

# FCS Strong 2015 IFCSE CONFERENCE

June 22-24, 2015



Courtyard Marriott - FFA Enrichment Center - Ankeny, Iowa

Co-sponsored by the Iowa Department of Education

## President's Message

I am very excited to invite you to the 2015 Iowa Family and Consumer Sciences Educators Conference! This year, we have the opportunity to move to a new location and partner with IACTE for one day of our conference. With this collaboration, the dates of our conference have moved up to June 22-24, 2015.

This conference truly promises an extraordinary FCS experience. Our conference theme is FCS Strong. This will be an outstanding professional development opportunity to network and collaborate with other FCS and CTE educators. This conference is intended for future FCS teachers, new educators, middle and high school teachers, post secondary educators and retired professionals who want to stay connected and up to date with FCS education. I want to personally invite you and your fellow FCS friends and colleagues to register and attend our conference this year!

A big thank you to Kristie Kuhse, our conference coordinator, for all of her planning efforts to make this conference a reality! The conference will begin on Monday, June 22 at 1:00 PM at the Courtyard Marriott with breakout sessions and Key Leader Round Tables. The evening session will include our Business Meeting and Keynote Speakers, Del Hoover, Iowa Department of Education Consultant and Dr. Annette Lynch, University of Northern Iowa. Del will give an update on FCS in Iowa and Dr. Lynch's keynote, "STEM and Fashion: A Perfect Fit." Following the evening session, AEA Hospitality Rooms will also give you an opportunity for networking with other FCS educators who live and teach in your area of the state.

On Tuesday, we will join with other CTE professionals for the CTE: Together We Make It Work unified conference at the FFA Enrichment Center on the DMACC Campus. The morning will begin with a continental breakfast, exhibits and a variety of breakout sessions. During the luncheon session, IACTE Awards will be presented and we will hear from keynote speaker, Steve Ovel. The afternoon will be filled with many more breakout sessions to choose.

The IFCSE Awards Dinner Banquet will be held Tuesday evening at the Courtyard Marriott. During this time, we will have the opportunity to showcase our talented colleagues and their many accomplishments. Be sure to take a few minutes and complete the BEST Award self nomination. This is a great for your teaching portfolio body of evidence or to display in your classroom. I encourage you to think about outstanding FCS professionals in the state, and take the time to nominate them! We truly want to recognize our teachers for their

passion and dedication to our profession. The nomination forms can be found at the end of this conference brochure as well as on our website ([www.iowafcseducators.com](http://www.iowafcseducators.com)).

Thank you in advance for taking the time to help us celebrate the success of FCS in Iowa! The evening will conclude with our keynote address from one of our very own, Donna Young, 2014 IFCSE Teacher of the Year.

We will begin Wednesday morning with an early bird Wellness Walk and breakfast on your own. Beginning at 8:15 AM, there will be several breakout sessions to choose. We will end the conference with another opportunity for participants and key leaders to share ideas and lesson plans to take back to your classroom. We will conclude at noon so that you may attend the Region 3 ACTE meeting in Cedar Rapids, Iowa.

Registration is now open! Early registration will end June 1, 2015. All registrations should be made via this Google link: <http://goo.gl/forms/1sNRM28KQP> and

**make checks payable to: IFCSE (Iowa Family Consumer Sciences Educators)** and mail to Kristie Kuhse. Credit cards are not an accepted form of payment.

If you are unable to attend this year, don't forget to pay your membership dues on the form included in this brochure and mail today.

I encourage you to register today to attend this conference! As always, this conference is intended to help us gain new ideas, friendships, and help us get enthusiastic for the upcoming school year! I look forward to seeing you all at Courtyard Marriott and FFA Enrichment Center June 22-24!

Lisa Konecne  
2014-2015 IFCSE President  
FCS Teacher and FCCLA Adviser  
Southwest Valley High School  
lkonecne@corningcsd.org

## Conference Objectives:

- ⤴ Examine challenges and opportunities for Family and Consumer Sciences Professionals.
- ⤴ Participate in concurrent sessions directed towards professional needs and interests.
- ⤴ Network and share classroom materials.
- ⤴ Expand your vision of the future by examining societal trends.

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## Keynote Speakers

### Monday Evening

#### State of FCS in Iowa

**Del Hoover, FCS Consultant, Iowa Department of Education**

Meet Del Hoover and learn about what is new at the Department of Education. Del will provide an update on family and consumer sciences at the state level.

