

**2024 MAFCS STATE CONFERENCE- “Ready, Set, Grow”
SPEAKER TITLES - SESSION DESCRIPTIONS AND BIOS**

**Collaboration: Key to Inspiring, Innovative Culinary Education - Krysten Dane, CFCS - MAFCS TOY
Session 1 - 9:00-9:30 a.m. (.5 CEU/PDU for CFCS)**

ABSTRACT DESCRIPTION:

Culinary education at GSL has been transformed through the work of FCS instructor Krysten Dane. Fostering community partnerships, creating a unique cross-curricular learning experience through the lens of food entrepreneurship. Hands-on, transferable employability skills are embedded into the culinary and business project-based pathway, with a capstone experience of serving the public through operation of GSL’s food trailer: Panthers S’mac Shack.

BIO:

KRYSTEN DANE is the 7-12th grade Family Consumer Sciences instructor at Glencoe-Silver Lake Junior-Senior High School. She has been teaching FCS for 12 years and holds a variety of roles within her school, the community, and MAFCS. Krysten is the 9th grade volleyball coach, BPA Advisor, Freshmen Class Advisor, former prom coordinator and Junior Class Advisor, Career and Tech Ed Teacher Induction Program (CTE TIP) Mentor Teacher amongst other roles. She is a foster mom and crisis nursery partner. Krysten is also serving as the MAFCS Communications Associate, and past president. Prior to these, she was the President Elect, Education VP and Education VP Elect. Krysten has been awarded the MAFCS New Achiever, Outstanding Service and Outstanding Professional awards, the MN Council of Economic Education Teacher of the Year for 6-8th grade, and the Synergy Leadership Ethics in Education award. Krysten will be representing MAFCS as the 2024 Teacher of the Year.

**Growing FCS In Minnesota - FCS Panel - Ashley Nelson, Moderator
Session 2 - Option 1 - 9:30-10:00 a.m. (.5 CEU/PDU for CFCS)**

ABSTRACT:

Explore Trends and Issues in Family and Consumer Sciences as moderator Ashley Nelson asks panel members how they envision FCS in Minnesota in the next 5-10 years.)

Panel Presenters: Julie Henderson - Minnesota Department of Education FCS Specialist
Patrick Mitchell - Minnesota FCCLA Executive Director
Joe Dagel - Minnesota FCCLA State President

BIOS:

JULIA HENDERSON

Minnesota Department of Education- Family and Consumer Sciences Education Specialist
In her role Henderson provides leadership, support, and technical assistance throughout the state on the direction, development, approval, and evaluation of secondary Family and Consumer Science Programs.

PATRICK MITCHELL

Minnesota FCCLA State Executive Director

Since December of 2022, Patrick has brought experience in nonprofit management, a love for community building and a passion for leadership development work to the Executive Director position at MN FCCLA. Patrick got his Bachelor’s degree in Political Science from the University of Minnesota-Duluth before going on to get his Master’s in Public and Nonprofit Administration from Metropolitan State University. Prior to joining MN FCCLA, he managed a statewide self-

advocacy network, oversaw community inclusion projects, and coordinated conferences with a nonprofit disability rights group. Patrick has also been involved with community building, and leadership development work through AmeriCorps, as a VISTA member, VISTA Leader, and AmeriCorps Mentor. Outside of work, Patrick is an outdoor recreation enthusiast who enjoys canoe trips, cross country skiing, and hiking with family and friends.

JOE DAGEL

Minnesota FCCLA State President

Joe Dagele is a Senior at RTR High School in Tyler, MN. Joe has been active in FCCLA throughout high school. In addition, he is a local radio announcer for his home community. Joe plans to major in FCS Education at Wayne State College in Nebraska.

