

Southern Connection

Newsletter for Southern Medical Association Alliance

www.smaalliance.org

Winter 2014

In this Issue

"Business in Birmingham" Meeting	2
Introducing Karen Morris, President-Elect of the Southern Medical Association Alliance	2
2013-2014 Officers	3
Annual Convention, Destin, Florida	3
2013 Project Award Winners	4
Convention Highlights	5-6
Report of the SMAA 2013-2014 Georgia Councilor	
Report of the SMAA 2013-2014 Mississippi Councilor	7
Report of the SMAA 2013-2014 Health Education Committee	7
Report of the SMAA 2013-2014 Membership Committee	
Report of the SMAA 2013-2014 Doctors' Day Committee	8
Member's Perspective	9
Report of the SMAA 2013-2014 Young Physicians Committee	9
90th Anniversary Committee	10
Doctors' Day is March 30th	
Society of 1924 Contribution/Pledge Form	11
SMArt Travel Getaways Now Booking	



Message from the President

Greetings and Happy New Year!

I would like to take this opportunity to tell you how grateful I am to be your 2013-

2014 SMAA President. The SMA/SMAA Annual Meeting in Destin was wonderful, and a time in my life that I will never forget. The staff worked diligently to make everything run smoothly. They all deserve a huge thank you! I also want to thank each of you who attended the meeting. As always, the food, fun, and fellowship were at a premium. I especially want to thank my fellow Mississippi State Alliance members who made me feel so special during the Mississippi Reception. Thank you also to the Mississippi and Maryland Alliances for working together to prepare a lovely installation luncheon. The luncheon was a perfect ending to a successful meeting, and an excellent beginning to a great year with SMAA.

January is the month in which I begin to make plans for a new and improved lifestyle. I usually begin with a new diet and exercise plan and getting organized by cleaning out all the closets. After a few weeks, my resolve and willpower begin to wane. This year I made my resolutions, but I added a new element — I enlisted a support system, and so far, my willpower and resolve have remained intact. Now I am not saying there have not been any set-backs, but at least I am continuing with my plan. Thank you to all of you who have offered words of encouragement, tips and prayers. I believe this support has made all the difference.

Even though getting organized is one of my resolutions, it is always on the top of my "TO DO" list. That is why I am very excited about the upcoming "Business in Birmingham" meeting in February. What a great way to get organized.



Passion Persistence Purpose

This meeting is your opportunity to learn basic leadership skills, including how to run a meeting, parliamentary procedure, and bylaws. You will also learn about SMAA's history, understand SMAA leadership responsibilities, and network with your fellow alliance members. You will also have the opportunity to meet the SMA staff that is responsible for keeping our alliance on track. I hope you will make every effort to attend this outstanding meeting. A tentative agenda and meeting information are listed in this newsletter. Be sure to mark your calendars for February 21 -22.

One of the most exciting aspects of being the SMAA President is getting to travel to spend time in fellowship with you at your annual meetings. What a privilege to get to see first-hand the wonderful projects your state has done. I hope you will consider inviting me to visit your state. You can find a link to the request form on the SMAA website.

Thank you for your passion in making your communities better places to live and for your persistence in giving of yourself to the SMAA. And most importantly, I want to thank you for your support. It helps me define my purpose for the year - and what a great year 2014 is going to be!

Susan Rish SMA Alliance President

"Business in Birmingham" Meeting



Join us for the "Business in Birmingham" Meeting, February 21-22, 2014 in Birmingham, Alabama at the SMA Headquarters Building.

This meeting is designed to help us become better leaders, and become more knowledgeable about SMAA. Please make it a point to join Susan Rish, SMAA President as it is sure to be a great time!

Below are links to the registration form, tentative agenda and local hotels. If you need assistance with travel, make sure and contact Fadwa Shunnarah with SMA Tours at 800-239-7444.

