

# **NDAHPERD** Newsletter

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# **Co-EXECUTIVE DIRECTOR'S MESSAGE Highlights from the Leadership Development Conference**

Becky (Rebecca) Gunderson, NDAHPERD Co-Executive Director



From June 25 to 27, president-elect Jaimie McMullen, co-executive director Amy Heuer, and I attended the Leadership Development Conference (LDC) for the second year in Green Bay, Wisconsin. This had been traditionally held in Washington, DC, and Reston, Virginia.

Becky Gunderson

The Society of Association Managers (SAM, the executive directors of each state AHPERD) organized it in Green Bay under the leadership of Keith Bakken, executive director from Wisconsin, and Karen Dowd, executive director from Florida, along with several others. Approximately 100 presidents-elect and executive directors from most states and districts were in attendance. The program was organized so that many sessions were for both presidents-elect and executive directors, and many sessions contained topics specifically for presidents-elect or for executive directors.



Jaimie and Becky setting up the North Dakota table to promote NDAHPERD!

Several of the topics were as follows:

- Communicating Appreciation, by Brad Strand, AAHPERD past president
- Advocacy: Our Universal Mission, by Carly Braxton, AAHPERD staff
- AAHPERD Update: Mission, Reorganization, and Districts' Role, by Irene

# Co-Executive Director's Message **Summer Activities**

Amy Heuer, Co-Executive Director NDAHPERD



Central District AAH-PERD hosted its annual Leadership Summit at Mahoney State Park in Nebraska, July 8 to 10. North Dakota was represented well with Becky Gunderson, co-executive director, Amy Heuer, coexecutive director, and

Amy Heuer

Melissa Rindel, elementary vice president from Crosby, North Dakota. We spent two full days discussing what is happening in the nine states in the Central District. We also focused on what we should work on and improve for North Dakota. We heard from several speakers and gathered lots of information. Here are some of the topics:

- Advocating for physical education, presented by Carly Braxton from AAHPERD; we went over all of the documents available at AAHPERD at <u>www.aahperd.org/</u> <u>whatwedo/advocacy</u>.
- Discussion of strategy for advocacy
- Implementing our action plans
- Let's Move in School

We also spent time developing our action plan for North Dakota. We have three main areas of focus for the next 12 months:

- Redesigning our website to make it more user friendly with more information to advocate for high-quality physical education in North Dakota and using it to help our members advocate for physical education and physical activity in their communities
- 2. Updating the membership software to allow us to more easily send e-mail reminders, focus information going to members based on their topics of interest, and allow easier renewal and website access for our members
- 3. Educate our members on the Let's Move in School program

We will have started working on items 1 and 2 by the time this newsletter is printed, and will begin working on item 3 at our fall conference at the University of Mary on September 12, 2012. If you have any comments or suggestions for the website, please e-mail me at <u>amy.heuer@sendit.nodak.edu</u>.

Be sure to check out the rest of the information in this newsletter about the fall conference. It's going to be great!



Amy Heuer, Melissa Rindal and Becky Gunderson at the Central District leadership Summit July 8-10 at Mahoney State Park west of Omaha NE



Amy and Melissa working on an action plan at the summit

# Conference Preview Conference Information

# NDAHPERD State Conference

September 11 & 12, 2012

# **University of Mary**

# Let's Get Moving for the Health of It

# Special Guests include:

- Dr. Bradford Strand, AAHPERD Past President
- Dr. Gale Wiedow, AAHPERD President Elect
- Clayton Ellis, NASPE High School Teacher of the Year 2010

# **Keynote Presentation:**

 Let's Move in School-What It Means for You

# **Other Presentations will include:**

- Best Practices for High School Physical Education
- Karate in PE
- Advocacy for Pre-Professionals
- International Games: The Great Equalizer
- Schools Alive! Promoting Let's Move in Schools
- Coordinated School Health
- Jump and Hoop for Heart
- Cardio GX, Polar Active Monitor
- Brain Rules-Why Exercise is #1, a Panel Discussion
- NASP-Archery in Schools
- Using Health Activities as Assessments

