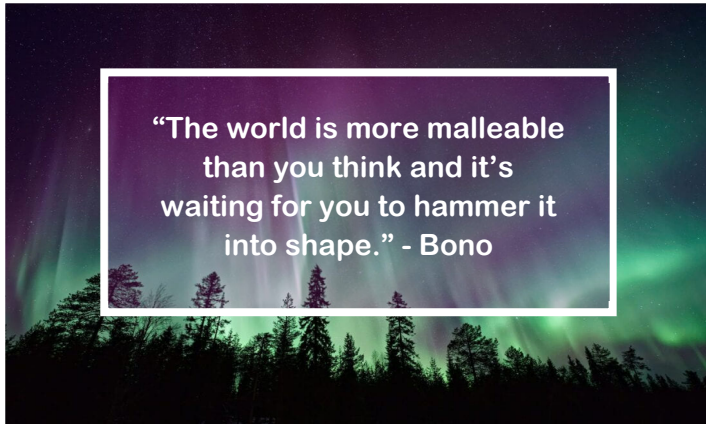


# MUSH-ON

January 2023



## A Word from Our State President – Trevor Bridgewater



Whether it is staffing shortages, product shortages, or budget shortfalls, having the ability to bend under pressure and maintain integrity is something I strive for every day. Knowing where your breaking point is and how to reduce the pressure can take years of life experience that I acknowledge I don’t have...yet. Every challenge that presents itself can be an opportunity to shape your program for the better. The pressure from these challenges if not applied with care and consideration can cause cracks that may never be able to be repaired. I am grateful for those who allow me to learn from their experiences and help to keep the pressure applied at a manageable rate.

The start of a new year is a great time to imagine what you would like to achieve for yourself, your programs, and your schools. As we gather for AKSNA’s 55<sup>th</sup> annual state conference in Anchorage later this month, I plan to use our best resource available to help make those goals a reality. What is our best resource? Each other. As a group, there isn’t a challenge that one of us has faced and overcome that could help someone else. The opportunity to talk to directors and managers throughout this great state in person this year will undoubtedly bring some “Ah Ha” moments that just don’t happen when you Zoom. The collective years of experience managing programs that will be sitting

## AKSNA Executive Board

### **President:**

Trevor Bridgewater,  
Fairbanks North Star Borough  
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### **President-Elect:**

Gavin Northey,  
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### **Past President:**

Sandi Ponte  
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[sponte@cordovasd.org](mailto:sponte@cordovasd.org)

### **Secretary:**

Sandi Ponte  
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### **Treasurer:**

Gavin Northey,  
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### **Public Policy & Legislation Chair**

Rachel Spencer  
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### **Communications & Mush-On News Editor:**

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### **Nutrition Standards & Education:**

Beth Seitz

together next week will be impressive. From brokers that have access to just the right products for you, to directors that work their magic each year to stretch every penny of their budget, and managers that know exactly the appreciation their staff needs to keep them motivated will all be there. All you have to do is start the conversation.

The AKSNA Board worked very hard to put together a memorable conference this year. We are especially excited to have SNA President Lori Adkins provide an update from SNA as well as a breakout session on Creating an Inclusive Work Environment. SNA staff and national board value the work we do and provide a tremendous amount of support for us to maintain our association. We have added SNA's [Lead to Succeed](#) sessions this year to dive into topics such as navigating difficult conversations, bringing value to the workplace, and personal development. As you are attending conference, take notes about what you find valuable and what you would like to see in the future. Our goal is that your experience at conference makes you want to come back next year and even become more involved in AKSNA to pursue your passions. The opportunities are here.

**Member Services:**

Tanya Dube  
Anchorage School District  
[dube\\_tanya@asdk12.org](mailto:dube_tanya@asdk12.org)

**Member at Large:**

Susan Pougher  
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Tracy Hulett  
Arctic Gateway School District  
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**State Agency:**

To Be Determined

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## [AKSNA Conference, What you need to know!](#)

### Meet Our Presenters



**DeWayne Rawls, Keynote Speaker**

DeWayne Rawls is an award-winning southern gospel music recording artist, motivational speaker, and entertainer. DeWayne obtained his C.P.-F.S. registry (Certified Professional of Food Safety & Sanitation), through the National Environmental Health Association in 2011 and worked as a Health Inspector for a short time before returning to school food service in 2012.

DeWayne started working in school food service in 1999 at the young age of eighteen. He accepted what was supposed to be a temporary job to work his way through school and obtain medical insurance, but soon the business of child nutrition and school food service became his passion.

