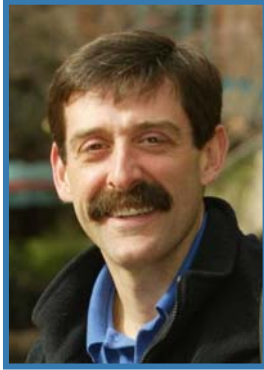


# Minnesota Oomph!

March 6th, 2008

## *About Our Speakers*



**Mark Fenton**

Mark was host of the America's Walking series on PBS television, is a contributing editor to Health magazine, and author of numerous books, including *Pedometer Walking*, *The Complete Guide to Walking for Health, Weight Loss, and Fitness* and *Walking Through Pregnancy and Beyond*. He's a developer and instructor with the national Safe Routes to School training course of the University of North Carolina's Pedestrian and Bicycle Information Center, and he facilitates walkable community workshops across the country.

Mark was a competitor and coach on the US National Racewalking team for several years, competing in the 1984 and 1988 Olympic Trials in the 50 kilometer racewalk. He earned BS and MS degrees in mechanical engineering at the Massachusetts Institute Technology, and has been a biomechanics researcher at the US Olympic Training Center and for Reebok, as well as an editor at "Walking Magazine."

For more on Mark and "America's Walking," visit [www.pbs.org/americaswalking](http://www.pbs.org/americaswalking).



**Kathy Gaalswyk**

*President - Initiative Foundation, Little Falls*  
877.632.9255, [kgaalswyk@ifound.org](mailto:kgaalswyk@ifound.org)

Kathy has been president of the Initiative Foundation since its inception in 1986. Kathy currently serves on the Blue Cross Blue Shield Foundation Board, the Minnesota's Nonprofit Assistance Fund Board, the Happy Dancing Turtle Board, the Brainerd Bremer Bank Board, and she is a Rotarian. Kathy has served on the Minnesota Council on Foundations Board, the Charities Review Council Board and other community and economic development organizations. Kathy began her career in public and community service with 10 years at Region 5 Regional Development Commission in Staples, where she served as Executive Director. She was also partner in a hog farm operation with her family for 17 years.

**FOR SPEAKER BIOGRAPHIES, CONFERENCE PRESENTATIONS, MATERIALS AND MORE VISIT:  
[WWW.IFOUND.ORG/OOMPH](http://WWW.IFOUND.ORG/OOMPH).**

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## Walkability : Community Design Strategies for Active Living

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**Mark Fenton** (see previous page)

**Bill Carlson**

*Director - Isanti County Active by Design, Cambridge*

[wcarlson33@izoom.net](mailto:wcarlson33@izoom.net)

Bill lives in Cambridge and resides in the house where he grew up—once surrounded by pastures and cornfields but now in the center of town. He spent most of his working life in Minneapolis and was involved with many community organizations. The Isanti County Active by Design project is one of 25 national demonstration projects in the country funded by a 5-year grant from the Robert Wood Johnson Foundation. Bill belongs to the Parks & Trails Council of MN, is chair of the Cambridge Planning Commission, chair of the Isanti County Park & Recreation Commission, treasurer of the Friends of Wild River State Park and a member of Cambridge Rotary.

**Todd Holman**

*City Councilman - City of Baxter*

[tholman@tnc.org](mailto:tholman@tnc.org)

Todd's professional background includes eleven years in land use administration for two different counties and the City of Baxter. Along those paths the opportunity to develop local Comprehensive Plans, Park and Recreation Plans, Trail Plans and associated ordinances and policies have been many and unique to the local unit of government. Todd has also developed several state, local and federal grant applications to plan for and construct local and state trail projects including bridges. Todd is an avid bike rider using all available trail and roadway linkages for utilitarian and recreational fun.

**John Shardlow, AICP**

*Principal Planner - Bonestroo, St. Paul*

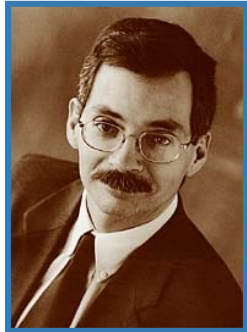
651.967.4560, [john.shardlow@bonestroo.com](mailto:john.shardlow@bonestroo.com)

John's skills include comprehensive and community planning; project planning for residential, commercial, industrial, and institutional developments; and preparing redevelopment plans, tax-increment financing plans, subdivision regulations, and environmental assessments. John is currently serving as chair of Minnesota's chapter of Urban Land Institute as well as a variety of community and planning organizations. John is responsible for a wide range of planning, zoning and development issues in cities throughout Minnesota, including the award winning Burnsville Heart of the City project. He earned a Bachelor of Science in Landscape Architecture from the University of Minnesota and is certified by the American Institute of Certified Planners.