- Physical Best and Fitnessgram Updates-Changes that Affect You
- PE Challenge-A Fun Assessment for PE
- Ringette-A New Form of Hockey
- Everything You Need to Know to Create An-Out-of-Class Physical Activity Program (CSPAP)
- Implementing Models-Based Instruction in High School Physical Education
- Elementary Games



until Aug. 24, 2012

Total Amount Due

# **NDAHPERD State Conference** September 11 & 12, 2012 **University of Mary** Let's Get Moving for the Health of It



| <u>Awards Banquet</u> September 11, 2012<br>6 pm cash bar, dinner at 7 pm<br>Best Western Doublewood Inn | NDAHPERD Conference September 12, 2012<br>8:00 am-4:00 pm<br>University of Mary Field House |  |  |
|--|---|--|--|
| & Conference Center  | 7500 University Drive   |  |  |
| 1400 E. Interchange Ave.   | Bismarck ND 58504   |  |  |
| Bismarck, ND 58501<br>(701) 258-7000   | Onsite registration begins at 7:00 am   |  |  |
| Rooms available for \$95.99<br>until Aug. 24, 2012   | 1 Graduate Credit will be available through the<br>University of Mary, \$50 fee             |  |  |

Please type of print clearly **First Name: Mailing Address:** <u>City:</u> Phone (H): **Email: School:** 

Last Name:

State and Zip: <u>(W)</u>:

# Name on Badge

| Registration type Professional NDAHPERD   | <u>Early Bird</u><br>Postmarked Aug. 10<br>\$90  | <u><b>Pre-Registration</b></u><br>Postmarked Aug. 31<br>\$100   | <u>On-Site</u><br>Sept. 11/12<br>\$125  |
|---|--|---|---|
| Professional member of another state  | \$125  | \$125   | \$125   |
| Student Member  |  | \$30  | \$50  |
| Non-member  | \$120  | \$130   | \$155   |
| Banquet meal  | \$15<br>Stuffed Chicken Breast   | \$16<br>Pork tenderloin   | \$13<br>Vegetarian  |
| Prof. Member AND hosted<br>a Jump or Hoop event<br>2011-2012 school year<br>Renewing NDAHPERD<br>membership | \$45   | \$100   | \$125   |
| 1 year-\$25   | 2 y  | ear-\$45  | 4 year-\$85   |
| tion Recap<br>on Fee: \$<br>anquet: \$<br>hip Fee \$  |  | Make Checks payable<br>Mail check and regist<br>Becky Gunderson<br>NDAHPERD   |   |
|   | Professional NDAHPERD<br>member<br>Professional member of<br>another state<br>Student Member<br>Non-member<br>Banquet meal<br>Prof. Member AND hosted<br>a Jump or Hoop event<br>2011-2012 school year<br>Renewing NDAHPERD<br>membership<br>1 year-\$25 | Professional NDAHPERD       Postmarked Aug. 10         Professional NDAHPERD       \$90         member       Professional member of another state       \$125         Student Member       \$120         Banquet meal       \$15         Prof. Member AND hosted a Jump or Hoop event       \$45         2011-2012 school year       \$45         Renewing NDAHPERD membership       1 year-\$25       2 year         tion Recap       \$ | Postmarked Aug. 10Postmarked Aug. 31Professional NDAHPERD<br>member\$90\$100Professional member of<br>another state\$125\$125Student Member\$120\$130Non-member\$120\$130Banquet meal\$15<br>Stuffed Chicken Breast\$16<br>Pork tenderloinProf. Member AND hosted<br>a Jump or Hoop event<br>2011-2012 school year<br>Renewing NDAHPERD<br>membership\$1252 year-\$45tion Recap<br>on Fee:\$\$\$Make Checks payable<br>Mail check and regist<br>Becky Gunderson\$\$ |

