

CIDA NEWS

January 2007

President's Message - Donna Huisenga MS RD LDN

What are you doing in March? For **National Nutrition Month** what else!

If you have some special happenings or activities planned please plan to share your fun through words and pictures in this Spring edition of the CIDA newsletter. You can email your information to Suzy Gill our new Online Newsletter Editor extraordinaire. Remember the theme for this year is **100% FAD FREE**. As a Registered Dietitian you get the opportunity each year to show yourself as a trained expert in the field of nutrition. We together have a whole month to make a difference. To promote nutrition and good health through messages, activities, promotions, and education to the largest audience in America, the public. What will you choose to do?

CIDA Board Members have been busy keeping things going through the long winter months. The Bylaws are being updated to reflect changes at all levels of our organization, national, state, and now local. The committee hopes to have these ready to vote on at the April meeting so plan to be there. Nominations are in for the slate of new officers for the 2007 – 2008 season. Ballots should be ready and presented at the February meeting. Kudos to our scholarship committee. They are moving us into the twenty-first century of technology by putting our application process online. Be sure to alert any students you know that could use this extra bonus for the education. We also have the Eat 'Em Up race to look forward to. Every year for the last 10 years we have welcomed in the spring with a run to celebrate national nutrition month. The money raised is used to promote nutrition issues in our area. Later in this newsletter you will find information regarding the race. Keep in mind "many hands make light work!" Say Yes when you get the call.

Spring Assembly is just around the corner. You should have received information by now about the happenings on March 30 and 31st. You can register online. Participate! Let's let them know upstate that CIDA is here and working hard in Central Illinois.

VOTE! ADA elections begin soon. The candidate's information was in the last issue of the ADA Times. Did you enjoy the new look of this issue? Great huh!

Your membership in CIDA provides many professional benefits to you. We have experienced not one but two terrific CEU presentations with a total of 4 credits already in the first half of the season. There are two more planned that you won't want to miss. Further in this newsletter is information on our next session so be sure keep reading and plan to meet us in Eureka! See you all in February.



President-Elect: Laura Collins, MS, RD, LDN

The next CIDA membership meeting will be held on February 5, 2007 (6-7pm business meeting, 7-9pm program) in Memorial Hall at The Communities of Maple Lawn in Eureka. Connie Jensen, RD from IDPH will be speaking to us on the effects that culture change has on foodservice departments in long term care. This should be a great presentation. Even if you do not work in the LTC arena, the information on how much has changed and what will change is fascinating. Hope to see you all there.

Directions to The Communities of Maple Lawn

From Peoria: (Two ways)

1. Take Highway 24 all the way to Eureka. At the stoplight turn north on highway 117 (N. Main Street) and follow all the way to you see Maple Lawn on the left. Then follow the directions to Memorial Hall below.
2. Take 74 east until you get to the Goodfield exit 112. This puts you on highway 117 North. Follow this road for 8 miles, all the way to Eureka (turns into Main street in Eureka). Continue going through town until you see Maple Lawn on the left side of the road. Then follow the directions to Memorial Hall below.

From Bloomington:

1. Take 74 west until the Goodfield exit 112. This puts you on highway 117 North. Follow this road all the way to Eureka (turns into Main street in Eureka). Continue going through town until you see Maple Lawn on the left side of the road. Then follow the directions to Memorial Hall below.

Directions to Memorial Hall:

Memorial Hall is located at the back of the health center building by the cottage communities on the Maple Lawn campus. The best thing to do is to enter the second Maple Lawn entrance when coming north on 117 (cottagers entrance), and then follow the road to the large parking lot behind the building (the second parking lot that you can see from the first small one).

Eat 'Em Up Fun Run: Marjorie La Font, RD

Mark your calendars! Hold the date!
Saturday, March 24, 2007

CIDA is partnering with American Cancer Society for 10th Annual CIDA Eat 'Em Up! Hope Run 5K Run/Walk and 1 Mile Walk for Cancer Survivors on Saturday, March 24, 2007. 2007 promises to be the best and biggest race ever. See Registration flyer attached to this newsletter. Registration fee is \$20.00. We have a great long sleeved t-shirt, wonderful food and fabulous prizes. To register, go to: www.active.com.

2007 is the first HOPE Run for American Cancer Society to culminate their Prostate Cancer Awareness week and Daffodil week. We are excited to partner together for 2007!!

We need volunteers to help with the 10th annual CIDA Run/Walk on March 24, 2007. Area where volunteers are needed:

Thursday, March 22	4:00-6:00	bag sorting
Friday, March 23	4:30-7:30	Early Bird Pick Up
Saturday, March 24	7:00-11:00	Registration Set up and serve food Clean up

Linda Curless is Volunteer Chairman. Please call or email Linda and let her know if you can help.

Linda Curless
309-543-3447 (home) or
309-647-5240 Ext 2305 (work)
lcurlless@grahamhospital.org

OSF Saint Francis Medical Center Dietetic Internship Luncheons

All luncheons provide one free CPE and lunch is just \$4. Lunch begins at 11:45. All presentations are held in the 700 Auditorium. The next luncheon will be February 20. The topic will be Exercise and Diabetes presented by Sara Weigel. Save the date for the other luncheons which are scheduled on March 13, April 17 and May 22. The topics of these luncheons are yet to be announced.

