

Curriculum Vitae
Dr. Julie Miller Jones
Distinguished Scholar and Professor Emerita, St. Catherine University

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Education and Qualifications

1968 B.S. Iowa State University (Home Economics-Food Science)
1975 Ph.D. University of Minnesota (Home Economics, Food Science and Nutrition)
1993 - present Board Certified in Nutrition (CNS)
1996 – 2019 Licensed Nutritionist (L.N.) State of Minnesota
2012 - present Certified Food Scientist

Employment

2008 - present Distinguished Scholar and Professor Emerita, Consultant
1974 - 2008 College of St. Catherine (CSC), St. Paul, Minnesota - Rank: Professor
2003 - 2008 Distinguished Scholar and Co-Chair Center for Women, Science and Technology
2000 - 2006 Endowed Chair in Science, Distinguished Scholar in the Centers of Excellence
1996 The Council for Advancement and Support of Education (CASE) teaching award
1997 Myser award - Voted by CSC alums as a professor who impacted their lives
1976 and 1986 Named CSC's Outstanding Professor
1968 - 1974 University of Minnesota - Instructor/Research Fellow
1999 - present Adjunct Professor – U. Minnesota, Department of Food Science and Nutrition

Scientific Advisor

1999 - 2017 Joint Institute of Food Safety and Nutrition FDA / University of MD
Served as Chair 2009-12
1999 - 2014 International Life Sciences Organization (ILSI) N.A. Carbohydrate Committee
Advisor to Washington DC- based nutrition organization and publisher of [Nutrition Reviews](#)
1999 - 2001 ILSI Committee to Revise the Definition of Dietary Fiber for Nutrition Labeling
2004 - 2014 Whole Grains Council
2002- 2017 Wheat Foods Council
2005 - 2015 Spokesperson for International Food Information Council
2005 - present Grains Food Foundation
2009- 2019 Healthy Grains Institute (Canada)

Associations and Boards

American Association of Cereal Chemists International (AACC I) and NW Section

2004 – present Chair and member - Task Force on Whole Grains
2006 - 2008 Chair Glycemic Definition Committee
1991- present Reviewer for journals and books
2002 Co-chair Food Focus – Hot Topics in Nutrition
2000 - 2002 Fiber Definition Committee
1998 - 2001 President – elect, President, Chair of the Board; Finance Committee, Executive Committee,
Scientific Advisory Panel, Professional Development Panel, formed an alliance with the
International Cereal Chemists
2002 - 2005 Headquarters Operations Committee
1991-1998 Chair, Emerging Issues Committee
1991- 1999 *Cereal Foods World* advisory committee
1996 -1998 Teaching Awards Committee
1992 -1995 Scholarship and Fellowship Committee

1992 -1995 Book Committee
 1988 - 1992 Board of Directors - National
 1987 - 1989 Chair, Chair-elect of Northwest Section
 1984 - 1985 Chair, Geddes Committee (National Award)
 1984 - 1988 Chair, National Short Course Committee
 1986 - 1993 Chaired numerous national short courses
 1987 - 1988 Long Range Planning - NW Section

Institute of Food Technologists (IFT) and North Star Section member since 1968

2012 - 2018 Joint Task Force on Food and Nutrition Solutions
 2005 - 2006 White Paper Committee
 1970 - present National Nutrition Division, Chair 2001-2003; Secretary/Treasurer, 1999-2001
 1999 - 2001 IFT/AACC collaboration effort
 1997 - 2000 Hot Topics Committee
 1995 -1997 National Councilor representing the Minnesota/ North Dakota/ South Dakota Sections
 1993 -1994 Chair, Minnesota Section, Chair exec and finance committees
 1992 -1993 Chair-elect and Program Chair
 1993 -1994 Scholarship Committee, Macy Awards Committee, Education Advisory Committee
 1989 -1991 Member-At-Large Nutrition Division
 1985 Chair - Macy Award Committee
 1985 -1988 Alt. councilor

Assoc of Family and Consumer Science and HEIB aka. American Home Economics Association (AHEA)

2016 - present Member Twin Cities Family and Consumer Science ; Food and Nutrition Professionals
 2006 Twin Cities Home Economist of the Year
 1983 - present Member of Minnesota Home Economists in Business – Active member
 1983 - 1985 President, Twin Cities MHEA
 1985 - 1987 Minnesota Home Economics Association Board

American Chemical Society and Minnesota section ACS

1970 - present

Academy of Nutrition and Dietetics (AND) – Minnesota (MAND) and Twin Cities (TCAND)

2000 – present Referred white papers; reviewed articles
 1999 - 2002 Wrote a section of the diet manual on food additives and vitamins and minerals
 1974 - present Active member

James Beard Society

1997 - 2010 Served as a judge

Minnesota Licensure Board

1994-1997 – Law licensing nutritionists took effect May 8, 1994
 I received a Governor’s appointment to write regulations and set budgets to meet statutory requirements for the licensure law.

Minnesota Nutrition Council, Inc.

1995 - 1997 Public Affairs Chair
 1979 - 1981 President
 1974 - 2005 Active member (organization merged into another organization)

Minnesota Council Against Health Fraud

1987 - 1991 President, Minnesota Section
 1991 -1994 Executive board member
 1987 -1993 Board of National Council Against Health Fraud,

American Society of Nutrition

2010 - 2018 ASN representative for the Joint Task Force on Food and Nutrition Solutions,
Chair 2015 - 2016

Other

1988 -1991 American Heart Association - Board of Minnesota Affiliate
Advisor to labeling initiative

1991-1994 National Labeling Reform Task Force for passage of Nutrition Labeling and
Education Act of the federal government

1987 - 1990 Land O' Lakes Consumer Board - Chair, 1987-1989

1994 -1999 Advisory board for *Prepared Foods* magazine

1997 -2003 Task force on alternative medicine -United Hospital and Minnesota. Med. Assoc.

Les Dames D'Escoffier

1998 – present Chapter member, President of Minnesota chapter, 2012 – 2013 and delegate to national.
A society of women who are passionately interested in all aspects of food, nutrition and
culinary. We support a nutrition and community garden project on the East Side of St. Paul and
work with youth to teach them about food, nutrition, food safety, value added products, work and
job skills, responsibility, neighborhood pride, business skills, and cultural diversity

Honors

2022 Food and Consumer Professionals of MN - Lifetime Achievement Award

2018 Fellow of the IFT

2018 50 Year Homecoming Award Iowa State University Graduate – Foods and Nutrition

2014 Minnesota Nominee for Les Dames D'Escoffier's Grand Dame

2013 Outstanding Alumna of West Waterloo High School, Waterloo, IA.

2013 Fellow of the AACCI

2012 Dream Maker Award – Dakota Communities - Directed a menu planning project with St.
Catherine students. The menu plans were for 140 group homes serving developmentally delayed
children and adults. The diet and lifestyle plan resulted in menus that met the requirements of the
state, had all needed adaptations such as those needed for diabetics or celiacs. The recipes, shopping
lists, and preparation plans that included the residents in preparation of the meals (according to
their ability) were loved by staff and residents. They have promoted weight loss for those who
needed to lose weight as well as other improved outcomes.

2011 Fellow, International Cereal Chemists

2010 Kansas State University Centennial Lecturer

2009 Minnesota Association of Family and Consumer Sciences - 100 Centennial Awardees

2008 John Halvorsen Memorial Lectureship (May) – Kansas Section of AACC

2008 Jeanne M. Priester Award Luncheon – Raleigh / Durham, North Carolina

2007 - 2012 Pan American Bimbo Prize Nutrition Paper Judge GrupoBimbo

2006 Twin Cities Home Economist in Business of the Year

2004 AACCI 41st Geddes Award, the association's highest award for service/ contributions 1987
The Council for Advancement and Support of Education (CASE) Award Outstanding
Teaching.

Presentations

Speaker - I speak at least twice a month to professional audiences and consumer groups, locally, nationally and
internationally.

2015 National and Oklahoma Public Television – The Truth about Wheat. Sept 2015.

Presentations at International Congresses and Seminars

Carbohydrates: The Good, The Bad and The Ugly. MN Acad. Dietetics - Consulting Practice Group. January 11,
2023. Virtual

Choosing Healthy Carbohydrates. Food and Consumer Professionals. January 10, 2023. Virtual

Processed and Ultraprocessed Food – Myth and Reality. Nutrition Policy Lecture Univ. of Ill. Nov. 1, 2022. (virtual)

Cereals and Health. IL CERIALES. Mexico City, October 11, 2022.

Choosing Healthy Processed Foods. Children and Adult Feeding Programs USDA. New Orleans, LA. April 20, 2022.

Losing and Maintaining Weight Loss – Strategies. Children and Adult Feeding Programs USDA. New Orleans, LA. April 21, 2022.

Quality Carbohydrates. The American Potato Growers Annual meeting. Denver, CO. March 9, 2022

COVID 19 and Diet. American Association of University Women. March 21, 2022.

Processed Food – How to choose healthy diets with the right mix of processed foods. (USC virtual) February 24, 2022.

Nutritalks. Mexico. Grupo Bimbo, Virtual November 17, 2021

Future of Food: Whole Grains. Grupo Bimbo. Virtual October 14, 2021.

Processed Food and the Pandemic. IFT Virtual Meeting June 15, 2021.

COVID, Nutrition, Food Safety and Security. 2021 MHEA Spring Conference. May 13, 2021.

Processed Food: USC (virtual). March 4, 2021.

