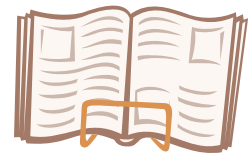




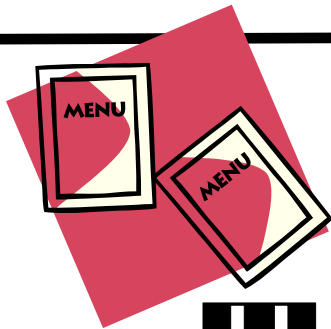
KEYNOTE: RECIPE FOR LIFE

Jim McNeil—Fusion Cook
Wayne-Finger Lakes BOCES



Jim’s presentation will combine cooking, humor and a cook’s outlook on how to create and follow your own personal Recipe for Life. He will suggest how we can determine our life’s ingredients and their portions, how best to measure them, what order to introduce them into our recipe, how to determine cooking (maturity) time, should we add spice and what do we do if it flops.

Fat grams and calories are not included!



OF TOPICS

Schedule

7:45	8:30	Registration & Breakfast
8:30	8:45	Welcome
8:45	9:30	Keynote
9:30	10:00	Vendor Break
10:00	11:15	Session 1
11:15	12:30	Lunch
12:30	1:45	Session 2

**1) Changing Your Tone—
Verbal Miscommunications**
Jim Mc Neil
Wayne-Finger Lakes BOCES

All too often, the message is lost because we tend to focus on how the message is delivered and by whom. This topic will focus on face-to-face communications. Jim will provide tips to ensure you get heard loud and clear without offending the listener and discuss what signals to look for to be sure there is understanding. Also up for discussion is assessing the reaction of the listener.

2) Kitchen Ergonomics
Stacie Darbey
Genesee Valley BOCES

Ergonomics and kitchen organization can make a difference in our efficiency, effectiveness, and physical well being. What is ergonomics and why is it important to us, our workplace and our employer? Learn specific workplace design guidelines and kitchen organization tips that will allow you to perform at your best day in and day out.



3) What'da ya mean "Oh Well"?

**Craig Orvis
Watertown CSD**

We've all heard it — "Oh Well", but it's very frustrating hearing from your co-workers. Personality conflicts, being short-handed and other factors can cause frustration. Craig will share some of his personal workplace experiences and give you some tools to disarm those situations using humor (or common sense or the truth) to get quick, effective solutions.

5a) Making Ends Meet

**Mary Lee Bourbeau
Cornell Cooperative Ext.**

**OFFERED
ONLY AT
10:00-11:15**

Learn the importance of setting financial goals, knowing where your money is currently going and following a spending plan. Techniques and strategies for taking control of your financial situation will be presented. An assortment of techniques and strategies for taking control of your financial situation will be presented.

6) Hands & Feet

**Marilee Nieznanski
Wayne Technical & Career Center**

**LIMITED
TO 12 PER
CLASS**

Everyday for long periods of time, you are on your feet or have your hands in hot water. Working with students enrolled in the Cosmetology Program, lucky participants will receive one-to-one instruction on how to care for their overworked extremities. Along with the instruction will be either a manicure or a pedicure.



4) Garnishing with Fresh Vegetables & Knife Skills

Molly Sovik, Benchmark

Using fresh produce, Molly will demonstrate easy garnishing ideas so nothing in the kitchen goes to waste. She will also instruct participants on proper knife handling & usage skills.



5b) Employees' Retirement System

Kathy Hine, NYSUT

This will be a summary of what the NYS Employee's Retirement System is all about. Find out who can be a member, what the benefits of being a member are, and what to look forward to down the road.

**OFFERED
ONLY AT
12:30-1:45**

7) Farms to Cafeterias

**Todd Fowler
Bloomfield CSD & FL Foodshed
Craig Kahlke
Cornell Cooperative Extension**

Here is an opportunity to learn how to connect your school with local producers of farm fresh products. Come to this workshop for resources, product availability tips and information on where to look for technical support.



8a) NYS School Nutrition Association
Lance Seeber
East Irondequoit CSD

**OFFERED
ONLY AT
10:00-11:15**

Learn about the NYS School Nutrition Association and the services, training opportunities and resources available for its members. Discussion may include how membership can: enhance your professionalism, increase networking with your peers, help you become NYSSNA certified, and how you can receive the latest information regarding school lunch programs.

