

# Simply Good Eating 2010 Annual Conference

## Superior NEAs

### Educating Across the Life Span



September 15-16, 2010  
Holiday Inn Hotel and Suites  
Downtown Waterfront  
Duluth, Minnesota

Please register by Wednesday, August 11



# Simply Good Eating 2010 Annual Conference



## **REGISTRATION**

Please complete the attached registration form and return it via e-mail to Jeanne Laqua at [jlaqua@umn.edu](mailto:jlaqua@umn.edu) or, by fax to 612-624-8784.

**Please register by Wednesday,  
August 11, 2010**

## **LODGING**

We will provide the Holiday Inn with a rooming list and pay for lodging centrally for U of M staff. Look for information soon from your PC.

## **DIRECTIONS**

Check out this website for directions to the Holiday Inn Hotel and Suites, Duluth Waterfront:

<http://hiduluth.com/ContactUs/Location.aspx>



## Conference at a Glance

### **Tuesday, September 14, 2010**

Optional Evening Activity  
4:45 Vista Cruise on Lake Superior  
(1-hour)

### **Wednesday, September 15, 2010**

7:15 Continental Breakfast  
8:00 Registration Opens  
8:30 Welcome and General Session  
10:00 Break  
10:15 Mini Sessions  
10:15 EE and PC Session  
11:30 Buffet Lunch  
12:30 Breakout Session 1  
1:45 Break  
2:00 Breakout Session 2  
3:15 Break  
3:30 General Session  
5:00 Close  
5:15 Optional 30-Minute Yoga Class  
Poolside

Optional Evening Activity  
6:00 North Shore Train Ride  
(90-minutes)

### **Thursday September 16, 2010**

6:30 Optional 30-Minute Yoga  
Class Poolside  
7:00 Continental Breakfast  
8:15 General Session  
9:30 General Session  
10:30 Break  
10:45 Breakout Session 3  
12:00 Banquet Lunch and Awards  
1:30 Closing Speaker  
2:30 Close



## Featured Speakers



**Julie Coates, MA**  
**Vice President**  
**Learning Resources Network**

Julie is the world's foremost authority on the demographics of learning. She is an author, speaker and consultant in the area of learning and generational learning styles. She will share her expertise on providing community education to participants of all ages and discuss approaches to teaching people of different generations.

### **Bob Olen, Extension Educator, Horticulture**

Bob works with Minnesota commercial fruit and vegetable producers, fresh market producers, and immigrant farmers to enhance the profitability and efficiency of local and regional fruit and vegetable production. Bob will discuss how to grow nutrient dense foods utilizing small places in our northern climate. He will provide insight into the growing local foods movement in Minnesota.



**Mary S. Marczak, Ph.D.,**  
**Research and Evaluation**  
**Specialist, UMN Extension**  
**Center for Family Development**

Mary directs Family Development research and evaluation efforts and has evaluated over 70 family and youth programs including national and statewide initiatives as well as local programs run by small, non-profit organizations.

Mary's story is about an orphaned child in South Korea whose life course was dramatically changed by one farm woman from a small rural town in Oregon. The story is a reminder about the power of an individual to impact the lives of others. It also reminds us how fortunate we are to be in a business where the bottom line is making a difference in the lives of others.

## Breakout Session 1

**Wednesday, September 15, 2010**

### **A. "Let's Go Wild"**

DeeAnn Leines, M.Ed.; Mary Schroeder, MPH, RD, LD; and Sara Van Offelen, MPH, RD, Extension Educators, Health and Nutrition

Are you nervous about leading the Go Wild dances, physical activities and games? In this session you will have the chance to learn and practice the various activities. You will also learn helpful hints on how to make Go Wild a success from NEAs who piloted the curriculum.

### **B. "Backward Design"**

Mary Caskey, M.Ed., LD, Extension Educator, Health and Nutrition

Preparing a lesson or a series of lessons is more than planning fun activities. Let's shift our thinking and plan our lessons around the results we want our participants to achieve. Attend this session to learn the Backward Design method to lesson planning.

### **C. "All about Nutrition – What You Want to Know"**

Abby Gold, Ph.D., MPH, RD Nutrition and Wellness Specialist, Assistant Professor, North Dakota State University Extension Service  
Marla Reicks, Ph.D., Extension Nutritionist, Professor, Department of Food Science and Nutrition, University of Minnesota

Abby and Marla will answer your questions about nutrition basics and provide updates on emerging nutrition issues. They will share current research and new information you can use in your teaching.

### **D. "Motivating with Messages"**

Colleen Gengler, M.Ed., Extension Educator in Family Relations and Extension Professor

How can you use USDA messages to motivate the parents you work with? This session will provide you with background and resources which link child development and parenting skills to the health and nutrition messages, especially those for parents of pre-schoolers. There will be discussion on role modeling, cooking and eating together, and the division of feeding responsibility messages which build on the 2009 session on emotion based messages.