#### STEM and Fashion: A Perfect Fit



#### **Dr. Annette Lynch, University of Northern Iowa**

Dr. Annette Lynch currently serves as the Interim Director of the School of Applied Human Sciences and Professor in the Textiles and Apparel Program (TAPP) at the University of Northern Iowa. Dr. Lynch has been teaching at the University of Northern Iowa in the textiles and Apparel program for over twenty years. Under her leadership the TAPP Program moved toward a focus in the area of product development, including courses in computer aided design, materials science, merchandising, design, and construction. She also serves on the UNI STEM Faculty Advisory Council, playing a critical role in helping fashion students of all ages understand the science behind fashion.

### Tuesday Luncheon

#### The Critical Role of Career and Technical Education in Addressing Iowa's Growing Shortage of Skilled Workers



#### **Steven Ovel, Executive Director, Governmental Relations Kirkwood Community College, Cedar Rapids**

Steve retired from Kirkwood Community College in 2013, most recently as the Executive Director of Governmental Relations. He continues to work on a part time contractual basis with Kirkwood and the Iowa Association of Community College Trustees as a legislative liaison. At Kirkwood, Steve provided administrative leadership to the areas of development and foundations, community relations, economic development, business and industry training, grants, governmental relations and assistant to the president.

He is a member of the Board of Directors of the Iowa Workforce Development Department. He has served on the national board of directors of The Workforce Alliance and is a member of the National Skills Coalition Priorities Council.

Steve has also served the Iowa community college system as a lobbyist before the Iowa Legislature and Executive Branch specializing in job training, workforce and economic development, corrections education and career and technical education.

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### Tuesday Evening Dinner Banquet

#### A Stone's Throw



**Donna Young**

2014 IFCSE Teacher of the Year

*Donna Young was born in Kansas and grew up on a farm in NE Kansas. She graduated from Netawaka High School, Netawaka, Kansas in 1965. She graduated from Emporia State Teachers College, now called Emporia State University, Emporia, Kansas with a Bachelor of Science in Education with an emphasis on Vocational Home Economics Education. She began teaching at Roosevelt Middle School, Cedar Rapids, IA in 1969. In 1984, she moved to Kennedy High School also in Cedar Rapids, Ia. A Master in Education was earned from ISU in 1993. Donna retired from the Cedar Rapids Community Schools in 2002. After retirement she taught at various times at Coe College and Kirkwood Community College as an adjunct. She also worked at Jefferson for several years on a special remediation project during the era of No Child Left Behind. She also filled in for one year at Prairie High School, Cedar Rapids, IA. Most recently, she just retired from LinnMar High School, Marion, IA after teaching there for 2 years. Donna has been married for 43 years to Don and resides in Fairfax, IA. She has two sons who are married and each has 2 daughters with ages ranging from 1 year to 6 years.*

Teaching FCS is like tossing a stone into a body of water. The concentric circles ripple away and then return. Those are the lives you've touched through your lessons. Those lessons are shared with others and the circles keep going.

### GRADUTE CREDIT:

IFCSE is seeking graduate, undergraduate and staff development credit for attending this conference and completing coursework. To receive credit, you are required to attend all sessions, complete course readings and assignments. You may register for credit prior to the conference on the AEA 267 website, or on Monday, June 22 at the Conference Registration Table.

## 2015 IFCSE Conference Registration Form

Go to this site or scan this QR code to Register:

<http://goo.gl/forms/1sNRM28KQP>



**Be sure print a copy of the form and send with your payment to:**

Kristie Kuhse

IFCSE Conference Coordinator

216 Elm Street

Waverly, IA 50677

**Questions ? - Contact Kristie Kuhse, 319-352-1801 or**

[kristiekuhse@msn.com](mailto:kristiekuhse@msn.com) or

[kristie.kuhse@wsr.k12.ia.us](mailto:kristie.kuhse@wsr.k12.ia.us)

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**Monday, June 22, 2015**

**Courtyard Marriott - Ankeny**

12:00 PM - 1:00 PM Registration

1:00 PM Conference Begins

**1:00-2:30 PM Breakout sessions**

### 1. Getting Back in the Groove with RealCare Baby

*Cathy Strenger, Field Account Manager for Realityworks, based in the Topeka, KS. Her territory includes Colorado Iowa, Kansas, Missouri, Nebraska and New Mexico. Cathy has a passion for education and enjoys assisting teachers implement our Total Parenting Experience and RealCareer Welding Solutions in their school to make a difference in students lives.*

Do you have RealCare Baby 3 or RealCare Baby 2 plus infant simulators? If so this meeting is for you. Session will feature a discussion of Control Center Software quick tips, RealCare Baby program best practices and a review of our RealCare Baby product support area.

