Parting Words about the Future, Leadership and Gratitude
by Victoria Warren-Mears, PhD, RD  ODA Past President

Look over your shoulder now and then to be sure someone’s following you. -Henry Gilmer

I am proud to pass the reigns to your new President Andi Markell. I know that Andi and her board will do a fine job of moving ODA into the future.

Our major accomplishment this year has been the development of a strategic plan for the organization.

I believe strategic planning is important for three key reasons:

- As you may recall, ODA deployed both a member and non-member survey for analysis and use in our strategic planning retreat. During the retreat, we carefully analyzed your responses and took them into consideration for the five year plan. With the assistance of our facilitator, Maryanne Smith-Edge, we met in mid-April to develop a vision, mission and values for ODA and to further develop these into an actionable plan.

Based on your feedback, the following vision, mission, values and goals were determined for ODA.

**Vision:**
Optimize the health of all Oregonians through food and nutrition

**Mission:**
Empower members to be leaders in food and nutrition

**Values:**
Social Responsibility
Customer focus
Integrity
Innovation

**Goals:**
Goal 1: Oregonians trust and choose RDs as the food and nutrition experts.
Goal 2: ODA improves the health of Oregonians through food and nutrition.
Goal 3: Members and prospective members view ODA as a key source to professional success.

Knowing that we have new goals and a new action plan, I would like to ask each of you to consider volunteering at least five hours of your time over the next year. Many hands make the work light and allow ODA to accomplish more.

It is time for me to move into my role as Past-President. My professional life will move to additional focus on health disparities of all kinds among American Indians and Alaska Natives in the Northwest. I must express my gratitude to my employer the Northwest Portland Area Indian Health Board, the 43 tribes of Idaho, Oregon and Washington, and my Executive Director, Joe Finkbonner, who have supported my time as ODA President in numerous ways.

I also must thank my husband, Jim and my son Preston for their willingness to accept my busy schedule and the need for some additional trips from home. Their support and love really keeps me going.

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, and confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” - Melodie Beattie

Continued on Page 2
I would like to thank all of the ODA Board for their hard work this year. Each of these men and women have worked hard, along with their district and practice group counterparts to bring all members value for their membership dollar. I thank them for their time and countless hours spend on behalf of ODA.

As many of you know, my dad, Geoffrey Warren, passed away in October of 2007 at the age of 80. He had prostate cancer, which was diagnosed in 2004. However, he was a 21 year survivor of colon cancer. He was at home under the fabulous care of Providence Hospice of Snohomish County in Everett, Washington. He was only bed-bound for two days and in the end he was able to exit “on his terms” at home and with his family surrounding him. Because my family comes first at all times, I was able to put less attention into my role as President than I would have liked. Despite this the Board followed along and achieved great things.

I would especially like to thank Barb and Mary in the Seattle office for their constant, unwavering support this year. Without their coordination efforts, we would not have accomplished the things we did. I have the greatest respect for these women and am tremendously thankful for them.

I wish Andi and her board the best and look forward to making additional contributions of my time and energy.

Dad and me October 13, 2007
Victoria Warren-Mears, PhD, RD, LD
Past President, Wife, Mother, Daughter and Servant

In-coming President’s Report

By Andi Markell RD LD

With the annual meeting barely at a close, the majority of the work I did as President Elect has been wrapped up. I believe we had a great meeting this year. Highlights were having the meeting in Eugene, the success of the raffle with half the proceeds going to the Oregon Food Bank, the naturally nutrient rich luncheon and member meeting, and finally all the great speakers and educational/networking opportunities.

Now I find myself beginning the duties of President. The ODA board had a great strategic planning session in April. I am excited at the direction the board has decided to take. This year’s focus will be to make the ODA more visible, both to our members and to the public – and as one of our board members would say, to make the ODA more “hip.” We will be continuing some projects from last year as well as starting some new ones. Your ODA Directors, Deborah Bella, Sarah McCormick, and Monica Hunsberger will be playing a key role in the new direction for next year. Please contact them if you are interested in getting more involved...remember no time commitment is too small to volunteer.