His grandmother, who initially got him involved in school food service, was an area supervisor for Aldine ISD for 22 years when she convinced him to come work in one of her kitchens. After reluctantly accepting the offer, DeWayne eventually went on to become a cafeteria manager and after several years of working through multiple levels of child nutrition management, moving on to become an area supervisor and eventually taking on the role as the operations manager for the largest school district in the state of Texas, twenty-one years later, DeWayne is still passionate about feeding hungry children and serving the child nutrition industry.

## **Barry Sackin**

Barry Sackin retired this year after 42 years in school nutrition, first as an operator and then as a policy expert and advocate. From 1997 to 2005 he was Vice President for Public Policy at the School Nutrition Association.

While on staff at SNA, he was part of a USDA taskforce, and then the Institute of Child Nutrition charged with drafting a comprehensive online procurement training program for state agency personnel. Barry was the principle author of the SNA White Paper – Solving the Procurement Puzzle, and has taught procurement at conferences and for state agencies around the country.

Barry is the author of more than 100 published articles and journal papers on the full range of programs and policies affecting school nutrition. He has presented at dozens of state, regional and national conferences. He was the recipient of the 2016 Silver Friend of Child Nutrition FAME Award.



## **Sandy Voss, LEAd to Succeed**

Sandy Voss is the Director of Food & Nutrition Services for Arlington Heights School District 25 which is located about 15 miles outside of Chicago. The district serves approximately 5600 students in Kindergarten through 8th grades. Sandy has 16 years of experience as a Food & Nutrition Service Director and is a Registered Dietitian Nutritionist. Sandy also holds her School Nutrition Specialist credential and mostly recently completed schooling for her certification as a School Business Official. She is currently serving as Secretary/Treasurer for the Illinois School Nutrition Association and has also had the pleasure of serving in multiple volunteer positions with the School Nutrition Association as well as being a trainer for the Institute of Child Nutrition in the past.

## **Lori Adkins, SNA President**

Lori Adkins is the 2022-23 President of the School Nutrition Association and works as the Child Nutrition Consultant for Oakland Schools ISD in Waterford, Michigan where she supports 28 local districts with a combined enrollment of 165K students. Lori has worked in the Child Nutrition industry for 35 years as a school food service director and as a Child Nutrition consultant, educator, and leader in the field. Lori earned both a bachelor's and a master's degree from Eastern Michigan University in the fields of Food Systems Management & Business Management. Lori has been married to her husband Jeff for over 37 years and they have two grown children and three grandchildren.



## Schedule at a Glance

<b>Monday, 23 January (Pre-Conference)</b>		
8:30 a.m. – 6:00 p.m.	Alder and Cottonwood Room	ServSafe Exam (Lunch provided)
12:00 p.m. – 4:00 p.m.	Spruce and Willow Room	LEAd to Succeed: Personal Development
1:00 p.m. – 5:00 p.m.	Fir Room	SNS Credential Exam
<b>Tuesday, 24 January</b>		
8:45 a.m. – 4:00 p.m.	Birch Room	Registration
9:00 a.m. – 11:30 a.m.	Birch Room	General Sessions
11:30 a.m. – 1:00 p.m.	Birch Room	AKSNA Business Meeting (lunch provided)
1:00 p.m. – 3:30 p.m.	Birch Room	General Sessions
3:30 p.m. – 4:30 p.m.	Birch Room	Key Note Speaker: DeWayne Rawls
<b>Wednesday, 25 January</b>		
8:45 a.m. – 12:00 p.m.	Birch Room	Registration
9:00 a.m. – 12:15 p.m.	Birch Room, Alder and Cottonwood Room	Breakout Sessions
12:15 p.m. – 1:45 p.m.		Lunch on your own
1:45 p.m. – 3:00 p.m.	Alder and Cottonwood Room, Aspen Room	Breakout Sessions
3:00 p.m. – 4:00 p.m.	Birch Room	General Session
6:00 p.m. – 8:30 p.m.	Main Event Catering	AKSNA Award Banquet
<b>Thursday, 26 January</b>		
8:30 a.m. – 10:30 a.m.	Port of Alaska, US Foods	Field Trips (pre-registration required)
11:00 a.m. – 2:00 p.m.	Egan Center	Food and Vendor Expo (Come hungry)

## Preconference Schedule

Monday, 23 January, 2023, BP Energy Center

### -ServSafe Manager Certification Course and Exam

8:30 a.m. – 6:00 p.m., Alder and Cottonwood Room

Lori Adkins, SNA President

Lunch will be provided to participants. The ServSafe course helps prepare you for the ServSafe Manager Certification exam. Training covers these concepts: the importance of food safety; good personal hygiene; time and temperature control; preventing cross-contamination; cleaning and sanitizing; safe food preparation; receiving and storing food; methods of thawing, cooking, cooling, and reheating food; HACCP, and more. This certification is required by the State of Alaska, Department of Environmental Conservation and the USDA as a basic credential for school nutrition staff.