## Breakout Session 2

Thursday September 16, 2010

### **E. “Stepping Out”**

Kelly Kunkel, MS, CHES, Extension Educator,  
Health and Nutrition

Kim Asche, MS, Youth Development Extension  
Educator

Stepping Out is a pilot program from 4-H Healthy Living. It includes ten lessons on physical activity, health, and nutrition. Lessons highlight gardening, yoga, and geocaching, just to name a few.

### **F. “Connecting with Older Adults”**

Kathleen Lovett, M.Ed., Extension Educator,  
Health and Nutrition

Working with older adults can be fun and rewarding. This workshop will look at the unique issues affecting older adult learners, tips for working with older adults, and how to encourage older adults to learn new skills and engage in interactive learning experiences.

### **G. “What Does it Mean to Manage My Money”**

Shirley J. Anderson-Porisch, MSAFC Extension  
Educator, Family Resource Management

Managing personal finance is a task faced by most people. This workshop will identify six key strategies that take a holistic approach to money management. When the six strategies are utilized, you will make the best decisions given the money available for your saving and spending.

### **H. “Get Out of the Box”**

Phalla Keo, M.Ed., Community Program  
Specialist; Shelley Sherman MPH, Extension  
Educator, Health and Nutrition; Nimo Yusuf,  
Nutrition Education Assistant, West Metro

We will take a look at the Somali and Southeast Asian cultures, with particular focus on their foods and the role that religion, gender and age may play in the way that people approach learning about nutrition. This interactive workshop challenges you to look at your own assumptions about what is the norm, and to think about new ways to engage with newcomers to Minnesota.

## Breakout Session 3

Thursday September 16, 2010

### **I. “The Farm to School Movement”**

Stephanie Heim, MPH, RD, LD

Farm to School Coordinator, Health and Nutrition and NEA Panel Donna Anderson, Wadena County; Josie Espinoza, Kandiyohi County; Lynn Lokken, Lac Qui Parle County; Denise Pollard, Morrison County; Nancy Winter, Kandiyohi County; June Sorensen, Faribault County

Interest in Farm to School is growing across Minnesota. Learn from NEAs who have made a place for Farm to School in their school programs. We will share our stories, provide suggestions, and answer your questions to help you get started and overcome barriers.

### **J. “Know Your Teen Audience – The Nature of the Beast!”**

Geri Downing, RJE Middle School  
Grand Rapids MN

Stepping into a middle school or high school setting can be quite noisy and a bit scary at times. What is the secret to success in the puberty stricken environs? Knowing your audience! Attend this interactive session to become familiar and fall in love with the beast.

### **K. “Keeping Your Cool in Tough Conversations”**

Patty Bales, MA-Human Resource Development,  
University of Minnesota

This session will provide a few simple tools and approaches for having a constructive conversation when it feels like it is going in the wrong direction. We will take time to practice and apply the methods.

### **L. “Water Bath Canning – High Acid Foods”**

Deb Botzek-Linn, M.Ed., Extension Educator,  
Food Science, University of Minnesota

Tomatoes, fruits, pickles, salsa, and jams and jellies are safely home preserved when processed by the boiling water bath method. Learn the hows and whys of this important method of preservation.

## Mini-Sessions Topics

Teen Nutrition Club  
NEAs Get Smart ... Not Board  
Working with the Handi-capable population  
Who's in the Garden? Who's in the Kitchen?  
Teaching Tips and Tools of the Trade

## Conference Activities and Highlights

### ➤ Make and Takes

### ➤ Displays

### ➤ Optional Activities

#### ➤ **Yoga Class taught by Connie Burns, Extension Educator**

Check out the fun, easy yoga classes held poolside on Wednesday evening from 5:15 to 5:45 and Thursday morning from 6:30 to 7:00. No experience necessary. Dress in stretchy, loose clothes; bring your bare feet. Connie has taught yoga for over ten years to people from 8 to 80. She has a Lyengar background but especially enjoys teaching gentle yoga to beginners. Please bring a mat if you have one. A limited number of mats will be provided.

#### ➤ **“Superior Hiking Challenge”**

The Northeast Region would like to welcome everyone to Duluth by having all NEAs participate in a fun walking challenge during the conference! Wear your pedometer and count your steps each day as we keep track of how many miles we hike “along the Superior Hiking Trail.” We’ll see which region has hiked the furthest along the trail by the end of the conference. Details will come in August!

#### ➤ **Tuesday evening September 14**

5:00 – 6:00 PM

Vista Cruise on Lake Superior \$10. Cruise requires a minimum registration of 30. Watch for more information on the cruise and how to register!

#### ➤ **Wednesday evening, September 15**

6:00 – 7:30 PM

90-minute North Shore train ride \$13-\$22 depending on how many register – minimum registration is 30. More information coming soon!

### ➤ Years of Service Awards