Finally, I would like to share that my husband and I are expecting the first addition to our family in August. We didn’t “strategically plan” for our little one to be born two months into my ODA Presidency:) Nonetheless, I am very excited to become a mother and hopefully a master at balancing my home, work, and volunteer life (is that possible?). This really wouldn’t be possible without such a supportive ODA board behind me - not to mention a supportive husband.

I hope you are all looking forward to the next ODA year as much as I am! As always, please feel free to contact me anytime, amarkell@lhs.org.
Delegate’s Report
By Mary Cluskey, PhD, RD
ODA Delegate

Dear ODA Members:

Wow, what a great spring! Congratulations are in order for two Oregonian RDs. First, Jessie Pavlinac MS, RD, CSR, LD is IN! What great publicity for Oregon and how pleased I am to see Jessie hold the office of President-Elect for ADA. Ingrid Skoog MS, RD, CSSD also won to represent us in CDR as a Specialty Credential Practitioner in Sports Nutrition. Congratulations to Ingrid as well.

This year has also been ambitious for activities at ADA and HOD. The Standards of Practice (SOP) and Standards of Professional Performance (SOPP) were approved. These documents work in tandem with the Code of Ethics and the Nutrition Care Process, and the Scope of Practice Framework in standardizing and clarifying the roles and activities of RDs and DTRs. What is most important in developing these protocols is that it elevates practice and sets a standard for the profession.

This year has seen a flurry of other activities as well. The Dietetics Education Task Force (version 2.0) has submitted a final report that is pending House of Delegate approval. The effort to re-engineer dietetics education has been on-going for about three years. This task force has made several suggestions including that we bolster the DTR roles in dietetics, support DTR programs at community colleges, and perhaps offer routes for undergraduates from dietetics programs to become DTRs. This report also suggests that we build avenues for specialty and advanced practice, but it does not promote that an MS degree be required to enter into an internship or supervised practice. This report also suggests that we build avenues for specialty and advanced practice, but it does not promote that an MS degree be required to enter into an internship or supervised practice. We may see more creative avenues for becoming RDs, particularly for those with non-nutrition graduate degrees; however, that recommendation is one that met with the most concern in the House discussion. I will keep you posted on the vote and the outcomes. There is no hurry as the task force recommendations are to be in place by 2017.

Our last order of Business at our Spring HOD meeting addressed a mega issue in regards to families and eating behaviors. The decline in family meals and changing patterns of eating in the United States has impact upon us as a profession. We examined the issue in an effort to see how dietetics professionals can have impact and be influential in fostering optimal nutrition in this changing environment.

A parting word from your public policy team chair
Nancy Becker
MS, RD, LD

It’s been a great couple of years working as your public policy chair. I’ve learned a lot from working with ODA and I want to share some random thoughts about my experiences.

1. Dietitians agree on many things, but not on all things.
2. Meetings can be either a waste of time or can be the site for truly amazing collaborative problem solving and creative thinking. (You do not know in advance which it will be, so you better show up just in case…)
3. When RDs get excited about an issue they can really make things happen (we are a “built-in” statewide network of committed individuals who, for the most part got into this profession because we care about people, health and food)
4. ADA is not a monolith- it is truly an organization that is made up of members (It is not as hard as you may think to get your voice heard and shake up the boat a bit)
5. ADA is a monolith- (It can be maddeningly difficult to get your voice heard, and the boat can be extremely hard to shake)
6. There’s always a new or emerging policy issue that involves food and nutrition. (This is code for “the work is never ending”)  
7. If you take a stand on something that is important, there will always be people who will differ with you. (That does not mean that you or they are wrong. It means that the issue is important.)
8. Everybody has something to say about nutrition. This is not news to most of you, but I remain amazed at how every time I sit down to talk with a policy maker they tell me all about their eating habits. (On occasion I have heard about bowel habits as well…)
9. Policy makers at all levels are genuinely interested in nutrition and if you say you are a dietitian, they will listen. (They may not always agree, and they may not always do something about it, but they really do listen)
10. The world belongs to those who show up. (This is amazingly, and unfailingly true. Be there….)
11. There is no better place than ODA or ADA to find like-minded individuals and make dear, dear friends for life. (So, get involved, make your voice heard, make friends, go to meetings, change the world)

Best of luck and three cheers to Monica Hunsberger, our new Public Policy Director, Nancy
This year at the Oregon Dietetic Association conference, a dynamic assembly of dietetic professionals, students, speakers and exhibitors, gathered together to brief each other on new and upcoming topics in the nutrition field. In addition, discussion of current events and plans within the ADA were important highlights during the convention. Over 100 people met for the two-day conference at the Hilton Eugene where great customer service and smooth planning from the hotel staff made for a very successful event. Including the Conference Committee, great appreciation is handed to Mary and Barbara Pyper for their excellent planning and leadership.

