



## INTERESTING TOPIC AT FALL LUNCHEON

SMA members and their guests enjoyed a wonderful lunch at the Multnomah Athletic Club on October 5 while hearing a very interesting presentation by Kent Thornburg, Ph.D., Director of OHSU's Moore Institute for Nutrition and Wellness. Dr. Thornburg's presentation stressed the importance of nutrition during pregnancy. Studies now show that poor or inadequate nutrition can affect the health of a developing fetus not only during its entire lifetime but may also lead to genetic changes that can be passed to future generations. The large number of questions from those present was an indication

of the intense interest in the topic. Members unable to attend this very interesting presentation, or those who want to know more, may wish to view a YouTube video of a TedxPortland presentation by Dr. Thornburg. Go to [www.YouTube.com](http://www.YouTube.com) and search for Kent Thornburg.

Mary Carr, SMA Vice President, hosted the luncheon in place of President Pam Berg who was traveling and unable to attend.



*Facing camera, left to right: Patsy Yeager, Kent Thornburg, Allison Fryer, Pam Anderson*

## A LOVELY EVENING FOR A GARDEN PARTY

Thirty-four people enjoyed a lovely evening at SMA's Annual Dorthea Drake Pennington Garden Party on August 27. The party was hosted this year by Sally and "Judge" Hicks at their home in Oregon City. Salmon and chicken were served by the host and grill master, Judge Hicks. The grilled entrees were accompanied by a wide variety of delicious homemade salads, side dishes and desserts brought by guests.

The potluck fundraiser was conceived by the late Dorthea Pennington to provide funding for knitted and sewn blankets distributed to low income families giving birth at OHSU. Guests at the party are invited to bring a dish to share and make a cash contribution equal to what they might spend on a restaurant meal. The event raised about \$2600 so far. Members not able to attend this year but who would still like to make a contribution can send a check, made out to OHSU Foundation, to our treasurer, Anne Yoo. You will find her address in the SMA Directory.



*Dr. James Boehlein, Pamela Berg and Mary Carr*

**Collective Goods.** There will be a show and sale of gifts, toys, books, games and electronics in the Atrium of OHSU's Center for Health and Healing November 21 - 23 from 10:30 am - 2:30 pm. Formerly called "Books Are Fun", proceeds from the sale benefit SMA. Stop by or remind family members to stop by to support SMA.

**Ornament Sale.** For several years, SMA has sponsored a sale of personalized holiday ornaments hand-made by Jo Remensperger. The sale is traditionally held in December in the CHH Atrium. A date for this year's sale has not yet been set. Watch your email for a confirmed date and time.

**Valentines Chocolate Sale.** The always popular Valentines Chocolate Sale will be held again in February, 2017. The chocolate sale is a fun event for SMA volunteers and is eagerly anticipated each year by everyone on the hill. Long-time organizer Jodi Karr would love to find a co-chair for this event. Please contact her if you can help with this important fund raiser.

**Member Profiles.** Our popular Member Profiles will return in the January newsletter. Do you like to write and meet new people? Pam Anderson is looking for another person to help her with newsletter profiles.

**More Photos.** Please visit our website for photo galleries from past luncheons, interest group events, garden parties and fund raisers. Scroll to the bottom of the Members Only page to find buttons that will take you to photo archives.

## INTEREST GROUP ACTIVITIES and COMING EVENTS

*\*Interest Group contacts can be found in your Member Directory. Contact them for details on the groups' activities, meeting locations, etc.*

### October

3	Movie Group
4	AM Book Group, <i>The Blue Guitar</i> , by John Banville, 10 am
5	Fall Luncheon, Multnomah Athletic Club, 11:30 am
12	Threads Group, 9:30 am
13	PM Book Group, 7 pm
25	B3 Packing, 9:30 am, CDRC

### November

1	Movie Group
1	AM Book Group, <i>The Hare with the Amber Eyes</i> , 10 am
2	SMA Board Meeting, Dean's Office, noon
9	Threads Group, 9:30 am
10	PM Book Group, 7 pm
21	Collective Goods sale, Atrium, CHH, 10:30 am-2:30 pm
28	B3 Packing, Room 2226, CDRC, 9:30 am

### December

5	Movie Group
6	AM Book Group, 10 am
8	PM Book Group, 7 pm
14	Threads, 9:30 am

### 2016-17 SMA Officers

President: Pamela Berg  
 Vice President: Mary Carr  
 Treasurer: Anne Taylor Yoo  
 Secretary: Marjorie Grafe

SMA newsletters are published quarterly and sent via email to our membership. More photos and other information is available on the website. Click "Members Only" tab, the password is "smamember".

[www.sma-ohsu.org](http://www.sma-ohsu.org)

Send articles, photos or calendar events to:  
[smaohsu@gmail.com](mailto:smaohsu@gmail.com)