Embracing Retirement at Any Age: For Retirees and Wannabees - Lois Lewis, CFCS

Session 2 - Option 2 - 9:30-10:00 a.m. (.5 CEU/PDU for CFCS)

ABSTRACT DESCRIPTION:

Loneliness has become an epidemic, when you consider 58% of adults are considered lonely, according to recent data. Forming social connections is important for senior citizen mental and physical health. Consider some exciting ways to connect in 2024 and fill up your retiree bucket list with new ideas and experiences, no matter what stage of retirement you find yourself in.

BIO:

Lois Lewis, CFCS, CPFFE is an active member of MAFCS and AAFCS. Lewis received a B.S. from the University of Minnesota and an M.S. from University of Wisconsin - Stout. After graduation she worked for 6 years as the Minnesota Extension Director in Koochiching County. From extension, Lewis became a secondary FCS teacher and recently retired after 32 years of teaching at Indus School in northern Minnesota. Now that she is retired, Lewis is discovering new ways to grow, learn and complete a bucket list.

Threaded Brilliance: Championing 3Ps in Fashion Design and Merchandising Programs at St.

Catherine University - Dr. Anupama Pasricha - St. Catherine University

Session 3- 10:15-10:45 am (.5 CEU/PDU for CFCS)

ABSTRACT DESCRIPTION:

Fashion is a dynamic and influential force that goes beyond apparel and aesthetics. It leads society by shaping cultural narratives, influencing economic trends, driving innovation, and contributing to social and environmental changes. Fashion has been the catalyst for social change. Fashion design and merchandising education creates a skilled workforce for diverse job opportunities contributing to the local, national, and global economy. Dr. Pasricha will describe her work with the 3Ps which focuses on People (well-being, social justice, and equity), Planet (environmental sustainability) and Profit (career outcomes and profit for the companies).

BIO:

Anupama Pasricha, PhD is an accomplished educator, scholar, and leader who brings experience and expertise to the School of Business. With her agile mindset, commitment to diversity and inclusivity, and impressive leadership experience, Dr. Pasricha is dedicated to contributing to the continued success and growth of the School of Business.

With over 30 years of global teaching and research experience, including 12 years in India, Dr. Pasricha has developed a deep understanding of educational practices and cultural perspectives. Her extensive

knowledge and expertise in the field have earned her recognition as an award-winning educator. As a collaborative and service-oriented leader, she believes in working with colleagues to achieve common goals. Dr. Pasricha has been a part of the St. Catherine University community since 2005, and served as the Fashion Design and Merchandising Department Chair for 10 years. She has also served as an internship and study-abroad advisor, supporting students in gaining valuable real-world experiences. Beyond her work at St. Catherine University, Dr. Pasricha is a consultant on sustainability for two Minnesota-based companies, highlighting her practical expertise in the field. She also serves as an advisor to the Mindful Businesses Podcast, demonstrating her dedication to promoting sustainable practices and mindful leadership. Dr. Pasricha's research interests revolve around sustainability, equity, and leadership. Her extensive publication record, which includes over 100 scholarly works such as journal articles, book chapters, reviews, and conference proceedings, showcase her commitment to advancing knowledge in these areas. Her sustainable design work has also been featured in prominent venues such as the Minnesota History Center, Textile Center of Minnesota, and Cathy G. Murphy Gallery. Dr. Pasricha holds a Doctorate of Philosophy and a Master's in Education from Iowa State University in Ames. She also obtained a Master of Science and a Bachelor of Science from Delhi University in India.

Personal Finance Requirements in Minnesota

Dr. Julie Bunn, Executive Director of the Minnesota Council on Economic Education.

Session 4 - Option 1- 11:00-11:30 (.5 CEU/PDU for CFCS and CPFEE)

ABSTRACT DESCRIPTION:

In May 2023, MN became the 22nd state in the country to pass legislation requiring high school students to take a personal finance course for credit to graduate. Dr. Bunn will describe the movement nationally and in Minnesota to achieve this goal, including the research supporting it, and share with the audience what efforts are underway in MN by the government, nonprofit and private sectors to support implementation of a quality course in the near and longer term, including training and curated resource support for teachers.

