Greetings, everyone!

It is with great pride that I write my first message as president of the North Dakota Association for Health, Physical Education, Recreation and Dance. I want to start by introducing myself, and later I have a challenge to issue to every school for the new year in this great state!

For those of you whom I haven’t had the pleasure to meet, I will tell you a little bit about myself. I am originally from Victoria, Canada, and I made my way to North Dakota via Hawaii, Iowa, Oregon, and Arizona! I have two dachshunds named Gypsy and Pixy, and we love to get out and walk (or run) as much as we can! In my “spare” time I coach figure skating at the Magic City Figure Skating Club in Minot. With respect to my “real” job, I am currently in my third year as an assistant professor at Minot State University. There I am responsible for teaching a variety of courses related to educating preservice physical education teachers as well as many service and scholarship-related activities. I am a co-advisor for the Minot State Club of Physical Educators, which is a role I quite enjoy. I thoroughly enjoy it here and over the past few years have become accustomed to the lovely North Dakota winters.

As president of your association, I want you to know that we take the voices of our members seriously and encourage you all to get involved. Whether that means writing a newsletter article to share with other health, physical education, and recreation professionals in North Dakota, nominating yourself or someone you know for a position on the board, attending our state conference and workshops, or simply maintaining your professional membership, the possibilities to get involved are endless! North Dakota is currently seeing phenomenal growth. With that growth comes added responsibility—responsibility to the youth of our state to maintain high-quality programs geared at keeping them active and healthy.

This is where the challenge for the new year comes in. Brad Strand (AAHPERD past president) and your NDAHPERD board are issuing a challenge to all North Dakota schools to register for Let’s Move in School.
Happy new year! I greeted you in the same manner in last year’s January newsletter. I also wished for you to have a happy, healthy, and physically active new year and to grow professionally. I hope that we, as the NDAHPERD board, helped you accomplish this. Conferences, summits, meetings, workshops, and conventions are all professional development opportunities and times when networking with other professionals happens. The fall conference in Bismarck was a very successful gathering with top presenters Clayton Ellis, 2010 NASPE High School Physical Education Teacher of the Year; Dr. Brad Strand, AAHPERD past president; Dr. Gale Wiedow, AAHPERD present-elect; Dr. Susan Schultz, Northwest District Middle School Teacher of the Year; and many of our fellow NDAHPERD members. Thanks to past president Rachel Johnson-Krug, Tami Doppler, the NDAHPERD board, University of Mary students, and other volunteers who put their time into a convention full of sessions designed to help us grow professionally. It’s not too early to start planning the 2013 fall regional conferences. Please see the proposal form in this newsletter.) I would encourage you to consider this opportunity to bring a professional development training closer to your school, especially if you could not attend the state convention.

There are several upcoming opportunities for you to consider:

- Ride for the Brand is the theme of the Central District’s convention in Jackson Hole, Wyoming, Feb 21 to 23, 2013.

- Although the convention in Boston was cancelled due to a power outage, AAHPERD officials are hoping the convention in Charlotte, North Carolina, will go off without a hitch. Drive Your Future is the theme for the 2013 AAHPERD National Convention and Expo, April 23 to 27.

We live with constant change – AAHPERD is in a state of change called unification. The goal is to unify the associations under the AAHPERD umbrella. This year in Charlotte, Amy Heuer and Jaimie McMullen, NDAHPERD delegates to the Representative Assembly, will be entering into decisions about the future of AAHPERD and unification. If you are an AAHPERD member, contact them with any questions you may have. If you are an NDAHPERD member, you might ask how it will affect you. It might affect our name and other services that we do receive from AAHPERD. Keep informed.

Once again, Happy New Year, and keep active!
We have survived Dec. 21, 2012! Welcome to the new year, and may it bring great things to you and yours. We have many things in store for you from NDAHPERD and AAHPERD in 2013. We hope you will like and participate in the following:

- AHA/NDAHPERD Day on the Hill in Bismarck, North Dakota, February 12, 2013
  - Again, we will be participating with the American Heart Association and many other health agencies from across the state in educating our state legislators on the importance of quality physical education.
  - In the past we have demonstrated many new activities taking place in physical education, including TriFit, heart rate monitors, pedometers, cup stacks, dance, and PE curricula.
  - We are looking for ideas from you, our members, on what you think we should spotlight at this year’s event.