Are There Unintended Consequences of Using or Avoiding Processed Food? ILSI Pre Meeting Workshop. Canadian Nutr Soc. April 22, 2021.

Food Fictions, Frauds, Factoids, Fallacies, and Fake News. Spring FCP Virtual meeting. April 7, 2021.

2021 Virtual National Child Nutrition Conference. Fiber, Grains, Nutrition & Immunity. April 6, 2021.

COVID and Nutrition. Carlyle Forum. Virtual. February 23, 2021.

Dietary Guidelines for America IFT Roundtable for 2020. IFT virtual January 29, 2021

COVID, Nutrition and Health. Intl. Conf. on Health (virtual). November 13, 2020.

Cereals and Grains Assn. (AACCI) Does a plant-based diet mean improved health for the climate, agriculture, and the population? October 22 and 26, 2020.

Canadian Nutrition Society. Ultraprocessed Foods: Implications for Nutrition Policy and Recommendations. Oct, 20, 2020.

Fiber, Grains, Nutrition & Immunity. MN FCP Fall Meeting. September 21, 2020.

Dietary Guidelines Hearings. (virtual)

IFT, Annual Virtual meeting, COVID, Nutrition, Food Safety and Security. June 2020

Grain Food Foundation COVID, Nutrition and Food Security.

Food and Consumer Professionals Zoom meeting. May 3, 2020

Arizona State University - Foods and Health conference Everything you wanted to know about complex carbohydrates and grain-based foods and weren't afraid to ask. February 25, 2020.

Food Safety in Normal and COVID Times Minnesota Home Economists February 21, 2020

INOVA – Whole grains: Just for the Health of It. Montevideo, Uruguay. October 3, 2019.

ILSI Brasil – Processed and ultra-processed foods: Risks and Benefits July 13, 2019.

ICC / Healthgrain Forum – Whole grains- Risks and benefits. Vienna, Austria, April 23, 2019.

Vienna – Whole grain definition. ICC & Taiwan Society of Cereals and Food. Health impacts of grains and whole grains. November 8, 2018.

AACCI International – Glycemic Index – Point-Counterpoint London, UK October 22, 2018

GrupoBimbo Conference – Mexico City – Are breads and cereals processed foods to avoid? July 11, 2018

Food Fluencers Diets for Health Lisbon, Portugal, January 15, 2018

Canadian Nutrition Society. Balancing the grain health dilemma. Halifax, NS. May 4, 2018.

National School Nutrition and CACFP. Grains for Health. San Antonio, TX, April 19, 2018.

British Nutrition Society – Scottish Section, Keynote - Avoid Processed and Ultra Processed Foods: Sound Bite Advice or Just a Sound Bite. Glasgow, Scotland. March 26, 2018.

ICC LATAM CIMMYT. Processed grain-based food: Fabulous or Flawed. Mexico City. March 14, 2018.

ICC LATAM CIMMYT. Gluten: Facts, factoids and fallacies. Mexico City. March 13, 2018.

ICC LATAM CIMMYT Whole Grains: Just for the Health of It. Mexico City. March 12, 2018.

Food Fluencers. Popular Weight loss diets: Help, hype, or hope? Lisbon, Portugal. January 14, 2017.

International Union of Nutrition Science. Avoid processed foods: Sound advice or a sound bite? - Buenos Aires. October 15, 2017.

ICC Whole Grain Summit. Strategies for increasing whole grain safety, Vienna, Austria. November 13, 2017.

University of Saskatchewan Visiting Scholar Lecture. Myths and truths about grain-based foods. Saskatoon, Canada. October 27, 2017.

CIMMYT. All grain foods are processed. El Batán, near Texcoco, Edo Mex, Mexico, September 14, 2017.

Global Crops Summit. Calgary, Alberta, Canada. Myths and truths about grain-based foods. April 12, 2017.

ICC Health Grain Forum. Processed food: The good, the bad and the ugly. Naples It. November 16, 2016.

- International Bakers and Industry Engineers. What if the whole world went gluten free? Las Vegas, Nevada. October 8, 2016.
- CIMMYT 50th Birthday. What if the world went gluten free and grain free: The role of grains in the diet and feeding the world. Mexico City, September 29, 2016.
- International Congress of Dietetics. The role of carbohydrates, fiber and grains in preventing and treating diabetes and chronic disease. Granada, Spain. September 8, 2016.
- International Congress of Dietetics. All fibers fit. Granada, Spain. September 8, 2016.
- Canadian Nutrition Society. Gut health and the gluten-free (Grain-free) explosion. Ottawa/ Gatineau, CA. May 7, 2016.
- International Cereal and Bread Congress/ICC. Bread, wheat, grains, and whole grains: Health benefits for all. Istanbul, Turkey. April 19, 2016.
- Food 3000. Dietary guidance: Moving forward as a coalition. Lima, Peru. February 13, 2016.
- International Congress of Functional Foods. Optimal health through a balance of whole and refined grains. Seoul, Korea. November 19, 2015.
- ICC IASTEC. Grains and sustainability. Milan, It. July 1, 2015.
- ICC Dietary Fibre 2015. Addressing the fibre gap. Paris, June 2015
- Food 3000. Whole grains and fiber. Myths and facts. Madrid, Spain. February 15, 2015.
- CIMMYT Myths about grains and health. Mexico City. Jan 19, 2015.
- Wheat Growers of Saskatchewan, Wheat & Health: Separating the wheat from the chaff. Saskatoon, Alberta, Canada 2014
- Food 3000. Processed food in the diet. Amsterdam, NL. Feb 15, 2014.
- Food 3000. Arsenic in rice. Vancouver, Canada. Feb. 15, 2013.
- Whole Grain Summit 2012 -Pre-Meeting. Grains 101: What the industry and consumer need to know. Minneapolis, MN. May 19, 2012.
- Whole Grain Summit 2012. Defining a whole grain food: Confusion, complexities conundrums. Minneapolis, MN. May 20, 2012.
- Whole Grain Summit 2012 Alignment of whole grain definitions. Minneapolis, MN. May 21, 2012.
- Dietary Fibre 2012 - Recommendations, regulations and popular diets, Dietary Fibre 2012. Rome, Italy. May 7, 2012.
- International Flour Millers Federation, Wheat for health. Antalya, Turkey. March 29, 2012.
- Beneo Scientific Conference. Dietary fiber and health, Heidelberg, Germany, March 11-12, 2012.
- ILSI Brasil and Nutrition Society of Brasil. The glycemic response: Findings from the ILSI Workshop and beyond. Sao Paulo, Brazil. December 1, 2011
- Thailand Nutrition Society and Food Authority, ILSI SE Asia Regional Conference. Dietary fiber definitions. Bangkok, Thailand. April 26, 2011.
- Katholieke Universiteit Leuven, Fiber and whole grains definitions. Leuven, Belgium. April 6, 2011.
- Malaysian Nutrition Society/ ILSI SE Asia Regional Conference. Whole grains and human nutrition, Kuala Lumpur, Malaysia. April 22, 2011.
- ILSI SE Asia Regional Conference together with the Singapore Board of Health. Carbohydrate quality. Singapore. April 20, 2011.
- Manchester Metropolitan University. Fiber and Whole Grains. Manchester, UK. March 15, 2010.
- ILSI Australia and ILSI SE Asia. Your mum was right – Eat your vegetables. Melbourne, Australia November 13, 2009.
- Go Grains. Whole grains for health. Sydney, Australia, November 12, 2009.
- Cuisine Kingdom. Figs and the Mediterranean Diet. Tokyo, Japan. November 5, 2009.
- The Nutrition Place. Singapore's Whole Grain Initiative. Whole grains for health and culinary innovation. Singapore. October 2, 2009.
- ILSI SE Asia Hot Issues of Food Safety –September 30, 2009. Jakarta, Indonesia.
- ILSI SE Asia meeting. Dietary fibre and the Codex definition. Kuala Lumpur, Malaysia. September 28, 2009.
- International Dietary Fibre Congress/ International Cereal Chemists. Dietary fibre, co-passengers and health— Vienna, July 1-3, 2009. (Also on the organizing committee).
- International Whole Grain Summit, 2009. Regulatory Aspects for whole grains and whole grain food. Newcastle, UK. March 2009. (Also on the organizing committee)
- Best of the American Diabetes Association in cooperation with the Indian Diabetes Association. Whole Grains, dietary fiber and the glycemic response in preventing and treating diabetes. Ahmedabad, India. November 11, 2008.