\$

NDAHPERD 405 146<sup>th</sup> Ave NE Portland, ND 58274

# **CONFERENCE PREVIEW Teacher of the Year to Be Keynote Speaker**



Clayton Ellis

Clayton Ellis is currently teaching physical education at Aurora Central High School in Aurora, Colorado. He was selected as the 2010 NASPE High School Physical Education Teacher of the Year. With more than 27 years in education, Clayton's

commitment to his students' physical education and health is evident in all of his work. He began his career at the elementary level with the parochial schools in Denver, Colorado. In 1990 he moved to Houston, Texas, where he taught K-5 physical education for two years, middle school for three years, and 9th- to 12th-grade health and physical education for five years with the Alief Independent School District. Clayton has been with Aurora Public Schools since 2000. Aurora Public Schools superintendent John L. Barry says, "Clayton is a highly valued member of our school community because of his passion for students. He applies the teaching–learning cycle to his classes and truly knows the individual needs of his students. Clayton models for his students the type of behaviors he knows are important for promoting lifelong fitness and healthy lifestyles." Clayton's principal Lynn Fair says, "During my long career in education, no one that I know has been the voice for physical education that Clayton is and has been. You will see 100 percent engagement in his classes."

In addition to his exemplary teaching and leadership in Aurora Schools, Clayton is the vice president for physical education and sport for the Central District AHPERD. Clayton has been appointed to the board of the Colorado Governor's Council for Physical Fitness. He is a past president of Colorado AHPERD. Clayton has also served on the Colorado Department of Education subcommittee to review and rewrite physical education standards for Colorado. He serves on the advisory board for the Denver Public Schools Sound Body/Sound Mind Program, the K-12 Advisory Board for the Metro State University PETE program, and on the Colorado Department of Education's Peer Review for Educator Preparation program. Clayton has an unwavering commitment to our profession, and his program is a bright beacon of high-quality high school physical education in the state of Colorado.

For more information on Clayton, please visit <u>http://www.aahperd.org/naspe/awards/peAwards/</u>toy/2010-c-ellis.cfm

# **CONFERENCE PREVIEW Special Guests on Schedule for Fall Conference**

We are very lucky to have three very successful speakers at our conference on September 11 and 12, 2012. We hope that you will be able to come to the University of Mary in Bismarck to learn from each of them.

PERD

Dr. Brad Strand,

Brad Strand is a pro-

Past President of AAH-

fessor with the depart-

ment of health, nutrition, and exercise sciences at

North Dakota State Uni-

versity in Fargo. Brad is

a curriculum and instruc-



Dr. Brad Strand

tion specialist who has written extensively and spoken widely on pedagogy, fitness education, youth sports, sport ethics, and administrative issues. He has coauthored 5 books, published 57 refereed articles, and given over 180 presentations. Strand taught social studies and physical education and coached in a Minnesota public school. After he received his PhD from the University of New Mexico, he taught at William Paterson College in New Jersey, Utah State University, and North Dakota State University.



Dr. Gale Wiedow

## Dr. Gale Wiedow, President-Elect of AAHPERD

Gale Wiedow is an associate professor of physical education and exercise science at Dakota State University (DSU) in Madison, South Dakota. Prior to joining the faculty at DSU, Wie-

dow served as national program director for the National Youth Sports Program (NYSP), a federally funded summer day-camp program for economically disadvantaged and underserved youth. He has also served as department chair of HPER at the University of South Dakota, where he was a tenured full professor and associate dean for research and technology. Prior to full-time teaching, he worked in recreational sports at Indiana University and the University of Nebraska. Wiedow received his BA and MA degrees in physical education from the University of Northern Iowa and his PhD from the University of Nebraska in administration, curriculum, and instruction. Jaimie McMullen, NDAHPERD President-Elect

Over the summer I was lucky enough to attend a Leadership Development Convention in Green Bay, Wisconsin. One of the main topics of discussion was Let's Move in School (LMIS) and all of the exciting things happening surrounding this initiative. The goal of LMIS is to ensure that schools provide a comprehensive schoolwide physical activity program (CSPAP) with highquality physical education as the foundation because our youth need knowledge, skills, and confidence to be physically active for a lifetime! More than 7,000 schools have joined the movement. Are you one of them? There is no cost to become part of the movement, and when you sign up you get access to many great resources and tools to help you reach the goal of achieving a CSPAP.