Tentative Agenda Hotels **Registration Form**

Introducing Karen Morris, President-Elect of the Southern Medical Association Alliance



Karen Morris was introduced to the Southern Medical Association in 1991 by Mrs. Roberta Barnett and the late Dr. Jim C. Barnett. She was a college performer with the Mississippi College Naturals who performed at the opening ceremonies during the SMA Annual Scientific Assembly at the Georgia World Congress Center in Atlanta, Georgia. Little did she know that just a year later she would

meet her future husband and SMA member, Jeff, a medical student at the University of Mississippi Medical Center.

Karen, originally from Brookhaven, Mississippi, is a 1993 graduate of Mississippi College with a Bachelor of Science degree in Mass Communication and a minor in music. Karen and Jeff have resided in Hattiesburg, Mississippi since 1997 where Jeff practices Internal Medicine with HubSouth Medical Clinic. They have three daughters: Meredith, 18, a senior at Oak Grove High School; Leslie, 15, a sophomore at Oak Grove High School; and, Gretchen, 9, a 4th grader at Oak Grove Upper Elementary School.

Karen has been an active member of her local and state Alliances since marrying her husband in 1994. She has served in many capacities, including President in 2001-2002, of her local Alliance, the South Mississippi Medical Alliance- Hattiesburg Unit. Karen has served on the board of the Mississippi State Medical Association Alliance in various positions since 2001, and as President in 2006-2007. She also served for three years with the AMA Alliance Membership and Foundation committees as well

as the Nominating Committee. Karen joined the SMA Alliance in 2002. Prior to becoming President- elect of SMAA, she served as Councilor, Nominating Committee member, Finance Chair, Bylaws Chair, R & E Chair, Vice President of Doctors' Day, and Vice President of Membership.

Karen has a passion for music. When she is not volunteering with the Alliance or the Junior Auxiliary of Hattiesburg, she enjoys singing in the Celebration Choir and Praise Team at Temple Baptist Church in Hattiesburg as well as other community events. She also enjoys vocal coaching and volunteering as the talent coach for the Oak Grove Middle School award- winning Junior Beta Club and Show Choirs. Karen is director of Best Note Forward where she enjoys coaching others in preparation for various performances and engagements.

Karen gives all Thanks and Praise to her Lord and Savior, Jesus Christ, for the blessings of her family, music & singing, and her "other" family - the Alliance.

2013-2014 Officers

President: Susan Rish (Jim)

PO Box 2483, Tupelo, MS 38803

Phone: 662/844-6316; Cell: 662/372-2401

Email: srish11@comcast.net

President-Elect: Karen Morris (Jeffrey)

117 Crystal Creek, Hattiesburg, MS 39402 Phone: 601/268-7206, Fax: 601/296-1274

Email: mrsjam@bellsouth.net

Vice-President of Doctors Day: Kathy Murray (Eric)

7902 Corvette Drive, Huntsville, AL 35802

Phone: 256/881-0068 Email: oximeter@aol.com

Vice-President of Medical Heritage: Nancy Bunnell (Thomas)

3246 New Orleans Dr., Edgewood, KY 41017 Phone: 859/341-2053, Fax: 859/341-2175

Email: tbunnmd@insightbb.com

Vice President of Membership: Emma Borders (Robert)

160 Borders Lane, Bernice, LA 71222 Phone: 318/285-7281, Fax: 318/285-7282

Email: ejborders@bayou.com

Vice-President of Health Education: Elaine Hale (Steven)

1136 Gatlin Ave., Orlando, FL 32806

Phone: 407/859-5675 Email: brase@bellsouth.net

Parliamentarian: Barbara Tippins (William)

1772 Tamworth Ct, Dunwoody, GA 30338 Phone: 770/394-2437; Fax: 770/394-2100

Email: williamtippins@att.net

Secretary: Barbara Blanton (Terrell)

114 Fairway View Dr., Shelbyville, TN 37160

Phone: 931/684-6761 (W), Fax: 931/684-6761 (call first)

Email: BarbaraBlanton@aol.com

Immediate Past President: Kathy Johns (Dale)

920 Bambi Dr., Destin, FL 32541 Phone: 850/654-9272, Fax: 850/654-687

Email: johnskathy93@yahoo.com

Annual Convention, Destin, Florida

The SMA/Alliance annual convention was held November 1-2, 2013 at the Sandestin Golf and Beach Resort in the Alliance President, Kathy Johns', hometown of Destin, Florida. The resort was beautiful although it did rain.