- Best of the American Diabetes Association in cooperation with the Indian Diabetes Association. Carbohydrates 101- Starting where clients are and helping them understand complex carbohydrates. Ahmedabad, India. November 10, 2008.
- Best of the American Diabetes Association in cooperation with the Indian Diabetes Association. Whole grains, dietary fiber and the glycemic response in preventing and treating diabetes. Pune, India. November 9, 2008.
- Best of the American Diabetes Association in cooperation with the Indian Diabetes Association. Carbohydrates 101- Starting where clients are and helping them understand complex carbohydrates. Pune, India. November 8, 2008.
- 15th International Congress of Dietetics, Raisins, dietary fibre and gut health. Yokahama, Japan September 8, 2008.
- 13th International Cereal Chemists Cereal and Bread Congress. Mining whole grains for functional components. Madrid, Spain. June 2008.
- Presentation on the dietary fiber definition US Delegation of the Codex Alimentarius Commission of the FAO/WHO). Baden Baden, Germany. November 13, 2007.
- First International Symposium on Alternative Whole Grains and Fruit and Dried Fruit. Fruit and alternate whole grains as a strategy for a healthy celiac diet. Strategies for creating an antioxidant- rich diet. October, 2007.
- Gluten-Free Cereal Products and Beverages. Nutrient-rich, gluten-free diet. University College Cork, Cork, Ireland. September 13, 2007.
- First International Conference on Gluten Intolerance Cork Ireland - Nutrition for the Gluten Intolerant. University of Cork, Cork, Ireland. Sept 10-14, 2007.
- Pangborn International Sensory Symposium. Fat and nutrition: Is there such a thing as a fat taste? Minneapolis, Minnesota. August 13, 2007.
- International Cereal Chemists, International Union of Food Science and Chinese Cereal and Oils Association trends in fats and oils and whole grains. Guangzhou, China. June 19, 2007.
- Cereals in Europe and American Association of Cereal Chemists International Spring meeting. Consumers, cereals and health- Trends, fads and reality. Montpellier, France. May 8, 2007.
- Dietary fibre and gut health. Foods for the healthy elderly – Food Ingredients Europe Amsterdam, NL. Jan 15, 2006.
- 11th Annual Nutrition and Food Service Conference. Why Fiber Matters So Much. Edmonton, Alb. Canada. April 28, 2007.
- ILSI Europe conference on the Glycemic Response to Food. The Glycemic Response – Opening address – Nice, France. December 7, 2006
- Whole Grains and the Consumer - A US Perspective. Helsinki, Finland. June 15, 2006.
- EU Health Grains Platform. Whole grains and health. Helsinki, Finland. June 14, 2006.
- International Congress on Dietary Fiber. Dietary fibre or whole grains or Both? Helsinki, Finland. (Also on the organizing committee) June 13, 2006
- Canadian Dietetics Association Annual Meeting, Kellogg Nutrition Symposium. Dietary fiber. Halifax, Nova Scotia, Canada. June 8, 2006
- International Dried Fruit Association. Fruit and health – An opportunity for dried fruit. Oct 23, 2006. Monterey, CA.
- Medical Alley/ MNBIO 4th Annual Health Care and Biosciences Conference. You Are What You Eat. St, Paul, MN. October 5, 2005.
- Technische Universität Wien Glycemic Index Conference, Low carbohydrate/ Slow carbohydrate. Vienna, Austria. June 29, 2005.
- International Cereal Chemists 50th Anniversary Congress, Whole grains: Emerging data on health relevance. Vienna, Austria. July 6, 2005
- International Wheat Gluten Association. IWQC-III. Is there such a thing as a good or bad wheat-based food? Manhattan, KS. May 22, 2005.
- American Association of Cereal Chemists International - International Workshop on the Glycemic Response. The glycemic response. Low carbohydrate foods. Brussels, Belgium. February 17, 2005.
- Sugars and Health. Harvard Oldways Preservation Trust. Sweetness, sugar, sweeteners: Claims, conflicts, and consumer confusion. Mexico City, MX. October 21, 2004.
- International Cereal Chemistry Congress. Consumer issues of carbohydrates: What Influences their intake? Harrogate, England. May 13, 2004,
- International Dietary Fibre Congress. Dietary fibre intake, disease prevention and health promotion - The evidence from epidemiology. Noordwijkerhout, NL. May 19, 2003.

International Dietary Fibre Congress. Developing Strategies for Health-Promoting Grain ingredients. Noordwijkerhout, NL. May 18, 2003.

International Dietary Fibre Congress. The way forward- Panel. Noordwijkerhout, NL. May 21, 2003.

Sociedade Latin American Nutricion. Whole Grains and Health, November 10, 2003. Acapulco, Mexico.

Polish Academy of Sciences and EUROTOX V Food Safety. The risks and benefits of food processing. Mierki, Poland. August 19, 2002.

American Association of Cereal Chemists International Annual Meeting. Whole grains and diabetes risks. Montreal, Quebec, Canada. October 16, 2002.

World Whole Grains Conference. Intake of whole grains worldwide. Porvoo, Finland. June 19, 2001.

Healthy Ingredients Europe. Fiber as a healthy ingredient – Nutritional aspects. Frankfurt, Germany. November 20, 2000.

Healthy Ingredients Europe and American Association of Cereal Chemists International. Using soy-based ingredients. Frankfurt, Germany. November 20, 2000.

Food Ingredients Europe. Fibre and whole grains - Frankfurt, Germany. November 21, 2000.

International Cereal Chemistry World Bread Congress. Dietary fibre, resistant starch and whole grain are not the same. September 12, 2000. Gold Coast, Australia.

Dietary Fibre 2000. Dietary fibre intake worldwide and the state of the diet – The good, the bad and the ugly May 19, 2000. Keynoted this international conference and was introduced by the Prime Minister of Ireland.

American Association of Cereal Chemists- Pre-conference workshop. Development of high-fibre food products: Meeting the needs for health. Dublin, Ireland. Chair and speaker. May 13, 2000.

American Association of Cereal Chemists International Development of high fibre food products: Speaker and Chair. May 13, 2000, Dublin, Ireland.

American Association of Cereal Chemists International Workshop. Fat intake in health and disease. Louvain, Belgium. April 15, 1999.

Healthy Ingredients Europe. Fats and cereals in the diet. Paris, France. September 15, 1999.

Healthy Ingredients Europe. Trans fats in the diet. Paris, France. September 16, 1999.

Pacific Fats and Oils 2000. Fat: a 30-year retro- and pro-spective. Auckland, New Zealand. November 25, 1997.

Massey University, Fat-free paradise and other myths. (Invited lecture) Auckland, New Zealand. November 24, 1997.

American Association of Cereal Chemists International Short Course. Trends in nutrition of fats and oils. Paris, France. November 11, 1996,

American Association of Cereal Chemists International Short Course. Fat replacers and fats and oils and substitutes in baked products. Paris, France. November 11, 1996,

UK Society of Chemical Industry, Oils & Fats. Low calorie substitutes for fat. London, England. April 30, 1996.

Joint meeting of the UK section of Institute of Food Technologists and the Society for Chemistry and Industry Bovine Spongiform Encephalopathy (BSE) – Prions and More. London, April 29, 1996.

Presentations - National and Local

IFT Hot Topic: NOVA Processed Foods: Bane or Boon. June 4, 2019. New Orleans, LA.

Today's Dietitian Conference Whole Grains: Just for the Health of It. May 22, 2019 Scottsdale, AZ,

USDA Child and Adult Feeding Programs (CAFP). Whole grains and dietary fiber – Barriers to consumption. April 25, 2019. Chicago, IL

Potato Expo. Carbohydrates – What is recommended. January 9, 2019 Carlyle Forum. Everything you wanted to know about nutrition but were afraid to ask. September 12, 2018.

AND Webinar. Dietary Fiber, Nutrition and Health Benefits. September 20, 2018.

IFT Short Course 2018. Formulating for function; Understanding the application of gums and starches in food. Carbohydrates in nutrition. June 24, 2017. Las Vegas, Nevada.

Twin Cities Home Family and Consumer Science Professionals. Processed Food – Ban or Boon. Minneapolis, MN. November 2, 2017.

USDA Child and Adult Feeding Programs (CAFP). Getting the right mix of whole and refined grains on MyPLATE. San Antonio, TX. April 19, 2018.

Sweeteners System Conference. Sugar and spice and everything nice? Is this truth in labeling? Lombard IL. November 7, 2017.

Grains Food Foundation Webinar. Grains in the diet - Myths and facts. December 12, 2017.

Tate and Lyle Webinar. Dietary fiber and health benefits for the golden agers. November 2, 2017.