As physical education, health, and recreation professionals, we should always be looking for ways to get young people more active. The facts related to physical inactivity and obesity among our youth are alarming. Something has to give, and it starts with us! Visit the LMIS website to sign up to be part of the movement and to access the resources NOW!!: <u>www.aahperd.</u> <u>org/letsmoveinschool</u>.



AAHPERD CEO Paul Roetert posing with the new LMIS Mascot.

# **NDAHPERD Board Meeting Highlights**

### Tami Doppler, NDAHPERD Secretary

Spring Board Meeting May 6, 2012 Dorothy Moses Elementary Bismarck, ND

11 board members were present.

Updates were given by all conference chairs.

• Effective June 1, 2012 membership will be 1yr.-\$25; 2 yr. - \$45; 4 yr. - \$85.

The board is hoping to retain more members by having membership coordinate with the State conference years.

- Approval of a 2-sided banner (one side would emphasize "BE ACTIVE, BE HEALTHY, BE FIT" and the other side would emphasize the NDAHPERD brand identity with our logo and a photo of an active adult/student).
- Board members will get a jacket with the NDAHPERD logo on the left chest. Jackets are black and will not be offered to other members to buy. Members will have the option of ordering NDAHPERD clothing online and have them shipped to them. A. Heuer will email members the order form and also put it on our website. We would like to have members order

before the fall conference so that we can hand them out at the conference with registration.

• Fall Conference- Sept. 12- Bismarck---Krug-Johnson and Bender

The theme decided by the board would be "Let's Move....for the Health of it".

- Central District LDC, Green Bay, WI----June 25-27 will be attended by McMullan, Heuer and Gunderson.
- CDAAHPERD Summit at Mahoney State Park, NE, July 8-11 will be attended by Gunderson (representing Central District & NDAHPERD) and Heuer and Rindel (representing NDAHPERD).
- LMIS event held- all board members
  - Doppler reported on Prairie Rose Elementary doing a week of events May 7-May 11. (Activities include school wide Macarena dance, yoga, mile walk, jump roping, and staff/student basketball game)
  - Gunderson reported that Mayville state PE majors (14 students) went to public schools and lead groups of students in movement stations to music.

- McMullan reported that MSU PE majors went to 3 schools in Minot and did open gym session M-Th and lead sunrise yoga for staff. They also lead student activities in the courtyard at MSU. They have pictures posted on Facebook of their Yoga Fit certification which also took place on PE in Schools week.
- Elections of Officers-A. Heuer will send out an email to members with an information form for them to fill out and send into President elect Jaime McMullan if they are interested on serving on the board.
- Positions that are up for election are: VP General, Secretary, Treasurer, Secondary Sport/PE, Recreation & Leisure and Adaptive
- Healthy Habits K-5 and Healthy Habits MS on June 20 and 21. Judy Thomson asked via email on April 4, 2012, to the executive committee, if NDAH-PERD would sponsor lunch for these trainings.\$300.00 for lunch a day was **APPROVED** with the agreement that NDAHPERD get good advertisement as a co-sponsor. Judy Thomson reported back that NDAHPERD is listed at the top of the flyer right under the title that we

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# NDAHPERD GRANT APPLICATION

The North Dakota Association of Health, Physical Education, Recreation, and Dance has grant funding available to help you to buy special equipment and/or to incorporate a special project at your school. The grant is for \$250.00. Two or more grants will be awarded depending upon the quality of applications and resources available.

Applications will be reviewed and awarded for each school year.

Qualifications:

\*Current member of NDAHPERD

\*If awarded the grant, you are obligated to do a presentation the following year at a regional workshop or a state conference.

Deadline:

\*This grant is ongoing throughout the school year.