### -LEAd to Succeed: Personal Development

12:00 p.m. – 4:00 p.m., Spruce and Willow Room

Sandy Voss, Arlington Heights School District 25

All leaders need to know how to build a cohesive and compelling narrative that is persuasive, as well as one that allows for feedback and innovation—both of which are critical to any collaborative process. In this four-hour training, participants will explore tools to help them more effectively communicate and collaborate. They will learn how to sharpen their skills of persuasion by employing evidence and strategies on moving an audience from one point to the next, gaining trust and buy-in through the presentation of a cohesive narrative.

### -SNS Credential Exam

1:00 p.m. – 5:00 p.m., Fir Room

Trevor Bridgewater, SNS, AKSNA President

## Tuesday, 24 January 2023

BP Energy Center

### -Registration

8:45 a.m. – 3:30 p.m. Birch Room

### -Opening Remarks and Introductions

9:00 a.m. – 9:15 a.m., Birch Room

Gavin M. Northey, MBA, SNS, AKSNA President-elect and Treasurer

### **-Procurement Training**

9:15 a.m. – 11:30 a.m., Birch Room (this block time includes a 15-minute break)

Barry Sackin

Day 1 of procurement training will provide a comprehensive review of procurement law and real-world examples

### **-Alaska School Nutrition Association Annual Business Meeting**

11:30 a.m. – 1:00 a.m., Birch Room

Trevor Bridgewater, SNS, AKSNA President

The annual business meeting for the Alaska School Nutrition Association includes important updates about your association including election of board members. This year will also include the presentation of nominees for the first annual Arctic Food Service Innovation Competition.

### **-SNA Update**

1:00 p.m. – 1:30 p.m., Birch Room

Lori Adkins, SNA President

Learn what's new at School Nutrition Association and how they are working to support members and child nutrition across the country

### **-State Agency Update**

1:30 p.m. – 2:15 p.m., Birch Room

Sue Lampert, Alaska Child Nutrition Programs Acting Program Manager and USDA Foods Coordinator

Updates from Alaska Child Nutrition Programs

### **-Lead to Succeed: How do you bring value to the workplace?**

2:15 p.m. – 3:15 p.m., Birch Room

Sandy Voss, Arlington Heights School District 25

Establishing who someone is and the value they bring to an organization are key components of communication in the workplace. In this one-hour training, participants will explore frameworks and tools they can employ to be more effective at communicating who they are and the value they bring to their organization. Participants will take a “deep dive” into the skills they need to assess and understand their audience, and how to develop an effective introduction for a specific audience.

### **-Break**

3:15 p.m. – 3:30 p.m.

Wait, are you expecting a description here? Remember all that coffee that you drank, now is your chance to do something about it. But hurry, there are 50 other people that didn't waste time reading this description that are already in line.

## **-Keynote: I Wouldn't Take Nothin' for my Journey Now!**

3:30 p.m. – 4:30 p.m., Birch Room

DeWayne Rawls

After the meals have been served, the kitchen has been cleaned, the production records are complete, and our legs have just enough strength left to carry us home, it can be easy to lose sight of the reason we are all here. As child nutrition professionals, we are part of something bigger than ourselves, we are more than just the meals we serve! It is up to us to set the tone and to be an example for the kids we serve and the people we work with. Come and go with me, as I take you on a journey through an accidental long-term career in school food service and learn how one five-year-old little girl broke my heart, shaped my future, and catapulted my life in a whole new direction.

## **Wednesday, 25 January 2023**

### **-Registration**

8:45 a.m. – 12:00 p.m.

### **-Birch Room Breakout Sessions**

#### **-Procurement Training**

9:00 a.m. – 11:00 a.m., Birch Room

Barry Sackin

Procurement Dos and Don'ts, Ten Steps to a Good Procurement

#### **-Break**

11:00 a.m. – 11:15 a.m.