8b) Zumba Away Your Stress
Colleen Avery

**OFFERED
ONLY AT
12:30-1:45**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routine features interval training sessions where fast and slow



rhythms and resistance training are combined to tone and sculpt while burning fat. This is an active class requiring participation. **DRESS APPROPRIATELY!**

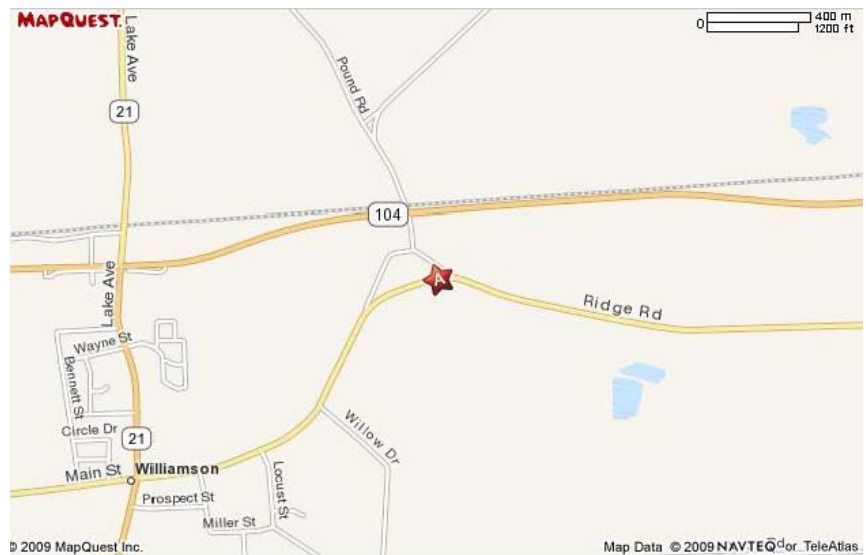
9) Lunch Without Incident–Positive Behavioral Interventions & Supports Representative, Sodus CSD

Positive Behavioral Interventions & Supports (PBIS) are used to help improve the social and learning behaviors of students and decrease disruptions that interfere with instruction. It is a proactive, team-based framework for creating and sustaining safe and effective schools. Find out how you can do your part to help create a positive school climate, promote preferred behavior in the cafeteria and maintain consistency of expectations from the classroom to the cafeteria.

From Route 21: Travel north to Williamson and the intersection of 21 and Main Street/Ridge Road (traffic light). Turn right and proceed east, bearing right when there's a Y in the road. The school bus garage will be on your right, next to it will be a small doctor's office building and beyond that, the drive into the Wayne Technical and Career Center. The drive is on the far side of the Wayne-Finger Lakes BOCES sign.

From Route 104: Turn south onto Pound Road (traffic light). Mott's is at this intersection. Proceed south, and at the stop sign turn left. At the next stop sign, turn right onto Ridge Road and immediately left into the Wayne Technical and Career Center driveway.

Map & Directions
Wayne Education Center
4440 Ridge Road
Williamson 14589



REGISTRATION INFORMATION

Registration Fee: \$67 per person (includes refreshments and materials)

\$54 per person for participants from GVSBI member districts
(includes refreshments, materials & \$13 discount per person)

PUBLIC SCHOOL DISTRICTS:

- Your district will be billed. Do not send payment.
- Complete the registration form & have it signed by your supervisor.
- Send (US mail or fax) as indicated.
- Have your business office initiate a cross-contract through your BOCES.

OTHERS (individuals, Rochester City, non-public schools, etc.):

- Pre-payment is **REQUIRED**.

If auxiliary aids or services are required, please contact Lorry Whipple, Conference Coordinator, as soon as possible.

A minimum of 48 hours notice is required to cancel services to avoid being charged for their cost.

ATTENDEE CANCELLATION POLICY

March 18, 2010 is the deadline for canceling your conference attendance to avoid being billed. If you are unable to attend after this date, please make arrangements for a substitute, and call with the name change.

CONFERENCE CANCELLATION

Will occur only if there is a "state of emergency" declared in Wayne County.

REGISTRATION RETURN INSTRUCTIONS



MAIL TO:

Lorry Whipple, Conference Coordinator
Genesee Valley School Boards Institute
131 Drumlin Ct., Eisenhower Bldg.
Newark, NY 14513-1863

OR

FAX TO: 315 -332-7425

**Must be received by
March 18, 2010**

VENDORS

Vendors will be available to display and sell the latest in professional products.