The SMA Alliance Raffle was held again this year. There were 39 items donated to the raffle including a 6 night/7 day stay at Dale and Kathy Johns' condo at the Sandestin Golf and a 6 night/7day stay at Gary and Gail Delaney's Cottage at Kiawah Island, SC located near Night Heron Park. The raffle raised \$7,410. Congratulations to all winners and participants!

This year the space allowed for earlier set-up of exhibits which began Thursday afternoon and ran through Friday morning. 16 project exhibits were displayed. The judging took place on Friday morning.

Thursday evening the meeting officially opened with the Welcome Reception held in the lovely lobby of the Baytowne Conference Center. Small enough to provide an intimate setting, but large enough for mingling and catching up with old friends and making new ones, the lobby provided just the right setting for the reception. And since it was Halloween, several attendees wore costumes and masks. It was a fun time for all.

The meeting began Friday morning at 11:30. The meeting opened with a beautiful rendition of the National Anthem sung by Ms. Cheryl Jones of Jones & Company accompanied by Crystal Boyles on sax. Reports on Alliance activities from 2013 were given, the 2013-2014 slate of officers were approved, Bylaws changes (printed in the Fall Southern Connection) were voted on and approved and will be available in the 2013-2014 Resource Guide coming soon. The guest speaker this year was Barbara Hover, President of the Missouri State Medical Association who presented the Greene County Medical Society Alliance award winning project, "Pills are NOT a Party!" Pills are NOT a Party is a fifteen minute animated DVD which educates middle school youth on the dangers of indiscriminate drug use. The project won first place in the AMA Alliance's Health Awareness Promotion (HAP) for 2013.

The installation of the SMA President and SMA Alliance President was held during the SMA/SMAA Presidents' Installation and Awards Luncheon along with the presentation of the top Alliance project awards and the Society of 1924 Scholarship Winner, Brian Buning. This was the first year to award the scholarship.

President-Elect, Susan Rish's home state of Mississippi hosted a reception in her honor, providing a chance for everyone to meet Mrs. Rish's family and friends.

The Post-Con meeting was held on Saturday morning with the new committee chairs and vice-presidents meeting in groups to come up with ideas to kick off the New Year. A great time was had by all.

2013 Project Award Winners

DOCTORS' DAY

Feldner Award (with \$500 cash prize) Presented for Best Overall Doctors' Day Project Lee County Medical Society Alliance "Doctors' Day Celebration" Florida

Guy Smith Kirby Award (with \$300 cash prize)
Presented for 2nd Best Overall Doctors' Day Project
St. Johns County Medical Society Alliance
"Doctors' Day 2013: Junior Alliance of Medicine
and St Johns County Medical Alliance"
Florida

1st Place – County under 49 Members

St. Johns County Medical Society Alliance "Doctors' Day 2013: Junior Alliance of Medicine and St Johns County Medical Alliance" Florida

1st Place - County 50-99 Members

Washington-Unicoi-Johnson County Medical Alliance "Doctors' Day April Fool's Style"
Tennessee

2nd Place - County 50-99 Members

Montgomery-Autauga-Elmore Medical Alliance "Cupcakes for Doctors' Day" Alabama

1st Place – County 100 plus Members Lee County Medical Society Alliance "Doctors' Day Celebration" Florida

2nd Place – County 100 plus Members

Greater Louisville Medical Society Alliance "Doctors' Day Celebration to Honor Dr. David Dageford" Kentucky

HEALTH EDUCATION

Eileen Martin Award (with \$500 cash prize)
Presented for Best Overall Health Education Project
Lee County Medical Alliance – Tupelo, Mississippi
"And the Beat Goes On"
Mississippi