Each day of the convention, members had the option of participating in a morning yoga class or a fun run along the river. The day followed with delicious food, rich coffee, raffle ticket sales and enticing breakout sessions. Tamara Hufford-Wong discussed the importance of communication and jumping over biases for a client-centered approach, and Constance J. Geiger PhD, RD, CD, sponsored by the Oregon Dairy Counsel, touched on developing learning plans for patients to teach the benefits of nutrient rich foods.

Additional highlights of the 2008 convention:

- Presentations about food system sustainability and identifying how to preserve environmental health.
- Clinical-oriented discussions including dysphagia screenings and multiple exhibits about nutrition support.
- Discussion about working with athletes and the importance of nutrition in fitness.
- Raffle sales went sky high to support the ODA. Bob’s Red Mill, Snoqualmie Wine Cellars and Home Depot were just a few of the raffle supporters.
- 12 different exhibitors represented local organizations and larger health care associations.
- Current President Victoria Warren-Mears and President-Elect Andi Markell delivered information about the ODA strategic plan initiatives during a luncheon designed by fellow board member Garret Berdan.
- A special thank you to our list of sponsors and exhibitors: Oregon Beef Council, Oregon Dairy Council, Oregon Potato Commission, Pear Bureau NW, ADA PAC, Bob’s Red Mill, Con Agra Culinary, Mid-Willamette Valley Dietetic Internship, Nestle Healthcare, Nutricia North America, Option 1 Nutrition, ODA Exec Board, Trident Seafood, Well’s Dairy (Blue Bunny), Willamette Dietetic Association.

Thank you again to all who attended and participated in the 2008 ODA Convention! See you next year at the 2009 WSDA joint convention in Vancouver, WA April 26-28, 2009!
Each year, ODA solicits nominations for the following awards: Outstanding Dietitian of the Year, Recognized Young Dietitian of the Year, Recognized Dietetic Technician of the Year and Emerging Dietetic Leader.

In 2008, the ODA Board approved a new awards selection process. Nominees submitted packets to the awards committee for consideration and final selection. The ODA President, Awards Chair, and ODA Past President served on the committee.

ODA Outstanding Dietitian of the Year
(Formerly the Award of Merit)

Purpose
The Outstanding Dietitian Award is the highest honor given by ODA. The purpose of the ODY award is to recognize the accomplishments of dietitians in the state of Oregon. This award will be reserved for special citations given only for notable leadership, ability and service. One award may be presented each year.

2008 Recipient Pat Fischer, RD, LD
Pat Fischer is Operations Manager at the VA Medical Center in Portland, Oregon. She has held numerous foodservice management positions at the VA Medical Center since 1992. Prior to the VA, Pat worked in clinical nutrition at Good Samaritan Hospital for 9 years, where she developed the hospital’s first outpatient nutrition service.

Pat earned a Bachelor of Science degree in Dietetics Science and Dietetics at Northeast Louisiana University in Monroe, Louisiana and a Bachelor of Science degree in Nutrition Education at Northwestern State University, Natchitoches, Louisiana. She came to Oregon for the Internship Program at OHSU, where she served as class president.

Throughout her career, Pat has demonstrated leadership through volunteer and job-related work to serve our professional and to help her community. She has mentored numerous students and new professionals. An active participant in ODAs work to gain licensure, Pat continues to be actively involved in legislative issues affecting our profession.

