

CHICAGO SECTION



INSTITUTE OF FOOD TECHNOLOGISTS

CHICAGO SECTION IFT'S SEPTEMBER 10, 2007 KICK-OFF PROFESSIONAL DEVELOPMENT EVENT



STEVE SWAFFORD

THEME: CREATING A CONDUCIVE AND PRODUCTIVE WORK ENVIRONMENT IN YOUR COMPANY/ORGANIZATION

Welcome Chicago Section IFT members and friends.

September is just around the corner and we have all been eagerly waiting for the Chicago Section IFT programming year to officially start! Mark your calendars for Monday, September 10 from 5-8 pm! This is our kick-off meeting that we have organized just for you and your colleagues. It is a very special and valued professional development event that will benefit all levels of your organization. The evening will start at 5 pm, with a social hour allowing you to network, reconnect and rebuild relationships with fellow colleagues and friends from all segments of the food industry. This will be followed by a sumptuous dinner, at 6 pm, that will include an array of delectable desserts to sample and savor. Then, what do we have in store for you right after the dinner?

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SEPTEMBER 10TH DINNER MEETING

September 2007 Dinner
Meeting Kick-off Event
Monday, September 10,
2007

Location:
The Rosewood Restaurant &
Banquets
9421 W. Higgins Road
Rosemont, IL 60018
P: 847-696-9494

Schedule for the Evening*:
4:00 p.m. -- Executive Committee Meeting
5:00 p.m. -- Registration and Social Hour with Cash Bar
6:00 p.m. -- Dinner & Speaker Presentation-Workshop

* there will also be a time of savoring & sampling of "Dessert-Specials-Surprises" through the evening

Dinner Price:
\$35.00 per person in advance
\$40.00 at the door

Special Sweet Table of Desserts & Sweets
Sampling & savoring of a variety of dessert surprises

Dinner Menu:

- House salad with balsamic vinaigrette
- Chicken breast sauté with

champagne sauce

- Potato and vegetable
- Apple Cinnamon ice cream with chocolate shavings
- Coffee or tea

Directions to The Rosewood:
Take I-294 to I-190W (towards Chicago O'Hare Airport). Take exit #2A towards Mannheim Road North. Take Mannheim to West Higgins Road and make a right. Go down West Higgins Road about 1 mile, the restaurant is on the right side of the road.

Special Dinner Speaker Presentation-Workshop

Title: Exploring Your Communication Tribe & Recognition Strategies
Speaker: Steve Swafford, Leadership Outfitters, Inc.

THOSE OF YOU WHO ARE LEADERS, HAVE YOU OFTEN FELT FRUSTRATED GUIDING INDIVIDUALS IN YOUR TEAMS WHO SEEM RESISTANT TO YOUR LEADERSHIP STYLE? WHAT ABOUT THOSE OF YOU BEING LED, HAVE YOU FELT FRUSTRATED WITH YOUR SUPERVISOR AND HENCE RESISTED HIS/HER DIRECTION AND LEADERSHIP? HAVE YOU EVER HAD THE FEELING THAT YOU ARE DEALING WITH AN UNREASONABLE, DEMANDING OR UNAPPRECIATIVE SUPERVISOR?

COME LISTEN TO A DYNAMIC PRESENTATION-WORKSHOP THAT WILL HELP YOU CREATE A CONDUCIVE AND EFFECTIVE WORK ENVIRONMENT IN YOUR RESPECTIVE ORGANIZATIONS, that will lead to success for your projects and programs and ultimately the overall success of your companies.

Whether you are a leader or are being led, your communication style will often determine how you initially respond to each other. As a leader, a variety of resources offer advice on being an “encouraging leader”, a “bold” leader, or an “inspiring” leader. But what if you aren’t naturally encouraging, bold, or inspiring? If you are not naturally comfortable as a risk taker or you don’t feel particularly warm and fuzzy about your team ... that’s OK. The fact is that everyone leads differently because we each have our own mix of styles and temperaments. As a team player being led, there are also different ways to respond to your leader to maintain a conducive and productive work environment which will affect the success of a project you are working on, and ultimately the business.

Your particular style of communicating, leading and responding to leadership will influence how you approach, interact, and respond to others. As leaders some of us are relaxed and thoughtful while others are driven and demanding. As followers, some of us are eager to learn, compliant and accommodating, while others are resentful, resistant to leadership or to change and new ideas and innovations being introduced.

Sometimes our predominant style works to our advantage, but more often than not, relating to those with different styles is frustrating and may cause conflict in the group, in the community, and even at home. We expect others to see the situation like we do and expect people to respond and process the information in the same way we do, but often that’s just not what happens. The challenge for both leaders and those being led is being aware of our own styles and learning how to interact effectively with those who do not share the same style mix.