*Credit cards & personal checks are
accepted by most vendors.*



REGISTRATION FORM

Food Service Personnel—March 27, 2010

Wayne Education Center, Williamson NY



Participant's Name (please print in the box below ▼)

Position/Title ▼

--	--

District & Building/Department ▼

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District Street ▼

--

District City/State/Zip ▼

--

Daytime Phone Number ▼

Emergency/Home Phone Number ▼

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E-mail address ►

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CONCURRENT SESSION SELECTIONS

	8:45 9:30	10:00 11:15	11:15 12:30	12:30 1:45
	Choose one workshop for each time slot.			
KEYNOTE PRESENTATION	1) Change Your Tone—Verbal Miscommunications		<i>Buffet lunch : Pulled pork, marinated chicken, corn bread, baked beans, salt potatoes, dessert and beverages.</i>	
	2) Kitchen Ergonomics			
	3) What'da ya mean "Oh Well"?			
	4) Garnishing with Fresh Vegetables & Knife Skills			
	5a) Making Ends Meet			
	5b) Employees' Retirement System			
	6) Hand & Feet			
	7) Farms to Cafeterias			
	8a) NYS School Nutrition Association			
	8b) Zumba Away Your Stress			
9) Lunch Without Incident – Positive Behavioral Intervention Supports				
ALTERNATE— (Select a topic by NUMBER— <u>different</u> from what you already chose.)				

PLEASE NOTE your medical meal considerations: _____

Signature of Authorizing Administrator (REQUIRED): _____

Check our website to confirm your registration.
www.GVSBI.org

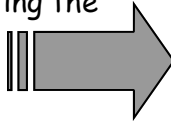
No cancellations after 3/18. No-shows will be billed.
Sending a substitute is encouraged.
PLEASE RETURN BY MARCH 18, 2010
Fax: 315-332-7425 or 7325
Attention: Lorry Whipple
Don't forget to fax your Bake-Off Entry Form!

7:45 to 8:30
Registration & Continental Breakfast

8:30 Welcome

ENTER THE DRAWING FOR A PAMPERING HAND SCRUB & PARAFIN WAX DIP!

- ☞ 36 chances available — enter by submitting the form
- ☞ Offered during the vendor break and lunch
- ☞ Drawing & scheduling will be conducted by Conference Coordinator & Registrar on March 22
- ☞ The winners will be posted on the website (www.gvsbi.org).
- ☞ If you are selected, a \$3 fee will be collected the day of the conference (cash only) to cover the cost of supplies.
- ☞ Your participation supports the WTCC Cosmetology extra-curricular club



ENTRY FORM Hand Scrub & Parafin Wax Dip

Name (please print)

District

E-mail Address

**RETURN BY March 18, 2010 to
fax # 315-332-7425**



APPLE PIE BAKE-OFF

Here's what you need to do:



- Bake your pie from scratch and bring it to the conference.
- Deliver it in a disposable pie pan labeled with your name and district to the Bake-Off Liaison in the conference registration area by 8:30 a.m. on March 27th.
- Bring a copy of your recipe labeled with your name. We will post the 1st thru 3rd place recipes on the GVSBI website — www.gvsbi.org.
- We will announce the winner and award the prizes during lunch.

RETURN THIS FORM TO:

Lorry Whipple, Conf. Coord.
Genesee Valley School Boards Institute
131 Drumlin Ct, Eisenhower Bldg
Newark, NY 14513-1863

Or to FAX # 315-332-7425 (or 7325)

Sign-up by March 18, 2010

Apple Pie Bake-Off Sign-Up Form

Name

School District

Daytime Phone Number



**Genesee Valley
School Boards Institute
for Staff Development**

Lorry Whipple, Conf. Coord.
Genesee Valley School Boards Institute
131 Drumlin Ct, Eisenhower Bldg
Newark, NY 14513-1863
Or to FAX # 315-332-7425 (or 7325)

Fax: 315-332-7425
Email: lwhipple@wflboces.org

**Making a
Difference by
Professionally
Serving Our Schools**

BOCES AID

BOCES aid is available. School business officials should contact their local BOCES and request a cross-contract with the Wayne-Finger Lakes BOCES.

COMMITTEE MEMBERS

Gerry Barker, Geneva CSD
Mary Dailor, Webster
Todd Fowler, Bloomfield CSD
Patricia Ladd, Monroe 1 BOCES
Judy Marcello, Rush-Henrietta CSD
Mary Ann Schaff, Monroe 1 BOCES
Lance Seeber, East Irondequoit CSD
Sylvia Willard, Rush-Henrietta CSD



Jim McNeil, Executive Director
Lorry Whipple, Conference Coordinator
Paula Torres, Registrar/Webmaster