- FNCE. Academy of Nutrition and Dietetics Annual Meeting. The sweet & sour of added sugars. Chicago IL., October 22, 2017.
- IFT Annual meeting 2017. Is “Degree of Processing” a useful way to direct food selection and dietary guidelines? June 27, 2017. Las Vegas, Nevada.
- IFT Annual meeting 2017. The New Nutrition label and the Ingredient panel: Deconstructing the label for the consumer. Las Vegas, Nevada. June 26, 2017.
- IFT Short Course 2017. Formulating for function; Understanding the application of gums and starches in food. Carbohydrates in nutrition. June 24, 2017. Las Vegas, Nevada.
- American Society of Nutrition (EB) EB. Food selection by according to food processing: Fabulous or flawed. Chicago, Il. April 23, 2017.
- USDA Child and Adult Feeding Programs (CAFP). New Child and adult care food program meal patterns: Getting the right mix of whole and refined grains. San Diego, CA. April 19, 2017.
- West Waterloo High School Foundation Event through the Waterloo, Iowa Public Schools. Waterloo Public Schools Foundation. Nutrition Basics and Critical Thinking: Addressing Myths and Facts. April 19, 2017. Waterloo, IA.
- Canadian Global Crops Summit. Grains and whole grains for health. Calgary, Alberta, Canada. April 12, 2017.
- Twin City Academy of Nutrition and Dietetics. Deconstructing the new food label. Fridley, MN. February 13, 2017.
- FNCE -Academy of Nutrition and Dietetics. Processed food and health. Boston, MA. October 18, 2016.
- FNCE -Academy of Nutrition and Dietetics. Added sugars and the new label. Webinar. September 2016.
- PA Nutrition Education Annual Meeting. Gluten – We hardly know you. Harrisburg, PA, May 2, 2016.
- Society of Nutrition Education and Behavior FNCE Pre-Conference. The science behind gut health and food intolerances. Pittsburg, PA. July 25, 2015.
- FASEB. WKK Sponsored Breakfast. Ancient grains: What are they and what do we know? San Diego, CA. April 2, 2016.
- American Bakers Assn. Annual Meeting. Gluten myths. Phoenix Az. March 19, 2016.
- Arizona State U. Building Healthy Lives. Are new wheat varieties really making us fat and sick? Phoenix, AZ. March. March 18, 2016.
- International Assn of Operative Millers Annual Meeting. Gluten free or free for all: A look at the myths and facts surrounding wheat, gluten and grains. Palm Springs, CA May 6, 2015
- Ohio, New York, Iowa and Texas Academy of Nutrition and Dietetics meetings. Gluten free or free for all: A look at the myths and facts surrounding wheat, gluten and grains. Spring 2015.
- Wheat Foods Council Wheat Safari. Ancient grains. Fargo, ND August 2014.
- Wheat Foods Council Wheat Safari. Myths and facts about wheat and gluten. Fargo, ND August 2014.
- Wheat Foods Council Wheat Safari. Myths and Facts about Wheat and Gluten. Manhattan, KS August 2013.
- CA Dietetics Assn. Gluten and Health: The connection between gut health, food sensitivities and allergies. Oakland, CA. April 9, 2014.
- Acad. Nutr. Dietetics, Annual Meeting (FNCE), Grain brain strain: How does it all fit in the diet? Philadelphia, PA. October 9, 2012.
- Amer. Assoc. Cereal Chemists Annual meeting. Arsenic in grains, foods and rice. Hollywood, Fl. Oct 3, 2012.
- Amer. Assoc. Cereal Chemists Annual meeting. Whole grains food definition. Hollywood, Fl. Oct 3, 2012.
- Amer. Assoc. Cereal Chemists Annual meeting. Grain proteins: Combining incomplete proteins and amino acids for improved protein quality and health. Hollywood, Fl. Oct 2, 2012.
- Amer. Assoc. Cereal Chemists Annual meeting. The glycemic index. Hollywood, Fl. Oct 1, 2012.
- Amer. Assoc. Cereal Chemists Annual meeting. Soluble fiber and health. Symposium Honoring the late Peter Wood. Hollywood, Fl. Oct 1, 2012.
- Acad. Nutr. Dietetics Webinar, Whole grains: Overcoming barriers between scientific evidence and consumer behavior, September 12, 2012.
- Grains Food Foundation Wheat Safari. Wheat foods: Whole grains, folate, health, gluten free and more. Manhattan and Kansas City, Kansas. June 15, 2012.
- Whole Grains Summit. Grains for Health. Whole grains labeling. Minneapolis, MN. May 18, 2012.
- JIFSAN Feeding the World population Today and Tomorrow. Chemical risks in our food in perspective. Greenbelt, Maryland. May 1, 2012.
- FASEB. Roadmap for future fiber research- Integrating new findings about fiber to inform future directions. San Diego, CA. April 25, 2012.
- Minneapolis Les Dames d’Escoffier , Nutrition and food safety- A look at beliefs and the popular press. Minneapolis, MN. February 21, 2012.

AND and the California Fig Advisory Board. Figs and health. Webinar. January 15, 2012.

ILSI Annual Meeting. Dietary fiber definitions and methods – A short history. Phoenix, AZ. January 23, 2012.

Amer. Diet. Assn. Annual Meeting - FNCE. How risky is our food? Clarifying the controversies of chemical risks in food. September 29, 2011. San Diego, CA.

Amer. Assoc. Cereal Chemists Annual meeting. Dietary advice: Half your grains whole or all grains whole and no refined grains? Palm Springs, CA. October 18, 2011.

Amer. Assoc. Cereal Chemists Annual meeting. Whole Grains vs Dietary Fiber. Palm Springs, CA. October 17, 2011

Amer. Diet. Assn. Webinar. The family of fibers: Dietary variety for maximum benefit. Sept 2011.

Inst. Food Technologists Annual meeting. Refined grains are not the same. New Orleans, LA. June 14, 2011.

AACC International Milling and Baking Division. Whole grains update, Bloomington, MN. May 20, 2011.

El Paso Dietetics Association. Dietary fiber, El Paso, TX. May 13, 2011.

ILSI NA and ILSI Europe and the 9th Vahouny Symposium on Dietary Fiber. ILSI Annual Meeting. January 25, 2011. Orlando, FL.

Society of Nutrition Education and Dairy Council webinar. Food intolerances: How to distinguish between fad and reality. January 20, 2011.

MN School Nutrition Association Fall Conference. Breakfast: The most important meal. Chanhassen Area High School. Chanhassen, MN. October 30, 2010.

AACC Intl Annual Meeting. Is there a role for gluten-free diets beyond celiac disease? A review of the literature. Savannah, GA. October 23, 2010.

Pre-Annual AACC Intl Annual Meeting Short Course. Sugars and health. Short Course, Savannah, GA. October 20, 2010.

Healthy Ingredients (Japan). Of Figs and Fiber. Tokyo, Japan. October 12, 2010.

Webinar for Diabetes Care and Education (DCE) Dietetic Practice Group Focus on Fibers: What RDs Need to Know NOW. Sept 24, 2010.

Webinar for Food and Culinary Professionals. Focus on fibers: What RDs need to know now. September 10, 2010.

Minnesota School Nutrition Association Annual Meeting. Sugars in the diet. Rochester. MN. August 11, 2010.

Institute of Food Technologists annual meeting pre-meeting workshop. Whole grains and health. Chicago, IL July 17, 2010.

Vahouny Fiber Conference. Implementation issues of the CODEX dietary fiber definition”, Washington DC. June 8, 2010.

Pre-conference for Canadian Dietetics Association. Whole Grains - Get the Whole Story. Montreal, May 26, 2010.

Minnesota Dietetics Association Sugar and spice and everything nice? The truth about sweeteners in the diet. St. Paul, MN. April 15, 2010.

Centennial Scholar Lecture for Kansas State University. Grains of Truth. Manhattan, KS February 17, 2010.

School, Nutrition Directors of Minnesota. Annual Meeting. Dashing for the Mediterranean diet and everything you always wanted to know about foods and nutrition: Now It's your chance to ask. Brooklyn Park. MN. January 15, 2010.

St. Catherine University. Dashing for the Mediterranean Diet: A strategy for preventing obesity. St. Paul, MN. Jan. 14, 2010.

American Dietetics Association. Carbohydrates: Newest research and practical application in glycemic control. Denver Colorado. October 19, 2009

American Dietetics Association - Sponsored Breakfast. Raisins and dried fruit and the Mediterranean Diet. Denver, Colorado. October 18, 2009.

American Dietetics Association. Raisins and dried fruit, weight control and nutrient intake. Denver, Colorado. October 18, 2009.

American Dietetics Association Pre- Meeting for Supermarket RDs. Research, Resources and Consumer Processing Trends in the Dried Fruit Aisle. Johnsons and Wales University, Denver, Colorado. October 16, 2009.

Twin Cities Home Economists in Business. Dashing for the Mediterranean Diet: A strategy for preventing obesity & maintaining health with diets that aren't diets. Minneapolis, MN. Sep. 23, 2009.

American Association of Cereal Chemists Annual Meeting. Raisin and dried fruit intake is associated with increased whole grains and reduced overweight and obesity; NHANES 1999-2004. Co-author D. Keast. Baltimore, MD. Sept 14, 2009.

American Association of Cereal Chemists Annual Meeting Short Course. Dietary Fiber in Food Systems. Much ado about fiber. Baltimore, MD. Sept 12, 2009.

ILSI/IFIC webinar. Fructose: The state of the science. September 10, 2009.

Agriculture Committees of the US House and Senate. Grains and whole grains. Washington, DC. March 2009.

Minnesota WIC State Meeting. Whole grains, not your grandfather's whiskers. Brooklyn Park MN. April 16, 2009

Minnesota Consulting Dietitians. Whole grains, not your grandfather's whiskers. Plymouth MN. April 16, 2009.

Iowa Consulting Dietitians – Whole grains - Not your grandfather's whiskers. Urbandale, Iowa, April 6, 2009.

American Dietetics Association Annual meeting. Breakfast on breakfast – Wise choices for a healthy start. Chicago, IL. October 26, 2008.

American Association of Cereal Chemists Annual Meeting. Whole grains: What's in a Name? Honolulu, Hawaii. September 23, 2008.

FMI - Consumer Affairs Communications and Community Relations Seminar. Breakfast – benefits of grain foods. Boston MA. October 7, 2008.

Whole Grains _ Just for the Health of It. Tour du Life. Dallas, TX June 6, 2008; Newark, New Jersey June 26, 2008; and Seattle WA August 7, 2008.

MN State Extension Agents conference. Focus on dietary fiber – Just for the health of it. University of MN. St. Paul, MN. July 31, 2008.

Institute of Food Technology Annual meeting. Food science and nutrition working together to help consumers implement dietary fiber guidelines. New Orleans, LA. July 1, 2008.

American Diabetes Association Annual meeting symposia “Carbohydrates – Are they all created equal when it comes to glycemic control? Carbohydrate Metabolism 101- A Scientific Exploration of This Nutrient. San Francisco, CA. June 7, 2008.

John Halvorsen Memorial Lectureship. Milling and Baking Lectureship Address and Award. What's new in nutrition? From gluten free to the glycemic response. Kansas City, KS. May 23, 2008.

California Raisin Growers Annual meeting. Raisins – The nutritional benefits. Fresno, CA. April 30, 2008.