\*Whenever you complete the grant please submit it via email to NDAHPERD co-executive directors: Amy Heuer at <u>amy.</u> <u>heuer@sendit.nodak.edu</u> or Becky Gunderson at <u>becky.gunderson@mayvillestate.edu</u>

| Name                               |            |
|------------------------------------|------------|
| School Address                     |            |
| School Phone #                     |            |
| Home Phone #                       |            |
| E-MailFax_                         |            |
| Occupation                         |            |
| Years of Experience                |            |
| Major Area of Teaching             |            |
| Health Physical EducationDance     | Recreation |
| Grade Level                        |            |
| Number of years as NDAHPERD member |            |
| Superintendent's Name              |            |

Please attach your <u>typed</u> paper (2 pages or less) that briefly describes your project---How, when, where it will take place and how will it support your school and/or district operational plan? How will this project align with state or school standards? How will students be impacted and how will they be actively involved in the project? Is the project collaborating with other individuals or groups? If so, who and how?

Please include a line item budget for the program/equipment described in your paper.

Budget

| Item and # to buy | Cost per Item | Shipping Cost | Total Cost |
|-------------------|---------------|---------------|------------|
|                   |               |               |            |
|                   |               |               |            |
|                   |               |               |            |
|                   |               |               |            |
|                   |               |               |            |
|                   |               |               |            |
|                   |               |               |            |
|                   |               |               |            |



# Take a Leadership Role----Or Nominate a Colleague

# **Become an OFFICER in NDAHPERD!**

The Nominating Committee requests that professionals participate in identifying and recommending potential candidates (including you) for the following offices by June 1, 2012. All persons recommended must be a current member and indicate to the individual nominating them willingness to be a candidate.

# Recommendations of Candidates for NDAHPERD Board Members

|                  | VP-General<br>Treasurer<br>VP-Secondary Sport/P.E. | VP-Rec./Leisure VP-Adapted Student Representative |
|------------------|--|---|
| Addross          |  | Phone   |
| City, State, Zip |  |   |

# Return this form ASAP to Jaimie McMullen

\*\*\*\*\*

It takes many individuals to successfully run any professional organization. Unfortunately, all of the work is voluntary and done without compensation. Service, however, is an important part of professionalism.

Many of you do not think you are qualified to serve on a state board or that it takes too much of a commitment. The NDAHPERD Executive Board meets three to four times a year. One meeting is held in the fall or prior to the State Conference, two in the winter over IVN, and one in the spring. The IVN meetings have been on Monday evenings. The other two are face to face meetings that have been held on a Sunday in a central location. A term of service is two years, with the exception of VP-General which is a four year commitment. A training session is held prior to the first meeting.

Please consider nominating yourself or someone you respect as a candidate. Election for these positions takes place during the State Conference or Fall Workshop. If you have questions please contact the chair of the nominating committee:

Jaimie McMullen Swain Hall 108B 500 University Ave. Minot, ND 58707 or call (701) 858-3288 (w) or email: Jaimie.McMullen@minotstateu.edu

Help us make good decisions for the future of your profession!

Why become a professional in the North Dakota Association for Health, Physical Education, Recreation and Dance?

· NDAHPERD provides opportunities for service.

• NDAHPERD provides a channel for communication.

• NDAHPERD provides a means for interpreting the profession.

• NDAHPERD provides a source of help in solving one's professional problems.

 $\cdot$  NDAHPERD provides an opportunity for fellowship among professionals.

· NDAHPERD provides an avenue for research.

• NDAHPERD provides a feeling of belonging.

 $\cdot$  NDAHPERD provides a means of distributing costs.

Take the challenge and join!! Share the qualities you have and how you can work to move our association forward. Put this memorable statement into context:

"Ask not what NDAHPERD can do for you, but what you can do for NDAHPERD."

How can NDAHPERD benefit you?

