Dear CDA Members! It’s time for Chicago RD’s to put our organization in gear. I need each and every one of you to put on your running shoes because, this year, CDA is definitely going places. I am pleased to share with you that we now have our own Website! Yes, with help from Carolyn Tampe, we are putting the finishing touches on our very own www.chicagodieteticassociation.com and also www.chicagodieteticassociation.org!!! Our latest innovation will help all members stay current in the world of Dietetics as well as serve as a liaison to the general public. With 2013 around the corner and our licensure at stake, we need to create a voice for our profession and demonstrate the value we bring. Now, we will feature local Chicago RD’s and their expertise by offering free advertising on our website! In addition, I am pleased to tell you that not only are we officially part of LinkedIn, Facebook, and Twitter, but (drum roll please) we will now have our very own Blog!! Yes, so if you are interested in blogging or keeping us connected on Twitter, email Carolyn Tampe at ctampe@gmail.com and stay tuned for more info on our CDA website.

Fortunately, the excitement keeps on flowing thanks to our PR chair, Kelly O’Connell. This year, when you join CDA, for $5.00 more, you may purchase our cool new CDA T-shirts! Yes, we are definitely making a presence around Chicago by showing off our CDA gear. We will be more involved with events like the Chicago Marathon so if you are interested in volunteering and showing your support of CDA, email Kelly at koconnell@WeberShandwick.com

Last, but not least, our President-Elect, Kelly Ziemkiewicz, and the 2009-2010 Program Committee are planning to spice up the year with great topics and dinner venues. Make sure to save the date on August 5th, when CDA will host our kick-off meeting for the 2009-2010 year! This networking event will be at Webster Wine Bar. Members can complete the membership application at that time and appetizers will be served along with a cash bar. In addition to our kick-off event, we will also partner with CASPEN in February for a joint dinner meeting. More details to come.

I hope you are as excited as I am about this upcoming year. We are dedicated to continue moving our organization from “Good” to “Great”!! As always, we can’t do this without you. If you are interested in becoming a volunteer, please contact me at amarqrdmd@yahoo.com. Thank you, CDA members! Have a happy and safe summer, and I look forward to seeing each and every one of you at our August 5th kick-off meeting!

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**Did You Know?**

Quaker offers “Go Grants” for RDs to help fight hunger. Quaker not only helps fuel the body with products made with whole-grain oats, but helps power your potential as registered dietitians (RDs) to do good in the community through Quaker RD Go Grants. Quaker is awarding grants to help fight hunger and educate people about the importance of nutrition in their communities. Visit [www.quakeroats.com/gohumansgo](http://www.quakeroats.com/gohumansgo) for more information. Award announcements will be made monthly through August 31, 2009. Let Quaker help you make your project a reality!
Chicago Dietetic Association

Legislative Sound Bites

CDC introduces employer-targeted obesity website

The Centers for Disease Control and Prevention unveiled LEANWorks!, a Website designed to help businesses address obesity. The free Website (www.cdc.gov/leanworks) was developed particularly for small and mid-size companies, which typically have limited resources to devote to obesity prevention efforts.

Now is the time to communicate with your elected officials as you may have the greatest impact on the outcome of the health reform debate.

Look for the opportunity to speak with your congressmen or their aides about the power of good nutrition to keep people well, as well as its role in restoring health, and preventing, delaying and managing disease. Make sure they understand the unique role of registered dietitians in nutrition and health. Congressional packet materials have been updated and may be downloaded from the Public Policy Workshop (PPW) pages of www.eatright.org for meetings with lawmakers.

Farmer’s Markets of Chicago: Reconnecting with the Seasons
Margaret Wertheim, MS, RD, LDN

One of the best ways to mark the seasons is through the changing availability of produce through the growing season. We are lucky to live in the Midwest, as Chicago is surrounded by farmland in Illinois, Indiana, Michigan, and Wisconsin. Local farmers sell their farm products at over 30 farmer’s markets within the city of Chicago. They carry an amazing variety of goods including fruits, fresh and dried herbs, vegetables, grains, meat, honey, bread, pasta, and dairy products. Most of the markets run June through October which is almost half of the year. There is a great opportunity to eat locally here in Chicago. Perhaps the biggest challenge is simply staying abreast of what’s in season when.