Style Tribe 1: Choleric, Directive, Assertive, Dominant, Controller

Style Tribe 2: Melancholy, Analytic, Logical, Compliant

Style Tribe 3: Sanguine, Creative, Persuader, Expressive, Influential

Style Tribe 4: Phlegmatic, Empathetic, Stabilizer, Amiable, Steady

We each have a combination of styles, some stronger in one area than others. The key to effective communication is being aware of your own style and accommodating others' styles. This accommodation can be uncomfortable and take a lot of energy, but it is worth it when improved communication is the result.

So, come on out to the Chicago Section IFT kick-off meeting on September 10, planned just for you and your colleagues. Listen to a dynamic, interactive and lively presentation/workshop by Steve Swafford, from Leadership Outfitters, Inc. who will take you on an interactive journey and help you learn how to create a more exciting and conducive work environment for yourself, your colleagues, and ultimately your company as a whole by working and communicating effectively with one another.

Speaker's Bio:

Steve Swafford, Balance Warrior, has worked nearly 20 years for and with associations in the areas of membership development, leadership facilitation, communication and general non-profit management. He brings a practical knowledge of membership strategies with past associations such as the National Association of Home Builders, Club Managers Association of America, and American Subcontractors Association where he most recently served as executive director. He is on the Board of Directors for the California Society of Association Executives (CalSAE) as well as the Southern California Regional Council for CalSAE. Steve has served on a variety of membership related committees for the American Society of Association Executives and is past Membership Chair for CalSAE and the former Greater Washington Society of Association Executives (GWSAE). He was recognized as CalSAE's Associate Member of the Year in 2006. Steve is also a frequent content leader for the American Society of Association Executives (ASAE) and CalSAE. A native of Kansas, Steve has a B.S. from Kansas State University and a M.Div. from Wesley Theological Seminary in Washington, DC. He is currently a doctoral student in Pepperdine University's School of Education and Psychology focusing on Organization Change.

Leadership Outfitters prides itself in providing a balanced mix of theory, interaction, and practical application in all our programming. Our interactive approach provides participants with tools that they can use immediately. Our programs are known for being very interactive and dynamic.



Dan Best, 2007-2008 Chair

Welcome back, everyone!

The IFT Annual Meeting & Expo is over, my post-IFT Expo vacation-therapy program is (almost) at an end, and thoughts of our impending September Chicago-IFT meeting now intrude on my Zen-like contemplations over glasses of fine-chilled wine in the twilight of summer. Yup – September is just about here!

Mark your calendars! Our next meeting will be **Monday, September 10th**. Our Program Director and Chair-Elect, Susan Abraham, is putting the finishing touches on another great “let’s get reacquainted” event to launch our new IFT year. I know the speakers of whom she speaks and they are very good!

Look for some very important changes this season: Our Chicago Section has hired a new management

MESSAGE FROM THE CHAIR



company, International Association Management, Inc. (IAMI). A number of our Executive Committee members and I have already had the pleasure of working with Lynnda Nelson, Nancy Hobart and Jim Esposito at IAMI and we have been impressed with the level of professionalism that we have encountered. We expect that IAMI will greatly streamline the management of our operations and budgets and, most importantly, the level of communication with our membership. And, yes, we are aware that past communications with our membership have been less than ideal – I believe that you will experience a vast improvement this year, through the efforts of IAMI.

So, as your newly elected Chair for the coming IFT season, this is what I would like to accomplish.

1. We would like to develop programs that appeal to broader segments of our membership. We are in the process of completing a Member Survey to find out your

preferences, needs, what works, and what does not. **IF YOU HAVEN’T FILLED OUT THE SURVEY**, please do! We want to know how we can better serve you.

2. Our new management team provides us a unique opportunity to upgrade the management of budgets and management services. I look forward to working with our Treasurer, Rathna Koka, and Finance Committee Chair, Luci Landberg, to finalize our 2007-2008 budget and to accomplish these goals.

3. The Chicago Section-IFT provides a premiere industry opportunity to network, more fully develop our careers, cross-pollinate ideas, discover new resources and enjoy each other’s company. Our meetings should not be just an extension of our workplace, however, so let’s also resolve to have loads of fun.