Washington State Dietetics Meeting. Antioxidants for all: Even the Gluten Intolerant. Yakima, WA. April 29, 2008.

International Diabetes Center, Symposium for Diabetes Educators. Glycemic index: Current controversies. Minneapolis, MN. April 15, 2008.

Priester Lectureship, National US Extension Agent Conference. Meeting Nutrients of Concern with Fruit, Nuts and Dried Fruit. Raleigh- Durham, NC. April 9, 2008.

Harvard Oldways Conference. Sugars and health - Managing sweetness. The National Press Club, Washington DC. April 3, 2008.

ILSI Special Workshop on Fructose. The truth about fructose. USDA Conference Moderator and opening speaker. USDA campus Beltsville, MD. March 18-19, 2008.

Midwest Diabetes Educators Conference. Antioxidants for all, Even the gluten intolerant. Madison WI, March 14, 2008.

Food and Agriculture of Western Canada Conference. Foods for Health Conference. Dietary fiber-Just for the health of It. Edmonton, Alberta. March 3, 2008

American Institute of Baking. Whole grains: Get the Whole Story. Manhattan, KS. February 4, 2008.

American Institute of Baking Whole grains in baking, Manhattan, KS. February 4, 2008.

Wheat Foods Council Annual Meeting. What's next in the dietary guidelines? Denver, CO. January 30, 2008.

Raisins and Dried Fruits as Functional Foods, Growers Conference January 8, 2008. California Extension Service and Fresno State University. Easton, CA.

AACC International Annual Meeting. Low carbohydrate diets and their effects on human health—The long and short of it. San Antonio, TX. October 8, 2007.

AACC International - 2007 Annual Meeting Whole Grains — Wholly unappreciated to wholly cow! San Antonio, TX. October 9, 2007.

Culinary Institute of America. Fruits, dried fruits and whole grains. Napa Valley, CA. Oct 4-7, 2007

Fruit and alternate whole grains as a strategy for a healthy celiac diet. American Dietetics Association Annual Meeting, Philadelphia. September 29, 2007.

7th Pangborn Sensory Science Symposium. Health effects of modified fat foods. Minneapolis, MN. August 13, 2007.

Society of Nutrition Education. Fruit, nuts and whole grains: Keys to addressing nutrients of concern and reducing chronic disease. Orlando, FL. July 29, 2007.

Institute of Food Technologists. Use of low glycemic carbohydrates in new product development, Part 1: Physico-chemical and functional aspects - Glycemic Impact. Chicago, IL. July 28, 2007

Use of Low Glycemic Carbohydrates in New Product Development. Part 2: Physiological and Health Aspects – Interactive Discussion. Institute of Food Technologists. Chicago, IL. July 28, 2007.

- Workshop IFT. The hitchhikers guide to carbohydrates, part 1: The glycemic galaxy and translating nutrition science into new product development. Chicago, July 26, 2007.
- Workshop IFT. The hitchhikers guide to carbohydrates, part 2: The intestinal galaxy and translating nutrition science into new product development Chicago, July 26, 2007.
- Florida Dietetics Association. Fruit, nuts and whole grains: Keys to addressing nutrients of concern and reducing Chronic Disease. Marco Island, FL. July 9, 2007.
- Twin Cities District Dietetic Association. The importance of breakfast. Woodbury, Minnesota. June 12, 2007.
- Twin Cities District Dietetic Association. Dairy, fruit and whole grains: Keys to addressing nutrients of concern and reducing chronic disease. Woodbury Minnesota. June 12, 2007.
- Ohio Dietetics Association. Fruit and whole grains: Keys to addressing nutrients of concern and reducing chronic disease. Huron, OH. April 23, 2007.
- California Dietetics Association. Fruit and whole grains: Keys to addressing nutrients of concern and reducing chronic disease. Oakland, CA. April 19, 2007.
- North Carolina Dietetic Association. Whole Grain – More than Just Fiber. Raleigh, NC. April 2, 2007.
- Minnesota WIC Conference. Whole grains: It's not your grandfather's shredded wheat. Brooklyn Center, Minnesota. March 28, 2007.
- Illinois Dietetic Association. The skinny on breakfast. Oakbrook, IL. March 30, 2007.
- The Leadership Challenge Conference for Women in Business. Food for thought. College of St. Catherine St. Paul, Minnesota. January 25, 2007.
- Twin Cities District Dietetic Association. The glycemic response – Incredibly useful or hopelessly useless. Roseville, Minnesota. January 9, 2007.
- Whole Grains Council Annual Meeting Whole Grains Go Mainstream. Benefits beyond fiber: Research confirms whole grains reduce diabetes, cancer, heart disease and obesity risks. New Orleans, LA. November 14, 2006
- AACC Annual meeting Organizer/ Moderator. Use of whole grains in breakfast foods. San Francisco, CA. September 18, 2006.
- AACC Annual meeting Latest research on whole grains and their importance in formulating breakfast foods. San Francisco, CA. September 18, 2006.
- Institute of Food Technologists Annual Meeting. Closing the gap with nutrient dense whole grain foods. Orlando, FL. June 25, 2006.
- Institute of Food Technologists Annual Meeting Maintaining Healthy Bones – Fortification of whole grain breads with calcium and Vitamin D. June 25, 2006. Orlando, FL.
- US. Barilla Nutrition Summit. Kendall College. Nutrition and health trends. Chicago, IL. June 1, 2006.
- North American Millers Association and USDA, ARS, Whole grains nutrition Peoria, IL. May 11, 2006.
- Louisiana Dietetics Association. Deciphering dietary recommendations: Moving from advice to action. Baton Rouge, April 27, 2006.
- Whole Grains: Get the Whole Story. American Institute of Baking, Whole grains in baking, Manhattan, KS. April 24, 2006.
- California Les Dames d'Escoffier. Great Tasting Food Can Meet Nutritional Needs. San Diego, CA. April 17, 2006.
- Minnesota Association Family and Consumer Science annual meeting. The glycemic index: Is it the next fad or an important dietary concept? New Ulm, Minnesota. March 31, 2006.
- Minnesota Association Family and Consumer Science annual meeting. Tips for using MyPyramid to attain a healthy diet. New Ulm, Minnesota. March 31, 2006.
- Twin Cities Home Economists in Business. Reasons to incorporate whole grains onto your menus. Minneapolis, Minnesota. December 5, 2005.
- Calorie Control Council Annual meeting. Dietary fiber and health. Ponte Verde, FL. November 8, 2005.
- American Dietetics Association Annual meeting. Closing the gap with nutrient dense whole grain foods. St. Louis. MO. Oct. 25, 2005,
- Penn. Academy of Nurse Practitioners. Whole Grains: What to tell your patients. Pittsburg, PA. Oct 16, 2005.
- Consulate of Canada and LifeScience Alley Conference on Bioscience. Functional Foods. Saint. Paul, Minnesota. October 5, 2005.
- American Association of Cereal Chemists _International annual meeting. Defining whole grains. Orlando, Florida. September 13, 2005.
- American Association of Cereal Chemists _International annual meeting. The glycemic response , Orlando Florida. September 12, 2005

Minneapolis Rotary What's new in nutrition. Radisson University, Minneapolis, Minnesota. August 3, 2005.

General Mills Speakers Bureau. What health professionals know about whole grains. Minneapolis, Minnesota. July 27, 2005.

Society of Nutrition Education Annual meeting. Whole grains and health. Orlando, Fl. July 25, 2005,

American Institute of Baking. Whole grains: Get the whole story. Manhattan, KS. April 25, 2005.

American Assoc. of Family and Consumer Science Annual Convention, Obesity – Health risks and strategies for reducing risks. Minneapolis, Minnesota. June 24, 2005.

International Association of Culinary Professionals. (Webinar). The glycemic index and glycemic response: Ultimate key to weight loss or just another crazy trend. January 25, 2005.

Whole Grains Council and Oldways Preservation Trust annual meeting. Fingers on the consumer pulse: What do surveys reveal? New Orleans, LA. Nov 14, 2004.

Connecticut Dietetic Association. Carbohydrate confusion: Get the whole grain story. Plantsville, CT. November 9, 2004.

Women Venture Conference. Food for Thought: Our Culinary Love Affair. Minneapolis, MN. November 10, 2004.

Minnesota Nutrition Council. Acrylamide. Roseville, MN. October 13, 2004.

American Home Bakers Association. Whole grains for the health of it. Phoenix, Az. October 4, 2004.

American Dietetics Association- Food and Culinary Professionals. Spa cuisine. Laguna, CA. Oct. 2, 2004.

Institute of Food Technologists Annual Meeting. Overview of the glycemic response of foods. Las Vegas, NV. July 13, 2004.

Institute of Food Technologists Annual Meeting. Overweight and obesity in the US. Las Vegas, NV. July 14, 2004.

International Life Sciences Institute. Consumer label comprehension. Dietary Reference Intakes: Implications for fiber labeling and consumption. Washington, DC. June 4, 2004.

American Association of Cereal Chemists International workshop. Low- carbohydrate foods. Keynote speaker. Chicago, IL. May 2004.

Milling and Baking Division Annual Meeting. Grains for the health of it. Atlanta, GA. May 1, 2004.

California Commodity Groups. Benefits of antioxidants in fruits, Fresno, CA. April 2004.

American Institute of Baking. Whole grains: Get the whole story and Whole grains in baking. Manhattan, KS. April 19, 2004.

Acrylamide Summit – Session organizer and raconteur. Chicago, IL. March 2004.