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## Intersecting Lines : Results-Driven Employee Wellness Programs

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### **Marc Manley, M.D., M.P.H.**

*Vice President and Medical Director, Population Health - Blue Cross and Blue Shield of Minnesota (BCBSM), St. Paul*

651.662.6356, [marc\\_manley@bluecrossmn.com](mailto:marc_manley@bluecrossmn.com)

Dr. Manley oversees programs to improve the health of all Minnesotans by significantly reducing tobacco use, heart disease, and cancer. He also directs the BCBSM program of healthcare quality improvement that strives to continuously improve the structure, processes, and outcomes of its healthcare delivery system.

Dr. Manley is a nationally recognized expert on health promotion and disease prevention. Prior to joining Blue Cross, he was chief of the Public Health Applications Research Branch at the National Cancer Institute (NCI), directing a multi-million dollar program of cancer prevention research.

### **Elaine Buddington**

*Director of Benefits and Compensation - Marvin Windows and Doors, Warroad*

218.386.4284, [elaineb@marvin.com](mailto:elaineb@marvin.com)

Elaine has a Bachelor of Arts degree from the University of Colorado and 20+ years experience in Human Resources. Her working experience includes a variety of high technology, biotech and medical device industries. Elaine joined Marvin Windows and Doors in Warroad, MN in 2006 and has responsibility for designing, implementing, administering and communicating Marvin's health and retirement benefits for the company's 5,000+ employees located in multiple locations across the United States. This includes leadership and direction of the company's health and wellness initiatives.

### **Chuck Engebretson**

*Senior Vice President & Chief Financial Officer - Array Services Group, St. Cloud*

320.534.3606, [chuck.engebretson@arrayservicesgrp.com](mailto:chuck.engebretson@arrayservicesgrp.com)

Array Services Group and its family of companies offer professional services in call management disciplines, account receivables management, medical billing, and debt collection for a variety of industries. Mr. Engebretson joined the company in 2000 after serving in management roles in other financial and service businesses. His earlier work experiences include CPA with a major international firm, KPMG. He graduated from Luther College with a degree in Accounting.

### **Doreen Meier, PHR**

*Human Resources & Wellness Manager - Coborn's Incorporated, St. Cloud*

[doreen.meier@cobornsinc.com](mailto:doreen.meier@cobornsinc.com)

Doreen graduated from St. Cloud State University with a degree in Interdepartmental Speech Communications and an emphasis in Human Resources. She is a member of the Central Minnesota Society for Human Resource Management and the Forum of Executive Women. Doreen has over 16 years of human resources experience, and has a special interest in benefits and wellness programs.

### **Tom Moore**

*President – St. Cloud Area Economic Development Partnership, St. Cloud*

320.656.3815, [t.moore@scapartnership.com](mailto:t.moore@scapartnership.com)

Tom graduated from St. Cloud State University with a degree in Business Management. His work experience includes 18 years in Chamber of Commerce management, including nine years as President of the St. Cloud Area Chamber. He worked for three years as Executive Director of St. Cloud Opportunities, where he coordinated the development of the 350-acre St. Cloud Airport Business Park. He grew up on the north shore of Lake Superior, where he gained an appreciation and love of nature and the outdoors.

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## Consumed : Breaking Out of Childhood Obesity

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### **Dr. Allen Horn**

*President - CentraCare Clinic, St. Cloud*

[horna@centracare.com](mailto:horna@centracare.com)

CentraCare Clinic is a 190 physician multi-specialty clinic located in seven communities in Central Minnesota. The Clinic is a not-for-profit organization and is a part of CentraCare Health System. Dr. Horn graduated from the University of Minnesota Medical School, and following post-graduate training at LA County / USC Medical Center, he practiced family medicine in Melrose, Minnesota for 30 years. After serving as Medical Director for CentraCare Clinic for seven years, Dr. Horn became President of CentraCare Clinic in January of 2003. In 2005, Dr. Horn earned a Master's Degree in Business Administration from St. Thomas University. Along with Kelli Gorr, Dr. Horn hosts an award-winning weekly radio show called "Health Matters".