If you would like to join us, we would love to have you! Just contact me with any ideas you have.

- A newly designed website with an online membership system, spring 2013
  - We are currently working on upgrading our website to allow for a more manageable system for our membership.
  - We plan to include new options for blogs, a download center with tools to help you with curriculum, advocacy, even job hunting!
  - If you have any ideas on what you would like to see on our new site, please contact me with that information. The website is for you, our members, and we want it to serve your needs.

- 2013 legislative session
  - We will be working closely with the state health department, American Heart Association, and other health entities to ensure the message of NDAHPERD is being heard on the hill.
  - Please take a moment to look up your current representatives or senator by clicking here: https://www.legis.nd.gov/lcn/assembly/constituentViews/public/findmylegislator.htm
  - We will be sending out notifications to our members to contact your local representatives when bills that affect us or our students are being discussed. It is very important that we be confident in letting our leaders know what quality PE is about and why it is important.
  - Here are some links that contain ideas on the language you can use as well as tips on speaking to our leaders:
    - www.legis.nd.gov/general-information
    - www.aaahperd.org/whatwedo/advocacy

As always, if you have any questions, comments, or concerns, please feel free to contact us to share. We are here for you, and to represent your needs.
September 11, 2012

Good evening and greetings from our Nation’s Capital!

Thank you for inviting me to attend the North Dakota Association for Health, Physical Education, Recreation, and Dance State Conference. While I regret that Senate business prevents me from joining you, I am pleased to extend my warm welcome and thanks for all of the important work you are doing across North Dakota.

You all deserve our thanks and encouragement as you work to foster your organization’s efforts to promote the leadership, research, education, and best practices that foster an environment where all people can lead creative, healthy, and active lifestyles. Each day it seems we learn of a new study or hear a story that underscores the importance of leading healthy, active lives. We know this is important, but it can also be challenging. That’s why we are grateful for individuals like you, who are lending your talents and passion to help people across our state become better educated and aware of the importance of physical activity to lead healthy lives.

Please let me also extend a special thank you to the teachers receiving recognition tonight for their exceptional efforts to teach North Dakota’s students about the importance of leading healthy and active lives. As teachers, your work has an immeasurable impact on your students for a lifetime, and we are grateful that you’re helping them to establish healthy habits early in their lives.

The work you all are doing is undoubtedly contributing to the high quality of life we enjoy in North Dakota. Keep up your good work and best wishes for an enjoyable evening and productive conference!

Sincerely,

John Hoeven
U.S. Senator

10:12:29
NDAHPERD Conference Photos

Brad Zachow and Marjio Bjorlin, Circle of Nations School in Wahpeton. 2012 Carol M White Physical Education Program (PEP) Grant recipients of $530,274.

2011 Award Winners-Chris Mahoney, Jamestown-College/University Teacher of the Year, Mary Wheeling, Killdeer-Elementary Teacher of the Year, Tami Doppler, Bismarck-NDAHPERD Honor Award, Beth Slette, West Fargo-Administrator of the Year

2012 Award Winners-Deb Conlon, Dickinson-NDAHPERD Honor Award, Joe Deutsch, Fargo-College/University Teacher of the Year, Beth Kainz, Mayville-Elementary Teacher of the Year

Jump/Hoop for Heart Award recipients-Mary Wheeling, Killdeer-JRFH-$5,045.98, Diane Loberg, West Fargo-JRFH-$7,977.75, Aric Lee, Bismarck-HFH$6,239.09

Dr. Joe Deutsch and NDSU students who nominated him for TOY

Participants in Clayton Ellis’ session
NDAHPERD Conference Photos (continued)

Retirees working the conference registration—Deb Conlon, Lorraine Lutjens, Vicki Schneider

BCBS of North Dakota representative, NDAHPERD President Jaimie McMullen, AAHPERD Past President Brad Strand, NASPE High School PE Teacher of the Year Clay Ellis, AAHPERD President Elect Gale Wiedow

Minot State Club of Physical Educators’ students leading a Yoga activity session.