· 3 NDAHPERD newsletters annually

 $\cdot$  Assistance in organizing school Hoops/Jump Rope for Heart

 $\cdot$  Representation at regional and national meetings

- · Leadership opportunities
- · Public relations assistance
- $\cdot$  Joint projects with allied agencies
- $\cdot$  Promotion of legislation to benefit HPERD programs
- Travel opportunities
- $\boldsymbol{\cdot}$  Information and ideas

For Further Information: Amy Heuer Executive Director 2806 Manchester Street Bismarck, ND 58504 amy.heuer@sendit.nodak.edu

# NDAHPERD Membership Form

Memberships EXPIRE June 1

| Professional Membership        | New  | Renewal |
|--------------------------------|------|---------|
| \$25.00/1 year                 |      |         |
| \$45.00/2 years                |      |         |
| \$85.00/4 years                |      |         |
| \$15.00 Associate Membership _ | New  | Renewal |
| \$10.00 Student Membership     | New_ | Renewal |

Make checks payable to Human Kinetics please. Credit card (Visa, Master Card, American Express) Card Number |\_|\_|\_|\_|\_|\_|\_|\_|\_| Exp. \_\_\_\_\_ Name on Card \_\_\_\_\_

| Name:             |  |
|-------------------|--|
| Mailing Address:  |  |
| City, State, Zip: |  |
| Email:            |  |
| Home Phone:       |  |
| School Phone:     |  |

National AHPERD member \_\_\_\_yes \_\_\_\_no

Areas of Interest: Grade Level:

- \_\_\_\_ Physical Education \_\_\_\_ Elementary
- \_\_\_\_ Dance \_\_\_\_ Middle School
- \_\_\_\_ Adapted Ed \_\_\_\_ Secondary
- \_\_\_\_ Health \_\_\_\_ College
- \_\_\_\_ Recreation/Leisure \_\_\_\_ Administration

other

Return form to: Human Kinetics, Attn: Jackie Moore, P.O. Box 5076, Champaign, IL 61825-5076, Fax to: 217-351-1549



# Join Today and Put AAHPERD to Work for You

**YES**, I want to join AAHPERD! Please send my Association credentials and begin my subscription to UpdatePlus and the professional journal(s) I've checked below.

(Mr.) (Ms.) (Mrs.) (Miss) Name

Please fill out both addresses below and then tell us which one you'd like to use.

### 1. Business/SchoolAddress

| Place of Employment |       |     |  |  |  |
|---------------------|-------|-----|--|--|--|
| Address             |       |     |  |  |  |
| City                | State | Zip |  |  |  |
| Work Phone          | Fax   |     |  |  |  |
| E-mail              |       |     |  |  |  |

## 2. Home Address

Address

City

Home Phone

## **Preferred Membership Mailing Address**

□ Business/School □ Home

AAHPERD makes its membership mailing list available for rental to companies that feel AAHPERD members would benefit from the products and services that they offer. If you don't want your name made available please check the box above.

State

Zip

□ Please send me information about my state association.

| Your satisfaction is 100%               |
|---|
| guaranteed. Cancel any time and         |
| you'll receive a full refund on all the |
| months remaining on your                |
| membership. Join AAHPERD with           |
| confidence!                             |

## Customize your membership

## Choose your Associations

AAHPERD membership includes membership in any two associations (one if you are a student). A portion of your dues goes to support the associations selected. Please prioritize your choices.

- 1 2 American Association for Health Education
- **1 2** American Association for Physical Activity and Recreation
- 1 2 National Association for Girls and Women in Sport
- **1 2** National Association for Sport and Physical Education
- **1 2** National Dance Association
- Research Consortium For those interested in research. (Select this in addition to your association affiliation(s) at no extra charge to you.)

# **Choose your Professional Journals**

Journal of Physical Education, Recreation & Dance

- American Journal of Health Education
- Research Quarterly for Exercise and Sport
- Strategies: A Journal for Physical and Sport Educators

You receive a subscription to one professional journal with your membership in AAHPERD. Subscriptions to additional journals are only \$25 each per year.

