This May we will be hosting the 75th annual conference of the New Jersey Dietetic Association. Milestones such as this remind us to take stock of where we have been and where we are going. This occasion will be no different.

As a profession we have grown and changed dramatically over this period. Our growing pains as an association have been no less dramatic. Assessing where we are is particularly poignant at this time as we make a concerted push towards the licensure of the state’s nutritionists and dietitians. So as the year draws to a close, take a few minutes to think about the positive role your association has played in the development of your career.

Because of your association with fellow dietitians the following statements are probably true:

- You have received assistance from another dietitian over the years – whether it was as a job lead, advice, a reference, a teacher, a mentor, a sympathetic ear.
- Because someone helped you, you feel an obligation to pay it forward and help another dietitian.
- You understand the importance of training and educational standards for anyone practicing in the field of dietetics and so understand the need for licensure.
- You realize that you have more of an impact in the field as a group than as an individual.
- You know that you have different needs at different stages of your career and can find that support within the association.

The past several years have been difficult for NJDA. Because of the decline in the amount of time members were able and willing to donate to the association, we decided to revamp its format from five districts to three regions. The streamlining of the association did its job of eliminating the redundancy of positions. The goal was to foster more unity as a statewide association of more than 2000 members. However, it was not without its problems. Like an unwound spring, we lost our momentum and, momentarily, our direction. What we did for years out of habit no longer applied and we didn’t seem able to find our new position.

I think that the initial problems are now resolving and we are re-forming into our new shape. The districts are getting continuing education sessions and social events organized and back on the calendar. The last several events have been well-attended.

But I think we are at the point where we need to make the final push to make it all come together and really move us forward as a mature, experienced professional association. We finally get it. We understand the political environment and how if we are not taking a leadership role in the field of nutrition we will lose our relevancy and, ultimately, our jobs.

So what do you need to do as you define your goals for 2007?

- Contact your region chair to find out when is the next event. If there is not one, offer an idea or help in organizing it.
- Contact Karen Ensle, our legislative chair, and offer your support for the licensure effort.
- Support upcoming events.
- Encourage your co-workers to join the American Dietetic Association because there is power in numbers.

Contact me at pmattingly@realtime-nutrition.com to give me your opinions, desires, concerns, and questions. Let’s make our 75th annual meeting the milestone for our association it should be.

Wishing you and your loved ones a health, happy, and prosperous New Year!

Pat Nicholas Mattingly
Pat Nicholas Mattingly
President
Does NJ Really Want to be the Only State without Licensure for Dietitians/Nutritionists?
BY DENISE LANGEVIN, MS, RD

Region 2 Delegate and Licensure Chair

Forty-six states currently have statutory provisions regarding professional regulation of dietitians and/or nutritionists! Unfortunately New Jersey is not one of them. We are one of only 4 states in which anyone can hang a sign on their front lawn and declare themselves a nutritionist regardless of their education and/or training.

New Jersey consumers, health care providers, institutions and insurers deserve to be able to identify which individuals are qualified by education, experience, and examination to provide nutrition care services. Licensing of dietitians and nutritionists protects the public by assuring that individuals disseminating nutrition advice have the appropriate education and experience. Licensing will also help to assure consumers’ access to nutrition services. More and more, health insurance companies require licensure so that unqualified providers dispensing questionable advice are not reimbursed. If a state doesn’t license dietitians/nutritionists, services may not be covered regardless of whether a physician orders them.

State legislatures are charged with protecting the health and safety of the public. Accordingly, every state regulates occupations and professions that have an impact on the public’s health and safety. For example, dentists, nurses, and doctors all have licensure. Licensing of dietitians and nutritionists is consistent with this obligation.

Why has it not happened in NJ? Certainly NJDA and NJ nutrition professionals have been working toward this end for at least 24 years. Many of New Jersey’s legislators have supported us along the way. However, outside forces, politics, the health care environment and even member apathy have all stymied our efforts at one time or another. But we are not giving up! Together with our lobbying firm, Princeton Public Affairs, we are testing the waters and preparing to move forward. We are re-establishing sponsorship of our bill and hope to have it introduced in the near future.

So let’s make sure New Jersey is not the very last state to be without licensure. To attain licensure we need your help. Some things you can do:
• If you are willing to be a part of our grass-roots network please email Karen Ensle (ensle@aesop.rutgers.edu) with your contact information.
• Also, let Karen know if you have any contacts with New Jersey legislators or Governor’s Office
• Document any cases in which New Jersey citizens have been harmed by unqualified nutritionists. Remember that harm is not only direct suffering from inappropriate care or recommendations, but harm may also result indirectly when consumers delay seeking appropriate care due to misinformation they have received and of course harm can also be economic.
• Being politically active takes money so please consider contributing to our NJDA PAC. Please make checks payable to NJDA PAC and send to:
  Cindy Kwiatkowski
  200 Ocean Park Avenue, Unit 4D
  Bradley Beach, NJ 07720

Watch for communications from us early in 2007 and check the NJDA website often for alerts on this issue. We will inform you when it is time to contact your legislators.
“SAVE THE DATE - Sunday, March 25, 2007”
Join the Fun at the Seventh Annual NJDA Food and Fitness Walk

“All truly great thoughts are conceived while walking” — Friedrich Nietzsche

It’s that time of year again to start thinking about the NJDA walk at the Woodbridge Mall on March 25, 2007. Last year the walk proved to be a frenzy of food, fashion and fun! It is a great way to meet up with friends in the health and wellness industry and network with your fellow NJDA members. We had great representation last year, but in 2007 we want to top that! Volunteers and sponsors are needed for this worthwhile day, remember, this is our fundraiser and our time to shine in the community. Please donate of yourself and your time and be a part of the NJDA walk at the Woodbridge Mall on March 25, 2007.

