



## 2011-2012 Board Members

### • Past President/President

Kristie Kammer  
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### • President Elect

Suzanne Hall  
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### • Secretary

Karen Malabre  
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### • Treasurer

Molly Switzer  
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### • Nominating Chair

Jean Ann Reid  
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### • Membership Chair

Julie Stegall  
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### • Media Chair

Martha Rosenau  
martha@martharosenau.com

### • National Nutrition Month Chair

Vacant

### • Newsletter / Webpage Editor

Vacant

## President's Corner

Summer has almost come to an end and we are gearing up for a fantastic 2011-2012 meeting year. We have a great year ahead of us and I look forward to serving as your President again this year.

I am very excited for this meeting year and you should be too. This is our time to come together as professionals to network and learn from one another.

Suzanne Hall, the President-elect, has been hard at work planning our September kick-off meeting at the Cheyenne Mountain Zoo. You won't want to miss this event! She has also been busy scheduling meetings for the rest of the year. We have attached our current schedule for your convenience, but please check our website for updates as we are still waiting for a few speakers to confirm a date.

We encourage you to get involved with SCDA however you can. We currently have two open board position, the newsletter/webpage chair and the national nutrition month chair. Also, we are always looking for volunteers to help with health fairs and other community events. There are many ways you can get involved in our community. Please let us know if you are interested.

Please remember, your input is always appreciated. Feel free to email me with any suggestion you have that will help make our organization the best it can be. Also, we are always looking for meeting topics and speaker suggestions. This organization is member driven... you help this organization thrive!

I look forward to seeing you all at our upcoming meetings!

Sincerely,  
Kristie Kammer, RD, LD  
President  
Southern Colorado Dietetic Association



Julie Stegall, RD  
SCDA Membership Chair

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[www.eatrightcolorado.org/district\\_southern.cfm](http://www.eatrightcolorado.org/district_southern.cfm)

# Southern Colorado Dietetic Association

August 2011

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## Benefits of Membership in SCDA

- 8 meetings per year, 2 CEU per meeting
- Opportunity to have CDA Annual meeting fee paid if you attend 4 out of 6 meetings between Sept-Feb
- Opportunity to have ADA membership paid if you attend 6 out of 8 meetings between Sept-May
- Student scholarships
- Networking with local dietitians
- Emails about job openings

## Southern CO Dietitians Staying Connected

### *How many of us are there?*

Did you know that there are approximately 300 RD's & DTR's in Southern Colorado? Only 2/3 of them are members of ADA, and only 1/4 are members of SCDA.

### *Find us on Facebook!*

Did you know that SCDA has a Facebook Page?

- Stay connected with other dietitians in Southern Colorado
- Find meeting information
- Board Member Information

### **SCDA Website**

[http://www.eatrightcolorado.org/district\\_southern.cfm](http://www.eatrightcolorado.org/district_southern.cfm)

- Meeting Information
- Board Member Information
- Job Board

## Membership Pricing Information

Once again we are offering a discounted rate to all students, interns and retirees who are members of ADA. This fee is \$10.00 / year.

The early bird discount (\$35) is available again this year for those who have their membership forms completed and checks post marked by Friday September 9th.

Regular Membership pricing (\$40) will apply if your membership form and check are postmarked between September 10<sup>th</sup> – October 19<sup>th</sup>.

There will be a late fee of \$10 applied to all membership forms (active, student, intern and retiree) that are postmarked between October 20<sup>th</sup> – November 16<sup>th</sup>.

## Membership Eligibility Requirements

In order to be a member of the Southern Colorado Dietetic Association, you have to be a member of the American Dietetic Association.

The SCDA has different membership levels depending on your membership status with the ADA. Please select the membership status on the SCDA membership form that corresponds to your membership status with ADA.

If you are not a current member of ADA or have a friend who isn't, we would still love to have you or your friend in attendance at our SCDA meetings/networking events. For a nominal fee of \$20.00 / meeting (for most meetings) you can attend and receive 2 CE's.

## Membership Changes for 2011-2012

Please read the following information as we are revamping our membership process for the 2011-2012 membership year.

In the past we have allowed individuals to join SCDA at any time throughout the membership year, for an additional late fee. This has become a book keeping nightmare. Therefore, this year we are going to cut off membership at the November meeting. So if you would like to become a member of SCDA please fill out the membership application and post mark on or before the November meeting, or bring the completed membership application and payment to the November meeting.

After the November meeting if you would like to attend a meeting, but have not yet joined, you may still attend meetings for the \$20.00/meeting non-member price.

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## 2011 – 2012 Meeting Details

### **September**

Date: September 20<sup>th</sup>, 2011                      Time: 5:30-8:30 p.m.                      Location: Cheyenne Mountain Zoo  
Networking 5:30, Dinner/Speakers 6-8:30 p.m.

Title: Cooking Demonstration: Slow Foods Movement... Getting back to whole foods

Speaker: Beau Green, Executive Chef, Cheyenne Mountain Zoo

**Additional Fee: \$20.00 (this is our annual dinner kick-off meeting, please include this amount w/ your membership fee)**

### **October**

Date: October 12<sup>th</sup>, 2011                      Time: 6-8:30 p.m.                      Location: Penrose Cancer Center Room B&C

Title: Using Holistic Nutrition to Treat Diseases

Speaker: Dr. Joel Kline, MD (<http://www.kleinholisticcenter.com/faqs.html>)

### **November**

Date: November 16<sup>th</sup>, 2011                      Time: 6-8:30 p.m.                      Location: Penrose Cancer Center Room B&C

Title: TBA (see list of potential speakers below)

### **December**

Date: December 7<sup>th</sup>, 2011                      Time: 6-8:30 p.m.                      Location: Penrose Cancer Center Room B&C

Title: Where to find reliable nutrition supplement information for your patients

Speaker: Kelly Ping, MS, RD

### **January**

Date: January 18<sup>th</sup>, 2011                      Time: 6-8:30 p.m.                      Location: Penrose Cancer Center Room

Title: On the Menu: New restaurant laws and how dietitians can benefit

Speaker: Rebekah Spetnagel & Julie Bush (<http://www.otmenu.com>)

### **February**

Date: February 22<sup>nd</sup>, 2011                      Time: 6-8:30 p.m.                      Location: Penrose Cancer Center Room

Title: Updates on nutrition resources via smart phones, iPads, tablets and the internet

Do you know where your patients are getting their nutrition information?

Speakers: UCCS Students

### **March – No Meeting due to CDA Annual Meeting**

### **April**

Date: April 18<sup>th</sup>, 2011                      Time: 6-8:30 p.m.                      Location: Penrose Cancer Center Room

Title: TBA (see list of potential speakers below)

### **May**

Date: May 16<sup>th</sup>, 2011                      Time: 6-8:30 p.m.                      Location: Penrose Cancer Center Room

Title: TBA (see list of potential speakers below)

### Confirmed Speakers... waiting on confirmed date

1. The micronutrient connection to specific diseases. - Pat Joyner, MS, RD
2. StarFit Kids : Improvements in school's fitness and nutrition programs. - Sabra Zirkle and Lelia Davis, RN

### Waiting for confirmation

1. Probiotics- Dr. Scot Lewey <http://www.thefooddoc.com/>
2. Dr. Joel Kline <http://www.kleinholisticcenter.com/faqs.html>
3. Julie Moore <http://www.cobeef.com/materials.aspx>
4. Vitamin D Requirements during Pregnancy, Lactation, and Early Childhood: A Moving Target?  
(This is a current webinar, not a live speaker)