# Calculate your dues

| AAHPERD Professional Membership   | \$135 |
|---|-------|
| AAHPERD Student Membership  | \$    |
| Additional Professional Journals<br>(\$25 Each)                                   | \$    |
| Foreign Postage (Outside U.S. & Canada<br>add \$12 per journal including Update.) | \$    |
| TOTALDUE  | \$    |

# Payment Options

□ My check for membership is enclosed.

□ Please charge my □ VISA □ MASTERCARD □ AMEX □ Annual Payment □ Quarterly Payment \*

| Card No:   |     |
|--|-----|
| Expiration Date:   |     |
| Signature:   | Ч   |
| *Quarterly payments (credit card only). Available to one year professionals only. Renew automatically until canceled by you. | NWW |
| MAILTO:  | Σ   |

## MAILTO:

American Alliance for Health, Physical Education, Recreation and Dance 1900 Association Drive, Reston, VA 20191-1598 Phone: 800-213-7193 • Fax: 703-476-9527 • membership@aahperd.org • http://www.aahperd.org



# CENTRAL DISTRICT AAHPERD CONVENTION FEBRUARY 21 - 23, 2013 • JACKSON, WY • SNO KING RESORT

# KEYNOTE SPEAKER: J.P. OWEN OF THE CENTER FOR COWBOY ETHICS

REGISTRATION - \$165 • PRE-CONVENTION WORKSHOPS - \$25 ROOM RATES - \$85/NIGHT SUITES AVAILABLE FOR \$205

NUMBER TO CALL FOR RESERVATIONS : 1-800-522-KING (TELL THEM YOU ARE WITH CD)

COME EARLY OR STAY OVER AND ENJOY THE FOLLOWING: SKIING AT SNO KING, TETON VILLAGE OR GRAND TARGHEE, NATIONAL WILDLIFE MUSEUM, TUBING AT THE BASE OF SNO KING, ICE SKATING AT SNO KING ARENA, NATIONAL ELK REFUGE TOUR, SNOWMOBILING TO YELLOWSTONE NATIONAL PARK CONTACT THE JACKSON HOLE CHAMBER OF COMMERCE FOR MORE INFO.

THERE WILL BE A LIVE AND SILENT AUCTION TO RAISE FUNDS FOR A LOCAL CHARITY. PLEASE BRING ITEMS TO DONATE.

# NDAHPERD Executive Board 2011-12

### **Co-Executive Director**

Amy Heuer 2806 Manchester St. Bismarck, ND 58504 701-223-0225 (w) 701-221-2546 (h) amy.heuer@sendit.nodak.edu St. Mary's Elem.-Bismarck, ND

### Past President

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### President

Rachel Johnson Krug 8302 Bluffview Drive Bismarck, ND 58504 701-355-8206 (w) 701-751-0832 (h) rakrug@umary.edu University of Mary- Bismarck, ND

### President Elect

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### VP General

Nicole Lindgren 200 8th St. NW Minot, ND 58701 701-857-4672 (w) 406-671-9054 (h) nicole\_lee\_02@yahoo.com Minot High MCC-Minot, ND

#### Secretary

Tami Doppler 507 W Boulevard Ave Bismarck, ND 58501 701-323-4280 (w) 701-220-9046 (h) tami\_doppler@bismarckschools.org Prairie Rose Elem. -Bismarck, ND

### VP College/University

Scott Parker 133 5th Ave NE Mayville, ND 58247 218-684-4763(cell) 1-800-437-4104 ext. 35226 (w)

### Co-Executive Director

Rebecca Gunderson 405 146th Ave. NE Portland, ND 58274 701-786-4841 (w) 701-786-3508 (h) becky.gunderson@mayvillestate.edu Mayville State University-Mayville, ND

### Treasurer

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### Membership

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NASPE

### Appointed Representatives

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### Continued from page 1

## Highlights from the Leadership ...

Cuchina, AAHPERD president, and Paul Roetert, AAHPERD CEO

- Social Media for Communication and Marketing, by Henry Castelvecchi, Virginia executive director, and Matt Mixer, Arizona executive director
- Let's Move in School: Integrating and Expanding the Program, by Cheryl Richardson, AAHPERD staff
- Jump Rope and Hoops for Heart: Associations and American Heart Association (AHA) Growing Together, Increase Numbers of Sign-Ups and Event Completion, by Leah Swanson, AHA National Youth Market director
- Virtual Meetings, by Andy Mooneyham, Arkansas executive director, and Linda Woods-Huber, Pennsylvania executive director
- SAM: What Resources Can We Share? by Donna Hester, Alabama executive director, and Jim Cook, Midwest district executive director

