

- 8:15am Registration Begins
- 9am-9:10am Welcome and Opening Remarks
- 9:10am-9:40am Guest Speaker
- 9:50am-10:40am Workshop A
- 10:50am-11:40am Workshop B
- 11:30-12:30 LUNCH PROVIDED
- 12:40pm-1:30pm Workshop C
- 1:40pm-2:30pm Workshop D
- 2:30pm-2:40pm Evaluation

Childcare drop off starts at 8:15am. Childcare pickup ends at 3pm. All children must be registered with CYSS.

\$15 Registration includes: registration packet, lunch, workshops and childcare.

Please check the events you want to attend for Military Spouse Appreciation Week and bring this brochure to the Family Resource Center by April 18, 2011

NAME _____

EMAIL _____

PHONE _____

- SPOUSE CONFERENCE May 2, 2011 8am - 3pm (Please select from list on inside of brochure. Please select your 1st, 2nd & 3rd choices in each workshop by checking box and numbering selection.)
- COOKING SHOW May 3, 2011 10:30am - 12:30pm
- FASHION SHOW May 3, 2011 5:30pm - 7pm
- SOLDIER FOR A DAY May 4, 2011 6am - 2:30pm (Please choose either May 4th or May 5th.)
- SOLDIER FOR A DAY May 5, 2011 6am - 2:30pm
- SPA NIGHT May 6, 2011 6pm - 10pm
- CHILD CARE NEEDED - Dates Needed _____

Family Resource Center
1501 William C. Lee Road
Fort Campbell, KY 42223

270.798.2158

E: ftcampbellaftb@yahoo.com

The Fort Campbell Military Spouse Conference provides a variety of seminars designed to meet the unique need and challenges of the Spouses of our Military community. It allows our Military Spouses to have a special day to make new friends and learn new skills. This year's theme "Army Spouse, The Strength Behind Army Strong" will uplift, enlighten, motivate and strengthen the Spouses of the Military community and show them appreciation as invaluable contributors to Fort Campbell and the Army.

SPONSORED BY:

- USAA, Mathews Nissan, Scentsy-Jen Lutz, Peak Promotions, Luigi's Pizza, Pampered Chef-Tammie Heath, Daymar Institute, Cookie Lee-Zentina Littlejohn, Ideal Distributing, Beauti-Control-Carolyn Long, Salon 201 Day Spa, New Horizon Computer Learning Center, Mugshots by Dana, Austin's Beauty College, Hometowne Suites, Mary Kay Cosmetics-Bonita Vickrey, Stella and Dot-Arrie Bernard, Shangri-La Day Spa, Tastefully Simple-Francisca Dearman, Thirty-One-Trish Halstead, JCPenney, Mary Kay Cosmetics-Stephanie Niblett, Arbonne International-Aubrey Bishop, US Foods of Paducah, Culligan and WJZM.

No Government Endorsement Implied



ARMY FAMILY COVENANT:
Keeping the Promise



FORT CAMPBELL

Spouse
CONFERENCE

May 2, 2011

Family Resource Center
1501 William C. Lee Road
Fort Campbell, KY 42223

[Click Here to Register for an Account](#)

[Click Here to sign-up for Seminar](#)



Workshop A (9:50-10:40)

1A. “How to not be “that girl” at the ball” Presented by *Army Family Team Building* | From social hour to the Retiring of Colors, learn the dos & don'ts of Military Ball Etiquette. The class will cover topics such as appropriate ball attire, receiving line protocol, rendering honors, and toasting. This is a fun, interactive class!

2A. “When War Comes Home Packaged in Your Spouse” Presented by *Chaplain (MAJ) Stanley Arnold* | Chaplain Arnold was one of the conference's most powerful speakers last year. Please join him this year as he discusses marriage, deployment(s), and the effects of war on each of us.

3A. “Flawless Face” Presented by *Elaine Murray* | Elaine will talk participants through ways to obtain and maintain a flawless face.

4A. “Scrapbooking 101 for Beginners” Presented by *Tara Habhab* | This is a beginner class showing you what tools and supplies you will need to start capturing your Family memories. It is never to late to start scrapbooking all those Family pictures!

5A. “Finding Your Passion, Living Your Dream” Presented by *Summer Jackson, owner of Fleur De Lis* | It IS possible to “have it all”! Balancing the military lifestyle, motherhood, and your own entrepreneurial dreams is challenging but it can be done. Summer will discuss the unique challenges that military Spouses encounter as they work to build their business and will share resources she found helpful as she brought Fleur De Lis to life. Summer wants you to walk away from the workshop knowing that you can succeed in making your dream come true!

6A. “Healthy Habits for Life” Presented by *Charlene Mazur* | Let Charlene teach you a step-by-step approach to putting together a healthy, lifelong eating and fitness plan.

