



CENTRAL ILLINOIS DIETETIC ASSOCIATION

www.eatrightillinois.org/districts/cida.asp

CIDA News May 2009

Notes from the Past President

Thank you, thank you, thank you...to each and every member of CIDA. I want you to know how much I appreciated all the support and service that you have given CIDA and to me personally. So many of you have volunteered to serve at a meeting, on the board, as an elected officer, or at the 5K race. CIDA is going strong and we have you to thank for that. I appreciated all the notes of encouragement and support that I have received. You all deserve a kudos for a job well done.

Majorie LaFont and Sharon Windsor coordinated our race this year. It was scheduled for March 28, 2009. The waters went down on the river front and the rain held off. We had lots of support and participation. A big congratulations to Majorie and to Sharon for all their hard work. The volunteers did another great job. Many hands did make it go smoothly. The chairs of the committees came through but we needed the members to make it great and you did so.

Membership is up and the meetings not only added to our store of CEUs but we had a fun time getting to know members and network with each other. I am always amazed that we have so much talent in our group. Thank you for your willingness to share your smile, your talents, your service, and your leadership in so many roles.

I want to thank the board for all their hard work and service. So many things go on behind the scenes and you all added so much. CIDA is stronger because of your willingness to serve.

I want to encourage everyone to become involved in recruiting more members and serving your organization. This is our profession. Each one is unique and adds something special to CIDA. I will love the memories of this year. I will continue to serve CIDA. I hope you will too. I hope you will all support Sarah and the new board. Thank you for being you.

– Margery Ruch, RD, LDN

Summary of CIDA's Amazing Programs in 2009

January 2009

- Walking tour of the Great Harvest Bread Company
- Followed with a hands-on lesson on the wonderful benefits of Whole Grains in our daily lives presented by Amy Fuller, MS, RD, LDN (2 CEU's)

February 2009

- "Your Kitchen Will Be HOT!" class by Chef Bill, owner of From the Field Cooking School in Morton. We improved our culinary skills with this fun, hands-on evening in the kitchen! (2 CEU's)

April 2009

- Walking tour of Living Earth Farm, Farmington IL
- Followed with discussion by Anne Patterson, RD, LDN, about Sustainable Organic Food Farming, owned by Anne Patterson, RD, LDN (2 CEU's)



Thank you for your support of CIDA.

Membership Update

CIDA closes the year with 70 members! Be on the look out during June and July for 2009-2010 membership renewal forms. You will be receiving these both via snail mail and email. Please spread the word about CIDA and all the great opportunities for CEU's and networking. If anyone is interested in becoming a member have them contact me at ashsimper@yahoo.com.

– Ashley Simper

Treasurer's Report

Budget

11/1/09-10/31/09

Expenses:		Actual Expenses
Awards & Gifts	\$ 50	\$ 50
Legislative	\$200	
Membership	\$200	
Newsletter/Mailings	\$125	
Nominating Comm.	\$ 30	
Not For Profit Fee	\$ 10	\$ 10
Post Office Box Rent	\$ 42	\$ 42
President	\$200	\$200
Program Expense	\$500	\$125 + 120 (\$720 minus 600 in fees for cooking school); IDA basket for foundation raffle
Satellite Honorarium	\$100	
Scholarship	\$500	\$500
Web Page	\$100	\$ 95
		\$ 28.10 for checks
Total Expenses	\$2057	\$1220.10 + \$600 for cooking School.
		Balance 5/4/09 \$4914.57

– Donna Mueller

Scholarship Committee Update:

The 2009 Jane Strien Memorial Scholarship is being awarded to Brooke Cloyd. She is a senior at Bradley University and will be graduating in December. Brooke stood out to the committee by her many positive character traits as well as her experience and compassion towards the dietetics field. She has served as a research assistant in which her work was published in Undergraduate Research Journal titled "Portion Sizes Among College Students." Brooke has also worked as an aerobic instructor, dietetic technician, dietitian associate, and volunteered at a number of events and organizations throughout the community. She also serves as the treasurer of the Student Dietetic Association at Bradley and is a member of the Bradley Hospitality Association. Brooke has been able to be very active in all these activities while maintaining a 4.0 GPA in her dietetics work and an overall GPA of 3.84. Congratulations Brooke!

– Kelly Collett

Nominating Committee:

Results of the CIDA election of officers for next year as as follows:

President Elect:	Betsy Perkins-Riehle, RD, LDN
Secretary:	Amanda Newell, MS, RD, LDN
Membership Committee:	Ashley Simper, MS, RD, LDN
Nominating Committee:	Donna Huisenga, MS, RD, LDN (Chair) Majorie LaFont, MS, RD, LDN Jennifer Hinman, MS, RD, LDN

Congratulations to our newly elected officers for next year!

I would also like to thank our previous officers for their time and effort over the past year. Thank you Margery for your leadership!

