

Celebrate Latino Heritage Month with us and attend our events at WCMC and NYC!

WCMC-LMSA's Newsletter

2011 September & October
A Latino Heritage Month Special

Thursday September 22

Mentoring in Medicine: A Mentoring and Network Event

Thursday Sept. 29

A Discussion on Community Outreach, Activism, & International Service Work –
By Flora Mendoza

Part of LMSA's Helen Rodriguez-Trias (HRT) Leadership, Advocacy, & Development Series – Date confirmation soon!

Wednesday October 5

LMSA's General Body Mtg & "Guac-Off!"

Monday October 10

Reconsider Columbus Day & Celebrate Indigenous People's Day!
A Delightful Discussion over Abuelita Hot Chocolate

Wednesday October 19

LMSA's evening trip to El Museo del Barrio East Harlem *with possible local food tasting*

Every Wednesday Starting in October

LMSA's Salsa Lessons by professional instructors and performers!

September 29, October 4, October 6, October 7, October 16

Latino Heritage Month Public Events at the Bronx's Library Center -- Ask us how we can help you get there!

Read on for more info on each event!

Don't miss out!

Check out our MEMBERSHIP INFO PAGE below!

AND you are AUTOMATICALLY registered for

LMSA-NORTHEAST REGIONAL, LMSA NATIONAL, AND NHMA (THE MD VERSION OF LMSA)!

No fear! Regardless of membership, everyone can attend all LMSA Cornell events!

But Officially registered members are entitled to countless incredible perks, scholarships, & discounts!

Still not sure? Email Crystal at cvc2001@med.cornell.edu

She'll gladly answer any questions & quell any of your hesitations!

Yes... People frequently ask if you have to be Latino to register.

It's a totally reasonable question & you can ask yourself!

Short Answer: You don't have to be Latino! We sincerely welcome everyone! Our own board is very diverse! It makes our group stronger and more fun!

View our Google Calendar [Here for LMSA & SNMA Events Or Add us to your iCal Here](#)

& click the



button on the bottom right corner to add us to your Google calendar account!

Automatically see all our upcoming events!

Check out our LMSA-Northeast (LMSA-NE) website at www.nblho.com and the LMSA national website at www.lmsa.net

Details for September Events

Thursday September 22

Mentoring in Medicine: A Mentoring and Network Event

Time: 7PM

Place: Brooklyn College

Join Brooklyn College MAPS and SUNY Downstate SNMA for a night of mentoring and Networking. To register for this event and for more information, please visit

<http://mmimregion9.eventbrite.com/>.

Email lmsa.wcmc@gmail.com or wcmc.snma@gmail.com to guarantee your travel expense reimbursement!

September						2011
SUN	MON	TUE	WED	THU	FRI	SAT
				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	

Thursday September 29

A Discussion on Community Outreach, Activism, and International Service Work

by Miss Flora Mendoza (Yale 2008, Coros Public Affairs Fellow, Humanity in Action Fellow, a DKMS Minority Donor, Recruiter, a Performer in various NYC Events, Festivals and International Opera Performances, and Yes... You may have seen her on SNL and NBC's Clash of the Choirs!)
See more at www.floramendoza.com

Interested in Traveling? Working abroad? Activism? Combining your work with your pleasures?

This is an event you don't want to miss!

Part of LMSA's Helen Rodriguez-Trias Leadership, Advocacy, & Development Series

Time: 7 pm

Place: Olin Library - 445 E 69th St – 1st Floor

Contact lmsa.wcmc@gmail.com for questions or to get involved with planning future HRT Leadership, Advocacy, and Development Series events! If you have a speaker or topic you want covered, make sure to let us know!

Please RSVP at lmsa.wcmc@gmail.com with Subject Line "Flora Mendoza: by 9/26.

A preview into October....

Salsa Lessons: Every Wednesday, Starting in October!

Come to LMSA's Free Salsa Lessons

Time: 5-6:30

Place: Olin Gym

Are you tired of seeing people have fun shaking their moneymakers, but just can't seem to locate yours? Do you wish you had a skill that let you meet intelligent, attractive, and fun people? Well, do we have a series for you!