Recognized Young Dietitian of the Year

The Recognized Young Dietitian of the year must be 35 years old or younger and meet the following criteria:

- Be an ADA & ODA member
- Demonstrate active participation in national, state or district dietetic association activities
- Demonstrate concern for the promotion of the optimal health and nutrition status of the population
- Demonstrate leadership

2008 Recipient Monica Huunsberger, PhD, MPH, RD, LD

Monica is an Assistant Professor, School of Medicine and Clinical Coordinator, Dietetic Internship at Oregon Health Science University. She has worked there since June 2007.

In March 2007, Monica earned a PhD from the Department of Public Health, Oregon State University, Corvallis, Oregon with a major in Health Behaviors and Research. She completed her Dietetic Internship in December 2003 at Washington State University-Spokane. She earned a Master of Public Health in March 2001 from the Department of Public Health at OSU and a Bachelor of Science in Nutritional Science in August 1998 from the Department of Human Biology at University of Wisconsin-Green Bay.

Student Award Recipients

The Outstanding Dietetic Student Award recipients were Kelly Skretta (OHSU internship) and Lizette DuBay (upcoming senior OSU). Recipient information as been sent to the ADA and will be in the September Journal. They will also receive a letter and certificate from the ADA president.

The Award of Achievement recipient was Jeri Greenberg (MWVDI). The OSU Award of Achievement recipient was Kelli Lytle.
Willamette Dietetic Association up for “Change”

By Amy Floreen, RD, LD
Willamette Dietetic Association  President 2008-9

While the Primary elections may be in the past, the theme is not!
The “Change” train seems to be running all around us. It’s not surprising that our profession is moving forward along the same track. If you didn’t catch the Annual Meeting in May the theme was “Together Toward Tomorrow”.

We heard a lot of talk about strategic planning, global trends, and advancing professional practices.

For the WDA, tomorrow is all about change!
We are pleased to announce the 2008-9 WDA Board

President: Amy Floreen
President Elect: Bobbi K. Phillips
Treasurer: Barbara George

Nominating Committee: Heidi Graham
Nominating Committee: Nancy Ellis
Past President: Vicki Duesterhoeft
Secretary: position is open

The WDA provides an atmosphere for networking, continuing education, and working together to promote positive change in our profession.

We offer four meetings a year in the Heart of the Willamette Valley. The WDA is a great way to get involved, expand your knowledge, and earn 8 CEUs a year.

Meeting topics cover a broad spectrum of interests. We highly encourage topic idea input, in hopes of fulfilling the interests and needs of local professionals.

The WDA currently has an open Secretary position for the 2008-9 year. Being a part of the WDA board provides an excellent opportunity to help promote improvement in our profession.

For more information on the WDA or to be placed on our contact list please email
amyfloreen@pinnacle-healthcare.com.
Stay tuned for more WDA news!

ODA’s 2007-08 Board Completes Strategic Planning

By Elizabeth Fayram, SeaMar Dietetic Intern

As mentioned in Victoria’s article, the ODA Board participated in formal strategic planning with ADA facilitator and past president, Marianne Smith Edge. On the first beautiful weekend in April, the board spent 2 days reviewing information and creating a vision for our state.

These photos are from a break!

ODA Newsletter

The ODA Newsletter is published 3 times per year by the Oregon Dietetic Association. Subscriptions are available to non-members for $15.00 per year.

2008-2009 President
Andi Markell, RD, LD
amarkell@lhs.org

Send advertisements, articles, photos, graphics to:
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Deadline for submissions for next newsletter:
September 5th, 2008
Farmers Markets As Medicine
by Eecole Copen MS, RD

It may not be the first recommendation rolling off your tongue, but shopping for food at a local farmers market is certainly a prescription for better health. It’s hard to beat an experience that offers walking around and breathing fresh air, looking at oodles of vibrant colors (especially against that grey Oregon sky), gaining an understanding of what’s in season, collecting ideas for meals to cook, tasting delicious samples, meeting people who grow food (soon to be your food) for a living, choosing from the freshest and most nutrient dense produce available, meeting friends new and old, and buying varieties of fruits and vegetables that do not exist on typical supermarket shelves, just to name a few things. We all choose our own doctors, mechanics, accountants and real estate agents, why not the people who grow our food? This type of relationship only appreciates in value. To know your farmer is to also know how the land was treated, what chemicals went into growing your food, the history of the seeds (which often have a great story), the way the farm workers were treated, and perhaps you can better imagine the landscape in which your food was grown. How much more connected to your food do you feel if you know these things? How does that connection change your experience of eating it?

