i></p> <p>Name _____ Street _____ City _____ State _____ Zip _____ Phone _____ E-mail _____ Website _____ Name of my business _____ Method of Payment: <input type="checkbox"/> My check is enclosed and made out to NCNM. <input type="checkbox"/> Please bill me quarterly for \$ _____. <input type="checkbox"/> Please charge my _____ VISA _____ MasterCard</p> <p>Number on card _____ Expiration date _____ Signature _____</p>	<p>Restrict my gift to:</p> <p><input type="checkbox"/> 1,000 Friends of NCNM <input type="checkbox"/> Student Scholarships <input type="checkbox"/> Library <input type="checkbox"/> Faculty Chair <input type="checkbox"/> Clinical Education <input type="checkbox"/> Research</p> <p>_____</p> <p>Please mail your gift to: NCNM Alumni & Friends Office of Advancement & PR 049 SW Porter St. Portland, Oregon 97201</p>	<p>In future newsletters, I would like:</p> <p><input type="checkbox"/> Alumni whereabouts/updates <input type="checkbox"/> Articles about healing and health <input type="checkbox"/> Articles on growing your practice <input type="checkbox"/> To write a short article</p> <p><input type="checkbox"/> I would like to be contacted as a referral for prospective students. <input type="checkbox"/> I would like to be a practitioner referral on NCNM's website.</p> <p>Business contact info: _____ _____ _____</p> <p>Specialties: _____</p>
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