1st Place – County 50-99 Members

Lee County Medical Alliance – Tupelo, Mississippi "And the Beat Goes On" Mississippi

2nd Place - County 50-99 Members

Greene County Medical Alliance "Pills are NOT a Party" Missouri

3rd Place - County 50-99 Members

Chattanooga Hamilton County Medical Society Alliance "Thanks and Giving Day" Tennessee

1st Place - County 100 plus Members - Tie

Lee County Medical Society Alliance "Tdap for 7th Graders" Florida

1st Place - County 100 plus Members - Tie

Madison County Medical Alliance "Mobile Medical Unit" Alabama

1st Place - State

Oklahoma State Medical Association Alliance "Bart & Nadia Sports & Health Festival" Oklahoma

MEDICAL HERITAGE

The Dr. & Mrs. Milford O. Rouse Award (with \$500 cash prize)
Presented for Best Overall Medical Heritage Project
Madison County Medical Alliance - Alabama
"1933 Fund for Medical Heritage"
Alabama

1st Place - County under 49 Members

Avoyelles Medical Society Alliance "Avoyelles Parrish Honors Physicians" Louisiana

1st Place - State

Mississippi State Medical Association Alliance "Past President's Spotlight" Mississippi

2nd Place - State

Medical Association of the State of Alabama Alliance "Preserving Your Heritage" Alabama

Convention Highlights









































Report of the SMAA 2013-2014 Georgia Councilor

Submitted by: Nancy Brant, RN

The Medical Association of Georgia Alliance is in the initial process of revitalization with Miriam Tidwell at the helm. We will be unveiling a huge campaign that will be a one day mass effort with all Alliance members across the state. We are also looking at new ways to increase membership in the state and I hope that will increase SMAA membership by giving me a better forum to reach out to others in the state.

Report of the SMAA 2013-2014 Health Education Committee

Submitted by: Elaine Hale, Vice-President and Chair

A big thank you to Barbara Hover, Ann Blair Huffman, Lindsey Rice, Betty Kuppusami and Ann Turnbaugh for agreeing to serve on the Health Education Committee. During the Post-Convention Meeting in Destin we had a short think tank session on improving the Health Education Project Awards submission process. We found that there is some confusion regarding the steps needed to complete the process. Our committee will be generating a guide to submitting projects and a checklist to insure nothing is forgotten that might disqualify your project. We will also work to educate new State Councilors to the process to better help our states and counties.

We know many of you have wonderful Health Education Projects that you work hard on throughout the year. Thank you for making your communities better!

We hope you submit your project to be judged at our next annual meeting. You can find information regarding submission of your projects at http://smaalliance.org/. We look forward to seeing all of your innovative ideas.

Because the unexpected can happen even when you are on vacation.





Report of the SMAA 2013-2014 Mississippi Councilor

Submitted by: Amy Gammel

We are so excited to share a Mississippi girl as President of the Southern Medical Association Alliance this year. We are so proud of Susan Rish and all that she does for the family of medicine. Thank you to everyone who was able to attend convention this fall and celebrate her installation with us.



Mississippi recently hosted our 9th Capitol Screening Initiative. This is a combination of health screenings for legislators and their staff and an opportunity to have face to face conversation with legislators. The Mississippi Health Report Card is released at this event each year. Presented by the Mississippi State Medical Association President, Dr. James Rish, the report card is a call for all Mississippians to get involved in improving the health of our state.

At our winter meeting we were excited to have our first look at President Mollie Pontius' health project for this year. Reaching the Finish Line with dignity is a brochure to begin the conversation for end of life care. Our members took copies to be distributed around Mississippi. For more information on this project, contact mollius@hotmail.com.

This year the Mississippi State Medical Association Alliance celebrates our 90th anniversary. We started our year with a celebration of our medical heritage and look forward to many years serving the family of medicine in Mississippi.

Report of the SMAA 2013-2014 Membership Committee

Submitted by: Emma Borders, Vice-President and Chair

Best Wishes for a happy and healthy 2014! I hope all of you had a wonderful holiday with family and friends.