Institute of Food Technologists Obesity Summit - - How is the food industry going to work to help with the obesity issue? Organized the meeting and ran a session. February 8, 2004.

Medtronics Women's Coalition. What's new in nutrition? Fridley, Minnesota. January 8, 2004.

American Dietetic Association. Acrylamide: Unlocking the puzzle. San Antonio, TX. October 27, 2003.

American Dietetic Association. Emerging role of the glycemic index and the glycemic response: A useful tool? San Antonio, TX. October 26, 2003.

American Association of Cereal Chemists International, Annual Meeting. Consumers and whole grains: they don't even know what they are missing. Portland, Or. October 1, 2003.

American Association of Cereal Chemists International. Annual Meeting. Flour fortification. Portland, Or. October 1, 2003.

American Association of Cereal Chemists International. Annual Meeting. Obesity. Hot topic for the industry. Portland, Or. September 30, 2003.

Institute of Food Technologists Annual Meeting Whole Grains: One key to reducing chronic disease. Chicago, IL. July 15, 2003.

Institute of Food Technologists Annual Meeting. Marketing, labeling and health claims for whole grains. July 15, 2003.

Institute of Food Technologists Annual Meeting. Marquart, L, Reicks, M. Fulcher, RG, Burgess-Champoux, T, Jones, J.M. (speaker) Whole grains: Failing miserably at achieving recommended intakes and how the food industry can help. July 15, 2003. Chicago, IL.

Institute of Food Technologists Annual Meeting. Using low-calorie sweeteners in the fight against obesity. Chicago, IL. July 16, 2003.

American Association of Cereal Chemists International/Milling and Baking, Division Spring Conference and NW Section's 15th Annual Food Focus. It's the oatmeal and carrots that are making you fat, Stupid. Minneapolis, Minnesota. May 7, 2003.

Nutrition Council of Minnesota. The whole is greater than the sum of its parts. St. Paul, MN. March 6, 2003.

MN Les Dames d'Escoffier, Avoiding faddy diets. Minneapolis, MN. March 3, 2003

Women at Midlife Conference. Avoiding faddy diets. College of St. Catherine. St. Paul, Minnesota February 2003.

- Minnesota Nutrition Council. Beyond fiber: Getting the whole grain story. Minneapolis, Minnesota. March 11, 2003.
- American Dietetics Association. Annual Meeting. Whole grains: Functional, fun, convenient and versatile - A Culinary / Science Presentation. Philadelphia, PA. October 20, 2002.
- American Dietetics Association. Annual Meeting. Is sugar unjustly taking its lumps? A review of the newest science and how to apply it. Philadelphia, PA. October 20, 2002.
- American Association of Cereal Chemists International Annual Meeting. Nutritional, food safety and sensory aspects of organic products. Montreal, Canada. October 15, 2002.
- Nutrition Division Symposium, American Association of Cereal Chemists International Annual Meeting. Whole grains, diabetes and blood sugar. Montreal, Canada. October 14, 2002.
- American Association of Cereal Chemists International, Annual Meeting/ICC Forum. A global force for a new millennium. Montreal, Canada. October 13, 2002.
- Florida Dietetics Association. The emerging role of whey proteins in cardiovascular disease and overall health. Lauderdale, FL. July 16, 2002.
- American Association of Cereal Chemists International NW Section's 14th Annual Food Focus. Dietary advice – Of pyramids, prescriptions and paradigms. Minneapolis, Minnesota. April 18, 2002.
- American Association of Cereal Chemists International Annual Meeting. Natural and organic – What it means to cereal chemists. Montreal, Canada. October 15, 2002 Also session moderator for Symposium on Organic and Alternate Grains with Pierre Gelians, Agriculture and Food Canada.
- Hot Topics Forum at the Annual meeting of the Society of Nutrition Education. The Glycemic index and health. St. Paul, MN. July 30, 2002.
- Florida Dietetics Assn. The Emerging Role of Whey Proteins in Cardiovascular Disease and Overall Health. Ft. Lauderdale, Fl. July 16, 2002.
- Dietary Advice: Of pyramids, prescriptions and paradigms. Hot Topics in Cereal Nutrition. AACC NW Section. April 18, 2002.
- Hot Topics in Cereal Nutrition. AACC NW Section. Where are processors and consumers with respect to grains, whole grains and health? Co-presenters C. O'Donnell and Len Marquart. Minneapolis, MN. April 18, 2002.
- Harvard Oldways Preservation Trust. Whole grains in health and disease. San Diego, CA. April 12, 2002.
- Allina Conference for MDs. N-3 fats – Efficacy and safety. Vail, Co. January 24, 2002.
- MD Update Allina Physicians. Whole grains in health and disease. Vail, CO. January 26, 2002.
- Roman Meal Update. Whole Grains, the Pyramid and the Glycemic Index. Tacoma, WA. January 13, 2002.
- American Academy of Family Practice Association. Whole grains – Beyond fiber. San Antonio, TX. November 9, 2001.
- American Dietetics Association. Annual Meeting. Whole grains – Building a coalition. ADA, Kansas City, Mo. October 2001.
- American Association of Cereal Chemists International annual meeting. Whole grains and health, Charlotte, NC. October 2001.
- American College of Nutrition Annual Meeting. Strategies for promoting whole grain foods: Government, industry and academic collaboration. Orlando, FL. October 2001.
- Grains for the Health of It. Grain-based foods and health. Minneapolis, Minnesota. Sept 21, 2001.
- Grains for the Health of It. Overview of grains and health., Minneapolis, Minnesota. Sept. 21, 2001.
- American Association of Cereal Chemists International Annual Meeting. Whole grains and prevention of Type II diabetes. Montreal, Canada. October 2002
- AACC Forum Moderator Annual meeting. Developing Grains for Better Health. Montreal, Canada. October 2002.
- American Dietetics Association. Health effects of whole grains. St. Louis, Mo. October 21, 2001
- Florida Dietetics Association. Whole Grains – Just for the health of it. St. Petersburg, Florida. July 17, 2001.
- New York State Dietetics Association. Dietary guidelines for the new millennium. Saratoga Springs, NY. May 4, 2001.
- American Association of Cereal Chemists International Annual meeting. Food safety issues for cereal chemists — Kansas City. MO. November 4, 2000.
- University of St. Thomas and College of St. Catherine – theater departments. Size in women. St. Paul, Mn. October 23, 2000.
- American Association of Cereal Chemists International and IFT Central States Sections of Institute of Food Technologists and AACC. Definition of dietary fiber. St. Louis, Minnesota. October 3, 2000.

- American Association of Cereal Chemists International Workshop. Functional foods – Strategies for the food industry. Seattle, Washington. August 21, 2000.
- American Association of Cereal Chemists International Workshop. Immune enhancing foods. Strategies for the Food Industry. Seattle, Washington. August 21, 2000.
- New York Section Meeting American Association of Cereal Chemists International. Redefining dietary fiber and whole grains. May 9, 2000.
- Minnesota Dietetics Association. Food Safety: New Pathogens and New Paradigms. Rochester, Minnesota. May 4, 2000.
- University of Minnesota Conference on Enhanced Landscape, Food Systems, Human and Animal Health Sedentary sins and poor choices threaten the health of many consumers. St. Paul, Minnesota. April 28, 2000.
- 12th Annual Food Focus of NW Section of American Association of Cereal Chemists International. GMOs: Issues and choices. Minneapolis, Minnesota. April 19, 2000.
- AACC TriSectional Meeting. Dietary fiber and whole grains. Manhattan, KS. April 11, 2000.
- American Association of Cereal Chemists International and NW Section of American Association of Cereal Chemists International. New definitions: Whole grains, dietary fiber and health. Minneapolis, MN. February 23, 2000.
- International Food Info Council. An antioxidant case study in foods communication. Washington DC. October 13, 1999.
- AACC Workshop Functional Foods: Strategies for the Food Industry. Immune enhancing foods. Seattle, WA, August 21, 2000.
- Institute of Food Technologists Hot Topic. IFT Annual meeting. The food medicine show: From snake oil to fish oil. Chicago, IL. July 24, 1999.
- American Association of Cereal Chemists International Workshop. Functional foods: Strategies for the food industry. Newport Beach, CA. June 14, 1999.
- American Association of Cereal Chemists International /ILSI Workshop. Dietary Fiber and Nutrition: Satiety, Food choice, dietary patterns and energy density. Defining Dietary Fiber. Washington, DC. June 2, 1999.
- American Association of Cereal Chemists International /ILSI Workshop Dietary Fiber Characteristics: A matrix for consideration. Defining dietary fiber. Washington, DC. June 3, 1999.
- American Association of Cereal Chemists International -Tri-Section Meeting. Functional foods: Overview and regulatory aspects. Manhattan, KS. April 9, 1999.
- United Hospital 16th Annual Vail Conference. Update on nutrition. Avon, CO. January 27, 1999.
- AACC Annual Meeting Symposium: Functional Foods: A global perspective. Minneapolis. September 16, 1998.
- NE Metro District 916 In-service. All I wanted to know about nutrition. Valley Crossing school. August 28, 1998.
- Minnesota School Food Service. Everything you wanted to know about nutrition but were afraid to ask. Rochester, Minnesota. August 4, 1998.
- American Business Women's Association. Herbal remedies in nutrition. Bloomington, Minnesota. August 18, 1998.
- IFT Hot Topic. IFT Annual Meeting. Food for Health. Chicago, IL. June 21, 1998.
- MN Assn of Family and Consumer Science Annual meeting. New Trends in Nutrition. Bloomington, MN. April 18, 1998.
- 10th Annual Food Focus. American Association of Cereal Chemists International. Functional foods: Different perspectives. Minneapolis, Minnesota. April 23, 1998.
- South Central District Dietetic Assoc. BSE, BST and BS in Food Safety. Willmar, Minnesota. March 27, 1998.
- 11th Annual University of Minnesota Medical School Conference on the Prevention and Management of Atherosclerotic Diseases. Current dietary issues. Minneapolis, Minnesota. March 20, 1998.
- Minnesota, Association of Family and Consumer Science Annual Meeting. New Trends in Nutrition. Bloomington, Minnesota. April 18, 1998.
- United Hospital Medical Update Conference. Update on nutrition. Vail, CO. January 29, 1998
- Minnesota School Food Service Association. Food myths. Lakeville, Minnesota. November 8, 1997.
- IBC's 6th Biennial Conference on Fat and Cholesterol Reduced Food. Nutritional ramifications of fat-free products. Orlando, FL. March 26, 1997.
- The Cultor Food Science Forum. Required innovation in food safety. Chicago, IL. March 19, 1997.
- American Association of Cereal Chemists International Short Course. Trends in nutrition of fats and oils. fats and oils and substitutes in baked Products. Chicago, IL. March 7, 1997.
- Fat and Cholesterol Reduced Foods. Nutritional ramifications of fat free products. Orlando, FL. March 26, 1997.
- United Hospital 16th Annual Vail Conference. BSE, BST, and other nutritional BS's. Avon CO. January 27, 1997.

