



Alpha Phi News

Tampa Bay Alumnae Chapter



www.tbaphi.com

Alpha Phi International Fraternity
www.alphaphi.org

January 2011

Alpha Phi Foundation Luncheon

An Alpha Phi Foundation Luncheon is planned for the Tampa Bay area on April 9, 2011.

We are very excited to have two special Alpha Phis visit us, **Susan Barrick** and **Nancy Craig**.

Susan is a member of the International Executive Board and has worked extensively with the recolonization of Alpha Phi at Florida State. She will have lots to tell us about the success of the new Chapter at Florida State, their drive to be #1 ASAP at Florida State, and the plans for adding a Chapter House there.

Nancy is the Director of Philanthropic Campaigns and has served as a past Executive Director of Alpha Phi Foundation. She will have lots of information about the Foundation's purposes and achievements. Both of them will update us on the Fraternity, its news, changes, extension, and future plans. They will share exciting news about the Alpha Phi extension presentation at the University of Central Florida.


Alpha Phi Foundation is sponsoring this event and all of you are invited to attend without charge! This is not a fund-raising event but rather an opportunity to learn more about our Fraternity. Additionally, we are inviting the Alpha Phi groups from Sarasota, Daytona, Orlando, and Lakeland to attend. We hope that a few of those gals will be able to car pool over and join us for this exciting presentation.

Make plans now to attend the luncheon.

Emerald Greens Golf Resort and Country Club
13903 Clubhouse Drive, Tampa, Florida 33618
Saturday, April 9, 2011 11:30 am

Make Your Reservation using the form on page 5, mail it to Beth Swain, or make your reservation when the invite is issued.

Keep your fraternal experience close to your heart.



International Badge Day
Monday, March 7, 2011

Wear your pin on Badge Day. You'll enjoy finding out how many other people you see each day may be from Panhellenic groups.

National Wear Red Day

Heart disease is still the No. 1 killer of women, taking 1 in 3 women each year. This means women are dying of heart disease at the rate of one per minute. Over 60% of women believe their biggest health threat is breast cancer but heart disease kills 6 times as many women as breast cancer.

Friday, February 4, 2011 is National Wear Red Day. Join the mission to save lives and wear red as a reminder to care for your heart. "Go Red" to help raise crucial awareness and support groups raising funds for the fight against heart disease in women. Tell women you want them to live and help stop heart disease in our lifetime. Love your hearts by being physically active, eating a heart-healthy diet and being educated about heart disease and its risk factors.

Check what you know about women's heart disease. Take a heart disease risk quiz at:

http://www.womensheart.org/content/HeartDisease/heart_disease_risk_quiz.asp

Presidential "Pearls"

We have had some very nice firsts this year. We walked in the American Heart Association Tampa Bay Heart Walk for the **first** time. Eight of our group walked, **Beth Swain, Barbara Whiteside, Pat Albrecht, Sandy Donelan, Christina Roush, Sara Fish, Kristen Penna, Linda Delapenha**, and future Alpha Phi, **Madison Swain**. The group and their sponsors raised over \$400 for the Heart Association.

We had a terrific seasonal demonstration of holiday decorating at Crate and Barrel in November. Alpha Phi **Denae Frederick** arranged for the store's Interior Decorator to give us a tour of the Thanksgiving and winter displays. She explained trends and uses of regular holiday items to make spectacular table decorations.

We had a great poinsettia sale, a complete sell-out. It was a **first** in a very long time. Thank you to all who took extra plants with them and contributed to our success. We also have sold nearly all the pecans. We raised over \$700 to donate to Alpha Phi Foundation, local heart disease projects, and support our collegians at Florida Tech.

Another **first** that is planned is the **Alpha Phi Foundation Luncheon** on April 9, 2011. We are very excited to have two special guests visit us, **Susan Barrick** and **Nancy Craig**. The very best part of this event is that the luncheon is free! Alpha Phi Foundation is inviting all of us as their guests. Additionally, we are inviting the Alpha Phi groups from Sarasota, Daytona, Orlando, and Lakeland to join us. We hope that a few of those gals will be able to car pool over and join us.

It is with great sadness that I share that **Margaret Penny** passed away January 16, 2011. She was a loyal and loving Alpha Phi, Alpha Phi meant a great deal to her. Margaret was a founder of our group, served in most every office, and many chair positions. Margaret's grace, southern charm, cute laugh, and wonderful friendship will be missed by us all.

For the spring, we want to support the various Panhellenic events. It is fun to attend as a group at their luncheons and events. We have scheduled them as our events too. So, come on out and join us. It's fun, interesting, uplifting, and a great way to connect with fabulous Alpha Phis.

Sincerely,

Sandy Donelan

6 Simple Steps to a Heart Healthy Diet

- Eat a diet rich in vegetables, fruits, whole grains, and fiber.
- Eat fish at least twice a week.
- Limit how much saturated fat, trans fat, and cholesterol you eat. Only 30% of your daily calories should come from fat, with very little of that from saturated fats.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Limit your salt intake.



Alumnae Contacts

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Wednesday February 9, 2011 6:00 pm

Geeks and Greeks!



Pat Leslie's Home (727) 787-9578
2872 Fair Green Drive, Clearwater

An ethnic Greek dinner will be served
Greek Salad and Entrée, Dessert
\$15.00

Not really any Geeks, but wonderful Alpha Phis who are a bit Techy and will demonstrate Internet, Alpha Phi and Panhellenic web sites, Facebook, Twitter, and more.