Linda Curless, RD,LDN
Nominating Committee Chair

2009 CIDA 12th Annual Eat Em Up 5K Run/Walk

A special thanks to all CIDA members, family members and friends who helped make the 2009 race a success. We had 208 participants and 13 corporate sponsors plus the great support of Pat Sullivan of Le Vioux Carre' and Kellerhers. Even though pre-registration was up, we had fewer same-day registrations; and the total number of participants was down from 2008. (It was a really cold day!) All of this enabled us to raise a gross revenue in excess of \$9000. Net profits were slightly over \$5000—which will benefit the following nutrition programs in Central Illinois:

- Peoria's Expanded Food and Nutrition Education Programs of University of Illinois Extension – a nutrition education program for limited income families and youth,
- McLean County's Extension Nutrition Education Program in Bloomington, and
- the Cancer Center for Healthy Living's nutrition program which serves cancer survivors throughout Central Illinois and also provides cancer prevention education to the general public.

Thanks to the following committee chairs:

Race Flyer – Margaret Culver, Marjorie LaFont
T-Shirts – Golda Ewalt
Door Prizes – Golda Ewalt
Sponsors – Marjorie LaFont, Sharon Windsor
Volunteers – Karen Hutton
Food – Karen Hutton

Marjorie LaFont
2009 Race Co-chair

Bag Stuffing – Julie Schumacker & ISU Interns
Registration – Betsy Perkins-Riehle
Flyer Distribution – Margery Ruch, Sarah Deig
Race Day Coordinator – Marjorie LaFont
Publicity – Margery Ruch, Sharon Windsor
Awards Ceremony – Golda Ewalt

Sharon Windsor
2009 Race Co-chair

CIDA 5K Run Results	Male		Female	
First in Race:	Josh Banister	17:20	Leah Karaliunas	22:34
Age Group: 1-14	Kyle Thompson	20:00	Whitney Streitmatter	24:24
	Greg Kaiser	26:44	Kassidy Skaggs	24:26
	Ben Deig	28:16	Veronica Schaidle	31:20
Age Group: 15-19	Robert Deatherage	18:24	Kelsey Thorton	23:14
	Josh Tammeus	20:23	Alyssa Doerr	23:15
	Sean Ruch	27:07	Emily Westlake	27:16
Age Group: 20-24	Michael Donini	17:29	Sara Bias	24:52
	Mark Kempen	19:00	Lauren Jocefat	25:14
	Tim Cech	19:08	Allison Bednarek	25:54
Age Group: 25-29	Jason Young	21:45	Julie Schumacher	24:50
	Mitchell Hurst	21:47	Beth Colvin	27:13
	Steven Portscheller	23:26	Samantha Rennack	27:41
Age Group: 30-34	Aaron Pardieck	24:13	Angie Banister	24:20
	Nick Kinsey	25:15	Christine Johnson	25:42
	Mike Mulvey	25:50	Amy Pagan	27:44
Age Group: 35-39	Pat Arnold	17:47	Kathie Maxwell	24:11
	Ben Evans	20:38	Brenda Shawgo	26:33
	Scott Thompson	22:04	Michelle Fogal	26:34
Age Group: 40-44	Jeff Little	21:00	Kara Kliever	22:49
	Craig Mitchell	21:34	Cristie Ham	31:07
	Eric Mollenhauer	22:07	Karoline Seitz	33:16
Age Group: 45-49	Eric Espinosa	20:43	Anita Booker	25:06
	Paul Urycki	22:50	Julie Davison	25:31
	Jeffery Corron	23:23	Dawn Wasson	25:46
Age Group: 50-54	Bob Behle	20:40	Joni Anderson	23:36
	Chuck Van Hoorn	22:33	Pat O'Bryan	24:48
	Terry Whitehead	24:39	Kathy John	25:10
Age Group: 55-59	Doug Newton	20:28	Janet Connelly	23:50
	Jim David	22:16	Sheila Hansen	28:03
	Reid Hansen	23:08	Sherry Detloff	32:59
Age Group: 60-64	Bill Holmes	24:46	Joann Fraser	27:00
	George Ford	25:01	Marge Repasz	34:19
	Jim Winn	25:12		
Age Group: 65-69	Lanny Lobdell	26:16	Annette Lobdell	31:14
	John Dystrup	29:31		
Age Group: 70-99	Lou McMurray	37:38	Barb Gurtler	31:06
Clydesdale	Mark Kempen	19:00		
	Jeff Hantten	25:28		
	Dan Miller	26:51		
Athena	Ann Schmitt	26:33	Collette Glauber	30:45
	Carrie Sprague-Dish	30:12		

New Dietetic Interns Coming to our Area:

OSF Interns:		
June Class:	Pamela Dickman	BS University of Minnesota, Minneapolis, MN
	Jenna Fortier	BS University of St. Thomas, St. Paul, MI, BS Michigan Tech University, Houghton, MI, MS University of Wisconsin Stout, Menomonie, WI
	Kari Hartel	BS Southeast Missouri State University, Cape Girardeau, MO
	Elizabeth Wiertel	BS Bradley University, Peoria, IL
	Stephanie Hoeing	BS Southeast Missouri State University, Cape Girardeau, MO
October Class:	Adeline Lum	BS University of Nebraska-Lincoln, Lincoln, NE
	Jenna Reinders	BS Iowa State University, Ames, Iowa
	Emily Rogers	BS University of Illinois, Urbana-Champaign, IL
	Jamie Wise	BS University of Arizona, Tucson, AZ
	Preeti Soni	BS/MS Isabella Thoburn College, Lucknow, U.P. India