NASPE Northwest District Middle School PE Teacher of the Year Susan Schultz leads the International games participants some activity

NDAHPERD attendees networking at the exhibits

Minot State Club of Physical Educators’ students leading a Zumba activity session.
Plan to attend CD AAHPERD
Co-hosted by WAHPHERD
Jackson, WY • February 21-23
Thursday, February 21 pre-convention
Friday and Saturday activity sessions

Jackson, WY • February 21-23
Ride for the Brand
www.aahperd.org/about/districts/central

Special Guests

Jayne Greenburg
Friday Luncheon speaker
Transformational Physical Education
Friday • 11:30 am-1:15 pm

Also Presenting:
Visionary Physical Education: PE on a Mission!
Friday • 3:30 - 4:20 pm

James P. Owen
Keynote Speaker Friday Night Banquet
The Try
Friday • 6:00-9:00 pm

American Heart Association®
Learn and Live™

Upcoming Dates • Mark Your Calendars!

• AAHPERD: Charlotte, NC • April 23-27
Physical Activity in the Classroom
Sherry Yancey, NDAHPERD VP Health

Physical education is not the only class that should be responsible for getting students to move and be active. Eight of nine recent studies in movement and academics showed a positive correlation. However, most teachers don’t need research studies to tell them that students learn better with hands-on activities and that classroom behavior problems are reduced when students are actively engaged.

An easy way to create movement in the math classroom is to do a “10-second switch.” Students are given 10 seconds to switch to another student’s desk and check the last problem on their paper. They are then given 10 seconds to return to their own paper and see the critique by another student.

Most classes (science, English, social studies, art, and health) have vocabulary terms. A sticky wall made of a plastic tablecloth sprayed with adhesive makes a great vocabulary matching game. Move students into groups of three or four and give them a set of cards with the vocabulary words on them. Have the definitions attached to the sticky walls about 20 feet away from the groups. One at a time, students pick a card and run to the sticky wall and turn over a definition. If it isn’t a match, they run back to the group and another goes to find the correct definition. If the first person turns over the correct definition, they bring it back to the group and the next person goes. The first group to match all the words and definitions earns 2 bonus points on the vocabulary quiz—or just bragging rights.

Every teacher can play a role in getting kids active. Share these activities with others in your building to create an atmosphere where health and movement are valued!

Kyra, eighth-grader at Wachter Middle School, participating in the Vocabulary Sticky Wall activity.

Mike Porter (board member), Tami Doppler (board member), Melissa Rindel (board member), and various members from Minot, Dickinson and Bismarck Public Schools ie. Members: Pam Ihmels (BPS), Scott Miller (Dickinson), Elonda Davidson and others taken in Bismarck Nov.29 at the NASP archery training by Jeff Long.
Member Articles

Saving a Life Is a Real Sport

Nikki Lindgren, NDAHPERD Vice President-Elect

Minot High School Central Campus was able to raise $855 for Jump Rope and Hoops for Heart. The students sold American Heart Association T-shirts for a $15 donation and sponsored a Staff and Students Wear Red Day in November. They will do it again on the first Friday in February for National Wear Red Day, a day dedicated to the American Heart Association's cause.

If you are interested in sponsoring a Wear Red Day, you can contact Cindy.cook@heart.org.

Member Articles

Quick Pick of Brain Activities

Amy Heuer, NDAHPERD Co-Executive Director

Body Drumming

Have students stand behind their desks. Start with one hand on the back of the other, gently drumming (clapping) on it. Move the hand up the arm and down the middle of the chest to the belly, continuing the clapping on the body as you go. When you reach the belly, add the second hand. Stop the first hand as the second moves to the other side. End with hands clapping in front of you, where you then say, “Thank you for the standing ovation.”

Nose and Ear Change

Cross arms and hold your nose with your left hand and your ear with your right hand. Switch hands, speeding up as you continue to say “switch.”

Body Rock, Paper, Scissors

Find a partner and play one time. The winner goes to the Success side of the room; the other person goes to the Try Again side of the room and finds a new partner to compete against. After each challenge, move to appropriate side of room and compete again.

Jump with each word: rock, paper, scissors, shoot. When landing on “shoot,” put your body in one of the following positions:

Rock: Body is in a squat with feet together.
Paper: Arms and legs are far apart to sides.
Scissors: Legs are apart with one in front, one behind; arms are one in front, one behind.
Spice Up First Aid With a Moulage Kit!
Scott Parker, NDAHPERD VP College/University

Have you been looking for ways to spice up your first aid and CPR lessons? Try adding a moulage kit. Moulage is the art of making fake injuries. For years the emergency medical services have been using moulage to make the situations seem more realistic, so why don’t we use them in our lessons? Since I have used “blood and guts” in my lessons, the students have been much more involved and they all want to volunteer to be the injured. I even have people volunteering who aren’t in the class.