Dan Best
Chair
Chicago Section IFT

CHICAGO SECTION IFT OFFICERS AND COMMITTEES 2007—2008

OFFICERS

Chair	Dan Best
Chair-Elect	Susan Abraham
Past-Chair	Matthew Hutchinson
Secretary	Anna Lovis
Treasurer	Rathna Koka

Email Contact:

dbest@bestvantageinc.com
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COMMITTEE

Auditing	Bob Raynor	rraynor@ifcfiber.com
Awards	Matt Hutchinson	FoodGeekBear@sbcglobal.net
By-Laws	Mona Reinhard	mreinhard@mortonsalt.com
Career Guidance	Terri Cummings	tcumming@uiuc.edu
C-FAR	Sam Palumbo	palumbo@iit.edu
Directory	Bill Becht	wbecht@aol.com
Employment	Lisa Ruhland	lruhland@newlywedsfoods.com
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GAC	Pat Sullivan, Linda Perucca	sullivan277@comcast.net; lperucca@kraft.com
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Web Page	Latricia Tolbert	ltolbert@kraft.com
Hospitality	Anna Lovis/Diana Watson	alovis@equichem.com; dianawatson@comcast.net
House	Liz Suter	esuter@barilla-usa.com
Membership	Len Ciani /David Levally	lciani@balchem.com
Minuteman	Susan Abraham	sabraham3001@yahoo.com
Newsletter	Susan Monckton, Ann Radde	smonckton@kraft.com; ann_radde@cargill.com
Nominations	Matt Hutchinson	FoodGeekBear@sbcglobal.net
Program	Susan Abraham	sabraham3001@yahoo.com
Special Events	Michael Hosler	michael.hosler@missionflavors.com
Scholarships	Erika Voogd	evoogd@voogdconsulting.com
Supplier's Night	Joe Stout	joestout@skidmore-sales.com
Long Range Planning	Dean Duxbury	dux1@sbcglobal.net
Tanner Lecture	John Budin	john.budin@givaudan.com
IAMI Services	Lynnda Nelson	lnelson@iami411.org

**I.F.T. CHICAGO SECTION
EMPLOYMENT COMMITTEE NEWSLETTER
SEPTEMBER, 2007**

Lisa Ruhland
NEWLY WEDS FOODS
Phone: 773-292-7509
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gwillis@regalfoodingredients.com

The Employment Committee publishes this portion of the newsletter as a free service to Chicago Section members. Because we cannot control the information supplied to us, no guarantee can be made of its accuracy. **Additional information on a particular listing can be obtained by contacting one of the people listed above.** Please submit ads for the October newsletter by September 12, 2007.

JOB SEEKERS

I. FOOD TECHNOLOGIST: seeking *PART TIME* position as a Lab Technician/Chemist. Experience in Analytical & QA/QC methods. Computer literate. B.S. Biology.

SYMPORIUM ON ENERGY, REFINING AND BIOTECHNOLOGY (INCLUDING FOODS)



The Chicago Section IFT is co-sponsoring with the Chicago Section of the American Institute of Chemical Engineers (AIChE) a two day Symposium on Energy, Refining and Bio-

technology (including Foods) September 25 - 26, 2007 at the University of Illinois-Chicago. There are four half-day sessions on Energy, Refining, Biofuels and Food Technology with keynote talks each day. IFT Section members are invited to attend all sessions or those parts of interest. Registration and program details are at www.aiche-chicago.org/symposium. Chicago Section IFT member Peter Clark is co-chair of the session on food.

J. Peter Clark
Consultant to the Process Industries

708-848-2205
jp3@worldnet.att.net

CHICAGO SECTION IFT WELCOMES NEW BUSINESS OFFICE...IAMI



We hope all Chicago Section IFT members will welcome the new Business Office staff at International Association Management, Inc. (or IAMI, as it is commonly called). It is located at 207 Ash Street, Lombard, IL 60148, and IAMI's direct phone number is (630) 268-0656.

A new direct telephone line to the CHICAGO SECTION IFT at the IAMI office is reached by calling (630) 916-4960.

The Chicago Section IFT's mail should still be mailed directly to P.O. BOX 926, LOMBARD, IL 60148.

We hope all Chicago Section IFT members will welcome the new Business Office

The IAMI Staff includes:

Lynnda Nelson
lnelson@iami411.org

Nancy Hobart
nhobart@iami411.org

Jim Esposito
jesposito@iami411.org

We ask you to say hello and introduce yourself to the IAMI Staff at the September meeting. They have been busy since May 1st bringing our files up-to-date, and we ask you all to respond to them ASAP with any new current information (especially your e-mail address), so you can receive your Newsletter and meeting notices.

As Chair of the Transition Committee, I also wish to

THANK SINCERELY the following committee for working so hard for several months to select a qualified Business Office replacement: Gerald Bard, Luci Landberg, Jan Miller, Sue Monckton, Linda Perucca, Liz Suter, and Joe Stout.