First, I thank the membership committee members, Sandi Chamyan, Marsha Conant, Myrna Goodman, and Kathy Weigand, for agreeing to serve and be part of this membership team. The committee will be meeting soon to fine tune the membership focus for this year.

When I think back about why I actually joined the SMA Alliance, I recall SMA Alliance Board Member, Opal McBride, encouraging me to become a member and explaining the Alliance's activities. And, of course, she mentioned it would be even better if I could enter a project in any of the categories. Since I had worked on many Doctors' Day celebrations for my local Alliances, I was knowledgeable on Southern Medical Association Alliance's history and projects. Opal was persistent when we would visit at Alliance meetings (state and local) about the value of the SMA and the Alliance and assured me that I would love being a member of this outstanding organization.

What made me join? It was my friend, Opal, being passionate about the Southern Medical Association and Alliance. Bob and I were able to attend many SMA and Alliance annual meetings and conferences, and yes, I also submitted two projects (Medical Heritage and Doctors' Day). What has made me continue to be a member? The Alliance's commitment to educational health projects, to supporting physicians, and to preserving medical heritage, and the many friendships I have made. To state presidents, councilors, and members, please be active in recruiting members, your friends and fellow Alliance members, and be part of the membership team - we need all of you!

I am looking forward to working with President Susan Rish, all members of the Alliance Board of Directors, the SMA membership committee, and members. With all of our members participating, it will make this an outstanding year for the SMA and Alliance.

Thank you, Emma

Report of the SMAA 2013-2014 Doctors' Day Committee

Submitted by: Kathy Murray, Vice-President and Chair

Greetings everyone! As your Doctors' Day Committee Chairman, I know I also speak for my fellow committee members in wishing you a HEALTHY and happy 2014! I am excited about the year ahead and look forward to hearing about the many Doctors' Day projects planned for this year. Please remember to document your Doctors' Day project and submit it for judging at your state alliance meeting and at our SMAA annual meeting in the fall. Keep in mind that all projects are judged and two top awards are given at the SMA Alliance Luncheon during the Annual Convention:

-The Feldner Award is presented to the county or state Alliance submitting the best overall Doctors' Day observance. The award is accompanied by a \$500 monetary prize and the project is publicized on the SMAA website.

-The Guy Smith Kirby Award is presented to the county or state Alliance submitting the second best overall Doctors' Day observance. The award is accompanied by a \$300 monetary prize.

Don't miss this opportunity to help your Alliance shine! I would also like to introduce the rest of my wonderful committee members who have graciously agreed to help serve on this committee. Knowing how busy our lives can be, I truly appreciate the time they have committed to the SMAA in this capacity. In case you are wondering what it is that our committee does, we are responsible for the creation, development and coordination of programs, materials and initiatives to further the recognition of the significance of the profession of medicine through community service and educational projects in observance of Doctors' Day. Your committee members for this year are:

Kathy Murray, AL - Chair Aroona Dave, KY Millie Bever, MO Mildred Taylor, NH Allene Wright, MS

Please feel free to contact any of us if you have any questions, concerns or suggestions!

Member's Perspective



Just wanted to share another great reason why belonging to SMA/SMAA is such a great blessing in my life.

Jeff and I are dealing with elder care issues with his mother who lives in Miami. Since we are not down there and know little about the healthcare laws in Florida. I

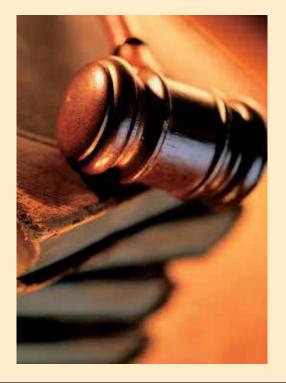
reached out to three of my Alliance members: Ann Anderson, Elaine Hale, and Kathy Johns. Within hours I had responses from them all as well words of support. You cannot imagine what a help this was to us and how appreciated it was. What a blessing it is to know that we have others all throughout the South we can call or email when we need help. Friends who care, who go out of their way to find answers to our questions, and who support us as we move forward. That's the real value of membership in Southern!