You can start to put a kit together fairly cheaply. After Halloween, when all of the synthetic injuries go on clearance, you can build your “bloody box.” You can start by adding one or two synthetic cuts, spirit gum (glue), spirit gum remover, a little liquid latex (to blend the cuts to the skin), and lots of blood! Following is a recipe for blood; you can adjust this to make it thicker or thinner by adding water. The students will be lined up outside your door to be the next injured person, especially around Halloween. This has turned into one of my favorite units to teach!

Fake Blood Recipe
Mix Together
- 2 Tbsp corn syrup
- 4 drops red food coloring
- 1 tsp cocoa mix
- 1 Tbsp corn starch
- Ketchup squirt bottle
- Clothes that can be stained (the blood does not come out of clothes)

Example of a moulage injury (it’s not real!).
NDAHPERD Board Meeting Highlights
Tami Doppler, NDAHPERD Secretary

Fall IVN Board Meeting
Tuesday, November 20, 2012, 7:00 pm

Seven board members were present. Updates were given by all conference chairs.

- Amy Heuer gave the fall conference wrap-up. The board would like treasurer Craig Heuer to give a breakdown of the conference for expenses and profits.
- Amy Heuer updated the board on the new website and membership software. The website committee (A. Heuer, J. McMullan, N. Lindgren and T. Doppler) have met a total of 8 hours with Scott Wilde to use Evernote to create the website.

Redoing the website will allow the use of a new membership software giving us direct access to our member lists and information on our members. We will also receive the information on new and renewing members immediately, set up membership cards for our members, and find an easier way to access our website for updates and postings. Members will be able to access our site formatted for their mobile devices to access the newsletter in entirety or by article; we will be able to send out messages through blogs, have discussion streams, and allow posting of questions and members answering those questions (great opportunity for students to post questions to teachers in our state). We will have a public site that allows for administrators, parents, and classroom teachers to access NASPE documents or other items that support physical education and health.

- JRFH and Hoops-Conference Incentives—Gunderson shared that because the conference falls so early in September, it was hard to get the word out on the JRFH and Hoops conference attendance discount price. We did have 21 members take advantage of the $45 discount.
- We are looking for a contact to help make a new NDAHPERD banner to display at conferences.
- New board makeup was discussed at the August board conference planning meeting and than via e-mail. Gunderson firm it up but the board makeup was never voted on by members.
  - The following changes were made to the constitution and by-laws:

  ARTICLE V - Election of Officers-
  Section 1. Half of the officers specified in the Constitution shall be elected annually in May by electronic vote by a simple majority of voting members, except the offices of past president, president, president-elect, and vice-president general. The position of vice-president general will be voted on each year. If a tie exists the executive committee will decide the outcome.

  Section 4. The terms of all officers shall be two fiscal years in length (see Article VI), in length, with the exception past president, president, president-elect and vice president-general.
  - Survey Monkey will be sent to all members to vote on approval of the board makeup and constitution changes.

- Let’s Move in School (LMIS)
  - AAHPERD president Brad Strand sent out a request to A. Heuer and Gunderson to try to have North Dakota be the first state to have 100% of its schools registered and participating in the LMIS event.
  - There was good discussion on how to go about this, such as contact members who are registered first. get a listing of all the schools, pick two or three members from that district to contact and recruit schools in their district.

- North Dakota Legislative Year—Day on the Hill is on February 12, 2013.

Continued to page 18
New World Record for Stack Up 2012!

A new world record for most people sport stacking at multiple locations has made its mark for 2012. There were 483,658 stackers from 2,375 schools and organizations representing 30 countries around the world for making this year’s WSSA Stack Up! the biggest and best ever.

At exactly 1:59 p.m. MST on Friday, November 16, last year’s record of 412,259 was broken with the help of the 620 stackers at J. Larry Newton School in Fairhope, Alabama. Verifications continued to pour in until all were accounted for and the final tally was reached. The new record will now be submitted to Guinness World Records for official confirmation, which is expected in the coming weeks.