Every Wednesday, starting October 5th, come to Olin gym from 5-6:30! Our professional salsa teachers will have you up and salsa-ing in no time! One hour of instruction plus 30 minutes of free practice! Now, how much do you think this would cost? A bazillion dollars? TWO bazillion dollars? Well, sit down, because all of this is free! You read correctly, FREE! **What's more, once we have all become salsa masters, we will be organizing expeditions to social salsa clubs! Also featuring special celebrity guests!** Email LMSA's Salsa Coordinator (Francesco) with questions at fem2006@med.cornell.edu

Details for October Events

October 2011						
SUN	MON	TUE	WED	THU	FRI	SAT
30	31					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

Monday October 3

WCMC's Club and Community Service Fair

Time: After Classes - TBD

Place: Olin Gym

Stop by the LMSA and SNMA tables! Get more information! Sign up to volunteer! Meet great people!

Wednesday October 5

LMSA's General Body Meeting to Recap events & "Guac-Off"

Time: 7PM

Place: Olin Library – Admissions Office

Hear a **quick** update from the various LMSA social, volunteer, & outreach committees to learn more about where you can get involved!

Followed by LMSA's **First Ever Guac-Off! Competition & Fundraiser!**

Get your team, bring out your secret guacamole recipes, and get cooking! We'll have most of the major ingredients for you to use. Compete for the *best* guacamole recipe – **we will have judges and amazing prizes**--including gift certificates to Argentine Restaurant *Alma* and *Session 73*!

Sign-up with your teams (2-4 people per team) at lmsa.wcmc@gmail.com!

Details for October Events - Continued

Monday October 10

Reconsider Columbus Day & Celebrate Indigenous People's Day! A Delightful Discussion over *Abuelita* Mexican Hot Chocolate

Time: 8PM and Place: TBD

Reconsider Columbus Day. Absurd? Anti-patriotic? Or perfectly reasonable and morally right? Meet and chat about Columbus Day and Indigenous People's Day with a small group of students over some delicious *Abuelita Mexican Hot Chocolate*. Exchange opinions and ideas. No one is right, no one is wrong. Refer to this short video for our discussion's starting point:

["Reconsider Columbus Day"](http://www.youtube.com/watch?v=il5hwpdJMcg) --<http://www.youtube.com/watch?v=il5hwpdJMcg>

RSVP by October 18th at lmsa.wcmc@gmail.com

October						2011
SUN	MON	TUE	WED	THU	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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Wednesday October 19

LMSA's evening trip to El Museo del Barrio East Harlem with possible local food tasting

Time: Leaving Olin around 6:40PM

Place: El Museo Del Barrio in East Spanish Harlem 1230 5th Ave (at 104th St)

NYC's leading Latino cultural institution welcomes visitors of all backgrounds to discover the artistic and cultural landscape of the Caribbean and Latin America. Join LMSA for an evening trip, as the museum closes at 9pm on Wednesdays – time permitting, we will also check out a local venue for a quick, delicious taste of Spanish Harlem at a local venue. Visit <http://www.elmuseo.org/> for more information

LMSA will cover your travel and admission expenses!

RSVP by October 18th at lmsa.wcmc@gmail.com

Let us know if you would like to help plan cultural events and field trips for LMSA

**Save the
dates!**

Saturday December 3rd

SEOM, SNMA, and LMSA's Annual Pre-Med Conference at WCMC

Over 150 pre-medical college students and high school students will come to WCMC for an exciting day of events.

Make an impact in their lives! Be a leader! Reach out to inner city students!

Contact one of our primary coordinators to see how you can help!

Email Patrice Cohen pac2032@med.cornell.edu or Elliott Brea ejb2001@med.cornell.edu

February 3-4, 2012

LMSA's 39th Annual LMSA-NE & 7th Annual National Conference At Harvard

This year LMSA's National and Northeast Regional conference are at Harvard Medical School! Incredible speakers and events are already under works! You will not want to miss out on this amazing (and super close) event. Remember, last year's National Conference was all the way in California, so take advantage of the proximity! Details to follow! Let us know if you are interested in joining! We are in the midst of planning and fundraising to cover registration and transportation costs!