And, a SINCERE THANKS to Kristen Flesch and Gail Wiseman of National IFT for the many dedicated hours of handling the business affairs of the Chicago Section while between Business Office services. Lastly, a THANK YOU to Heather and John Nelson for the past 22 years of Business Office services for the Chicago Section, and for transition information they have provided to the Committee.

Dean Duxbury, Long Range Planning Chair

CHICAGO SECTION IFT LONG RANGE PLANNING COMMITTEE

This Committee (commonly called the "LRP COMMITTEE") is composed of members from different viewpoints of IFT and IFT activities. The Committee is charged with having periodic meetings to suggest, discuss, and propose new Section programs which would be in the interest of the members, offer new means of services to all members or selected segments of members (i.e., emeritus, unemployed, students, etc.), or review ideas proposed by the Executive Committee at their regular meeting. Many ideas have been suggested in the past (i.e., Tanner Lecture, Suppliers Night, Unemployed Member Scholarships, etc.), but consideration of income sources and our currently overstretched budget must be also offered. A current LRP project will be to recommend how to handle the recent elimination of National IFT Councilors, which are an integral "building block" in our Section administration. Any member may suggest new ideas or programs for the Section. Call Dean Duxbury (630/834-5256) if you have an interest in joining the LRP Committee or have a new program idea.

Chicago Section IFT Executive Committee Meeting, May 14, 2007

Café la Cave, Rosemont, IL

Members Present

Gerald Bard, Dan Best, John Budin, Glenn Connick, Faye Dong, Dean Duxbury, Laura Flores, Tricia Giron, Matt Hutchinson, Rathna Koka, Barbara Lee-Budin, Sam Palumbo, Linda Perucca, Bob Raynor, Mona Reinhard, Joe Staackmann, Erika Voogd, Gail Wiseman

Call to Order

Chair-elect Dan Best called the meeting to order at 4:10 p.m.

APPROVAL OF MINUTES

A motion was made to accept the April minutes into record. The motion was seconded and carried.

Treasurer's Report – Rathna Koka

Operating Summaries for October to February were distributed to members present. With the transition in management companies, some discrepancies were discovered that need to be reconciled. The administra-

tive function should not have income posted to it, so it's likely that income was posted erroneously. Committee Chairs should check statements to make sure any income was reported correctly. Some details still need to be sorted out, with taxes needing to be done by the end of the year.

CHAIR REPORT – DAN BEST

An agenda was passed out to all members present. The budget needs to be done. Committee chairs should forward any changes to Dan. Once the budget is done, we will need to convene a meeting for approval. There is over \$1,000 left over from the program committee this year. Thank you to Matt Hutchinson for serving as chair this year.

Committee Reports

DRM Transition – Dean Duxbury

The company that was selected is International Association Management, Inc. (IAM), located in Lombard.

Lynnda Nelson, President, and Jim Esposito, Director of Event Planning, were introduced to the Executive Committee. More information will be forthcoming regarding individual functions as the transition becomes finalized, subject to review of the proposal and trial period. Thank you to Gail Wiseman and Kristen Flesch for their help and hard work during the transition period.

Awards – Tricia Giron

Thanks to Matt Hutchinson and Barbara Lee-Budin for their help with the awards committee. The Ellery H. Harvey Service Award will be presented to Mona Reinhard. The first recipient of this award, Elwood Caldwell, will also be present at tonight's dinner.

By-laws – Mona Reinhard

We are waiting on the template from National IFT for direction in how to revise the by-laws with the new governance structure.

(Continued on page 9)

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CFAR – Dan Best for Matt Hutchinson

Sam Palumbo has agreed to be the chair for this committee.

GAC- Linda Perucca

All of the committees are full. The Welcoming Committee is new this year. The committee in charge of videos is no longer needed.

Historian – Joe Staackman

Pictures from meetings this past year have been made into a PowerPoint presentation and will be shown during tonight's cocktail hour and dinner meeting.

Hospitality- Linda Perucca

Thanks to all the sponsors and volunteers for making Student Night a success.

Newsletter – Sue Monckton

Bobbi Buford will be the new co-chair for this committee, joining Ann Radde.

Program – Dan Best

Other sections have had great success with golf outings. Is this something that we want to explore as an event for our section? The Chicago Section used to host a similar event in the summer. This idea will be included in the survey that will go out to members. The committee recognized and

thanked Dan for his efforts this past year.

Scholarship-Erika Voogd

There were 2 applications received for the Strietelmeier Scholarship this year. The Chicago Section will contribute \$3,500 to the IFT Fun Run Scholarship. Included with the donation are 6 free entries to the Fun Run for Chicago Section Members. These will be offered on a first-come, first-serve basis.