### 2. FCS + STEM = 21<sup>st</sup> Century!

*Jeff Weld, Executive Director, Governor's STEM Advisory Council*

Family and Consumer Science Educators have been doing STEM-like things long before STEM became cool. The hallmarks of STEM are application, cross-discipline, investigative, hands-on, student-centered, problem-solving, and community relevant. Sounds a lot like FCS. This session delves into the array of solutions rolling out across Iowa through the Gov. STEM Advisory Council, many of which FCS educators will find useful. Even more importantly, this session also engages attendees in discussion as to how ties can be made even stronger between STEM and FCS in Iowa. Come prepared for both intake and output!

### 3. FCS Classroom and Cafeteria Connection

*Patti Delger/Carrie Schiedal*  
*Patti Delger and Carrie Scheidel are Team Nutrition Co-Directors, from the Bureau of Nutrition and Health Services, at the Iowa Department of Education. Carrie has a Masters of Public Health and Patti is a Registered*

*Dietitian. Together they bring a great deal of knowledge and experiences in helping schools improve their wellness environment.*

Does your FCS classroom and the school lunch program support each other and provide consistent wellness messages? Learn how to connect with your school food service director to more efficiently meet the goals of your class and the goals of the meal program. A school will share how they developed a great working relationship with child nutrition staff and how they successfully worked together to enable students to make the healthy choice the easy choice at school and at home.

### 4. Ground Beef Demystified...an Update for Classroom Activities

*Nancy Degner, Executive Director for the Iowa Beef Industry Council. She is responsible for consumer education about beef, nutrition, beef industry. Previously, she taught home economics, in the dark ages.*

Which is the best ground beef to buy? Why have prices gone up? Is grass-finished better than traditional grain-fed? Is Pink Slime back? Find the answers to these questions and get new ideas for classroom activities.

### 5. A Look at Standards Based Grading

*Lisa Stange, Program Coordinator for the Family and Consumer Sciences Education and Studies program and Lecturer at Iowa State University. She has over 23 years of experience in the classroom in districts of all sizes. In addition to National Board Certification in CTE, she holds a BS in FCS and MA in Education. Lisa serves as the current IACTE board secretary and is the Region III ACTE policy representative for Iowa.*

A look at Standards-based grading

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2:45-4:00 PM

Breakout sessions

4:00-4:15 PM

Snack Break

## 1. Getting Back in the Groove with RealCare Baby

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4:15-5:30 PM

Key leader Round Table Sharing

6:30-9:00 PM

Evening Dinner Session  
IFCSE Business Meeting

## 2. Streamline Your Workflow with Google Apps

*Michelle Cowell, Instructional Technology Consultant at AEA 267* Session Repeat Tuesday  
More and more schools are moving to Google for their work flow and storage needs but since Google is always changing it can be hard to keep up. This session will look at key features of Google Drive and Classroom that can help you easily manage the work flow in your classroom.

Keynote Speakers:

“State of FCS in Iowa”

Del Hoover

“STEM and Fashion: A Perfect Fit -

Dr. Annette Lynch

## 3. Fuel Up to Play 60

*Jen Ransom, RD, LD, Midwest Dairy Council*  
Learn about how to implement Fuel Up to Play 60 into your classroom and school. Opportunities for grant funding to enhance nutrition education and physical activity in your school.

## Tuesday, June 23, 2015

IACTE Unified Conference:

CTE: Together We Make It Work

FFA Enrichment Center

Exhibits throughout the day

There will be other sessions to choose from sponsored by other CTE areas. The sessions listed below are sponsored by IFCSE.