Contact Crystal cvc2001@med.cornell.edu or Elliott or ejb2001@med.cornell.edu

*Network! Make
new friends!
Present research!
Learn what are
peer schools are
up to!*

April 26-29, 2012

National Hispanic Medical Association's (NHMA) 16th Annual Conference: "Innovations that Improve the Health of Hispanics, Families and Communities" in Washington, DC

*Let us know if
you are
interested in
attending any
of these
incredible
conferences!*

Details to follow! We are in the midst of planning and fundraising to cover registration and transportation costs. Let us know if you are interested in joining!

Contact Crystal with questions at cvc2001@med.cornell.edu
Note: You are **automatically** an NHMA member if you register with Cornell's LMSA!

LMSA and NHMA membership benefits include: scholarship eligibility, special networking events invitations, leadership development opportunities, mentoring, and more!



2011-2012 Cornell's
&
LMSA-Northeast
(LMSA-NE)
Membership Information

(and LMSA-National and National Hispanic Medical Association.. automatically)



The LMSA is open to individuals, regardless of race, gender, age, or creed, that share a common commitment to the recruitment and retention of Latinos into higher education and the health professions, as well as a commitment to improving Latino health. The LMSA-Cornell and -NE supports the principles of equality, equal opportunity and equal treatment under the law. The LMSA-NE opposes discrimination in any form. The LMSA-Cornell and -NE is open to all persons, regardless of classification. LMSA-NE Constitution, Bylaw II Section 2

LMSA Cornell is now accepting membership applications for the 2011-2012 school year.

**This year, LMSA-NE (the Regional group that Cornell corresponds to) is implementing a new TIERD PAYMENT STRUCTURE with incentives to join within Cornell's chapters!
So make sure to join LMSA THROUGH OUR CORNELL CHAPTER!**

(see below for details)

We will help pay for your membership -- it will only cost you \$8 for the year!

Membership is valid from August 1, 2011 to July 31, 2012.

LMSA-Cornell Membership Benefits

QUADRUPLE MEMBERSHIP

You sign up automatically for quadruple membership to Cornell's LMSA, LMSA-NE, the national Latino Medical Student Association (LMSA), and the National Hispanic Medical Association (NHMA – the national physician version of LMSA) from August to July of the academic year.

DISCOUNTED ENTRY TO ALL LMSA-NE CONFERENCES / SOCIAL EVENTS

The 2011-2012 LMSA-NE conference will take place on the weekend of February 3-4, 2012 in Boston, MA on the campus of Harvard Medical School.

SCHOLARSHIP OPPORTUNITIES

Qualification to apply for LMSA-NE Merit Scholarships and information about other national scholarships announced through the LMSA-NE e-mail list and the website. Information on scholarships will be forthcoming.

RESEARCH OPPORTUNITIES

Qualification to participate at the LMSA-NE Annual Research Poster Competition at the National Conference and information about other research opportunities announced through the LMSA-NE e-mail list and the website.

LEADERSHIP OPPORTUNITIES

Qualification to run for LMSA-NE regional and LMSA national executive board positions

NETWORKING OPPORTUNITIES

Through the various regional and national LMSA activities, you will have the opportunity to network with other Latinos in the health professions both at the medical school level and beyond. LMSA members also participate in activities organized by the National Hispanic Medical Association, the national organization representing Latino physicians and medical faculty across the United States.

How to Register

October 3rd Deadline

Step 1) Email lmsa.wcmc@gmail.com with your name and student/professional status (high school, undergrad, Medical student, etc.) to register.

Step 2) You will receive then receive confirmation from us with how much you owe for registration (if a WCMC student: \$8).