Directions: North on McMullen Booth, left (west) on Curlew Road (586), left on Countryside Blvd. left on Fair Green Drive. House is on the left.

Thursday March 3, 2011 5:30 and 7:00 pm

Before the Show, Snacks and Cocktails at
Thirsty Marlin – 5:30pm
351 West Bay Drive, Largo
Order from the menu.

Clearwater Panhellenic Premiere Night
Largo Cultural Center, 105 Central Park Dr, Largo



Supports
the Clearwater
Panhellenic
Scholarship Fund

Doors open 7:00
for Silent Auction
of baskets

Showtime: 8:00 p.m.
Tickets: \$28.00

Purchase tickets from Ticket Office by phone
(727-587-6751)

Directions: Going west on East Bay Drive. One block before (east of) Seminole/Missouri, turn left (south) on Central Park Drive. The Cultural Center is in the park. Restaurant is just past (west) of Seminole/Missouri.

Saturday February 26, 2011 11:30 am

Tri-City Luncheon

Presentation by
Blossom Montessori School for the Deaf
Chicken or Tilapia - \$25.00

Feather Sound Country Club

2201 Feather Sound Drive, Clearwater



Join the Alpha Phi table!
Make reservations on evite or see back sheet
to make pre-paid reservations
by February 19th

Let's have a RED Alpha Phi table – wear a red dress or your Red Dress pin.

Directions: From Tampa: Howard Frankland Bridge, I-275, exit at #18 (688) west, right on Feather Sound Dr. From Pinellas, Ulmerton Road (688) East, left on Feather Sound Dr. Follow road around to the Club House.

Thursday March 31, 2011 6:30 pm

Bid on baskets donated by each sorority group.

Tampa Panhellenic Annual Wine Tasting and Silent Auction

at

Cheese Please

International Gourmet Cheese Store
4213 S. Manhattan Avenue, Tampa 33611
Tickets: Sold at the door



Directions: From Pinellas via Gandy Br., Gandy Blvd, left (north) on Manhattan to 4213. From I-275, South on Dale Mabry, right on Henderson, left on S. Manhattan to 4213.



Guests are welcome at all events.

Enjoy bringing friends, family, and neighbors..

Saturday

April 9, 2011

11:30 am

Alpha Phi Foundation Luncheon

Emerald Greens Golf Resort and Country Club
13903 Clubhouse Drive, Tampa, Florida 33618 (813) 961-1381



Come and hear the latest news about Alpha Phi,
extension in Florida, and the state of the Fraternity.

*No Charge, however, if you should cancel after April 5th or do not attend, there will be a \$22.00 charge.
Please remember, the Club will charge for all reservations whether they are used or not.*

Classic Caesar Salad; Prosciutto Wrapped Chicken Breast, bruschetta tomatoes with asiago Marsala wine reduction, roasted potatoes & seasonal fresh vegetables; fresh baked bread and rolls, coffee, iced tea; and
Dessert – **Bailey's Chocolate Mousse Cake**

Door Prizes

Favors

Directions: I-275 in Tampa, north on Dale Mabry Blvd. to the Carrollwood area. Turn left (west) on S. Village Drive, turn right on Clubhouse Drive, follow to the Clubhouse.

Saturday

May 21, 2011

11:30 am

Cubanelles

Veggies and Fruits

Pat Edward's Home
31 Hickory Lane, Safety Harbor
(727) 725-3301

Join in the fun for Cuban sandwiches, vegetables and fruit, desserts, and drinks.

\$5.00

The program is a surprise – because it is not yet planned! Just come and see what fun we find to do. The best part is spending time with Alpha Phi buddies and pals. See you there.

Directions: North on McMullen Booth, right at Enterprise to end, left on Phillipe Parkway, left into Bay Woods, 3rd left on Summit Lane, right onto Hickory Lane.



Panhellenic Events

Tri-City Panhellenic Luncheon

Feb 26 HOST: St. Petersburg Panhellenic
11:30 pm/ pre-purchase reservations by Feb 19
Feather Sound CC Restaurant, Clearwater
\$25.00

St. Petersburg Panhellenic Events

Mar 21 Art in Bloom Tour, Museum of Fine Arts
\$12.00
May 21 11:30 am Scholarship Awards Luncheon
Pre-purchase reservations by May 14

Clearwater Panhellenic Events

Mar 3 7:00 pm "Bye Bye Birdie,"
Largo Cultural Center,
105 Central Park, Largo \$26.00
May 14 10:00 am Achievement Awards Brunch,
Carouel Country Club, Clearwater Beach

Tampa Panhellenic Events

Mar 31 6:30 pm Wine Tasting & Silent Auction,
Cheese Please, 4213 S. Manhattan Ave., Tampa

To correct address errors, or if you do not wish to receive the newsletter or have your entry included in the local Directory, please call Sandy Donelan (727) 577-0741, leave a message, or email: donelas@aol.com

NOT RECEIVING EMAILS or would like to be added to our electronic email invitations for events, please send or correct your email address to us at

donelas@aol.com

Use the subject: Update and add your name inside the email.



Many thanks to **Konica Minolta Business Solutions** for printing our newsletter.
Please express your thanks by selecting them for your business needs when possible.

Alpha Phi Alumnae Newsletter

Sandy Donelan

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Friendship & Loyalty Forever

Visit us online at: www.tbaphi.com