



Alpine Soroptimist Keynotes

Improving the Lives of Women and Girls

Soroptimist International of Alpine

P.O. Box 1053, Alpine, Ca. 91901

www.sialpine.org

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Edition

2011/2012 Board

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District III Winter meeting
2/25

Monthly Meeting Schedule:

Alpine Inn Restaurant
2225 Alpine Blvd.

We meet the first, third,
and fourth Tuesday of the
month. Dinner at 5:30
meeting starts at 6:00.

2011/2012

Calendar of Events

Business meeting 2/7

Lip Sync Contest 3-24

Mad Hatter Tea 4-29

Members in the Spotlight



Our two new members are Tex Cornwell, P.A. and Joyce E Byrne, Ph.D. Joyce celebrated her birthday in January. Happy belated birthday Joyce! We are so fortunate to have these two ladies as members. They have been involved in Soroptimist for many years. Joyce was District President, and Tex was editor of the District Newsletter. They have done extensive traveling and are very knowledgeable in the workings of Soroptimist. Glad to have you aboard!

Healthy Women

Ellen sent in three surprising reasons for not drinking soda.

1. It causes fat buildup around your organs. In

America, many sodas are sweetened with high-fructose corn syrup that has been shown to cause even worse fat buildup. Avoid turning to diet soda as a healthy alternative. Artificial sweeteners and food dyes have been linked to brain cell damage and Hyperactivity: people who drink diet soda are also more prone to developing diabetes.

2. Some contain toxic flame retardants. Some popular soda brands, including Mountain Dew, use a toxic flame retardant chemical ingredient to keep the artificial flavoring from separating from the rest of the liquid. Brominated vegetable oil, also sometimes listed as BVO on soda and sports drinks, can cause bromide poisoning symptoms like skin lesions and memory loss, as well as nerve disorders.

3. You're taking part in the biggest science experiment on the planet. Many soda brands on the market in America today are sweetened with high-fructose corn syrup, a heart-harming man-made compound derived mainly from genetically engineered (GE) corn. GE technology was only introduced into our food chain in the 1990's. We don't know the long-term health impacts of their use because the corporations that developed the crops never had to test to make sure it's safe over the long term. Other independent scientists are finding that GE crops are linked to digestive tract damage, accelerated aging, and even infertility.

Thank you, Ellen, for sending in this information. I am inclined to agree, because I started

drinking diet soda when I started gaining weight. I have felt for a long time that diet soda has only made it worse. I quit drinking soda about 6 months ago

If you have any information on health issues please send it to me and I'll include it in the next issue of ASK. Or if you have any questions on health issues I'll see if I can get an answer.

Alpine Plays Santa

Below is a picture of all the wonderful items given to the girls at Phoenix House at their Christmas party.



Great job ladies! The girls really appreciated everything.

Many of our Soroptimist put on their Santa Hats and participated in the Christmas present wrapping booth at

Viejas.



Those present included: Ellen Sweeney, Carlette Anderson, Barbra Louis, Marcy Hohnemann, Donna Feeney, Patti Tweed, and Pat Wood. It was a lot of fun maybe we can do it for two days next year.

Recipe of the Month

Waldorf Cole Slaw

Prep time: 15 minutes

Inactive prep time: 2 hours

Yield: 10 servings

½ cup sour cream

1/3 cup heavy mayonnaise

1/3 cup sugar substitute

(Splenda)

½ cup shelled walnut,

coarsely chopped

2 Tablespoons red wine

vinegar

12 ounces white cabbage,

shredded

4 ounces red cabbage,

shredded

1 teaspoon kosher salt

1/8 teaspoon freshly ground

black pepper

¼ teaspoon ground nutmeg

In a large bowl, mix all ingredients, tossing to combine. Chill for 2 hours before serving.

Cook's Note: Serve with sugar-free gelatin for a great dessert

Calories 129

Fat 12grams

Saturated Fat 3 grams

Carbohydrates: 5 grams

Fiber 2 grams

New Carbohydrates 3

grams

Submitted by: Donna Feeney

Learn More

Our Soroptimist District III is having their Winter meeting on the 25th. Ladies this is a wonderful way to get to know other women in the District III Division. It is also a good way to learn more about what Soroptimist do as a whole. I will be attending again. I always learn something new and have a chance to talk to some of the women I have met before. I hope to see you there. Pat Wood -Editor