



President's Corner Elaine Wallace, RD, LD, CDE

Happy New Year and Welcome Back Austin DA Members!

It's hard to believe the holidays have come and gone and a New Year is upon us. As one year ends and another begins, so many opportunities are before us. Our membership this year is higher than it has ever been; thanks to the efforts of many people! We want to continue to grow and represent Austin as nutrition experts. Our membership directory will be available soon. Please use our new membership directory as a resource for networking.

As the New Year rolls in March brings National Nutrition Month, Registered Dietitian Day, March 10; TDA FNCE, March 18-20; and ADA's Public Policy Workshop, March 22. Please save March 10th as Registered Dietitian Day. Promote yourself and your fellow RDs. TDA FNCE - *The Next 75 Years - Communicating a Positive Nutrition Message*- is the theme this year. While 2009 FNCE was the 75th FNCE, 2010 is actually the year that TDA has it's 75th birthday. This is an event you don't want to miss. ADA's Public Policy Workshop gives dietetic professional tools and information to effectively work for policies to promote health and well-bring through nutrition. We need to work together to strengthen the voice of the Registered Dietitian.



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President's Corner Continued

Our evening meetings have continued to be a success. I am glad our number of attendees has remained high. With each evening meeting and speaker, we continue to learn how to improve. In a few months our President-Elect will be sending out our annual membership survey. Austin DA exists because of its wonderful members so, please, take the time to share your thoughts.

As a volunteer organization our lifeblood is your professional commitment. Each of you can start working on Austin DA committees in order to gain experience to become an elected official. Our Nominating Committee will be busy soon in preparation for our new membership year. If you feel passionate about your profession and career, please consider sharing your expertise, excitement, and energy with us. An excellent way to demonstrate your passion is to look at the various volunteer opportunities to see how you can match your talents with the open positions. It is an opportunity to try something new and different. There is so much potential within our organization and great opportunities to gain leadership skills and form relationships. Please let me or any Board member know of your interest. We will be happy to address any questions.

Sincerely,

Elaine Wallace

Ask TDA a Question—New resource on TDA website

This posting board is a vehicle for members to ask fellow TDA members questions and build a knowledge bank for all members to use.

You can ask a new question or search the database of previous questions.

Check out this great tool when you visit the TDA website, located in members area.

<http://www.eatrighttexas.org>

Career Opportunities—Check out the new listings!

There is a great resource of job opportunities listed on the Austin Dietetic Association website.

Visit <http://www.eatrightaustin.org/membersonly/jobpostings.html>



Don't forget networking at the Austin Dietetic Association meetings.....introduce yourself to someone new next meeting. You never know where that may take you.

CEU's/Upcoming Meetings

Healthy Kitchens, Healthy Lives

Continuing medical education program co-presented by The Culinary Institute of America and Harvard Medical School. Next course is offered March 18-21, 2010 at the CIA campus in St. Helena, CA.



It combines up to date science on nutrition, fitness and mindfulness with culinary training.

For more information..... <http://www.healthykitchens.org>

Preventive Cardiovascular Nurses Association (PCNA) 16th Annual Symposium

Cardiovascular Risk Reduction Leading the Way in Prevention

April 15-17, 2010 at the Renaissance Schaumburg Hotel in Northwest Chicago, IL.

<http://www.pcna.net>

PESI HealthCare—Breastfeeding New Strategies for Improved Outcomes

January 20, 2010—Austin, TX; January 21—San Antonio, TX; January 22—Houston, TX

<http://www.pesihealthcare.com>

Nutrition Therapy For Children With Autism Spectrum Disorder

January 20, 2010—Houston, TX; January 21—Austin, TX; January 22—San Antonio, TX

<http://www.CrossCountryEducation.com> (use express number 135523)

Ethical Consideration for Withholding Nutrition and Hydration: *End-of-Life Decisions*

January 27, 2010—Harlingen, TX; January 28—Houston, TX; January 29—Austin, TX; January 30—San Antonio, TX

<http://www.CrossCountryEducation.com> (use express number 135593)

Obesity Treatment & Prevention

May 6, 2010 Washington, DC

<http://www.contemporaryforums.com>

CEU's /Meetings Continued

Texas Dietetic Association FNCE 2010

ONLINE REGISTRATION IS NOW OPEN
EARLY BIRD FEES ARE IN EFFECT
UNTIL FEBRUARY 25, 2010!

THE NEXT 75 YEARS:
COMMUNICATING A **POSITIVE**
NUTRITION **MESSAGE**

Questions? Call or email the TDA office at
972-755-2530 or tda@eatrighttexas.org.

YOU MAY ALSO ACCESS THE ONLINE REGISTRATION AND BROCHURE BY VISITING THE TDA WEBSITE AT <http://www.eatrighttexas.org> !

PANDA Meeting Winter 2010 Meeting

Wednesday, January 20th 4-6pm (Networking and Refreshments at 3:30pm)

“Growing up on Nutrition Support – Perspectives from a Clinician, Caregiver and Patient”

Presented by Carol Ireton-Jones, PhD, RD, LD, CNSD, FACN

Linda and Megan Gravenstein

Seton Administrative Office Building 1345 Philomena Street In the St. Vincent de Paul East Auditorium

Bluebonnet Chapter Meeting of AADE

February 22, 2010

Details to be announced. Check the website.... <http://www.aade-bluebonnetchapter.org/>

Miscellaneous

Members....Please remember you too can submit an article, upcoming CEU event you know of or something as small as a sentence for the next newsletter. The deadline for the next newsletter submission is *January 30, 2010*

Please send correspondence to newsletter@eatrightaustin.org . Remember, this is YOUR newsletter!



JANUARY 2010 NEWSLETTER

Austin Dietetic Association
PO Box 4632
Austin, TX 78765-4632

Mission: The mission of Austin Dietetic Association is to promote optimal nutrition and well-being for all people by advocating for its members.

Vision: Austin Dietetic Association members are the leading source of food and nutrition services.

We're on the Web!

<http://www.eatrightaustin.org>

Upcoming Austin DA Meetings at a glance:

January meeting: Thursday, January 14, 2010 Time: 5:30-8pm

Topic: School Food Service: Trends, Challenges, and Partnership for Local Wellbeing.

Speaker: Beth Thorson, MS, RD, CTSBS

Location: TBD ***Check the website for the latest updates*******

March: TDA FNCE Dallas, TX

March 18-20, 2010

Look ahead for more event planning in 2010 on the website.

<http://www.eatrightaustin.org/eventcalendar.html>

ELECTION FOR 2010-2011 TEXAS DIETETIC ASSOCIATION OFFICERS, NOMINATING COMMITTEE AND TDA FOUNDATION OFFICERS

Voting is now open!

The ballot for the TDA/TDAF 2010-2011 Officer Election is now available online. Voting will remain open through January 19, 2010. Please visit the TDA website at <http://www.eatrighttexas.org> under the Members Only section for instructions, nominee biographies and access to the TDA ballot. Only active, retired, student and international members are eligible to vote.

Once you have entered the Members Only section, you will need to use your ADA member number again to gain access to the ballot for voting purposes. You will not be able to access the ballot again so please be prepared to fill out the ballot in its entirety before accessing it with your ADA member number.

If you require a ballot mailed to you or if you have any questions about this process, please call the TDA office at 972-755-2530 or by email at tda@eatrighttexas.org.