## 4. Ground Beef Demystified...an Update for Classroom

Activities - Session Repeated

*Nancy Degner, Executive Director for the Iowa Beef Industry Council. Responsible for consumer education about beef, nutrition, beef industry. Previously taught home economics (in the dark ages).*

8:30-9:20 AM

Breakout Sessions

## 5. FCS Classroom and Cafeteria Connection -

Session Repeated

*Patti Delger and Carrie Scheidel are Team Nutrition Co-Directors, from the Bureau of Nutrition and Health Services, at the Iowa Department of Education. Carrie has a Masters of Public Health and Patti is a Registered Dietitian. Together they bring a great deal of knowledge and experiences in helping schools improve their wellness environment.*

## 1. Streamline Your Workflow with Google Apps

*Michelle Cowell, Instructional Technology Consultant at AEA 267 -* Session Repeated

More and more schools are moving to Google for their workflow and storage needs but since Google is always changing it can be hard to keep up. This session will look at key features of Google Drive and Classroom that can help you easily manage the workflow in your classroom.

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## 2. Developing our Future Workforce with RealCare Baby

*Cathy Strenger, Field Account Manager for Realityworks, based in the Topeka, KS. Her territory includes Colorado, Iowa, Kansas, Missouri, Nebraska and New Mexico. Cathy has a passion for education and enjoys assisting teachers implement our Total Parenting Experience and RealCareer Welding Solutions in their school to make a difference in students lives.*

Learn how to use the RealCare program to help your students explore careers related to infants in education and human services. Session will explore curricula lessons and program best practices. Help create a lifelong benefit to your students by developing planning and decision making skills while broadening their career considerations.

## 3. A Journey from Education to Career: The STEM Connection

*Will Fett, Executive Director, Iowa Agriculture Literacy Foundation. Most recently Will worked as stewardship manager and regional director for the National FFA Foundation in Indianapolis. He was responsible for planning their convention and process management for stewarding donor relations, but also worked with corporate sponsorships and major gifts. Will is originally from Montana where he earned his BS from Montana State University. He taught high school agriculture for four years before moving to Korea for a year and then Indiana. While in Indiana he also earned his MS in Ag Econ from Purdue University and his MBA from Indiana University.*

What do students need to prepare for future careers? Discover how students are gearing up for success in the field of agriculture utilizing STEM skills. This interactive session will share loads of resources lesson plans, grant opportunities and more to help make your classroom the best it can be.

## 4. Family Coaching and Using Technology in Home Visits

*Melissa Schnurr, Comprehensive System of Personnel Development (CSPD) Consultant for IDEA Part C (Early ACCESS), Iowa Department of Education Previously a professor in the Human Development department at UW-Green Bay and taught courses in development from conception through early adulthood and research methods.*

Participants will learn tools and strategies to teach students about family coaching in early intervention as well as information about using technology (like smart phones) on home visits.

## 5.Question/Answer Session with Del Hoover

Del Hoover, DE Consultant will be available to answer questions you have about Perkins funding, FCS and other CTE questions.

9:30-10:20 AM

Breakout Sessions

## 1.STEM and Fashion: Educating Students about the perfect between science and fashion

*Dr. Annette Lynch currently serves as the Interim Director of the School of Applied Human Sciences and Professor in the Textiles and Apparel Program (TAPP).at the University of Northern Iowa. Dr. Lynch has been teaching at the University of Northern Iowa in the textiles and Apparel program for over twenty years. Under her leadership the TAPP Program moved toward a focus in the area of product development, including courses in computer aided design, materials science, merchandising, design, and construction. She also serves on the UNI STEM Faculty Advisory Council, playing a critical role in helping fashion students of all ages understand the science behind fashion.*

Session will introduce participants to the textile materials science and computer aided design facets of the apparel design process. The session will also feature profiles of Iowa students who have used a background in apparel design to launch successful careers in New York City, Hong Kong, Minneapolis, and right here in Iowa.



Science



Technology



Engineering



Mathematics

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10:30-11:20 AM

Breakout Sessions

## 2. Coding and Computer Science is the Future for Everyone

*Michelle Cowell, Instructional Technology Consultant at AEA 267*

There are more than 5000 computer science jobs open in Iowa right now but only 600 computer science graduates. This session will look at how you can start all of your students coding regardless of their experience. We will look at programs, resources and hands-on activities include Spheros that you can use in the classroom to interest students in learning computer science.

## 3. A Journey from Education to Career: The STEM Connection

*Session Repeated*

*Will Fett, Executive Director, Iowa Agriculture Literacy Foundation.*

## 4. Incorporating FCCLA into the Classroom

*Jenn Callahan, Iowa FCCLA State Executive Director*

Come and learn the secrets of growing and promoting your FCS program through FCCLA! There are several ways to incorporate FCCLA into the classroom. Learn about upcoming dates and special events to plan for your school year ahead! Make this year, the Ultimate Leadership Experience!

