



CENTRAL ILLINOIS DIETETIC ASSOCIATION

www.eatrightillinois.org/districts/cida.asp

CIDA News June 2008

President's Message

We are so proud of our own Marjorie Delaney for being recognized as a 50-year member of ADA. She was recognized at the Spring IDA meeting, and then Clara Giligan did a wonderful job of secretly gathering information about Marjorie to complete a presentation at our meeting in April. Marjorie not only has served CIDA, but IDA as President and helped to promote our organization for the past 50 years. Thank you, Clara, for handling the tribute. Also, a big "thank you" to Lynn Warner for preparing a lovely gift outlining what the origin of Marjorie's name is. (Lynn has a business on the side if you are interested. It was really a lovely gift and very reasonable.) She also received a lead crystal vase. In all I know Marjorie was surprised and delighted according to a thank you note she wrote to all. Thank you, thank you.

FNCE is coming up October 25, 2008, right in our own back yard, Chicago. If anyone would like to car pool, train pool, or share rooms, we are trying to connect members who want to get together. Also IDA will host a hospitality room with a place to sit and put up your feet and grab a snack and a drink. I will keep you posted on the where and when. Please call Sarah Deig (309-697-3529 or 309-693-4982) or Margery Ruch (309-824-6595) if you are interested in going to FNCE, and we will try to let people know who is interested and who is going so everyone can save. Just a note: Betsy Perkins, our secretary, will be getting married on the first day of FNCE, so do not expect her to be there. Congratulations, Betsy.

Also, we received a note from the University of Illinois Extension-Peoria County for providing prizes for the 2008 4-H Nutrition Poster Contest they sponsored in Peoria County to promote 2008 National Nutrition Month. The winning posters were featured on the Kid's Page of the *Journal Star* on March 10, 2008. They had 1483 entries this year. Each participant received a National Nutrition Month bookmark and sticker. Thank Marjorie LaFont for all her work in the program which promotes National Nutrition Month.

The by-laws were re-written last year and approved by IDA; so if anyone would like a copy, email Margery Ruch at kanga.ruch@verizon.net. They are 12 pages long and make a good (yawn) read. I will forward a copy to anyone who would like to read them.

As the new CIDA President, I will be attending the IDA Leadership retreat being held the first few days of August. If you have anything that needs to be discussed or that you would like questioned, please contact me; and I will bring it before the board. IDA is a voice for you, and they need to know your concerns and successes.

I want to encourage everyone to become involved in recruiting more members and serving your organization. Membership is only \$20.00 for 8 CEUs. The meetings are a great place to network and meet others in the profession. We need your input and help. It is a TEAM effort. We cannot do it with just a few. It takes a TEAM... **T**ogether **E**veryone **A**chieves **M**ore. Let's be a team as we approach this new year in CIDA. The organization is here to serve you, but it has to be your organization. Everyone needs to take a turn and then the work will be light. Thank you for all you do and will continue to do. I hope you will bear with me. I am not very tech savvy or savvy in some things, and I beg your forgiveness as I make mistakes. I do not mean to offend anyone. Sometimes I just barrel through and seem to forget more as I get older. I have always used the excuse that I am a blonde. I will have to dye my hair when I am 100 years old at this rate. Thank you for being you. Each one is unique and adds something special to our organization.

– Margery Ruch

Out-going President's Message

Hello Fellow CIDA Members,

I would like to take this opportunity to thank you all for allowing me to be your President over the past year, and for your understanding in my absence from CIDA functions due to bed rest during my pregnancy.



I am pleased to report that my daughter Elizabeth Faye Collins was born on April 28, 2008 at 10:36 am. She weighed 4 pounds, 15 ounces, and is a beautiful, happy, healthy little girl. Thank you also for the words of kindness and support at the loss of my daughter Tabitha.

I would also like to thank the 2007-2008 CIDA board for all of their work and dedication over the past year. You were all great to work with and I greatly enjoyed getting to know you all better. A very special thank you to Margery Ruch, not only did you go above and beyond in your CIDA duties, but you provided me with great emotional support during my difficult yet joyous time.

I look forward to the upcoming year and will see you all at the CIDA functions.

– Laura Collins

Nominating Committee Report

The 2007-2008 Nominating Committee, Golda Ewalt and Jennifer DeHoog, would like to welcome our newly elected board of directors for the 2008-2009 program year, as well as express our appreciation for those that served on the board of directors or as a committee head for the 2007-2008 program year. A big “thanks” to all of you for supporting your local dietetic association through serving as officers. We greatly appreciate and value you.

2008-2009 Board of Directors/Committee Heads

President	Margery Ruch
President Elect	Sarah Deig
Membership Chair	Ashley Simper
Secretary	Betsy Perkins
Treasurer	Donna Mueller

Committees

Nominating Chair	Linda Curless
Nominating Committee	Stephanie Heinold Pat Powers
Online Newsletter Editor	Sharon Windsor
Legislation/ Bylaws Chair	Margery Ruch
Fun Run/Walk Chair	
Scholarship Chair	Sarah Deig

IDA Media Rep for CIDA Julie Schumacher

4-H Nutrition Poster Contest

A special thanks to CIDA for providing \$125.00 on sponsorship for the 2008 4-H Nutrition Poster Contest. The poster contest was open for all 3rd through 8th grade students and mentally challenged youth in Peoria County . We had 1483 participants from schools and 4-H Clubs. The top winning posters were featured on the Kids Page of the Peoria Journal Star. The posters were very colorful and looked great in the newspaper. All winning posters were displayed at McDonalds during March to promote National Nutrition Month.