“Anywhere is walking distance, if you’ve got the time.” — Stephen Wright

NJDA – Call for Nominations: 2007-2008

NJDA is seeking enthusiastic, visionary and dedicated nutrition professionals to serve in the following positions:

• **PRESIDENT-ELECT**
  (three year term: one year as President-elect, one year as President, one year as Past President)

• **SECRETARY** (two year term)

• **REGION II DELEGATE** (three year term)

• **CO-CHAIRS** (two year term):
  - Region I
  - Region II
  - Region III

• **NOMINATING COMMITTEE** (two year term):
  - Region I
  - Region II
  - Region III

Any questions or nominations should be forwarded to Rosemary O’Dea, RD – Nominating Chair (Rosemaryodea@comcast.net), H: 856-582-8710; W: 856-875-0100.

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**Montclair State University**

College of Education and Human Services
Fall 2007 Faculty Position

**Health and Nutrition Sciences. (V-F32)**

Nutrition/Food Science. Appointment includes research, curriculum development, advising students, and teaching graduate and undergraduate courses in nutrition and food policy. Earned doctorate in nutrition, food science, or related field, with interest and expertise in nutrition and food policy required. Registered Dietitian highly preferred.

This position requires knowledge of emerging uses of instructional technology and the ability to work effectively with culturally diverse populations and a commitment to education for social justice, democratic practice, and critical thinking. Candidates are expected to demonstrate a well-defined research agenda and evidence of scholarly activities and to participate in department, college, and university committees and activities.

Send letter and resume to: Dr. Tamara Lucas, Associate Dean, Montclair State University, Box C316,


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**Save the Date**
Friday, May 4th, 2007

NJDA 75th Annual Meeting
AT THE
Crystal Plaza, Livingston, NJ
NJDA 2006 Awards Winners

Congratulations to all of the recipients

RECOGNIZED YOUNG DIETITIAN OF THE YEAR - Maureen Huhmann

DIETETIC STUDENT INITIATIVE AWARD - Stephanie Shea

CAROLYN SEBASTIANELLI DISTINGUISHED MEMBER AWARD - Poonam Batra

OUTSTANDING DIETETIC STUDENT AWARD - Elizabeth D’Alto, Robin E. Lynch, Elizabeth Nossier

Outstanding Dietetics Educator Awards (ODEA)
Nominations for the Outstanding Dietetics Educator Awards for 2007 are hereby requested.
Applications materials are now located on the NJDA website http://www.eatrightnj.org/website/content/view/73/105/ under the Awards tab within the members only website for the Education Program Directors to distribute.
The NJDA Awards Chair must receive all completed ODEA applications by December 1, 2006.

The Awards Deadlines are as follows
- Outstanding Dietetics Educator Award: December 1, 2006
- Recognized Young Dietitian of the Year Award: January 12, 2007
- Emerging Dietetic Leader: January 12, 2007
- Recognized Dietetic Technician of the Year: January 12, 2007
- Outstanding Dietitian of the Year Award: January 12, 2007
- Carolyn Sebastianelli Distinguished Member: January 12, 2007
- Outstanding Dietetic Student: January 12, 2007
- Dietetic Student Initiative Award: January 12, 2007

We are looking for your fresh ideas!
If you are interested in submitting a story idea to write an article for News & Views, please email Shara Aaron or Jamie Schwartz at aaronshara@hotmail.com or Jschwartz74@hotmail.com
2006-2007 NJDA Executive Board
(*voting members)

President*  Patricia Mattingly
President-elect*  Becky Spates
Treasurer*  Cindy Kwiatkowski ('05-'07)
Treasurer-elect*  Cris Carlin
Secretary*  Audrey Adler ('05-'07)
ADA Delegate*  Laura Coti Garrett

Regional Delegates
Region 1*  Betsy Kuehn ('06-'08)
Region 2*  Denise Langlevin ('04-'06)
Region 3*  Kathy McMillan ('05-'07)

Past President*  Felicia Stoler

Regional Co-Chairs (one voting member per region)
Region 1*  Pat Utke, Connie Miller
Region 2*  Christanne Smith Harrison, Dana Martucci
Region 3*  Erlsa Levin, Korinrie Fodero

Nominating Committee Chair: Rosemary O'Dea
Region 1: Rosemary O'Dea, Donna Raday
Region 2: Stefanie Finamore, Jennifer Torsiello
Region 3: Joan McPherson, Julieta Songco