Tanner Lecture – John Budin

Our speaker, Ted Labuza, has arrived and everything is in place.

The meeting adjourned at 5:00 p.m.



ILLINOIS COUNCIL ON FOOD AND AGRICULTURAL RESEARCH (C-FAR)



This month and in future Chicago Section IFT newsletters, the University of Illinois Department of Food Science and Human Nutrition will be sharing a brief summary of research projects that are receiving funding from The Illinois Council on Food and Agricultural Research (C-FAR). C-FAR is a statewide partnership organized to support relevant, high-quality research and related outreach programs for Illinois' food, agricultural, and related systems. C-FAR research funding is provided by the State of Illinois; C-FAR gratefully acknowledges this investment for all Illinois citizens. Since 1995, the Chicago Section of IFT has been a member of C-FAR.

C-FAR Sentinel Project

The purpose of this project will be to define protein needs and carbohydrate tolerance for adult health.

The specific objectives of this study are:

- to determine if leucine is the regulatory signal for muscle protein synthesis and a marker for adult protein requirements,
- to determine if consistent macronutrient ratios across meals will optimize skeletal muscle protein synthesis and stabilize glycemic regulations,
- to determine the relative impact of increased dietary protein versus moderation of dietary carbohydrate quantity and quality on improving glucose homeostasis.

A significant goal of the *C-FAR Research Focus Area in Human Nutrition* is to enable consumers to make informed and healthful dietary choices. One of the most controversial aspects of nutrition and consumer food choices is the ideal balance of carbohydrates versus protein in a healthy diet. Popular diet books recommend extreme intakes, both high and low intakes of each of these nutrients. The public is frustrated and confused by ever changing recommendations.

This research has begun to explain some of the controversy inherent in these diets and to elucidate a justifiable range for good nutrition. For over three decades, public health nutrition recommendations have focused on reducing cholesterol and saturated fat and increasing carbohydrates in the diet. These recommendations are frequently translated into statements to "eat less animal products." The USDA Healthy Eating Index now indicates that less than 30 percent of Americans consume the recommended servings of the high protein food groups including milk, cheese, meat, eggs and nuts. If the hypothesis underlying the proposed research is correct, then nutritionists and the food and agriculture industry will be able to re-emphasize use of animal products as an important part of a balanced diet. Ultimately this research is important to stakeholders through increased understanding of macronutrient relationships that provide better definition of nutrition education goals and increased public trust in food and nutrition recommendations.

The principal investigators for this study are Drs. Donald Layman, Manabu Nakamura, and Yuan-Xiang Pan.

NEWSLETTER SCHEDULE

Please send news of educational opportunities, industry news, and social events, etc. to the Newsletter Co-Chairs:

Ann Radde, Cargill
Phone: 219-473-2524
Fax: 219-473-6601
E-Mail: ann_radde@cargill.com

Sue Monckton, Kraft Foods
Phone: 847-646-4836
Fax: 847-646-3864
E-Mail: smonckton@kraft.com

Nancy Hobart, IAMI
E-Mail: nhobart@iami411.org

Sincere appreciation goes to **Bobbi Buford** of FBC Industries for assistance in proofreading the newsletter.

Deadlines for newsletter submissions for the 2007-2008 program year are 2 days following the monthly meeting. The deadline for the October newsletter is September 12, 2007. Please send your articles in completed, ready-to-publish format to Ann Radde, Sue Monckton, and Nancy Hobart. Thank you.

SAVE THE DATE!

NEXT DINNER MEETING DATE IS MONDAY, OCTOBER 8TH

NOVEMBER MEETING IS WEDNESDAY, NOVEMBER 7TH (SUPPLIERS' NIGHT)

SEPTEMBER DINNER MEETING
Reservation Form
Reservation Deadline:
Friday, September 7, 2007

Please reserve space for _____ at the September 10th Chicago Section IFT Dinner Meeting & Kickoff Event

Entrée(s): _____ (\$35.00)

Return this form with payment or call the Chicago Section IFT office at 630.916.4960 to reserve your spaces via credit card.

Name of Person(s) Attending

Company

Telephone

I am paying by: Check Visa MasterCard Discover American Express

Card Number _____ Exp. Date: _____

Signature _____ Card Verification #: _____

Credit Card Billing Address: _____

Please mail or fax this form (with form of payment) to:

IFT, Chicago Section
P.O. Box 926
Lombard, IL 60148
Phone: (630) 916-4960
Fax: (630) 889-0845
Email: members@chicagoift.org

CANCEL UNWANTED RESERVATIONS PROMPTLY!



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