Nancy Brant, RN SMA Alliance Member and Past President

Report of the SMAA 2013-2014 Young Physicians Committee

Submitted by: Amy Gammel, Chair

I am excited to be serving on the Young Physicians Committee this year. As we look for methods to connect with our new physicians, we hope that our membership will share any ideas they have for reaching these potential new members. SMAA has a unique perspective on medicine that we should share with other possible members. Please help us to find ways to reach out for new membership in SMAA. I look forward to hearing your suggestions and ideas.



Medico-Legal Aspects of Healthcare: Emerging Policy Issues March 16-18, 2014 Loews Madison Hotel – Washington, DC

In these turbulent times, it is more important than ever to have an understanding of the on-going and upcoming issues facing physicians and the practice of medicine. Attendees of the conference will benefit from a curriculum providing timely, professional overviews on policies, legislative acts and other evolving issues destined to result in dramatic consequences for the practice of medicine. Among the topics to be discussed during the meeting are: Health Reform Policy and Status of Affordable Care Act, Clinical Integration, Patient-Centered Medical Homes, Accountable Care Organizations and the Shared Savings Program, Medicare Fraud and Abuse, The ICD-10 Transition, Risk Management Relating to Current Technology, and the Core Competencies of Future Healthcare Executives. For additional information, visit the conference website http://sma.org/medico-legal and call SMA for personal registration assistance at 800-239-7444.

SOUTHERN MEDICAL ASSOCIATION ALLIANCE

Celebrating 90 Years



Join us at the SMA Alliance Annual Meeting as we set the stage to celebrate 90 years. (And we look GREAT for our age!)

It will be a fun and exciting time for us to renew old friendships and create new ones.

Mark your calendars!

October 29-November 1, 2014 Sandestin Golf and Beach Resort Destin, Florida.

Plan now to be there. You won't regret it!

90th Anniversary Committee

Submitted by: Jean Hill, Chair

It will be exciting to be in Sandestin and to celebrate the 90th Anniversary of the SMA Alliance. To see the Spirit that brought physician spouses together in 1924 and know that Spirit is very much alive today is awe inspiring.

It is the spirit of friendship, camaraderie and accomplishment that keeps the Alliance going. We plan to highlight some of our many accomplishments, reminiscent about things we remember and have an exciting, fun time together as we celebrate this milestone anniversary. You don't want to miss being there!

> The next edition of the Southern Connection will be available in May. If you have anything you would like to submit, please send it to alliance@sma.org on or before April 16th.



Doctors' Day is March 30th

Take a minute now to mark the next National Doctors' Day

- March 30 - on your calendar and consider how you will help others celebrate the physician(s) around you on that day in your own community with the help of the SMA Alliance.

Will there be a party with Doctors' Day balloons, recognition tray cards placed with patient meals, or Doctors' Day lapel pins worn by each of those special physicians? The SMA Alliance has some great ideas on how to honor these men and women dedicated to the field of medicine and make the next Doctors' Day memorable.

We have added some new items including a very nice duffle bag and pin to make this day even more special. And remember, the barrel bead for a bracelet, napkins and stadium cups for your parties, updated and improved flash drives, travel cup with straw, and travel mugs are also available.

Don't wait until the last minute. Place your order today. Visit http://sma.org/drsday or call Vicki Johnson at 800-423-4992, ext. 124 for a listing of available products and to place an order.



Society of 1924

A Tradition of Supporting the Physicians of Tomorrow through a Legacy of Endowment

CONTRIBUTION / PLEDGE FORM

☐ Enclosed is my \$500 Contribution			
☐ Enclosed is my Initial Pledge of \$200. <i>I agree</i> to pay an additional \$100 each year for the next 3 years to fulfill my pledge.			
☐ Other Contribution \$			
Name	Address		
City	State	Zip	
Email		Phone	
I wish to pay by: ☐ Check ☐ American Express ☐ Mastercard ☐ Visa ☐ Discover Card Number			
Expiration Date 3 or 4-digit Security Code			
Credit Card Billing Address: Same as address used above			
Signature:			

Make Your Pledge and You along with this Elite Group of CHARTER MEMBERS will continue to build a legacy of Physicians through Medical Student Scholarships!