BIO

Dr. Julie Bunn, Executive Director of the Minnesota Council on Economic Education (MCEE), is a policy analyst and educator whose work and influence have spanned three sectors: academia, government and nonprofits. Julie began her career as a research economist at the US Department of Labor, in Washington, DC. After receiving a PhD in economics from Stanford University, she taught on the economics faculty of Macalester College, served on its Environmental Studies Program coordinating committee, and chaired its first committee on service learning and action research.

Julie was a Policy Fellow of the Humphrey Institute Policy Forum at the University of Minnesota, and received a Pew Faculty Fellowship in International Affairs to the Kennedy School of Government at Harvard University. Projects for both focused on active-student learning pedagogy and curriculum for the teaching of topics in applied economics and international affairs.

Known as an evidence-based policy maker, while serving in the Minnesota State Legislature (2007-2011), Julie chief authored and carried to successful passage important legislation related to healthcare reform, environmental protection, and initiatives to spur small business development. Julie has also served as a policy, strategic, and fundraising advisor to political candidates and non-profit organizations.

In addition to her Executive Director role at MCEE, a position she has held since September

2018, Julie serves on the Citizen and Business Group appointed to identify and recommend projects to the MPCA and DNR for funding with money from the 3M Settlement with the state of MN related to PFAS pollution. Julie also serves on the Advisory Board of the Heller-Hurwicz Economics Institute at the University of Minnesota.

In 2022, Julie's role as Executive Director of MCEE expanded to include facilitating a teacher-leader work group aimed at reviewing state efforts across the United States to pass a personal finance course requirement for high school students. This group, which included FACS leaders, met over many months to review other legislation, the financial literacy literature, and state and national standards for high school personal finance instruction, and to draft personal finance course requirement bill language for Minnesota. Simultaneous to this process, Julie responded to private sector inquiries about wishing to pass such legislation in Minnesota and worked with those in the nonprofit and private sectors to build the Financial Literacy Coalition of MN (FLCM), which grew by spring of 2023 to over 300 individuals and 20 organizations. Language requiring all high school students entering 9th grade in fall 2025 to take a personal finance course for credit to graduate became law in May 2023. The FLCM continues and plans to advance a bill in the 2024 legislative session to strengthen the personal finance course requirement language.

What Type of Grandparent Are You? Research about Grandparenting Types

Dr. Heather Von Bank - Minnesota State University - Mankato

Professor, Department of Family Consumer Science, Child Development Family Studies

Session 4 - Option 2- 11:00-11:30 (.5 CEU/PDU for CFCS)

ABSTRACT DESCRIPTION:

What roles do grandparents have in raising and caring for children today? How does grandparenting, or the role that grandparents have in the lives of their grandchildren, affect their own well-being? Current research studies categorize grandparents into three groups: custodial grandparents, grandparents living with their children and grandchildren (ie. 3 generation household), and non-coresiding grandparents. In this session, participants will learn about current trends in grandparents' involvement in their grandchildren's lives, understand how their caretaking roles affect their own health, and will find ways to develop personal and familial expectations and boundary setting for caretaking.

BIO:

Dr. Heather Von Bank is a Professor in the Department of Family Consumer Science at Minnesota State University-Mankato and serves as the department chairperson. She teaches courses such as Parenting Education, Lifespan Development, and Play in Child Development. She has presented topics related to child development and family studies at a variety of conferences: International Play Association, US Play Coalition Conference, Minnesota Association of Children's Mental Health, and Minnesota Association for Family and Early Education.

"FCS Gallery Walk" - Exploring Trends, Education and Offerings in FCS

Session 5 - 11:30-12:00 Noon - (.5 CEU/PDU CFCS)

ABSTRACT DESCRIPTION:

This activity will be facilitated by FCS professionals, colleges and universities, FCCLA, and business resources. members will be directed to spend 10 minutes at 3 gallery stations. At each station, they will share ideas verbally and then record their highlights on the poster. Facilitators will be stationed at each gallery option to facilitate and record. Members can then look at all stations on their own time throughout the remainder of the conference.