Congratulations to the following North Dakota schools and organizations that participated in this worldwide event:

<table>
<thead>
<tr>
<th>School</th>
<th># of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northridge Elementary School</td>
<td>290</td>
</tr>
<tr>
<td>Page Elementary School</td>
<td>89</td>
</tr>
<tr>
<td>Peter Boe, Jr. Elementary School</td>
<td>234</td>
</tr>
<tr>
<td>Prairie Rose Elementary</td>
<td>192</td>
</tr>
<tr>
<td>Roosevelt</td>
<td>70</td>
</tr>
<tr>
<td>Saxvik Elementary</td>
<td>100</td>
</tr>
<tr>
<td>St. Joseph's School</td>
<td>73</td>
</tr>
<tr>
<td>St. Mary's Grade School</td>
<td>221</td>
</tr>
<tr>
<td>Stanley Elementary</td>
<td>300</td>
</tr>
<tr>
<td>Sunrise Elementary</td>
<td>300</td>
</tr>
<tr>
<td>Mayville State University</td>
<td>153</td>
</tr>
<tr>
<td>Melissa Rindel</td>
<td>45</td>
</tr>
</tbody>
</table>

If you are interested in seeing more on the Stack Up Event, go to [www.thewssa.com](http://www.thewssa.com). For more info on cup stacking, go to [www.speedstacks.com](http://www.speedstacks.com).
The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is sponsoring the Undergraduate Student Leadership Forum to be held Wednesday, April 24, 2013, 7:30 a.m. to 11:30 a.m., and Thursday and Friday, April 25 to 26, 2013, 8:00 a.m. to 10:00 a.m.

The program will include leadership strategies, networking activities, career development, professional involvement topics, and an opportunity to meet AAHPERD leaders. While most of the program is open to all students attending the convention, if you are selected to represent NDAHPERD as a student delegate you will receive complimentary convention registration and a special delegate lunch.

If you are selected to be a student delegate, NDAHPERD will award you with a $100 scholarship to help with expenses related to the conference. All of those selected to be student delegates with be required to present at a district workshop and submit an article to the NDAHPERD newsletter.

Criteria for Eligibility

- Be a current member of NDAHPERD (before application) and AAHPERD (you can become a member once notified of scholarship decision).
- Be in good academic standing at your undergraduate institution.

To Apply

Send a letter of application to Dr. Jaimie McMullen, NDAHPERD president. This letter should include your name, school, address, e-mail, phone number, major, standing in school, and current GPA. In addition, please answer the following questions:

1. Why do you want to attend the Undergraduate Student Leadership Forum?
2. What do you hope to gain from your attendance and participation at the forum?
3. How will you use what you learn at the forum in your role as a student leader in NDAHPERD?

Deadline for Application

Application must be received by January 18, 2013. Please send completed applications to:

Dr. Jaimie McMullen
Minot State University
500 University Avenue, Swain 108B
Minot, ND 58707

Or jaimie.mcmullen@minotstateu.edu
The Great Activities Publishing Company is pleased to announce that advanced work on the 2013 National Physical Education Institute is now under way. Held at the campus of UNC Asheville during the week of July 29 to August 2, 2013, this event will focus attention on how our country’s public schools can more effectively use their resources to foster new strategies for implementing stronger programs focusing on fitness, health, and obesity prevention for K-12 youth.

**Background:** Modeled on recommendations and strategies supported by the Centers for Disease Control and Prevention (CDC), the National Physical Education Institute will feature an elite cadre of keynote speakers and session presenters from across the United States.

“The magnitude and sophistication of the National PE Institute reflect a new chapter in the ongoing fight to address our nation’s childhood obesity epidemic,” states Artie Kamiya, co-chair of this new ongoing national event. “It is imperative that all school districts begin to double their efforts if our state and country are to keep competitive in this new global economy.”

**National experts:** “The National PE Institute was developed to help point out how obesity and unhealthy lifestyles have become a weighty problem for the North Carolina economy and the nation as a whole,” says Dr. David Gardner, executive director of the North Carolina Center for Health and Wellness. “We are pleased to build upon the effort’s of our successful 2012 PE Institute where over 300 K-12 physical education leaders from across the United States joined forces with an elite group of education and fitness experts that included Dr. Bob Pangrazi, Dr. George Graham, Dr. Stevie Chepko, Dr. Dolly Lambdin, Dr. Jayne Greenberg, and Shellie Pfohl, executive director of the President’s Council on Fitness, Sports and Nutrition.”