7A. “Say It to the World! Enter the Blogosphere with Confidence” Presented by *David Shelton* | Find out how easy it is to use WordPress and start your own blog—create, customize, command! Bring your laptop for extra hands-on guidance.

8A. “In the Know or Get a Tow” Presented by *Christiana Bullard from Air Assault Auto* | HOW TO save money, do a safety inspection before vacationing, perform regular maintenance, and familiarize yourself with your vehicle.

9A. “Beginning Tips for Golf” Presented by *Dave Normand, Cole Park Golf Club PGA Master Professional* | Get the basics and see if this is the right sport for you...GOLF originally meant “Gentlemen Only Ladies Forbidden”...ever wonder what you are missing?

10A. “Living Room + Back Yard = Living Yard” Presented by *Dana Chango* | Don't just mow your yard; Enjoy your yard. This class offers tips on creating that outdoor living yard, from placement of furniture to the use of colors, whether in decor or in plantings. We'll cover the hottest items this year for outdoor living and ideas for making your own lawn decor. Participants will be making their own lawn decor item in the workshop.

Workshop B (10:50-11:40)

12B. “How to not be “that girl” at the ball” Presented by *Army Family Team Building* | From social hour to the Retiring of Colors, learn the dos & don'ts of Military Ball Etiquette. The class will cover topics such as appropriate ball attire, receiving line protocol, rendering honors, and toasting. This is a fun, interactive class!

13B. “Flawless Face” Presented by *Elaine Murray* | Elaine will talk participants through ways to obtain and maintain a flawless face.

14B. “Healthy Habits for Life” Presented by *Charlene Mazur* | Let Charlene teach you a step-by-step approach to putting together a healthy, lifelong eating and fitness plan.

15B. “Say It to the World! Enter the Blogosphere with Confidence” Presented by *David Shelton* | Find out how easy it is to use WordPress and start your own blog—create, customize, command! Bring your laptop for extra hands-on guidance.

16B. “In the Know or Get a Tow” Presented by *Christiana Bullard from Air Assault Auto* | HOW TO save money, do a safety inspection before vacationing, perform regular maintenance, and familiarize yourself with your vehicle. This class will be held outside (weather permitting) and participants will observe and work on an actual vehicle!

17B. “Cake Decorating 101” Presented by *Chef Tammy and Chef Nicole of Sugar Buzz Bakery* | Learn how to create a professional party cake! Shared supplies will be available to practice with at the class but if you would like to use your own, bring decorating tips 104, 67, 3, and 21. This is a hands-on class. Come prepared to play with some frosting!

18B. “Personal Finance Bootcamp” Presented by *JJ. Montanaro of USAA* | JJ will spend time explaining investments, insurance and unique opportunities for military Families. He will also be available to answer all of your personal finance questions. Find out how to whip your finances into shape with advice specific to your situation.

19B. “All About ZUMBA” Presented by *Estep Wellness Center* | Curious about Zumba? Love to shake it like Shakira? Here is the perfect class for you! Our Estep Instructor will introduce you to the fitness phenomenon called ZUMBA and will teach all the basic moves. You will feel the rhythm from head to toe!

20B. “Learn How to Make Authentic Mexican Tamales” Presented by *Verna Mesa of Toreros Fine Mexican Food* | Verna will showcase her skills and teach how to prepare tamales from scratch. The class will make and get to sample their own tamales and will go home with the recipe from Toreros.

21B. “AMERICANA CRAFTS” Presented by *Laura Mercier of HORSEFEATHERS* | For the crafter and non-crafter alike, come create a unique, personal masterpiece. Laura is a master at making the complicated seem easy! Join her class and create your very own project. You get to choose colors, sayings, and can add other details, as you would like. You will leave the workshop with your very own masterpiece—ready to hang proudly in your home or to give as a gift to a special friend. PLEASE NOTE: There is a \$5 fee, payable directly to Laura at the beginning of the workshop, to attend this class.

22B. “Educating the Palate With Locally Grown Foods” Presented by *Chef Corey of C&K Soul Foods Catering* | With the economy returning back to locally grown foods, comfort foods and slow cooked foods, Chef Corey has launched an educational series of appearances to educate what it's like to stay local and still experience exciting, healthy gourmet foods! What he is serving up: Chef Corey will be preparing an organic fresh spring salad with sautéed asparagus, eggplant, squash, red onions in a burnt sugar balsamic dressing topped with feta crumbs along with his own California Dip. Be prepared to educate your palate and tantalize your taste buds!

Workshop C (12:40-1:30)

24C. “Personal Finance Bootcamp” Presented by *JJ. Montanaro of USAA* | JJ will spend time explaining investments, insurance and unique opportunities for military Families. He will also be available to answer your personal finance questions. Find out how to whip your finances into shape with advice specific to your situation.