Potential Topics include: Minnesota State University-Mankato, Minnesota FCCLA, Midwest Dairy, MN Beef Council, FCS teachers with innovative programs, and more.

AFTERNOON SESSIONS

OPTION 1: MAFCS Excursion (2 CEU/PDU for CFCS total)

2024 MAFCS State Conference Excursions:

These excursions will offer FCS active professionals and retirees alike insights into new and creative solutions to societal needs and issues.

Stop 1: 1:15-1:45 pm- Dakota Language Nest- University of Minnesota- Minneapolis (.5 CEU/PDU for CFCS)

<https://lab-school.umn.edu/language-nest-program/>

Visit the Dakota Language Nest on the University of Minnesota Twin Cities campus for a look at a child development laboratory that merges child care with Dakota language instruction. U of M language students teach the children, with the hope that they become early childhood educators who can develop immersion nests themselves, assuring the continuance of the Dakota language.

STOP 2: 2:05-2:35- New Horizons Academy- Roseville (.5 CEU/PDU for CFCS)

<https://www.newhorizonacademy.net/location/roseville/>

Step into the Roseville New Horizons Academy setting to observe how this Minnesota-owned company serving infants, toddlers, preschool, and pre-kindergarten children has achieved success with a comprehensive curriculum that includes character development, STEAM, sign language, and more, as well as an electronic communication tool to help families connect throughout the day.

STOP 3: 3:00-4:00 - Settled-Sacred Settlements - Roseville, MN (1.0 CEU/PDU for CFCS)

<https://poproseville.org/ministries/sacred-settlement/>

Discover how Gabrielle Clowdus, a thought leader in affordable housing and homelessness, developed an idea for a homeless settlement connected with faith-based organizations, working with the University of Minnesota College of Design. This idea grew into "Settled" homes for the homeless and a Minnesota law allowing the development of Sacred Settlements. Tour the Roseville facility, learn more, and be amazed!

OPTION 2- WORKSHOPS (3 CEU/PDU for CFCS Total)

Session 6- 1:00-2:00 - (1 CEU/PDU for CFCS)

Canva In the Classroom--And Beyond! - Kaitlyn De Chene - Minnesota State University - Mankato Senior

ABSTRACT

Canva in the Classroom--and Beyond! is a workshop crafted to equip educators and students - or anyone - with the skills and knowledge to leverage Canva's versatile tools for enhanced experiences. This workshop will focus on utilizing the digital platform to increase learning by demonstrating the different templates that can be created in Canva as well as examples that have already been curated. Be ready to have fun while exploring Canva!

BIO:

Kaitlyn DeChene is a senior at Minnesota State University, Mankato studying Family and Consumer Science education. She is from the Halloween Capital of the world - Anoka, Minnesota, believed to be the first city in the United States to celebrate Halloween! Passionate about Family Consumer Science as well as Career and Technical Education, as new trends continue to emerge and evolve, she has made it a goal to stay current with innovative teaching strategies. From hands-on experiences, to exploring different aspects of the field, her commitment to empowering individuals with essential skills has been a consistent dedication of hers throughout her professional journey.

Session 7- 1:30-4:00 (2.5 CEU/PDU for CFCS)

Today's AI In FCS Education - Jeremy Mikla

ABSTRACT DESCRIPTION:

Unlock the potential of Artificial Intelligence (AI) in your professional and educational practices. Through hands-on exploration of generative AI tools and resources, attendees will discover how AI can streamline tasks, foster efficiency, and save valuable time. This engaging session will also facilitate discussions on What AI is, how it works, and the ethical implications of incorporating AI into FACS classroom settings. Bring your device so that we can explore AI in Education together.