Operations Chair: OPEN
Bylaws: Jill Hanscom
Position Descriptions: Kathleen Babich
Policy & Procedures: Maura Bruno & Linda Hudak
Historian: Geetha Krishnan
Membership Co-Chairs: Diane Barivariate, Sandra Grenci

Communications Chair: Shara Wilson Aaron
Newsletter Co-Editors: Shara Wilson Aaron, Jaime Schwartz
Public Relations Chair: Juliana Chakrabarti
Media Rep: Patricia Davidson
Web Page Chair: OPEN
List-Serv:

Legislation & Public Policy Chair: Karen Ense
ADA/NJDA PAC: Monica Luby
Legislative Network Coordinator: OPEN
Legal Recognition & State Legislation: Laura Thorp
Lobbyist: Princeton Public Affairs Group (PPAG): Sonia Delgado, Dale Florio

Awards/Scholarships Chair: Jess Aleman
Awards Committee Members: Karen Ense, Kathy Kudelka, Corey Wu-Jung

Dietetic Practice Group Chairs:
Council on Renal Nutrition : Jennifer Kurzawa
Consultants in HCF: Juliet A. Songco

Strategic Planning Initiative:
Marilyn Laskowski-Sachnoff

Registration/Education: OPEN

Special Initiatives: OPEN

Speakers Bureau: Georgia Saler

Fundraising Chairperson: Poonam Batra
Committee Members: Colette Murphy Cole

ADA Foundation Liaison: Debbie Signorelli

DTR Representative: Shannon McCarthy

SPRC: Gerri McKay

Alliance Liaisons:
NJHSS: Karin Mille
NJ 5-A-Day Coalition: Erlisa Levin
NJAHF: Erlisa Levin
FCCLA: Betsy Dubov

Student Representatives:
Camden County College: OPEN
College of Saint Elizabeth: OPEN
Montclair State University DIP: OPEN
Rutgers University: OPEN
UMDNJ BSBS CP: OPEN
UMDNJ DIP: OPEN
Middlesex County College: OPEN
REGISTRATION FORM

New Jersey Dietetic Association’s (NJDA) Seventh Annual Food & Fitness Walk!

SUNDAY, MARCH 25, 2007 IN WOODBRIDGE MALL

Please fill out one form per person and make additional copies, as needed.
REGISTRATION: 10:00 AM & OFFICIAL START TIME 10:30 AM

Pre-Race Fee by mail before – March 15, 2007 ................................................................. $15
On-Site Registration: ........................................................................................................... $20

Unable to attend, but would like to support NJDA?
☐ Please donate: ............................................................................................................. $________

NAME: _____________________________________________________________________________

ADDRESS: _________________________________________________________________________

HOME PHONE: ___________________________ WORK PHONE: ___________________________

ENTRY IS FOR: ☐ MILE WALK OR ☐ 3 MILE WALK

Special Youth Incentive: Raise $20 from individual sponsors (see sign up sheet) and attend the walk for free! (MUST BE UNDER 18 YEARS OF AGE)

2006 Annual Food & Fitness Walk!

Make checks payable to: NJDA

MAIL TO: Poonam Batra
14 Greensview Drive
Scotch Plains, NJ 07076

Questions? Call Poonam Batra 908-561-3444
Pbatra1@hotmail.com

WAIVER: In consideration of acceptance into the NJDA Food and Fitness Walk, I for myself, and any other parties involved with the event do hereby release all claims arising or growing out of my participation in the NJDA Food and Fitness Walk. I attest and verify that I have knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this walk. I also give the permission for the future use of my name and picture in any broadcast, telecast or print media account of the event.

Signature __________________________________________________________ Date __________

Signature of Parent/Guardian ___________________________________________ Date __________

if walker under age 18

NJDA News & Views

Winter 2006
**NJDA**

**Member Sponsor Sign Up Sheet**

**SEVENTH ANNUAL FOOD & FITNESS WALK**

**SUNDAY, MARCH 25, 2007 - WOODBRIDGE CENTER MALL**

REGISTRATION: 10:00 AM & OFFICIAL START TIME 10:30 AM

PARTICIPANT’S NAME______________________________

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TOTAL $__________

Make as many photocopies of this sheet as necessary, to record all sponsors.
New Jersey Dietetic Association’s (NJDA) 7th Annual Food & Fitness Walk! Sunday, March 25, 2007 at 10 AM – 2 PM Woodbridge Center Mall

OPEN TO THE PUBLIC!

GET FIT- Ask “NUTRITION Experts” Registered Dietitians on hand to answer your questions for Free.

Register for the Fitness Walk on-site: $20 this Walkers Registration Fee includes:

- Count your calories with a free Apple Calculator
- FREE massages on-site
- FREE Starbucks coffee & healthy breakfast
- Door prizes & coupons
- Raffles include gift certificates for eateries & mall merchandise

Walk helps raise money for the: New Jersey Dietetic Association and college Scholarships.

ATTEND A FABULOUS FASHION SHOW

For further information visit www.woodbridgecenter.com or www.eatrightnj.org. The Woodbridge mall is located off Rt. 1&9 in Woodbridge. Mall opens at 11AM on Sundays.