### **Dr. Julia Espe**

*Executive Director of Curriculum, Instruction and Assessment - St. Cloud Area Schools, St. Cloud*

320.202.6824, [julia.espe@isd742.org](mailto:julia.espe@isd742.org)

Julia's community and educational experience include Lakeville Rotary Club President, Leadership Lakeville Founder, Lakeville Chamber Education Board, DCTC Strategic Long Range Planning Board, National Science Foundation Grant Board in nanotechnology, State Award of Friend of the Gifted, Dakota County School to Work Board; Chair, Tri-County School to Work Governing Board; Blandin Community Leadership Program; Co-Founder of Math Masters of Minnesota and current State President; the first State President of the Minnesota Educators for Gifted and Talented Students; State Board for the Alliance of the Arts; Board for the Austin Symphony Orchestra; Phi Delta Kappa, former President; South Eastern Minnesota Youth Orchestra Board; Board member for American Association of University Woman; various church boards; State level participation in Graduation Standards of High Distinction.

### **Jodi Rohe**

*Project Coordinator - BLEND with the CentraCare Health Foundation, St. Cloud*

320.251.2700, [RoheJ@centracare.com](mailto:RoheJ@centracare.com)

Jodi joined CentraCare Health System in October, 2004. She has 10 years of experience in the public health sector having previously served as Project Coordinator for the Central Minnesota Heart Center, Public Health Coordinator for Stearns County Human Services, Health Systems Manager for American Cancer Society and Public Health Specialist for Morrison County Public Health. She received her undergraduate degree in Community Health and is finishing her M.S. degree at St. Cloud State University.

### **Gayle Smoley**

*Director and Teacher - Early Childhood Programs, Sartell-St. Stephen*

[smoley@sartell.k12.mn.us](mailto:smoley@sartell.k12.mn.us)

Gayle is currently teaching and directing the Sartell-St. Stephen Early Childhood Programs which she helped to start and develop in 1988. Gayle has degrees in Early Childhood Education, Parenting Education, Elementary Education and a master's in Education. Previously, Gayle taught at all levels of elementary education at the St. Cloud Technical College, University of Minnesota, a private preschool, in the first Head Start in Greenwood, Mississippi and in Early Childhood Family Education. She has helped to develop a literacy program and is involved in an Initiative Foundation Early Childhood Coalition. Her passion is in working with young children and their families!

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## QuickSilver : Senior Demographics & Community Impacts

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### **LaRhae Knatterud**

*Director, Aging Transformation - Minnesota Department of Human Services*  
651.431.2606, [larhae.knatterud@state.mn.us](mailto:larhae.knatterud@state.mn.us)

LaRhae has worked at DHS for 13 years in the continuing care administration on various aging and long-term care policy development projects. She led Project 2030 from 1996 to 2000 which looked at the impacts of the aging of the baby boom generation. In 2000, she provided staff leadership to the state's Long-Term Care Task Force, and authored a report to the legislature in 2005 called "Financing Long-Term Care for Minnesota's Baby Boomers." Most recently she began work on Transform 2010, which is a project to transform the policies, infrastructures and services in the state to get ready for the permanent shift in the age of Minnesota's population.

### **Marcia Ferris**

*Area Supervisor - Lutheran Social Services, Brainerd*  
877.612.6243, [marcia.ferris@lssmn.org](mailto:marcia.ferris@lssmn.org)

Marcia has been employed as a Program Manager for Lutheran Social Service (LSS) Senior Corps (Foster Grandparents & Senior Companions) in Central Minnesota for 17 years. In 2007 Marcia agreed to be the leader for a pilot program for LSS in the Brainerd area. This LSS pilot program is now being rolled out state-wide. Marcia is active in her church leadership, fellowship and mission outreach (Soup Kitchen and InterFaith Hospitality Network) and served as the UCC State Social Justice chair for many years. She is on the Central MN Council on Aging Advisory Council representing Crow Wing County.

