

February President's Newsletter

Wine Fun Fact: Drink to Your Health!

According to the US Dietary Guidelines, there are 100 calories in a 5-ounce glass of wine (compared to 150 calories in a 12-ounce beer). Plus wine is a fat-free and cholesterol-free drink. Cheers!

Calling All Members!!

SAISA needs you! The end of the fiscal year is soon approaching and the 2012-2013 slate of officers and committee members are forming! Contact an officer or committee member to jump on board and sign up for a position.

We are in desperate need of three individuals to handle nominations and elections this year—and as soon as possible, too! Please let us know if you're able to take this task on. This is *the* committee to be on if you're looking for a very short-term assignment.

TALP needs you, too! The Texas ALP Annual Educational Conference is around the corner and anyone willing to lend a hand would be greatly appreciated. Let's show everyone what SAISA is capable of when we pitch in together with the helping hands we're known for! Again, contact an officer or committee member to see what assistance is needed!

We thank you in advance for any time you can give to SAISA & TALP—it is greatly needed and appreciated!!



Christy Coats, PLS & Barbara Perez, PLS

SAISA Co-Presidents