As dietitians, we know that eating is as much a mental act as it is a physical one, and that unhealthy patterns are often based on negative past associations. In a recent report by the California Center for Public Health Advocacy (CCPHA), the link between local food environments and obesity and diabetes was explored, where the Retail Food Environment Index (RFEI) was determined by a number of fast-food restaurants and convenience stores over the number of grocery stores and produce vendors. They found a strong and direct positive relationship between the RFEI of the area in which someone lives and their likelihood of being obese or having diabetes. They write, “Although healthy eating habits are ultimately a matter of individual choice, local food environments influence those choices.” The recommendation of buying food at a farmers market is one way to help people create new positive associations with healthy and nutritious food and expose people to a healthy retail food environment, one they might not have known exists. You never know… a farmers market visit might be just the right prescription for your next client.

References


Resources for info on local food:


http://www.foodroutes.org- Food Routes, a non-profit dedicated to reintroducing Americans to their food the seeds it grows from, the farmers who produce it, and the routes that carry it from the fields to our tables.

www.whfoods.org- World’s Healthiest Foods- great seasonal online recipes and nutrition information.

Eecole Copen manages the Oregon Health and Science University Farmers Market, now in its 2nd season. For more info visit www.ohsu.edu/farmersmarket.
Have You Heard of Nutritional Therapy Practitioners?

Editorial By Nadine Hayden, MS, RD

This past March, I found an offering at Portland Community College (PCC) for students to become Nutritional Therapist™ through the Nutritional Therapy Program. The Nutritional Therapy Association Inc.® (NTA) briefly describes the program at nutritionaltherapy.com. The following explains some of my thoughts and what I have learned in my research.

The NTA, with its office in Olympia Washington, also offers programs at Lane CC and Seattle Central CC. They are expanding to Central Oregon CC. The non-credit program costs $3000. The program is expanding to hotels in other states and on-line. According to the website, the NTA program “…enables students to learn the role of diets and nutrition in health and wellness, to assess individual nutritional status and offer dietary counseling, address and correct nutritional deficiencies, balance body chemistry, participate in natural wellness and work side by side with healthcare professionals.” It is available for “…anyone ready to embark on a new career as a Nutritional Therapist.”

Gray Graham founded the NTA, is a shareholder and is the Director of Public Policy. He is also President of Biotics Research Inc. Biotics sells nutritional supplements.

The NTA website previously had a nutrition evaluation form posted. It had assessment techniques such as Bennett Reflex, Chapman Reflex, Murphy’s sign, Ragland’s Hypotension test and Lowenburg’s Test. There were also tests for iodine, zinc, fatty acid, allergies and more. According to Kay Hansen and Colleen Dunseth at the NTA, certain tests use “evaluative touch and lingual neural responses.” They said the Bennett Reflexes test for “Bioidividuality.” Some tests involve placing food or a supplement on a clients tongue and watching for muscle or blood pressure changes. I saw some references to some tests on the Internet in Chiropractic books and newsletters, but nothing really explaining them on PubMed. I also found a website describing Contact Reflex Analysis®, CRA. The CRA lists chiropractors whom use the method to test for nutritional supplement recommendations. Biotics is listed as a “preferred vendor for CRA” on the CRA website.

The NTA previously gave their “graduates” the title of CNT for Certified Nutritional Therapist. They changed to NTP or Nutritional Therapy Practitioners last year. According to the NTA newsletter, the NTA had an “ongoing dispute with the State of Washington over the use of the word “certified” and the letters C and N used together. Members of the Oregon license have discussed some NTA issues.

I spoke with Peggy Rudolf at the Workforce Training and Education Coordinating Board in Olympia. That organization takes inquiries and complaints regarding the license the NTA. I think they may be violating certain license laws. She is looking into certain issues.

Not one person at the NTA (that I can find) has a college degree in nutrition from an accredited college. Colleen Dunseth, who teaches the program at PCC has a master’s degree in holistic nutrition from Clayton College, but is not an accredited university. Rachel Olivas is on the board of directors of NTA and listed on a different website as the Oregon/Washington ordering/contact person for Biotics products. Each issue of the NTA newsletter advertises specific Biotics products directly related to the headline article.