Barbara Blanton - TN
Judy Bofill - WV
Nancy Brant - GA
Nancy Bunnell - KY
Janet Campbell - MO (Posthumous)
Kathy Carmichael - MS
Jo-Ann Daus - KY
Aroona Dave - KY
Gail Delaney - SC
Donna DeRosa - AZ
Janelle B. Duremdes, MD - WV
Linda Elliott - SC

Myrna Goodman - MD
Donna Gosney - AL
Elaine Hale - FL
Jean Hill - MS
Kathy Hill - NE
Martha Hughes - AL
Barbara Jett - OK
Kathy Johns - FL
Pam Kruger - TX
Rose Kuplesky - LA
Betty Kuppusami - VA
Nancy Lindstrom - MS

Sancy McCool - LA (Posthumous)
Miriam McEver - GA
Gwen Pappas - AR
Rhonda Rhodes - KY
Merrell Rogers - MS
Alma Rozeman - LA
Amal Shamieh - LA
Carol Sparkman - MO
Donald Swikert, MD - KY
Nancy Swikert, MD - KY
Barbara Tippins - GA
Kathy Weigand - MO



SMArt Travel Getaways Now Booking



June 5-16, 2014

Comparative Healthcare Conference International CME Activity and Tour 10-Night Conference and Tour of Edinburgh, Scotland and London, England Gather your family, friends and colleagues to travel with Southern Medical Association and Auburn University to explore the wonders of Edinburgh and London this summer. A comprehensive itinerary and finely detailed arrangements combine to deliver a distinctively memorable educational and cultural experience.



June 16-24, 2014

European Mosaic 7-Night Cruise from Rome to Lisbon

Savor Europe's rich past and exciting present as you cruise to Italy, Monaco, France and Spain aboard the elegant Oceania Cruises *Nautica*. See the famed Renaissance cities of Pisa and Florence, the glittering French Riviera, serene Provence and the diverse, enduring architecture of Barcelona and Cartagena.



July 24-31, 2014

Alaskan Adventures 7-Night Cruise Round-trip from Seattle

Travel to Alaska, a natural wonder of stunning landscapes and unspoiled wilderness aboard the elegant Oceania Cruises *Regatta*. Depart Seattle and sail to Ketchikan, through the stunningly scenic Tracy Arm Fjord to Wrangell, with a stop in Prince Rupert, B.C. on your return to Seattle. Let Alaska's rugged beauty captivate you.



August 13-21, 2014

Baltic Marvels 7-Night Cruise from Copenhagen to Stockholm

Marvel at the storybook settings, deep-rooted history and canal-laced capitals of the Baltic as you sail from Copenhagen to Stockholm aboard the elegant Oceania Cruises *Marina*, with unforgettable interludes in Germany, Estonia, Russia and Finland.

September 23-October 4, 2014

Spanish Serenade 10-Night Cruise from Lisbon to Rome

Savor the sights and sounds of Spain, Gibraltar, Morocco, France, Monaco and Italy from aboard Oceania Cruises' luxurious *Marina*. Discover celebrated landmarks, exotic structures and natural wonders as you sail the beautiful shores of the Iberian Peninsula to the French Riviera and Italy's revered west coast.

2015 Tours Already Booking!

February 10-28, 2015 – *Discover Down Under* – Australia and New Zealand March 8-27, 2015 – *Emperors & Empires* – China, South Korea, Japan April 23-May 9, 2015 – *Pathway Through Panama* – including the Panama Canal

For details or a brochure, call or visit our website SMA Tours – Your Personal Travel Concierge (800) 239-7444 / www.sma-tours.com