## 5. Family Coaching and Using Technology in Home Visits

*Session Repeated*

*Melissa Schnurr*

Participants will learn tools and strategies to teach students about family coaching in early intervention as well as information about using technology (like smart phones) on home visits.

## 1. Replacing Recycling with Resource Recovery

*Jason Evans, Director of Education, Cedar Rapids Linn County Solid Waste Agency. As an administrator of the area's largest resource recovery and compost facility, and the area's second largest landfill, Jason teaches pre-K through graduate environmental science to Linn County residents and industry leaders. A second grade teacher prior to joining the Agency, Jason works with STEM, Iowa Core, and individual needs in the community to make resource management a real success regardless of age.*

A shift in thinking moves us from looking at materials as recyclable to looking at materials as resources. Sometimes, recycling is the best option, other times composting or reuse make more sense. Did you know that heat generated from large engines can be reclaimed? Landfill gasses are powering homes in Linn County every day. A single water bottle littered in an Iowa field will become part of an oceanic gyre. Learn more about these and other resource focused topics with "Replacing Recycling with Resource Recovery."

## 2. Chrome Extensions in 60 minutes

*Stacy Behmer, Coordinator of Digital Learning from Grant Wood AEA. She is a former elementary and middle school teacher and also spent some time as a district technology director. Currently, she works with a team of technology consultants providing technology integration support and training to teachers and administrators. Stacy serves on the Iowa Technology Education Connection board which holds a couple of conferences and a series of workshops across the state promoting technology rich learning environments. She is a Google Certified Teacher and Google Education Trainer and enjoys learning from and with teachers and students new ways to incorporate technology in teaching and learning!*

Let's maximize Chrome for students and teachers by using the extensions! Stacy will go through some of her favorite Chrome extensions in 60 minutes, so hold on to your hats! This slide deck is always being updated, so you are bound to find something new! The extensions can help using your browser more efficiently to help support student learning!

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### 3. Standards Based Grading

*Jenn Callahan, Waukee HS FCS Teacher, Iowa FCCLA State Executive Director*

Learn how to assess your students based upon their skill level instead of giving them a traditional grade! How can we make sure our students are at the level we want them to learn at? How can we make our assessments the best for kids? Learn how to understand the system, design assessments and rubrics in the standards based classroom!

### 4. Preschool in Child Development Classroom

*LuAnne Bibler, FCS educator at Waverly-Shell Rock for 2 years. She previously taught FCS at the Middle school level. When LuAnne's children were growing she had an in-home daycare business.*

How to have a successful preschool in which high school students teach the little ones.

### 5. Geocaching Financial Literacy Activity

*Margaret Van Ginkel and Kris Gross, Iowa State University Extension and Outreach*

Learn about the new financial literacy geocaching activity available fall of 2015 for middle school and high school teachers. Attend this session to learn more about this activity and how to integrate technology and financial literacy lessons.

11:30-1:00 PM IACTE luncheon/speaker

1:15-2:45 PM Breakout Sessions

### 1. Keeping Sewing Alive and Current

*Teresa Nennig*

*Before reaping the benefits of retirement, Teresa taught grades 7-12 FCS for 38 years in Decorah, Dyersville, Osceola, and Independence, Iowa. In her last 16 years of teaching, she was able to concentrate more on Fashion and Textiles and hope to relay her passion for that area to you. She was active in FCS related professional*

*organizations and held positions of leadership in each one. Teresa was honored to be named the teacher of the year in three organizations.*

You will go away from this session with several classroom ready directions for low cost classroom sewing projects as well as learning activities to assist you in teaching textiles to students in grades 7-12. I will show you how to adapt a project to several different levels of skills, how to incorporate more science, math, and writing into your fashion and textiles curriculum, and how to use sewing projects in other areas of FCS and in service projects. Last, learn what others are doing to keep this area of FCS engaging and challenging.

### 2. FCCLA for the Beginners

*Timothy Marx and Julie DeBower, FCS Teachers and FCCLA Advisers*

During this session, learn how to get FCCLA started in your classroom and school.