I felt that Brad Strand's message on communicating was so important for us as a board to understand that each member communicates differently and feels appreciated in different ways as well. For a board to work effectively, all members need to understand and appreciate this. Brad used the DISC Personality Inventory to set the examples. This would be a great tool to use at the beginning of the school year when the NDAHPERD is getting back to business. Brad also shared information from the books *The Five Love Languages* and *The Five Languages of Appreciation in the Workplace,* both by Gary D. Chapman." again helping board members understand that we all feel appreciated differently.

If you are a joint member of both NDAHPERD and AAHPERD, you may not have heard that the representative assembly by an electronic-vote, has voted to unify the organization. This would mean that our organization would be one and not the different associations that now exist, such as NASPE (National Association for Sport and Physical Education), NDA (National Dance Association), APAR (Association for Physical Activity and Recreation), NAGWS (National Association for Girls and Women in Sport), and AHE (Association for Health Education). The board of governors now has the task of slowly implementing this. Great things will be happening, so stay tuned.

A new membership option was unveiled for those completing and raising over \$1,000 by doing a Jump Rope for Heart or Hoops for Heart event. This new membership would be an e-membership. If you are interested, please contact me or your AHA coordinator for more information.

Why should individuals be a member of NDAHPERD and AAHPERD? We wrestle with this topic yearly. If you are reading this article, what made you join? Was it the direct benefits that you receive, such as publications, confer-



Jaimie McMullen receiving a certificate from AAH-PERD President Irene Cucina for completion of her first LDC!

ences, and recognition? Or was it the feeling that you are a professional who wants to be a part of the group that is going to "advocate for the importance of quality physical education for today's youth? We need to unify the physical education and health teachers in our state to be one voice and be heard.

An ice cream social sponsored by Central District AAAHPERD was held in Gale Wiedow's honor. Gail was elected AAHPERD president after the Boston convention was cancelled by an Continued to page 15

### Continued from page 14 **Highlights from the leadership** ...

electronic vote of the Representative Assembly.

A lot was packed into 2 ½ days in Green Bay. Jaimie, Amy, and I are ready to help make our state and national organization a strong, viable voice.

I wish you a great school year and the opportunity to serve you for the 2012-2013 school year. I hope very much to meet you personally in Bismarck on September 11 and 12 for our recognition banquet and conference.



Becky Gunderson, NDAHPERD Co ED; Amy Heuer, NDAHPERD Co ED; Gale Wiedow, AAHPERD President Elect; and Jaimie McMullen, NDAHPERD President Elect at the LDC-Leadership Development Conference at Green Bay WI

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## NDAHPERD Board meeting highlights

are sponsoring lunch and co-hosting the event. During each session there will be time to give information out on the membership and hand out brochures. Judy will be giving out Healthy ND pedometers to each new member that signs up ON SITE. Gunderson will be printing up new brochures to hand out at the workshops.

- Certificates of Appreciation- Gunderson handed each board member a certificate of appreciation for serving on the board for the 2011-2012 school year.
- Executive Board Meeting is scheduled for August 19 @ St. Mary's Elementary School from 10 am-????
- The next NDAHPERD board meeting will be in Bismarck on September 12 at 4-5pm. CDT at University of Mary.

### Upcoming Date for Conventions/ Workshops

- NDAHPERD fall conference, Bismarck, ND---September 12, 2012
- Central District Convention, Jackson Hole, WY—February 21-23, 2013 "Ride for the Brand"
- AAHPERD National Convention-Charlotte, NC—April 23-27, 2013

### NDAHPERD NEWSLETTER

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