The CIDA money was used to purchase National Nutrition Month stickers, book markers and National Nutrition Month materials such as tote bags, sports bags, pedometers, etc. for prizes.

We appreciate the support of CIDA in helping us promote National Nutrition Month with the poster contest.

– Marjorie LaFont

2008 CIDA 11th Annual Eat Em Up 5K Run/Walk

A special thanks to all CIDA Members, family members and friends who helped make the 2008 race a success. We had 287 participants. Registration was down from 2007 due to lower onsite registration race day. It was a bitterly cold day!

We had 10 corporate sponsors plus the great support of Pat Sullivan of Le Vioux Carre', Rizzi's and Kellerhers. Our proceeds were almost \$5000.00 and will go to the Expanded Food and Nutrition Education Programs of University of Illinois Extension – a nutrition education program for limited income families and youth.

Thanks to the following committee chairs:

Jenny Reay – Race Flyer
T-Shirts – Golda Ewalt
Prizes – Golda Ewalt
Bags – Suzy Gill
Volunteers – Laura Collins
Foods – Karen Hutton

Bag Stuffing – Julie Schewnacker & ISU Interns
Registration – Amy Gries, U of I Secretary
Flyer Distribution – Margery Ruch & Sarah Deig
Race Day Coordinator – Donna Husinga
Publicity – Margery Ruch
Door Prizes – Margaret Cover

We received numerous thanks and praises for a well-run race. It was a lot of work and a lot of fun. Thanks to everyone for doing race day in my absence. (I was in Texas attending my nephews' wedding).
– *Marjorie LaFont*

Scholarship Committee Update

We are please to announce Amy Musselman as our 2008 Jan Strien Memorial Scholarship recipient. She has shown a strong commitment to the field of dietetics as an academically strong student at Bradley University. In addition to her high student achievements, Amy has gained valuable work experience and volunteer experience and will be a great asset as a future dietitian. The scholarship committee felt Amy best exemplifies the purpose of this award and we congratulate her. Amy received \$500.00 from CIDA.

Thank you to the scholarship committee, Kelly Collet, Nan Lindemann, Marjorie LaFont and myself for time spent with the selection process. We were pleased with all the strong applicants we received this year and again encourage those who may qualify to apply for the 2009 scholarship.
– *Sarah Deig*

OSF Saint Francis Medical Center Dietetic Internship Program

Nutrition Luncheon Series

Vitamin D: Are We Getting Enough?

July 11, 2008, 12:00-1:00 PM, OSF SFMC 700 Auditorium

Presented by Sara Bias, Dietetic Intern. Please RSVP by July 8 (309-655-2054).

Membership Update

It's that time of year again! Membership renewal applications are being sent out in June. Remember to get them sent back before August to avoid the \$5 late fee. Contact Ashely Simper at ashsimper@yahoo.com for any membership questions. See membership form on next page.



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It's time to join/renew your membership in the Central Illinois Dietetic Association!

What are the benefits of membership?

- 4 Yearly Meetings
- Opportunities for Free Continuing Education Credit/Networking
- CIDA Newsletters and Membership Directory

Please mark if NEW CIDA MEMBER

****Contact Information:** Please mark your preferred mailing address and preferred phone number.

Name:	Employer Name:
<input type="checkbox"/> Home Address:	<input type="checkbox"/> Work Address:
Home Phone:	Work Phone:
Fax Number:	Professional Credentials:
E-mail Address:	ADA Registration Number:

Type of membership: *

Active- [Includes: RD, LD, DTR, MS or PhD (In appropriate field), and anyone else classified as an Active ADA member]..... \$20

Retired.....**No fee/donation:** _____

2006-2007 Board Member (only missed 1 meeting).....**No fee/donation:** _____

***Note:** Non-members may attend meetings for \$10/CEU. Students/Interns may attend meetings free of charge.

Mail this form & your check payable to **CIDA by August 1, 2008.**
After August 1, please add a \$5.00 late fee.

Mailing Address:

CIDA
Attn: Ashley Simper
7107 N. Miramar Dr. #5
Peoria, IL 61614

***Note:** Late memberships not guaranteed inclusion in directory. Please send promptly!

Can you lend a hand?

Please mark the committee(s) you would like to serve on:

- Running for a CIDA office position
- Legislation/Bylaws
- Scholarship
- 2009 Fun Run/Walk Planning Committee
- 2009 Fun Run/Walk Race Day Volunteer
- 2008/2009 Assisting President Elect in Program Planning
- Public Relations
- CIDA Newsletter

Would you like information on awards?

Please mark any you are interested in:

- Recognized Young Dietitian (<36years)
- Outstanding Dietitian
- Recognized Diet Technician of The Year
- Emerging Dietetic Leader
(ADA Member > 5 years, < 10 years)

Signature: _____