BIO

Jeremy Mikla - East Central Minnesota Educational Cable Cooperative (ECMECC) - Braham, MN
I am in my third year as the Instructional Technology Specialist for ECMECC. Prior to that I was a classroom HS Social Studies teacher for 22 years (including 10 as the district Technology Integration Coach. I've also been a Football and Track Coach for over 20 years each. I am also the co-host of a new podcast called: Integrate This! My philosophy as an educator is to empower learners to access limitless knowledge and equip them with the tools to create and innovate. #ChaseCuriosity

Session 8- 2:00-3:30 (1.5 CEU/PDU for CFCS)

"Grater Good" Cheese Tasting and Pairing Class - Christine Leonard

ABSTRACT DESCRIPTION

Join us for a cheese class featuring 6 cheeses to work your palate. You'll also get a take home worksheet so you remember exactly what you did (or didn't) like. We'll cover topics such as farming, the cheese making process, and of course the story behind each cheese you taste! The class is fun and interactive.

BIO

Christine Leonard is the 6th generation dairy farming with her parents just outside of Waconia, MN. Their farm is also home to her cheese business, "The Grater Good", where she sources local cheeses and other foods to use in creating cheese boards and teaching cheese education classes.

Session 9- 3:30-4:30 pm (.5 CEU for CFCS)

FCCLA Star Event- "Birthday in a Box"

ABSTRACT DESCRIPTION

Eastview High School FCCLA members will present their FCCLA Star Event "Birthday in a Box". They will discuss how a Star Event works and how they chose this community service project. Donations such as will be collected and attendees will help pack the birthday kits to be delivered to families in need.

BIO:

These active Eastview High School FCCLA members will present this star event at the Minnesota State FCCLA Conference in April. They are advised by FCS teacher, Mia Battistone who has been actively involved in MAFCS over the years. Battistone is an advisor of FCCLA with an active FCCLA club. Her students have served as State Officers, Regional FCCLA competitions and State FCCLA competitions. Battistone encouraged these students to present this project at MAFCS and they have accepted the challenge.

MAFCS EVENING AWARDS DINNER 6:00-8:30 p.m. (1 CEU/PDU for CFCS)

Pioneers to Innovators: Honoring FCS Rock Stars Through Time - Dr. Cassie Froemming

ABSTRACT DESCRIPTION:

“Pioneers to Innovators: Honoring FCS Rock Stars Through Time” celebrates the influential figures who have molded the field of Family and Consumer Sciences. Tracing the path from foundational pioneers to contemporary innovators, this presentation showcases the evolution and significant strides made in FCS. Participants will delve into the enduring legacies of FCS contributors, discovering how their pioneering efforts have shaped not only the profession but also the generations of students they inspire. Join us in acknowledging the lasting impact of these FCS rock stars throughout history as we explore where the future will take FCS.

BIO

Dr. Cassie Froemming’s career spans over two decades in education, with a strong foundation built during her 18-year tenure as a dedicated teacher, where she refined her teaching skills and nurtured her passion for teaching and learning. Her journey from the classroom led her to St. Cloud State University, where she not only shared her knowledge through foundational methods courses but also supervised aspiring student teachers in their classroom experiences.

Demonstrating her commitment to bridging educational theory with business challenges, she obtained her Ph.D. in Curriculum and Instruction at New Mexico State University alongside of a business degree at Minnesota West. Her scholarly work has been disseminated throughout various organizations such as IGI Global, Literacy Today, National Council of Teachers of English, National Association for the Education of Young Children, and Society for Information and Teacher Education.

As the founder of Infinite Adapt Consulting, Dr. Froemming leverages her expertise to empower educators and businesses alike by identifying needs-based learning solutions, developing customized professional development programs, and facilitating digital adoption by reducing friction in the learning curve. Driven to champion digital learning tools, she also serves as an ambassador for Seesaw and develops comprehensive curricula and innovative online programs for Literacy Solutions, effectively merging traditional educational methods with modern learning trends in teacher professional development. Her extensive background provides a unique depth to discussions about integrating technology into education and her insights are particularly valuable for professionals seeking to adapt and grow in the ever-changing landscape of FCS.