25C. “AMERICANA CRAFTS” Presented by *Laura Mercier of HORSEFEATHERS* | For the crafter and non-crafter alike, come create a unique, personal masterpiece. Laura is a master at making the complicated seem easy! Join her class and create your very own project. You get to choose colors, saying, and can add other details, as you would like. You will leave the workshop with your very own masterpiece—ready to hang proudly in your home or to give as a gift to a special friend. PLEASE NOTE: There is a \$5 fee, payable directly to Laura at the beginning of the workshop, to attend this class.

26C. “Home Décor for the Rest of Us” Presented by *Paige King of Hodgepodge* | Home décor Ideas...easy, economical and enticing tips from Paige. Paige is one of those rare people that can take a few random items and use them to transform an ordinary room into a work of art. Come learn from the master!

27C. “Finding Tranquility in a Sea of Stress—using Yoga to relax” Presented by *Estep Wellness Center* | Leave your frustrations at the door and find inner peace (even if it is only for 50 minutes!) Comfortable, loose fitting clothing is recommended. PLEASE NOTE: Some mats will be available but if you have your own yoga mat, please bring it to class.

28C. “Cake Decorating 101” Presented by *Chef Tammy and Chef Nicole of Sugar Buzz Bakery* | Learn how to create a professional party cake! Shared supplies will be available to practice with at the class but if you would like to use your own, bring decorating tips 104, 67, 3, and 21. This is a hands-on class. Come prepared to play with some frosting!

29C. “That's Amore!” Presented by *Sheila Johnson* | Learn the secrets of creating a fabulous and authentic Italian dinner for two. The best part is getting to eat the amazing food that you will create in class!

30C. “Seeing the World Through Rose-colored Glass—an Introduction to the Art of Stained Glass” Presented by *Mr. Bruce Clem* | This class will offer an introduction to the techniques used to produce stained glass art.

31C. “School Transitions for Military Families” Presented by *the Fort Campbell Parent to Parent Team* | This team of talented ladies will explain the impact of transitions on children, will give strategies for creating smooth transitions at all grade levels, and will provide valuable resources for parents looking for ways to help their children survive and thrive at school in the constantly changing world of military moves.

32C. “Introduction to Card-Making” Presented by *Carrie Whalen* | Learn the basics of card-making to make cards for the special people in your life. Nothing makes your day like getting a handmade card in the mail! Come learn how easy it is to create something your Family and friends will treasure.

33C. Personal Protection—Armed and Unarmed Self Defense” Presented by *Tracy Kane, MCJA* | Personal safety is not an accident; it is a skill that can be learned. Learn how not to be attacked, but also how to respond if you are. This will be a hands-on, active class!

Workshop D(1:40-2:30)

35D. “Home Décor for the Rest of Us” Presented by *Paige King of Hodgepodge* | Home décor Ideas...easy, economical and enticing tips from Paige. Paige is one of those rare people that can take a few random items and use them to transform an ordinary room into a work of art. Come learn from the master!

36D. “That's Amore!” Presented by *Sheila Johnson* | Learn the secrets of creating a fabulous and authentic Italian dinner for two. The best part is getting to eat the amazing food that you will create in class!

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40D. “Knutts for Knitting--Continental Knitting for Beginners” Presented by *Alyson Fellner* | Knitting is an old craft that has become trendy again. If you haven't tried to knit, or have been away from knitting for a long time, here is your opportunity! Knitters prefer continental knitting as it is the more efficient method, requiring the shortest number of hand-motions per stitch. PLEASE NOTE: Participants will need to bring size 9 or 10 knitting needles and 200 to 250 yards of medium or worsted weight yarn to knit a potato chip scarf.

41D. “The Tie that Binds: You and your Credit Score” Presented by *ACS Financial Readiness* | Exactly what is this mysterious but all-important number known as your “credit score?” It's one of the most important three-digit numbers in your life and you should know how it can work for or against you. It can save or cost you money—your choice. Learn how to improve your score and set up a system to stay on top of this critical component of your financial life.

42D. “Boot Camp Challenge” Presented by *Courtney Daniels, owner of Monday Morning Fitness* | Courtney is a military Spouse who has trained over 500 clients, including several hundred military Spouses. She is a Certified Personal Trainer, Certified Yoga Instructor, and a Certified Boot Camp Instructor. The Boot Camp Challenge program is geared towards ALL fitness levels—it is tailored to fit your specific fitness needs. Boot Camp trainees are guided in cardio conditioning, strength training, flexibility and nutrition. Loose, comfortable clothing is recommended.

43D. “Networking with Army Wife Network” Presented by *Kristen Smith, Army Wife Network's own Household 6* | Kristen will be informing Families on how to capitalize on the DA and DOD services already provided for them—empowering individuals to make the most of the Army experience.