4-H Nutrition Poster Contest

The University of Illinois Extension and 4-H and Nutrition Education Program in Peoria County is sponsoring a 4-H Nutrition Poster Contest as a promotion for National Nutrition Month. The contest is for youth 3rd – 8th grade. CIDA is partnering with University of Illinois Extension by supplying National Nutrition Month promo articles for prizes. In 2006 there were 1500 entries. Winning posters will be featured on Kids Page in the Peoria Journal Star and displayed at area McDonalds. For complete Nutrition Poster Contest information, contact Marjorie LaFont at 685-3140 Ext. 16

Scholarship Committee: Sarah Deig, RD, LDN, CLC

The Scholarship Committee is excited to announce the JANE STRIEN MEMORIAL SCHOLARSHIP Application will be available Feb 07 on our CIDA website. Please encourage all students who qualify to apply. Please review the scholarship guidelines and application included in our newsletter. The committee requests a large applicant pool to choose from. Application packets must be postmarked by March 20, 2007. Local college and university nutrition directors will receive scholarship packets in the mail early February. Please encourage your students to apply. This year our Jane Strien Memorial Scholarship is worth \$500.00. Please contact Sarah Deig, RD at 309-693-4982 or sarah.deig@insightbb.com or sarah.deig@illinois.gov for any questions.



JANE STRIEN MEMORIAL SCHOLARSHIP FUND GUIDELINES

The Central Illinois Dietetic Association (CIDA) will award a \$500.00 scholarship to an individual with the following qualifications:

- Undergraduate sophomore, junior, or senior standing in dietetics at the time of application.
- Minimum GPA of 3.0 (on a 4.0 scale)
- Attendance at a college/university or resident of the CIDA area.
The CIDA District VII is defined as Bureau, LaSalle, Putnam, Stark, Marshall, Livingston, Woodford, Peoria, Fulton, Tazewell, McLean, Mason and Dewitt Counties.

The completed application packet must include the following:

1. Completed 3-page application form (available on CIDA website Feb 07)
2. Essay describing how they see themselves impacting the field of dietetics (limit 1 page single-spaced)
3. Two letters of reference
4. College transcripts (including classes in progress)

An applicant may receive the award more than once; however a different essay must be written each year the student applies. The scholarship will be awarded by and honored at the Spring CIDA meeting on April 16, 2007

**** Application must be postmarked by March 20, 2007**

Please mail complete application packet to:

For questions please call Sarah Deig at 309-693-4982 work

**Sarah Deig, RD, LDN
Scholarship Chair
2613 S. Skyway Rd.
Bartonville, Illinois 61607**

CENTRAL ILLINOIS DIETETIC ASSOCIATION
SCHOLARSHIP APPLICATION

Please print neatly or type. All blanks must be complete. Use N/A where not applicable.

I. PERSONAL INFORMATION

Full Name

Present Address:

(Street address) _____

(City/State/Zip) _____

(Daytime phone) _____

Permanent Address:

(Street address) _____

(City/State/Zip) _____

II. EDUCATIONAL INFORMATION

Present academic level _____

Major or course of study _____

Cumulative grade point average _____

Grade point average in dietetics or related field _____

Full- or part-time student status _____

Expected graduation date _____

List in chronological order, the high school, colleges, and or universities you have attended.

Name	Address	Degree	Year Graduated/ Degree Received

List any honors, awards, or scholarships received.

Honor/ Award/ Scholarship	Date

III. EXPERIENCE (VOLUNTEER)

List the extracurricular activities that you have been involved in during your collegiate career.
(community, church, professional, and student organizations)

IDA News

FROM: Christine M. Palumbo, RD
ADA Honors Committee
630-369-8495
PalumboRD@aol.com

SUBJECT: Nominations for ADA Awards and Honors

I am writing to request your assistance in recognizing members who are leading the future of dietetics! Please help identify individuals who have made significant contributions to the dietetics profession and who meet the qualifications for ADA awards and honors.

Golda, consider requesting nominations through our website, newsletter and listserv.

Illinois surely has candidates worthy of consideration!

When nominating, please look not only at the traditional pool of candidates (past ADA and ADAF presidents, Affiliates and DPG board members), but at individuals who have advanced the profession through their work as dietetics professionals and who have exhibited leadership in less traditional ways, such as leadership in other food/nutrition associations, outstanding research, publications and service to government agencies or nutrition-related organizations. Please note that members of the ADA/ADAF Boards of Directors are eligible to receive an Association/Foundation award or honor three (3) years after completing their term of service; public members on these boards are eligible immediately after completing their term of office.

Nomination instructions can be found on ADA's Web site. You can download the 2007 criteria and forms at <http://www.eatright.org/honors>. A checklist is used by the committee to ascertain if the criteria components are met. Only paper nomination packets in binders, with the name of the candidate on the cover, should be submitted to ADA; incomplete packets are not reviewed.

Please contact me if you have any questions about the nomination process. The deadline for submission to the Honors Committee is **March 1, 2007**. We look forward to receiving your nominations!



ADA News

Call for Nominations to the ADA Foundation Board of Directors

Here's an opportunity for three interested, committed and philanthropic individuals to support the Foundation with volunteer service. Two Directors-at-Large and one Public Member positions will be open as of June 1, 2007. Foundation Board Members are responsible for raising money by participating in the solicitation process with other boards members, key volunteers and staff, as well as granting funds through education, research and public awareness programs. Members of the Foundation Board are expected to attend Board Meetings biannually (spring and fall). All travel expenses associated with these meetings will be reimbursed. Board Members are also expected to be present and visible at ADA's annual Food & Nutrition Conference & Expo.

If you or someone you know is interested in this opportunity, please send your letter of recommendation plus up to three letters of support and a statement from the candidate indicating his or her interest to serve and how they believe they can support the Foundation. The nominee's statement should be 200 words or less. In addition please provide the nominee's biographical sketch or CV. Send nominations to Mary Beth Whalen, Vice President, Executive Director of the ADA Foundation at 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606 or e-mail mwhalen@eatright.org, no later than February 12, 2007. If you have any questions about the position, please contact Mary Beth at 800/877-1600, ext. 4820.