- Prepared Foods & New Products News Conference for Industry Leaders. Fat-free Paradise and Other Myths. Phoenix, AZ. October 13, 1996.
- Minnesota Nutrition Council. Folic acid: New research findings. Minneapolis, MN. May 23, 1996.
- Twin Cities HEIB. Nutrition update: Food and health. Minneapolis, MN. February 20, 1996.
- Young Scientist Roundtable. Anorexia and bulimia. Minneapolis, MN. March 12, 1996.
- United Hospital Annual Conference. Current issues in nutrition. Vail, CO. January 29, 1996.
- AACC Annual Meeting. Emerging Issues Forum. Panelist and Panel Chair. Emerging food safety and nutrition issues. San Antonio, TX. November 8, 1995.
- Minnesota State Cattlemen's Association. Food Safety: It's up to all of us. Minneapolis, MN. December 2, 1994.
- District K Home Economics Association Fall meeting. The great food safety debate. Minneapolis, MN November 10, 1994.
- AACC Short Course. Nutritional properties of cereals. Minneapolis, MN. May 18, 1994.
- AACC Short Course. Introduction to cereal science and technology. Minneapolis, MN. May 18, 1994.
- AACC Short Course. Fats and oils and substitutes in baked products. Lisle, IL. March 10, 1994.
- AACC Short Course. Nutritional implications of trans fatty acids. Lisle, IL. March 10, 1994.
- United Hospital Annual Conference. Update on Nutrition. Vail, CO. January 24, 1994.
- Fat and Cholesterol Reduced Foods IV. How low is too low? Is there such a thing? Orlando, FL. March 30, 1993.
- Fat and Cholesterol Reduced Foods IV. Fats and oils. Session moderator and opening remarks. Orlando, FL. March 31, 1993.
- Minnesota Dietetics Association and the Minnesota Beef Council. Consumer confusion about food safety and nutrition. Bloomington, MN. January 20, 1993.
- Association of Operative Millers and Lone Star Section AACC Joint Meeting and Technical Conference. Nutrition labeling. Watonga, OK. October 9, 1992.
- AACC Annual Meeting Preconvention Short Course. Fats and Oils and Substitutes in Baked Products. Nutritional implications of trans fatty acids. Minneapolis, MN. September 19, 1992.
- How Safe Is Our Food? Midwest Food Expo, September 26, 1992. Minneapolis Convention Center. Minneapolis, MN.
- AACC Food Safety and Sanitation Short Course. FDA food laws and regulations on food safety. Minneapolis, MN. April 29, 1992.
- AACC Short Course. Introduction to cereal science and technology. Minneapolis, MN. May 21, 1992.
- AACC Short Course. Nutritional properties of cereals. Minneapolis, MN. May 21, 1992.
- AACC 4th Annual Food Focus. Nutritional implications of fat alternates. Minneapolis, MN, April 28, 1992.
- Wisconsin Hospitality Expo. How safe is our food? Marshfield, WI. March 4, 1992.
- Women's Economic Roundtable. Nutrition and heart health. Minneapolis, MN. February 10, 1992.
- Fiber in food: Biochemistry, Physiology, and Technology. Course director, Phoenix, Az. January 29-31, 1992.
- AACC Fiber Short Course. Nutritional overview of cereal brans. Scottsdale, AZ. January 29, 1992.
- AACC Fiber Short Course. Vitamins, Minerals and Natural Toxins. Scottsdale, AZ. January 29, 1992.
- AACC Fiber Short Course. Fiber in Food: Biochemistry, Physiology and Technology AACC January 29-31, 1992. Scottsdale, AZ. (Course director/ Meeting Co-Chair, January 29-31, 1992.
- AACC Central States Section. Nutritional Expectations of Consumers. Healthy Food, Healthy Industry St. Louis, Mo. January 23, 1992.
- Minnesota Beef Council. Current food safety issues. July 12, 1991. Bloomington, MN.
- Midwest Food Processing Conference. Why don't consumers get the food safety message? Is their fax machine defective or what? La Crosse, WI. October 7, 1991.
- MN Conference for Animal Agriculture Issues. Food safety with Linda Diehlman and Jim McKean. Minneapolis. November 27, 1990
- AACC Short Course Fiber in Food: Biochemistry, Physiology and Technology Vitamins, Minerals and Toxins. Meeting Course director /Co-Chair, Dallas, TX. October 11-13, 1990.
- CSC Alumnae Assn. Nutrition of women. St. Paul, Mn. June 23, 1990.
- NW Section AACC Food Focus. The real issues in food safety. Minneapolis, MN March 26, 1990.
- Natl Assn Aging. Inherent Food Toxicity. Minneapolis, MN. June 15, 1999.
- AACC Short Course. Introduction to Cereal Chemistry. Minneapolis, MN. May 16, 1990.
- Mn Nutrition Council. What are the real food safety issues? St. Paul, MN. January 11, 1990
- District XI-K Home Economics Association Annual meeting. Polyunsaturated FACTS about Nutrition. Minneapolis, MN. November 8, 1989.
- AACC Short Course. Adding fiber to food: How and why. Chicago, IL. June 5-6, 1989.

AACC Short Course. Fiber and disease: How strong are the links? Chicago, IL. June 5-6, 1989.

Nutrition controversies – Fat sources and Ingredients. April 18, 1989. AACC's Northwest Section Regional Conference and 1st Annual Food Focus. Minneapolis, MN.

19th Annual Continuing Education Conference for Dietitians and Nutritionists. Tropical oils. UW- Stout, Menomonie, WI. April 7, 1989.

Nutrition Answer Booth, Land of Lakes, Arden Hills. MN. March 29, 1989.

MN Dietetics Assn. Fall meeting. Are the risks of eating too risky? October 15, 1988.

7th Annual Midwest Food Processing Conference of the WI, MN, Chicago, and IA IFT Sections. The U.S. Diet is better than you think. La Crosse, WI. October 4, 1988.

AACC Short Course on Introduction to Cereal Chemistry. Nutrition. Minneapolis, MN. May 16, 1988.

MW Foods '88. If it's edible, it's microwaveable, but is it nutritious? Chicago, IL. March 8, 1988.

Melpomene's Conference on Women's Health Care Dilemmas. Body weight and body image. St. Paul Ramsey Hospital, St. Paul, MN. April 3, 1987.

Nutrition and Health Conference. How safe is our food? University of MN. St. Paul, MN. November 6, 1987.

5th Annual Gorman Conference on New Products. Light on lite foods. Ft. Lauderdale, FL. October 25, 1987.

AACC Nutrition Short Course. Introduction to cereal chemistry. Bloomington, MN. May 16, 1987.

Making Quality Happen. Griffith Laboratories Annual Sales Meeting. Nutrition update. Ft. Lauderdale, FL. March 30, 1987.

Soc. for the Advancement of Food Service Research. Fats and oils research: Dietary concerns. Dallas, TX. March 13, 1987.

5th Annual Gorman Conference on New Products. Nutritional issues in food service. Phoenix, AZ. October 27, 1986.

MN Home Economics Association. Marketing food and nutrition programs. Minneapolis, MN. April 4, 1986.

Opening Celebration - College of St. Catherine. Changing times, changing paradigms. St. Paul, MN. September 24, 1986.

The Women's Health Center of the Jewish Community Center of Greater Minneapolis. Reflections on myths and realities of body image. Wayzata, MN. April 30, 1986.

Melpomene Body Image Series. Who needs diets anyway? St. Paul, MN. February 28, 1986.

The 2nd Nutrition in the 80's Update. Premenstrual syndrome and nutritional implications. St. Paul, MN. November 8, 1985.

AACC Short Course. Who says nutrition doesn't sell? Course Director. Kansas City, MO. June 18-19, 1985.

AACC Short Course Nutrition. Introduction to cereal chemistry. Minneapolis, MN. May 14, 1985.

Working Women's Network. Special nutritional concerns of women. Minneapolis, MN. August 9, 1984.

