

March 2009

President's Message



ALTRUSA INTERNATIONAL INC. OF CHARLOTTEVILLE, VA

The Jefferson Altrusan

Greetings, Altrusa Sisters!

Whew! March certainly came in like a lion, a snowy, windy, cold reminder that winter is not quite over. Small signs of spring are everywhere, the winter jasmine is blooming bright yellow, deep purple crocus are peeking through the snow, can warmer weather be far behind? And spring means District Conference.

We will dedicate the March program meeting to prepare for Conference. I hope everyone is planning to attend; the Reading/Berks Club promises a "give yourself a hand" good time April 30 – May 3, 2009.

Remember the "hands" we received in Richmond? A raffle basket is being requested from each club to raise funds for the Foundation. Let's try to top last year's winning basket. We will also need to decide which awards we will compete for, what the conference exhibit will look like, whether we want to take items to sell, and anything else we can think of. The registration form is printed elsewhere in this newsletter and is also available on the [Altrusa District Two](#) web site under "forms".

The hotel reservation deadline is April 1, the room rate \$109 single or double.

In other exciting news, Linda Dorr, District First vice Governor, will attend either our March or April meetings. Have your questions ready.

Looking forward to seeing everyone on the 16th,

Claire

The 11 Best Foods You Aren't Eating

A leading nutritionist, Jonny Bowden, has created a list of healthful foods people should be eating but aren't. Here's his advice (taken from a Priority Learning Link attachment):

Beets: Think of beets as red spinach, because they are a rich source of folate, as well as red pigments that may fight cancer. Eat fresh, raw; heating decreases the antioxidant power.

Cabbage: Loaded with nutrients like sulforaphane, a chemical said to boost cancer-fighting enzymes.

Swiss Chard: A leafy green vegetable packed with carotenoids that protect aging eyes. Eating suggestion: chopped and sauté in olive oil.

Cinnamon: May help control blood sugar and cholesterol. Suggestion: sprinkle on coffee or oatmeal.

Pomegranate Juice: Appears to lower blood pressure and loaded with antioxidants.

Dried Plums: "OK, so they are really prunes, but they are packed with antioxidants".

Pumpkin Seeds: The most nutritious part of the pumpkin and packed with magnesium.

Sardines: Dr. Bowden calls them "health food in a can". High in omega-3's, contain virtually no mercury and are loaded with calcium.

Turmeric: The "superstar of spices", it may have anti-inflammatory and anti-cancer properties. Eating suggestion is to mix with scrambled eggs or in any vegetable dish.

Frozen Blueberries: Even though freezing can degrade some nutrients frozen blueberries are available year-round and don't spoil; associated with better memory in animal studies.

Canned Pumpkin: Low-calorie vegetable that is high in fiber and immune-stimulating vitamin A.

Environmental Message



According to an article in the 2008 winter edition of The Nature Conservancy magazine, 72% of Americans believe that their own actions have a significant impact on the environment, however 25% admit they have not taken any steps to reduce their environmental footprint. I know that two of our club members drive hybrid cars, and at least one other member recently purchased a new car that would give significantly better fuel economy than its predecessor. One member will be walking the Appalachian Trail for the next few months (Yeah Marit!), and will certainly have the smallest footprint of the group, by an extreme margin. But we don't have to give up our cars to reduce our impact on the environment. Just the act of recycling makes a major impact. At least 48% of the Americans polled say they recycle regularly. However, only 2% have switched to compact fluorescent light bulbs. What a waste of energy.

Please look toward doing as much as you can, and if you'd like to know more please go on-line to nature.org for additional information.

Altrusa International Inc. of Charlottesville
Business Meeting Minutes
February 16, 2009

Call to order by Pat at 7:20pm.

Approval of Minutes: **Approved**

Treasurer's Report: None available

Correspondence: None

Community Service:

Festival of the Book— Poster judging, Saturday, February 28th, 9am. Winners will be awarded on March 21. Catherine will write a letter to the winners.

FISH— Mary went to the Woods Edge Senior Center and read a book to a group of 3rd to 5th graders.

Committee Reports:

Literacy:

Fundraising: Possible yard sale in May in the Stonehenge clubhouse.

Membership: Phyllis brought a guest to the meeting.

Environmental:

Old Business:

New Business: District Two Conference is in Reading, PA.

Other— Newsletter deadline is March 1.

Adjourn

Registration Form

53rd Annual District Two Conference
April 30- May 3, 2009
Crowne Plaza Reading Hotel
Reading, PA 19610

Last Name:	First Name:
Altrusa Club/State:	
Street Address:	
Evening Phone :	
Email :	
Name on Badge :	

Please check all descriptions that apply to you:

Club President District Officer First Timer
 Member Delegate Alternate
 District Committee Chair Past Governor

CONFERENCE SCHEDULE:

Thursday April 30th- 7:00-9:00 p.m. Welcome Party
Friday May 1st Business Session, Workshops, etc.
Saturday May 2nd Elections, Business Session, and Workshops
Sunday May 3rd Interfaith Service, Post Board Meeting

ADVANCE REGISTRATION OPTIONS: (Please select one)

Plan A- Full Registration \$195.00
Plan B- Friday Only \$100.00
Plan C- Saturday Only \$100.00
Plan D- Fri & Sat Dinners Only \$60.00

LATE REGISTRATION FEE (Postmarked After April 1, 2009) \$20.00

Special Dietary Needs :(vegetarian, kosher, gluten-free) _____

Special Physical Needs: _____

Additional meal tickets available for guests. Specify Number: _____

Friday Luncheon	_____ @ \$22.00	\$ _____
Friday Dinner	_____ @ \$32.00	\$ _____
Saturday Luncheon	_____ @ \$18.00	\$ _____
Saturday Banquet	_____ @ \$30.00	\$ _____
Total Payment Enclosed		\$ _____

Make check payable to: Altrusa International District Two Conference Fund
Mail completed form **with** check to: Altrusa International, Inc. of Harrisburg
P.O. Box 602 Camp Hill, PA 17001-0602

March 2009



Mon	Tue	Wed	Thu	Fri	Sat	
2	3	4	5	6	7	
8	9	10	11	12	13	
14	15	16 Meeting Omni 6pm	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2009

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 Meeting Omni 6pm	21	22	23	24	25
26	27	28	29	30		

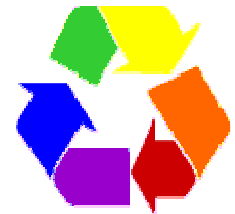


**ALTRUSA INTERNATIONAL INC. OF
CHARLOTTESVILLE, VA**

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or www.altrusa.com



Altrusa Meeting

Monday, March 16th

Omni Hotel
6:00 p.m.