**More Information:** Additional information about the 2013 National PE Institute is now available at [www.nationalpeinstitute.com](http://www.nationalpeinstitute.com). When visiting this website, you will be able to see highlights from the 2012 PE Institute and the ABC-TV news clip, and you can sign up for our “Friendly Reminder” e-mail service to remind people to attend this event.
Fall 2013 Regional Workshop Proposal

Proposed location: ____________________________________________________________

Manager(s) name_____________________________________         name_____________________________________

address___________________________________         address___________________________________

City, st, Zip________________________________        City, state, Zip______________________________

Phone____________________________________         Phone_____________________________________

e-mail____________________________________        e-mail_____________________________________

Workshop Theme_________________________________________________________________

Presenters/subject________________________________________________________________________

Presenters/subject________________________________________________________________________

Presenters/subject________________________________________________________________________

Presenters/subject________________________________________________________________________

Workshop Theme

Workshop Budget Proposal

Purpose_________________________________amount________________________

Total____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

Grand Total________

Extra Information

Please submit to Rebecca Gunderson, NDAHPRED Co-ED

Mayville State University

330 3rd St NE

Mayville, ND 58257

Fax 701-788-4797

E-mail becky.gunderson@mayvillestate.edu

E-mail becky.gunderson@mayvillestate.edu
Take a Leadership Role—Or Nominate a Colleague

Become an Officer in NDAHPERD!

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

-e-mail: Jamie.Mcmullen@minotstate.edu
-or call 701-858-3388 (w)

Minn. 58707
500 University Ave.
Swain Hall 108B

Jamie McMillen

...
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Dept. of Public Instruction
Tony Roness

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By-Laws/Op-Codes-Tami Doppler
State Conf./Workshops-Tami Doppler
Nominating-Rachel Krug
Advocacy/PR-Executive Director
Applied Strategic Planning-TBA
Chairperson for the Let’s Move in School initiative-Vicky Bender

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this, we would be the first state in the nation to have every school recognized as a Let’s Move school! It takes only a couple of minutes, and it’s free. Registration provides you with Let’s Move in School resources and tool kits, invitations to special Let’s Move in School events, information about special opportunities with celebrity athletes, and much more. All I am asking is that you or someone at your school register—that’s it! For more information and to register your school, visit www.aahperd.org/letsmoveinschool/events/school_signup.cfm. Please also feel free to contact me or any other board member to learn more.

If you are already registered, please reach out to your friends and colleagues at other schools and encourage them to register as well. Together we can get moving in all North Dakota schools!

I hope you enjoy the first newsletter of this new year, and I wish you and yours a happy and—more importantly, a —healthy 2013!

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**NDAHPERD Board Meeting Highlights**

Past years’ activities were discussed. First time: Tri-fit, heart rate pulse sticks demo; second time: Geomats and DDR; third time: information table and some PE equipment, flashmob Zumba in the courtyard.

- A. Heuer will check with American Heart Association to see if Blue Cross/Blue Shield could sponsor a luncheon and also present Recess Yes and follow up on LMIS.

- Central District AAHPERD and AAHPERD Delegates
  - McMullan will be representing us at CD and nationals.
  - A. Heuer, Gunderson, and McMullan are going to CD.

- The following positions for the board will be elected in May: secondary sports PE; leisure and rec, VP general, APE.
  - Some names have been submitted for positions: Kevin Schmitke for secondary sports PE, Pam Ihmels for leisure and rec, Pat O’Brien for secondary sports PE.
  - B. Gunderson will make up a new board member form and e-mail it for us to fill out before March.

- Discussion on fall workshop ideas was to follow the theme of Let’s Move in School. Start thinking of places to have fall workshops. Go with the theme of LMIS.

- $250 PE grant has no deadline. B. Gunderson will put together a flyer for the PE grant, and all board members need to spread the word to members.

- Next meeting dates: McMullan will send out a Doodle calendar to all board members to schedule a board meeting for the first two weeks of February.

**Upcoming dates for conventions and workshops:**

- 2013 CDAHPERD convention, Ride for the Brand February 21 to 23, Jackson Hole, Wyoming.

- AAHPERD Charlotte, North Carolina, April 23 to 27, 2013.
  - LDC, Las Vegas, June 18 to 20, 2013.

**NDAAHPERD NEWSLETTER**
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