



## Chicago Section IFT the First Section



Hello CSIFT Members!

How long have you been an IFT member? Days? Months? Years? Decades? IFT is an opportunity.

From my college days it was taught that as a Food Scientist, being part of IFT would be important for career placement, honing leadership skills, attending educational/technical sessions and symposia, for networking and so much more. For those of us who have spent any time at all as an IFT member....if we could only share a paragraph or two on how IFT has made a difference in our lives, you'd be reading a large, heavy novel!

There are many ways to be involved. Some members begin as student members in college. Others learn of IFT once in the workforce and end up making a decision to join as a Regional Associate (such as being a

CSIFT member) to join as an IFT member, or, they join as a Regional Associate and an IFT member. Each type of membership has varying benefits that you need to realize are important to you and your career. Whether you are new to IFT, beginning to be actively involved, or a long time member that is thinking about serving on a committee or running for an office, take the time to volunteer. CSIFT opens doors locally. IFT opens doors to the world.

Right now, CSIFT is proud to share with you that two of our members that have supported CSIFT and IFT for several years are on the IFT ballot for 2010-2011. Having served IFT in 2004-2007 as an IFT Board of Directors member and as your current Chair, I am excited for these two members and the experiences ahead of them. Both candidates have selflessly volunteered and have the experience to guide IFT in new directions and aspiring heights. Linda Perucca is a candidate for the IFT Board of Directors, and John Ruff is a candidate for IFT President. Please support our two CSIFT members, along with all of this year's candidates – vote! As a reminder, electronic voting will begin February 8<sup>th</sup>.

February will also bring you another CSIFT dinner meeting, a **Tuesday** dinner meeting. With Valentine's Day on Monday, February 14<sup>th</sup>, the Program Committee moved this meeting knowing that CSIFT did not want to "compete" with this special day! So **Tuesday**, February 15<sup>th</sup> plan to attend our next dinner meeting. The topic is important to all of us in the food industry, "Diabetes and Autoimmune Diseases: Opportunities and Challenges for the Food Industry" and the speaker is Dr. Louis Philipson, Professor, Departments of Medicine & Pediatrics, University of Chicago, President of the Leadership Board of the Chicago American Diabetics Association.



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The remainder of the year will consist of three more varied meetings – all well worth attending:

Meeting Dates	Theme	Topic	Speaker(s)
Monday, March 14	CSIFT/AACT Joint Meeting	Sweeteners and Texturants in Confectionery Applications	Sanjiv Avashia, Tate & Lyle
Monday, April 11	Student Night	Diversity	Perfecto Perales, Kraft Foods
Monday, May 9	Tanner Lecture	TBD	TBD

In addition to listening to a great speaker and learning more about a specific topic, the meetings are a great place to interact with your Officers and other CSIFT members. You can also get to know the candidates that are running for positions for 2011-2012 for CSIFT and our two IFT candidates.

When you attend our EXCOM/Board meetings (these are always prior to our dinner meeting and everyone is invited to sit in), this is when you learn who is engaged with the Section and how you too can be involved. We need volunteers! I encourage you to sit in...the energy is contagious and the volunteer opportunities do exist...as an example, if you have any interest in Marketing, please contact myself or one of our Officers or EXCOM/Board members.

Again, whether you've been a member for days, months, years, or decades, there is always more to learn and ways to be involved.

Let IFT opens doors for you!

Yours in CSIFT,  
Pamela

Pamela Vaillancourt – 2010-2011 Chair, CSIFT  
[pamvtic@sbcglobal.net](mailto:pamvtic@sbcglobal.net) or [p.vaillancourt@rqa-inc.com](mailto:p.vaillancourt@rqa-inc.com)