Step 3) Last Step) Your registration is complete once you make a check payable to BLHO. **Failure to do so will result in incomplete registration.** Leave the enveloped check in Crystal Castaneda's folder in Olin Hall's first floor in an envelope if you are on campus. Email her if you are not on campus at cvc2001@med.cornell.edu

Although LMSA-NE membership is mostly composed of medical students, the constitution allows for different levels of membership. The classification of members is as follows: 1) Medical Students 2) Graduate Students, BS/MDs, Allied Health Students 3) Physicians, Post-Docs, Health Care Workers 4) Undergraduate Students 5) High School Students -- Make sure to contact us if you are interested in registering, and especially if you are not a medical student. If you were to register on your own, fees can be up to \$15! See below.

The Fee Schedule for the 2011-2012 year is as follows:

High School Students: Free

Undergraduate Students: \$5

Physicians, Post-Docs, HCW: \$20

Medical Students, Graduate Students, BS/MDs, and Allied Health Students: \$15* (if you register through WCMC, it is only \$8!)



latino heritage month

Latino Heritage Month's Free Events at the Bronx's Library Center

Find more info at the library's website:

<http://www.nypl.org/blog/2010/09/15/nypl-celebrates-hispanic-heritage-month>

September 29 at 2 pm: Film Screening: *Una Aventura Llamada Menudo*

October 4 at 6 pm: Lecture: *History of Latinos in the Bronx* by Angel Hernandez, Society Educator at the Bronx Historical Society

October 6 at 2 pm: Film Screening: *Pinero*

October 7 at 6:30 pm: Author Talk/Book Signing - *Pioneros II: Puerto Ricans in New York City 1948-1998* by Virginia Sánchez Korrol and Pedro Juan Hernández.

Contact Crystal Castañeda for information on how LMSA can help YOU get to these events (transportation reimbursement, directions, etc.)

Email her at cvc2001@med.cornell.edu

October 16, 10-1 pm: Hispanic Family History Fair - A series of genealogy workshops by the Hispanic Genealogical Society of New York

October 16 at 2:30 pm: *Ivo Tirado Jr. and the Bronx Charanga* in Concert

What is Latino (aka Hispanic) Heritage Month?

"In 1968, President Lyndon B. Johnson proclaimed a week in September as National Hispanic Heritage Week. The observance was expanded in 1988 to a month long celebration (September 15 - October 15), honoring our Nation's Hispanic heritage. During this time, America celebrates the culture and traditions of U.S. residents who trace their roots to Spain, Mexico, and the Spanish-speaking nations of Central America, South America, and the Caribbean.

September 15 is the starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively." - From Answers.USA.gov

If you learn about any other Latino Heritage Month Events that you are interested in attending, please email cvc2001@med.cornell.edu and we will find a way for you to attend with some of your expenses reimbursed!

YOUTUBE CORNER

Latino Heritage Month - Who are we? A Fun 3 Minute clip:

http://www.youtube.com/watch?v=fkDs78DsQH8&feature=player_embedded

EVEN OUR PRESIDENT HAS SOMETHING TO SAY TOO! (A LITTLE OLD... WITH SOME GOALS TO WORK ON.... THERE'S STILL TIME...)

http://www.youtube.com/watch?v=hMxvZy8JpHA&feature=results_video&playnext=1&list=PLC9CBAA7999FDF9F8

AND CHECK OUT A DEF POETRY ROCKSTAR!

<http://www.youtube.com/watch?v=84SgGtvIbeE&feature=related>

WE CAN LAUGH AT OURSELVES, TOO! CHECK OUT LATINO COMEDY PROJECT:

<http://youtu.be/7P6LB8sbeWc>

A COLLECTION OF SOME HOT LATINO DANCE SONGS:

<http://www.youtube.com/watch?v=rU2KRJ2ZbT0>

Do you have any great clips to share for our next announcement? Submit them to lmsa.wcmc@gmail.com. We welcome all submissions!

Note: LMSA's YouTube corner represents the views and interpretations of students that submit videos, not necessarily those of LMSA-Cornell. Bring it on!

You got through our
whole
September-October
Announcement???

Wow! Nice!

Thank you!

Next month's won't be so long!
Promise!

Email lmsa.wcmc@gmail.com
for a little reward!

We truly appreciate your time and attention!
We understand your time is precious!