### **Charles Marohn**

*President – Community Growth Institute, Baxter*  
218.828.3064, [marohn@communitygrowth.net](mailto:marohn@communitygrowth.net)

Chuck founded Community Growth Institute in 2000 and has guided the growth of the Institute in all areas including community planning, visioning, and outreach. He is a licensed civil engineer with extensive experience in municipal infrastructure, community planning, and zoning administration. Chuck has worked in rural areas to develop engineering solutions that do not compromise rural character. In cooperation with the Minnesota Department of Natural Resources, he developed an innovative approach to stormwater on riparian properties that is now being implemented in Central Minnesota. Chuck's research has focused on preserving the natural character and aesthetics of quickly redeveloping shorelines. He currently sits on the Governor's Task Force for review of the State Shoreland Regulations.

### **Jac McTaggart**

*Senior Services Administrator - Cuyuna Regional Medical Center, Crosby*  
218.546.2306, [jmctaggart@cuyunamed.org](mailto:jmctaggart@cuyunamed.org)

Jac joined the Medical Center in 2001. He graduated from Concordia College, Moorhead, MN in 1994 with a Bachelor of Arts degree. Mr. McTaggart is a Certified Aging Services Professional from the University of North Texas. Mr. McTaggart started his health care career in rural nursing homes in North Dakota and Minnesota. Cuyuna Regional Medical Center offers a full continuum of services including Advanced Life Support Ambulance, inpatient and outpatient hospital care, state of the art surgery, long-term care, assisted living, and home care. In partnership with other organizations, the campus also includes 3 physician clinics, a retail pharmacy, and soon to open, a senior living community.

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## Growing Home : Benefits of Healthy Eating & Locally Grown Foods

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### **JoAnne Berkenkamp**

*Program Director for Local Foods – Institute for Agriculture and Trade Policy (IATP), Minneapolis*

612.870.3410, [jberkenkamp@iatp.org](mailto:jberkenkamp@iatp.org)

JoAnne joined IATP in late 2007. For the past eleven years, Berkenkamp has led an independent consulting practice working with non-profits, food businesses and foundations while focusing on market development for locally and sustainably grown food and the creation of farmer-owned businesses. She has also worked extensively in the program evaluation arena, leading efforts to improve the impact and shared learning of numerous food- and agriculture-related programs. Previously, she worked for the World Wildlife Fund in Washington, DC and with Catholic Relief Services at various locations in Asia, Africa and Latin America.

### **Matt Annand**

*Executive Chef – Prairie Bay Restaurant, Brainerd*

218.824.6444, [mattannand@yahoo.com](mailto:mattannand@yahoo.com)

Matt grew up in the Brainerd Lakes Area, working for local restaurateur Iven Hudalla at a local landmark restaurant over a period of 17 years. Eventually his passion led him to study at the Culinary Institute of American in Hyde Park, New York where he graduated with honors in 1997. He joined Prairie Bay as the Executive Chef in April of 2005 where his focus has been to locally write and produce a menu based on seasonality, availability and inspiration. Matt increasingly relies on local organic producers and diligently sources the freshest product possible. Matt currently teaches several classes through community education and enjoys educating individuals on the importance of using local products.

### **Sandra Kaplan**

*Biology Teacher – Central Lakes College, Brainerd*

218.855.8164, [skaplan@clcmn.edu](mailto:skaplan@clcmn.edu)

Sandra teaches Biology, specializing in Anatomy & Physiology, Human Biology, and Nutrition. Her favorite forms of recreation include cross-country skiing, biking, walking the family dog and teaching aerobics at the Brainerd Family YMCA. She likes to cook and try new recipes. Her favorite cookbook is *Moosewood*, with *Beyond the Moon* a close second. Sandra completed her baccalaureate degree in Biology at Bemidji State University, and a master's degree in cell biology and physiology at Northern Arizona University.

### **Dan Stark**

*Farmer, middle school teacher & coach - St. John's Preparatory School, Collegeville*

320.685.8319, [DStark@cbsju.edu](mailto:DStark@cbsju.edu)

Dan and his wife, Kelly Haws, own Bannockburn Farm near Rockville. The twenty-seven acre farm provides USDA Certified Organic produce, naturally raised meats and other value-added farm products. The Stark-Haws family sells Bannockburn Farm products at the St. Cloud and Cold Spring farmers' markets and operates a 50 family CSA (Community Supported Agriculture). The CSA provides farm members with eggs, chicken, lamb, pork and beef, in addition to a weekly assortment of fruits and vegetables. Dan is an advocate of local food production, sustainable agricultural practices, small farms and land stewardship.