The book Nourishing Traditions by Sally Fallon “embodies” the ideas of the NTA program according to Kay Hansen of the NTA. Sally Fallon has her master’s degree in English. In just the first pages, she states that medical doctors, research universities, the ADA, FDA, AMA, NIH, NHLBI, NAS, ACS, and AHA give incorrect information. She discusses the importance of silicon, vanadium and germanium in our bodies. Biotics Research sells those and many other questionable products.

The NTA is based on ideas by Westin Price DDS and Francis Pottenger MD. Price was a dentist who wrote a
book called Nutrition and Physical Degeneration about people and diets of different cultures. He died in 1948. Pottenger studied nutrition in cats and some people many years ago. Price coined the phrase to “balance body chemistry.” Both advocated raw milk. Price described the Price Factor or Activator X, or Wulzen that is in raw milk but is destroyed by pasteurization. It is sold by Biotics. The Price Pottenger Foundation was founded by Sally Fallon to continue their teachings.

It seems to me that there is a strong connection between the NTA, its methods, and Biotics. Can you think of a better marketing tool than to have a whole organization set up to teach people to sell your products? Although, I agree with some concepts that are part of the NTA paradigm such as nutrient density, whole foods and certainly wellness, I do not trust their education and certain products and methods they use. I am not alone in this. Stephen Barrett, M.D. with the National Council Against Health Fraud in his articles on his Quackwatch website also has warnings for the public. His Quackwatch articles also included warnings for Price, Pottenger, Contact Reflex Analysis, Biotics, Clayton College and its graduates. He says the Price-Pottenger Nutrition Foundation has “many dubious practices” and the phrase “balance body chemistry” is also quackery.

Julianna Smith RD who is the government relations representative with ADA said that ADA does not get involved with such organizations because it would appear as just a promotion of our own profession. I have spoken with some ODA board members and they discussed some issues about the NTA at their recent meeting. Cheryl Kirk RD is waiting for feedback from the Department of Community Colleges and Workforce Development after she wrote a letter describing her concerns. According to the staff at the community colleges, the program is most often taken by massage therapist and chiropractors.

My current goal is to try to get the staff at the community colleges to recognize and learn more about the NTA. I do not believe it belongs in the community colleges. Calling it a career when even the NTA website has only two “positions” listed is very deceptive. At a minimum, it should be labeled as an alternative health.

I have spoken with and sent information to representatives at each community college during the past 3 months. It is an uphill battle. Some believe it is an “emerging profession.” Others say it is “market driven.” Because I believe strongly that this program does not belong in the community college system, I plan to continue to work through various channels. If you would like to know more, you can also e-mail me at nhayden@clark.edu. Thank you, Nadine Hayden RD

The opinions expressed in this article do not necessarily reflect the opinions of the Oregon Dietetic Association.
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Ethics Opinion

Ethics opinions reflect the interpretation or application of the ADA/CDR Code of
Ethics for the Profession of Dietetics by the Ethics Committee in response to a
specific ethics issue or situation facing dietetics practitioners in practice.Opinions
serve as an educational guide for conduct and are published in the Journal of the
American Dietetic Association.

www.eatright.org/cps/rde/xchg/ada/xsl/governance_955_ENU_HTML.htm

What is an ethics
opinion and where
can I find one?

Where can I get a
list of current
dietetics related
ethics article?

Ethics for Further Reading List

The “For Further Reading List” provides references related to the ethical practice
of dietetics. The List is updated and published twice a year (January and August).

www.eatright.org/ada/files/ADA_CDR_Code_Of_Ethics_Reading_List.pdf
2008-09 ODA Executive Board and Team/Committee Roster

*Voting Members

We are fortunate that next year’s Board has a great mix of both experienced members and members that are new dietitians, beginning their careers in dietetics. Since we have already been hard at work on the strategic plan, we hope to have a productive and visible year. We also hope to provide and sponsor meaningful careers opportunities for our members. If you are interested in volunteering please contact one of the board members.

Thanks again for your support of ODA, Deborah Bella, RD, PhD, LD
Nominating Committee Chair

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