### 3. Parenting in a New Age

*Cheryl Clark, Human Sciences Family Life Specialist for Iowa State University Extension and Outreach. Master in Family Consumer Sciences Education from ISU.*

This session will be an overview of cutting-edge parenting programs from ISU Extension and Outreach, including Together We Can (parenting skills for co-parenting) and Juntos (communication skills for Latino parents and youth)

### 4. IPTV and PBS Offer Thousands of Free Resources

*Angela Hiatt, Educational Outreach Specialist for Iowa Public Television. She has experience as a teacher and understands the importance of free resources that engage students.*

Join her as she showcases thousands of resources that IPTV and PBS bring to the table. IPTV brings you the latest and greatest from PBS and IPTV. Bring your laptop and sign up for a resource that houses over 100,000 learning objects!

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## 5. Hospitality & Tourism Program of Study Project

### Outcomes and Recommendations

*Mary Jane German, Professor Emeritus at Kirkwood Community College, formerly the Hospitality Department Chair at Kirkwood. Since 2011 Mary Jane has chaired the Hospitality and Tourism Program of Study Committee sponsored by a Perkins grant.*

During this session, learn about the Hospitality and Tourism POS Committee work. Get an overview of the HTPM secondary curriculum, created by the American Hotel and Lodging Association and endorsed by the POS committee.

3:00-4:00 PM

Breakout Session

### 1. Teen Pregnancy Prevention: More Than Just the Sex Ed Talk -

*Randie Camp, Graduate Research Assistant, Iowa State University.*

This presentation will present research on student attitudes about sexual education. The session will also include activities that can be used in the classroom to teach about healthy relationships, realities about teen parenting, and financial awareness. Social media resources will be provided as well.

### 2. The CDA: Building an Early Childhood Professional Pathway

*Dara Madigan, WAGE\$ Program Coordinator at Iowa Association for the Education of Young Children*

Do you have students interested in pursuing a career working with young children? Whether they plan to go to college for their four-year degree or enter the workforce directly after graduation, the Child Development Associate (CDA) Credential is the best way to prepare them. Come learn about the process for students to leave high school with this national certification in-hand. Information will also be shared about financial resources available to help with this process.

## 3. Replacing Recycling with Resource Recovery

Session Repeated

*Jason Evans, Director of Education, Cedar Rapids Linn County Solid Waste Agency.*

## 4. IPTV and PBS Offer Thousands of Free Resources

Session Repeated

*Angela Hiatt, Educational Outreach Specialist for Iowa Public Television.*

## 5. Hospitality & Tourism Program of Study Project

Outcomes and Recommendations Session Repeated

*Mary Jane German, Professor Emeritus at Kirkwood Community College, formerly the Hospitality Department Chair at Kirkwood. Since 2011 Mary Jane has chaired the Hospitality and Tourism Program of Study Committee sponsored by a Perkins grant.*

## 6. Classroom ready activities and projects for Fashion, Clothing Construction, and Textile classes

*Teresa Nennig, former FCS grades 7-12 teacher for 38 years in Decorah, Dyersville, Osceola, and Independence. She master's degree in education. The last 15 years I was able to focus more on Fashion, clothing construction, and textiles. Over the years she was active in several FCS and CTE organizations and received several honors as a result of the work done. On personal level she has been married for 41 years and is a proud parent of four children and 5 (soon to be 6) grandchildren.*

You will go away from this session with several classroom ready directions for low cost classroom sewing projects as well as learning activities to assist you in teaching textiles to students in grades 7-12. I will show you how to adapt a project to several different levels of skills, how to incorporate more science, math, and writing into your fashion and textiles curriculum, and how to use sewing projects in other areas of FCS and in service projects. Last, learn what others are doing to keep this area of FCS engaging and challenging.

4:00 PM IACTE Delegate Meeting

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6:00 PM – 6:30 PM Courtyard Marriott - Social Hour

9:00 PM IFCSE Awards Banquet

Keynote Speaker - Donna Young - IFCSE TOY

9:00 PM Key leader Meeting

**Wednesday, June 24, 2015**

6:15 AM – Wellness Walk

Breakfast on your own

**8:15-9:15 AM Breakout Sessions**

### 1. Got Prostart? You Can Do It!

*Jane Hoegh - IFCSE 2014 Teacher of the Year. FCS Teacher, Hampton-Dumont*

Hampton-Dumont High School is a small rural high school in north central Iowa. We started ProStart this year with 12 students. The Culinary Competition & The Management Completion turned our students into believers & inspired many more students to enroll for next year!! Learn how to raise funds & help your students to gain skills to compete! Learn how to get chef's involved who might be 600 miles away in Dallas, Texas or 1,000 miles away in New York City or right in our backyard. Chef Val, Chef Michael and Chef Kevin were extremely valuable to our success!