#### **-Managing Food Allergens in Your School Nutrition Program**

11:15 a.m. – 12:15 p.m. Birch Room

DeWayne Rawls

During this course, attendees will learn how to effectively manage dietary restrictions and student allergens. This session offers the opportunity for open discussion in regard to best practices and what others are doing to ensure USDA compliance in their respective district's school nutrition operations

## **-Alder and Cottonwood Room Breakout Session**

### **-LEAd to Succeed: Navigating Difficult Conversations**

9:00 a.m. – 12:15 p.m., Alder and Cottonwood Room (this block time includes a 15-minute break)  
Sandy Voss, Arlington Heights School District 25

Effective dialogue is one of the single most important skills for today's leaders. Whether confronting a team member who is not keeping commitments, critiquing a colleague's work, or simply telling someone "No," critical conversations are often avoided or handled in clumsy ways. The role of communication is to provide the right type of communication at the right time to the right audience. This three-hour LEAD to Succeed™ training details the key communications skills, approaches, and tools needed to inform, educate, and drive relevant opinions and behaviors. Participants will learn about the theory underpinning these conversations, diagram their structure, and learn specific strategies to successfully approach difficult conversations.

### **-Lunch on Your Own**

12:15 p.m. – 1:45 p.m.

Bring a friend or make a new one

## **-Afternoon Breakout Sessions**

### **-Recipe Brainstorming and Collaboration**

1:45 p.m. – 2:45 p.m., Alder and Cottonwood Room  
Tiffany Kurani, Anchorage School District

Come enjoy a sit down with other School Nutrition professionals concerning some of the limitations facing Alaskan School when we try to implement new recipe and menu ideas. Please come to ask questions and share success stories regarding recipe and menu options with fellow Alaskans.

### **-Legislative Priorities "Speed Dating" Discussion Groups**

1:45 p.m. – 2:45 p.m. Aspen Room  
Rachel Spencer, AKSNA Public Policy & Legislation Committee Chair

During this session, AKSNA members will discuss public policy and legislative priorities and provide input that will guide what priorities are presented to Alaska's members of Congress during SNA's Legislative Action Conference

### **-Break**

2:45 p.m.- 3:00 p.m.



### **-Creating an Inclusive Work Environment**

3:00 p.m. – 4:00 p.m., Birch Room  
Lori Adkins, SNA President

This session covers how to create a more inclusive environment in our kitchens

### **-AKSNA Annual Award Banquet at Main Event Catering**

6:00 p.m. – 8:30 p.m., Main Event Catering Club Room

1041 E 76th Ave.  
Anchorage, AK 99518

Transportation is not provided to the Banquet, we encourage you to share a ride or share a ride share or cab. Anchorage is served by both Lyft and Uber, as well as multiple taxicab services.

If you need a ride or are willing to share a ride, please see a board member so we can connect you.

## **Thursday, 26 January 2023**

### **-Field Trips**

Pre-registration for field trips is required. Field trip information will be emailed to participants.

- Port of Alaska
- US Foods Warehouse

### **-Food and Vendor Expo**

11:00 a.m. – 2:00 p.m., Egan Civic and Convention Center

Check out new products and equipment for your nutrition program and sample the USDA Processed Foods end products that are being offered for school year 2023 – 2024.

The Egan Civic and Convention Center is located in downtown Anchorage at 555 W. Fifth Ave., Anchorage, AK 99501

## Bus Schedule

8:45 a.m.	Pick-up at Residence Inn for Port of Alaska Tour
9:00 a.m.	Pick-up at Egan Center for Port of Alaska Tour
9:15 a.m.	Arrive at Port of Alaska
10:15 a.m.	Depart Port of Alaska
10:30 a.m.	Drop-off at Egan Center
10:45 a.m.	Pick-up at Residence Inn
11:00 a.m.	Drop-off at Egan Center
11:15 a.m.	Pick-up at Residence Inn
11:30 a.m.	Drop-off at Egan Center
2:05 p.m.	Pick-up at Egan Center
2:20 p.m.	Drop-off at Residence Inn



## High School Graduation Award Program

The Alaska School Nutrition Association (AKSNA) recognizes eligible students who obtain either their high school diploma or their GED certification and are planning on attending a post-secondary institution with a one-time cash gift.

### Eligibility:

- You must be an eligible dependent (son, daughter, legal dependent at the time the application is submitted) of an active member of AKSNA
- The member has been a member in good standing since 1 July 2022
- You must have received either a high school diploma or a GED certificate during the 2022 – 2023 school year
- You must be enrolled into a post-secondary institution for the 2023 – 2024 school year by 30 June 2023

### The 2022 – 2023 Application is now open

You must complete your application online by 1 April 2023 at 11:00 p.m. AKDT.

<https://aksna.org/high-school-graduation-award-program/>

