

Time for Spring Workshop ~ Come to Leavenworth!

Ariane Shanley, Vice-President

Yes, it is time to mark your calendars for Spring Workshop. I am excited to share with you that it will be held in Leavenworth on April 12 from 8:30 a.m. to 3:30 p.m. at Cascade High School. I hope you will be able to join us for a day of learning and networking in a beautiful town.

The National Food Service Management Institute (NFSMI) is providing our speaker, whose topic will be *Nutrition 101: A Taste of Food and Fitness*. The presentation consists of several different sessions and includes many activities. There should be something for everyone. You can find the workshop outline at <http://www.nfsmi.org>.

So mark your calendar for April 12, and join us for the spring workshop in beautiful Leavenworth. I am so looking forward to seeing all of you.

Come Early; Stay Late Enjoy Leavenworth!

As you probably know, Leavenworth is a town that is not only in a beautiful setting, but it is also full of fun little shops for you to browse. Visit Leavenworth's website at www.leavenworth.org to learn more about the town and what

it has to offer. The Chamber of Commerce tells us that shops are open on Sundays as well, should you decide to stay over.

You'll also find links on the Leavenworth website for lodging if you should decide to come early or stay late. The Chamber of Commerce has indicated that you should **reserve lodging early** since there is another event in town at the same time. There is no group rate for our event, but here are just a few lodging choices:

- Best Western Icicle Inn, 800.961.0162, www.icicleinn.com
- Evergreen Inn, 800.327.7212, www.evergreeninn.com
- Howard Johnson Express Inn, 800.423.9380, www.hojo.com
- Quality Inns & Suites, 800.693.1225, www.qualityinns.com

This listing is for your convenience only. Please note that this does not imply endorsement or guarantee of any of the locations listed.

Register Now for Early Bird Rate

Please use the form on page 5 to register. ***If you wait until you receive your spring Apple Press, it will be too late for you to register at the early registration rate.*** The postmark deadline for early registration is March 25.

See page 2 for Registration Form



WSNA Spring Workshop

April 12, 2008

Leavenworth, Washington



~ Continental Breakfast and Registration: 8 am ~

~ Workshop: 8:30 a.m. - 3:30 p.m. ~

~ Continental breakfast and lunch will be provided. ~

This workshop will provide at least 5 CEU's

Program:

Nutrition 101: A Taste of Food and Fitness. Sessions include Nutrition Is Important to You, Tools for Guiding Food Choices, The Energy Nutrients, Vital Vitamins and Mighty Minerals, Choosing Foods for Health & Taste, Nutrition Issues in the Media, and Simple Sugars in Simple Terms; OSPI Updates

Directions to Cascade High School, 10190 Chumstick, Leavenworth, Washington:

DRIVING FROM THE WEST ON I-90: Take Exit #85 (WA-970 N) toward WA-903 N/ Wenatchee. Turn Left onto WA-970. Turn Right onto WA-970 E. WA-970 E becomes US-97. Turn Left onto US-2. Travel 4.4 mi and turn Right onto Chumstick Hwy / WA-209.

DRIVING FROM THE EAST ON I-90: Take Exit #151 (WA-281 N) toward Quincy / Wenatchee. Turn Right onto WA-281 Spur. Turn Right onto WA-281.N / WA 281. Travel 7.9 miles and turn Left on F St SW / WA-28. Continue to follow WA-28 W for 33.8 miles and turn Left onto US-2 W / US 97 S. Merge onton US-2 W toward Ellensburg / Seattle. Travel 18.6 mi and turn Right onto Chumstick Hwy / WA-209.

2008 Spring Workshop Registration

Leavenworth, Washington

April 12, 2008

NAME _____

DISTRICT _____ CHAPTER _____

SNA Member # _____ PHONE (____) _____

ADDRESS _____

CITY _____ ZIP _____ EMAIL _____

PLEASE CIRCLE ONE:

Early Registration (Postmarked by March 25):

Member \$25 Non-member \$55

Registration (Postmarked after March 25 or at the door):

Member \$45 Non-member \$75

PAYMENT:

Check (enclosed) Visa MasterCard

Credit Card # _____

Exp. Date _____ Is this a district card? _____

Authorized Signature _____

ZIP Code of billing address on card _____

Checks should be made payable to WSNA.

NO PURCHASE ORDERS ACCEPTED.

Mail registration to: WSNA, 9116 E Sprague Ave #471, Spokane, 99206-3601 or if paying by credit card, you may fax your form to 509.926.0674.

If you have questions, please contact Kathy Buchanan, 509.926.9177, [wsна@comcast.net](mailto:wсна@comcast.net).

Refund & Returned Check Policy: It is the policy of WSNA to grant a full refund up to two weeks prior to the workshop less a processing fee of \$15. No refund will be allowed if the request is made after the meeting has taken place. Partial refunds may be granted at the discretion of WSNA. A \$5 fee will be assessed for returned checks. A \$15 fee will be assessed for a declined credit card payment.