### 2. Helping Your Students Find Financial Peace

*Chris Quigley, FCS Teacher, South Tama County High School*

This session will provide information about Dave Ramsey's High School Curriculum: Financial Peace University. It is an engaging curriculum that is aligned with the Iowa Core and popular with the students. Come learn about an exciting alternative for teaching financial literacy!

### 3. The Iowa Dish: Connecting Iowa Foodies with the Farmers Who Grow Their Food

*Teresa Bjork is the senior features writer at the Iowa Farm Bureau in West Des Moines. Teresa is a writer and editor for the Iowa Farm Bureau Spokesman weekly newspaper and for Family Living, a monthly publication for Farm Bureau's associate members in Iowa. In 2014, she helped launch Iowa Farm Bureau's first e-newsletter, the Iowa Dish, which aims to connect Iowans with the farmers who grow their food. Teresa grew up on a diversified crop and livestock farm in Northwood, Iowa, and graduated from Iowa State University with a degree in journalism. She and her husband live in Madrid, a few blocks from the High Trestle Trail, where she spends much her free time cycling.*

Discover how the Iowa Dish, Iowa Farm Bureau's first e-newsletter, is helping to spark a conversation about how our food is grown and raised, and to introduce the Iowa farmers who work to feed families here at home and abroad. Plus, learn more about how to keep up with the latest food trends and find expert answers to common questions about agriculture and food production today.

**9:30 – 10:30 AM Breakout Sessions**

### 1. Got Prostart? You Can Do It!

*Jane Hoegh - IFCSE 2014 Teacher of the Year. FCS Teacher, Hampton-Dumont* **Session Repeated**

### 2. Unlikely Triathlete, Keep Moving Forward

*Connie Sievers, CTE / Health Curriculum Coordinator for Des Moines Public Schools*

Connie Sievers was chosen by Dr. Sanjay Gupta as a member of the 2014 CNN Fit Nation Sassy 6 Triathlon Team. Today she is going to share her story of becoming a triathlete. By sharing her lessons learned, her hope is to inspire others to keep moving forward or to start moving forward towards a healthy lifestyle.

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### 3. Fashion in Iowa

*Ann Gadbury, Fashion Instructor, AAS from DMACC, BS from Iowa State University, MBA from Iowa State University. Worked in the Des Moines retail and production industry for 9 years before coming to DMACC.*

kristie.kuhse@wsr.k12.ia.us

### HOTEL RESERVATIONS:

This seminar will focus on the emerging trends in fashion careers. Ann and Cindy will discuss the fashion careers in Iowa, how the Iowa fashion industry is changing, and how they are preparing students to succeed.

IFCSE has two Conference Hotel Options this year.

When making reservations be sure to reference:

**Iowa Family and Consumer Sciences Educators**

**10:30-11:45 AM** Keyleaders / Participant  
Share and Tell

#### **Courtyard Marriott**-Reservation Information

2405 SE Creekside Drive

Ankeny, IA 50021

515-422-5555

Conference Room Rate - \$104.00 plus taxes.

Reservations need to be made by June 1, 2015 to receive this rate. Limited number of rooms available.

**12:00 PM-12:30 PM** Required session for those taking  
conference for credit

#### **Homewood Suites**-Reservation Information

To make room reservations Contact:

Melissa Heglin

Director of Sales

Homewood Suites by Hilton

2455 SE Creek Drive

Ankeny, IA 50021

Tel: (515) 963-0006

Fax: (515) 963-0007

## 2015 IFCSE Conference Registration Form

Go to this site or scan this QR code to Register:

<http://goo.gl/forms/1sNRM28KQP>



**Be sure print a copy of the form and send with your payment to:**

Kristie Kuhse

IFCSE Conference Coordinator

216 Elm Street

Waverly, IA 50677

Conference Room Rate:

King suites - \$139

Queen Suites- \$149

Rate includes breakfast, supper and beverages.

**Questions ? - Contact Kristie Kuhse, 319-352-1801 or**  
[kristiekuhse@msn.com](mailto:kristiekuhse@msn.com) or