MN School Food Service Association Annual Meeting. Nutrition gems in the lunch bag. Rochester, MN. June 13, 1984.

MN Nutrition Council. PMS – Nutritional Aspects. St. Paul, MN. May 18, 1984.

Melpomene Conference. Maybe you're not overweight: Examining our images of fit and fat. Minneapolis, MN. February 11, 1984.

Pillsbury Wellness Lunch. Controversies in nutrition. Minneapolis, MN. March 15, 1984.

4th Annual State School Health Education Conference. Food fads and fallacies. Brooklyn Park, MN. February 13, 1984.

Science Museum of Minnesota. Weight control - Fad diets. St. Paul, MN. October 11, 1983.

MN School Food Service Association. What every woman should know about osteoporosis. Mankato, MN. November 19, 1983.

Nutrition in the 80's: Current issues and controversies. Premenstrual syndrome and nutritional implications. Minneapolis, MN. November 18, 1983.

Nutrition Council Conference. Nutrition affects behavior: Hyperactivity and the premenstrual syndrome. The brain: Nutrient Function and Behavior. October 15, 1983. Univ. MN. Rochester, MN.

Nutrition Council Conference. The brain: Nutrient function and behavior. Univ. MN. Rochester, MN. October 15, 1983.

Nutrition. AACC Short Course, Introduction to cereal chemistry. Minneapolis, MN. May 17, 1983.

Mn Home Economics Association Annual meeting. Anorexia and bulimia in young women: Nutrition update. Minneapolis, MN. April 6, 1984.

St. Paul Ramsey Nutrition Program In-Service. What's new in nutrition? St. Paul, MN. November 29, 1982.

AACC Short Course Nutrition. Introduction to cereal chemistry. Minneapolis, MN. May 12, 1982.

St. Catherine Alumnae Network. Nutrition and fitness. St. Paul, MN. April 18, 1982.

- Minnesota Conference for the Deaf. Nutrition Facts and Myths. Minneapolis, MN. March 22, 1982.
- Twin City Home Economists in Homemaking. Food- Fears, Fads, Frenzies and Fiction. Minneapolis, MN. March 6, 1982.
- Nutrition Education and Training – MN Extension. The shape of nutrition: Physical performance, weight control and anorexia nervosa. St. Paul, MN. October 17, 1981.
- Nutrition Education and Training– MN Extension. If a little is good, is a lot better? St. Paul, MN. June 10, 1981.
- Nutrition Education and Training– MN Extension. The shape of nutrition: Physical performance, weight control and anorexia nervosa. Thief River Falls, MN. June 10, 1981.
- Ramsey County Day Activity Center. Nutrition for children with special needs. St. Paul, MN. May 28, 1981.
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- Macalester College Lecture Series. World Hunger. St. Paul, MN. January 10, 1978.

Scientific Committees

- 2015-2022 ICC Whole Grain Definition Committee.
- 2015-2018 Campbells Scientific Advisory Committee
- 2009 Cereals and Europe Whole Grain Global Summit. Newcastle University, Newcastle upon Tyne, UK
- 2009 4th International Dietary Fibre Conference. Vienna Austria. June 2009.
- 2006 3rd International Dietary Fibre Conference. Helsinki Finland June 9-11, 2006.
- 2003 2nd International Dietary Fibre Conference. Noordwijkerhout, The Netherlands, May 18-21, 2003.
- Co-Chaired Whole Grains Summit May 18-20, 2005.

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Also I am frequently quoted in national publications such as [Business Week](#), [Health](#), [Food Processing](#), [Forbes](#), [Self](#), [Glamour](#), Baking and Snack, Processed Foods and the like.

Editor, Editorial Board and Reviewer

Reviewer for numerous publications such as *British Journal of Nutrition*, etc
Health Implications of Dietary Fiber, *JADA*

Reviewer for Food and Chemical Toxicology 2000-2006

Columnist for Food Safety and Security (Oxford, Eng) December 1993 to 2006

I prepare a 2,500+ word column each month on the latest findings and issues with respect to food safety.

The specific topics that I am to cover include food irradiation, pesticides, additives, chemical contaminants such as dioxin and biotechnology.

Columnist for Lipid Technology News (Oxford, UK) 1995-2008

I prepare a 2,500+ word bi-monthly column on the latest research on fat metabolism, fat and disease, fat replacers, antioxidants, fat soluble vitamins and fat-soluble contaminants.

Nutrition paper judge for Latin American Bimbo Prize 2004, 2006

University of Minnesota - Chair Review 2002

University of Minnesota Program Review - Food Science and Nutrition - 1999

Food Chemistry and Toxicology - manuscript reviewer

Cereal Foods World – Columnist - ongoing

Choice - I review three to five books per year for this publication which goes to libraries to determine whether the library should acquire the book. 1994- present

Food Technology, book reviewer 1994- present

J. Science of Food and Agriculture, manuscript reviewer 1998 - present

Abstract reviewer for Society of Nutrition Education Annual meeting 1990-1994

Program Committee American Association of Cereal Chemists_ International national meeting 1998-2000

Grant reviewer for the State of California and The California Raisin Advisory Board. 1998-2009.

Grant – 1984 Sister Marie Ursule Faculty Grant for research on food safety.

Sustain micronutrient assessment Project US AID 1999.

Consultantships and Scientific Advisory

Current

Carbohydrate Quality Initiative

IL CEREALES

Fiber Enhanced Wheat Project

Former

Barilla Scientific Advisory Board

Ben Keeser Foods – Wrote position papers for health professionals on sodium and potassium in the diet

Burdock Group

Califia

California Fig Advisory Board

California Raisin Advisory Board

Corteva

Davisco – Whey protein products

Campbell Soup Company Advisory Board

Cranberry Advisory Board

Fitness Works - Lectured at this spa on a regular basis and helped with menu development

Frito-Lay - Whole Grains

General Mills - Writer of position papers on vitamins, herbs and nutraceuticals

Scientific lecturer

Grains Foods Foundation

Hardee's - Prior to their merger with Roy Rogers, Hardees was trying to develop a line of "healthier" items.

I was brought on board to speak, to recommend formulation changes, to evaluate focus group responses for various types of consumers eg. those that eat at fast food often and those who do not.

IN-AG - Developed food products and gave scientific expertise regarding triticale use in human food

Land O' Lakes - Worked on the whey functional foods project; speaker for nutrition update

Malt O Meal - Media spokesperson on the value of cereal in the diet and as snacks

Med-Diet Labs - developed low-sodium, gluten-free and renal diet foods

Melpomene (nutrition and women's fitness issues) - Speaker and advisor on nutrition issues

Minneapolis Star and Tribune - I have answered over 250 letters from consumers about nutrition and food safety

Minnesota Beef Council - Speaker and member of the Issues Advisory Board, media contact

Minnesota Department of Health - Governor's Scientific Advisory Committee; Governor's appointment to the Dietetics Licensure Board 1994-1997. I was on a team that wrote all the initial regulations pertaining to the nutrition licensure law.

Morgan and Myers Public Relations – Nutrition consultant

National Dairy Council - Speaker and media spokesperson for their program to encourage school breakfast

Nutrition Education and Training Advisory Council (State of Minnesota, Department of Education, UM Extension)

– I spoke to teachers around the state about nutrition and food safety issues.

Pillsbury – I gave scientific updates on the state of nutrition both to employees and to scientists at the tech center and corporate offices

Pineapple Appeal - Created tapes and educational materials for junior and senior high audience and classroom use on the USDA Food Guide Pyramid, food safety, 5-A-Day for Better Health

Portland Food Products - I worked with their dried fruit division and with Golden Harvest Foods division to develop food products with a nutritional slant; produced a whole series of scientific/consumer pamphlets on heart disease, obesity, diabetes, hypertension and fiber.

Puratos Brussels, BE Scientific Advisor

Quaker Oats Scientific Advisory Board

Sara Lee – Nutrition Advisor

SJ Thoms Assoc. – developed media pieces based on nutrition science; fat; food safety

Unifiber - product development of foods with this fiber in it and help with studies about the fiber

USA Rice

Wheat Foods Council

Wheat Industry Council Nutrition Education Program (Federally enabled, privately funded) - Had media training with Surgeon General Koop to get the public to eat more carbohydrate and wheat-based food as part of a low fat balanced diet; talked around the country on the value of carbohydrate (16 media markets)

Whole Grains Council, Harvard Oldways

WKKellogg Scientific Advisory Board

Service to the College

Educational Policies Committee, Curriculum, Faculty Personnel Committee, Women in Science Committee, Presidential Inauguration Committee, Faculty Development Committee, Bush Collaboration Grant Steering Committee, Accreditation Visit Committee, Library Advisory Committee, Facilities Committee, Faculty Observer to the Board, Academic Committee, Public Relations, Capital Campaign Committee, Honors Program Committee, Global Search for Justice Committee, many ad hoc committee assignments throughout my 24 years, including several search committees

Honor Societies

Home Economics Honoraries - KON. Graduate Science Research Honorary - Sigma Xi, Mortarboard, Gamma Sigma Delta, Iota Sigma Pi (Chemistry), Phi Kappa Phi – upper 2% of the university class at a non-liberal arts school.

Interests and Hobbies

Passionately interested in good food, cooking and dining out; Collecting cookbooks; Travel, Music, especially blues, jazz and classical; Reading; Art and Exercise - water aerobics, Tai Chi, yoga, swimming; walking and hiking, biking, and golf – not for the game but for the fellowship.