In spring and early summer, you have asparagus, carrots, beets, lettuce, spinach, and mixed greens among others. You’ll see the salad greens disappear from the markets during the hot mid-summer months, and then reappear once again as things start to cool down in the fall. There are certain fruits and vegetables that have a small harvest window and then they are gone until next year, such as asparagus and strawberries. Strawberries have a brief window in which you can get the local, deep red, sweet berries. Asparagus season lasts about 2 months at the long end. The end of the summer brings the harvest of the big favorites including tomatoes, peppers, and corn. The Illinois Dept of Agriculture provides a list of what crops are in season when in Illinois: http://www.agr.state.il.us/markets/WhatsInSeason.pdf

Among the family farms, you will also find fresh produce from urban farms within the city of Chicago including: Growing Power, Growing Home, and City Farm. Growing Power is a non-profit organization that operates urban farms that train youth in gardening and farming. Produce from Growing Power urban farms are sold at City of Chicago farmer’s markets including the Green City Market. Growing Home provides homeless and low-income adults employment and job training in organic farming. Their produce is sold via their Community Supported Agriculture (CSA) program and at the Englewood and Green City Farmer’s Markets. City Farm supplies produce mainly to local restaurants, but also sells at the Logan Square Farmer’s Market.

Chicago is brimming with farmer’s markets and beautiful locally-grown produce all summer long and into the fall. Eating locally provides a way to reconnect with the seasons while also providing a way to support the local economy. Don’t forget to enjoy the bounty this growing season has to offer. Before you know it, it will be February, and we’ll all be hard-pressed to find a tomato worth eating.

ADA Leadership Conference 2009
Anita Giraldo, RD, LDN

Kelly Ziemkiewicz and I had the pleasure of attending the ADA Leadership Institute held in Dallas, Texas on June 11-14, 2009. Both Kelly and I felt that this conference was truly a rewarding professional experience. We had the opportunity to meet and listen to several keynote speakers that really made us realize how important it is to take control of our profession! This conference was eye-opening and I encourage every RD to attend this conference sometime in their professional career. The seminar really taught us that anyone anywhere CAN make a difference. The pre-reading we did before the conference was a book written by Mark Sanborn entitled “You Don’t Need a Title to Be a Leader.” This book was a great little read and definitely one I highly recommend. One high-impact takeaway message was, at the end of the day, leaders are characterized by their legacy not their resume. It made me realize that we need more leaders in our profession as well as mentors. Truly, this is something that CDA hopes to put more emphasis on in the future.
Join us for this kick-off event! Appetizers will be served along with a cash bar.

Location: 
**Webster’s Wine Bar**  
1480 W Webster Ave  
Chicago, IL 60614

**Speaker:** Midwest Dairy Council

Vitamin D deficiency has become a hot topic in the world of medicine today. Although there is an ongoing debate as to what constitutes the optimal level of Vitamin D intake, research studies are examining the role of Vitamin D in everything from Alzheimer’s Disease and asthma to cancer, diabetes, and obesity.

Location: **TBA**

**Speaker:** Julie H. Burns, MS, RD, CCN

Join CDA for a culinary adventure in Chinatown as we also learn about enhancing sports performance from Julie Burns, MS, RD, CCN, the founder of SportFuel, Inc. and Eat Like the Pros®. Her past and current clients include the Chicago Blackhawks hockey team, Chicago White Sox baseball team, Chicago Bears football team, Chicago Bulls basketball team, Northwestern University’s varsity teams, Next Level Performance and individual pro and elite athletes.

Location: 
**Phoenix Restaurant**  
2131 S. Archer  
Chicago, IL 60616

**Speaker:** M. Patricia Fuhrman, MS, RD, LD, FADA, CNSD

Countless studies have examined the role of inflammation and malnutrition on chronic disease. An internet search provides over 31,900 journal articles on the topic alone! Come learn how the registered dietitian can play a major role in helping to decrease the risk factors and poor outcomes associated with this infamous trilogy.

Location: 
**Wildfire**  
159 W Erie St  
Chicago, IL 60610

Meetings will be on Wednesdays from 5:30-8:30pm. Schedule is as follows unless otherwise noted. Please note all final details for the meetings will arrive via evite. Most meetings will be granted 2 CPE credits.

5:30-6:00: Check-in and networking; ask for members to be seated by 6pm  
6:00-6:15: dinner is served and CDA Committee or Business Announcements  
6:15-6:45: Dinner and networking  
6:45-8:15: Speaker Program (dessert/coffee to be served around 7pm)  
8:15-8:30: Questions

**Deadline for submissions to the next NIC is 10/23/09**
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amaraqrdmd@yahoo.com

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