



# Volume 1, Issue 4



Central District Association of the American Alliance for Health, Physical Education, Recreation and Dance

## 2009 CDA Convention—Something for everyone!!

### Special points of interest:

- \* CDA Convention March 12-14, 2009 in Rochester, Minnesota
- \* Teachers of the Year
- \* Emerging Leaders
- \* National Board Certified Teachers
- \* NDA Workshop
- \* NASPE PIPEline Workshop
- \* Teachers of the Year

### Inside this issue:

Emerging Leaders Forum	2
NDA Workshop	3
State News	4-6
NASPE PIPEline Workshop	4,9
CDA News	7-9
TOYs announced	10
NASPE Workshop registration	12

The 2009 Central District Convention is just around the corner and you don't want to miss it. The Mayo Civic Center and the Radisson Hotel in Rochester MN will provide excellent facilities for our annual meeting March 12-14, 2009.

Keynote speaker Jean Blaydes Madigan is well known for her work in action based learning. She will present three interactive sessions: "How Brain Research Links Movement to Learning"; "'Know' Brainers-Easy Academic Activities that move KIDS to Learn"; and "Building Better Brains through Movement". Other special guests and presenters include: Dana Brooks, AAHPERD President-elect; Thomas Davis, AAHE President-elect; JoAnne Owens-Nauslar, AAHPERD Past President; Crystal Gorwitz, 2004 AAHPERD Middle School TOY; LeAnn Haggard, 2006 NDA TOY; Karen Roesler, 1998

NASPE High School TOY; Luann Palmquist, 2008 Central District Adapted Physical Education TOY; Cecilia Studdard, 2008 Central District Middle School TOY; and Candee Stuchlik, 2008 Central District High School TOY.

Four pre-convention workshops will be held on Thursday, March 12. They include: half day sessions in Dance and Health, and full day sessions in Adapted Physical Education and Physical Best Health Fitness Specialist Certification. Pre-registration and additional fees are required for each of these workshops.

In addition to over 70 sessions included in the 2-day convention there will be lots of special events. A Thursday evening welcome social and celebration of the 30<sup>th</sup> anniversary of JRFH will feature a performance by a local jump rope demonstration team. A silent auction will be held on Friday eve-

ning. District awards and the District Scholar Lecture, a mini dance gala, time for state meetings/socials, "wake-up" city walking tours, and an all-convention dance will give ample opportunity for socialization and sharing of ideas. Exhibits will be open all day Friday and Saturday morning.

Don't miss this opportunity to revitalize yourself with new ideas and activities for your classes and the opportunity to visit with old friends and make new friends. The early bird registration deadline (January 9) is just days away. Check out the complete convention program online at: [www.aahperd.org](http://www.aahperd.org) (under Central District; convention). Registration is also available online or you can print a form for snail mail. Hotel reservations should be made directly with the hotel (1-800-333-3333) by February 18.

See you in Rochester!

# Attention!

## CDA CONVENTION

### EARLY BIRD

#### REGISTRATION DEADLINE

**JANUARY 9, 2009**

**DON'T BE LATE!!!**

**Take advantage of the  
best fees!!!**

---

"Whenever I get to  
a low point, I go  
back to the basics. I  
ask myself, "Why  
am I doing this?" It  
comes down to  
passion.

—Lyn St. James

---

## EMERGING LEADERS FORUM

June 17-20, 2009

Washington Court  
Hotel

Washington, DC

AAHPERD is offering a new opportunity at the 2009 Leadership Development Conference for future leaders of the National, State, and District associations to develop their leadership skills, increase their knowledge of the Alliance, and network with current leaders from across the country.

We invite members who may be interested in pursuing a leadership role in their association in the near future to



### Building Leaders 2009

participate!!! Enrollment for this program is limited to 30 participants. The Emerging Leaders will participate in the Advocacy sessions on Wednesday, June 17, and visit their Congressional representatives on Thursday, June 18. The dedicated program for the Emerging Leaders on Friday and Saturday morning will include sessions on:

- Orientation to the Alliance—"How to Progress Up the Leadership Chain"
- Leadership Styles
- Running Successful Meetings—Planning Agendas, Parliamentary Procedure

There will be many opportunities

throughout the weekend for networking and sharing with the Presidents-elect and Executive Directors of the state associations.

The goal at the end of the LDC 2009 weekend is the participants of this special program will be enthusiastic about sharing their talent and energy with the members of their association in a leadership position. They will have a better understanding of the different leadership opportunities that are available to them.

**The registration fee for the Forum is \$175 and the registration deadline is April 15, 2009.**

## Healthy Kids, Healthy Communities Call for Proposals Announcement

The Robert Wood Johnson Foundation (RWJF) is pleased to announce a new call for proposals (CFP) for Healthy Kids, Healthy Communities, a national program whose primary goal is to implement healthy eating and active living policy- and environmental-change initiatives that can support healthier communities for children and families across the United States. The program places special emphasis on reaching children at highest risk for obesity on the basis of race/ethnicity, income and/or geographic location.

Under this CFP, RWJF will award approximately 60 grants to community partnerships across the United States, each of which will receive up

to \$350,000 total over four years. All grantees must secure a cash and/or in-kind match equal to at least 50 percent of the RWJF award over the entire grant period.

Partnerships from all states are encouraged to apply. The Foundation will, however, give special consideration to proposals from 15 states where rates of childhood obesity are particularly high: Alabama, Arizona, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, New Mexico, North Carolina, Oklahoma, South Carolina, Tennessee, Texas and West Virginia. Approximately half of the grants under this CFP will be awarded to communities within these states.

The deadline for brief proposals is February 3, 2009 at 3:00 PM Eastern Time. All proposals must be submitted electronically through the RWJF Grantmaking Online system.

Go to [www.healthykidshealthycommunities.org](http://www.healthykidshealthycommunities.org) to download a copy of the CFP, review frequently asked questions (FAQs), register for an applicant conference call, and access the RWJF Grantmaking Online system.

## CDA 2008 Physical Education National Board Certified Teachers

The following Physical Education teachers within Central District earned their National Board Certification either in Early and Middle Childhood or Early Adolescence through Young Adulthood:

### Colorado

Sue Brittenham, Boulder

Jennifer Houston, Colorado Springs

Lisa Morell, Boulder

Lisa Perry

Elaine Rosquist, Louisville

Matthew Monfire, Parker

### Iowa

Tracey Murphy, Pella

### Kansas

Sherry Nelson, Emporia

Charles Wells, Emporia

### South Dakota

Janet Metzger, Pine Ridge

### Wyoming

Tina Baker, Dubois

Central District would like to congratulate each of you!!!



## National Dance Standards-Based Page to Stage Musical Theater Workshop!!

With Special Guest Artists

Michael Barriskill—who made his Broadway debut at age 21 as Mr. Mistoffelees in *Cats*

&

Kelly Burnette—K-12 National Dance Educator of the Year

&

Cory Boyas—who performed on Broadway in *Beauty and the Beast*

Gotta Sing! Gotta Dance!

NDA Page to Stage National Dance Standards Workshop

Learn the Ins-and-Outs of Musical Theatre in this Exciting National Standards-Based Workshop!

January 17-18, 2009

Manatee School of the Arts

Palmetto, Florida

For more information and to register:

<http://www.aahperd.org/nda/template.cfm?template=gottaSing.html>

Or call

National Dance Association

703.476.3464

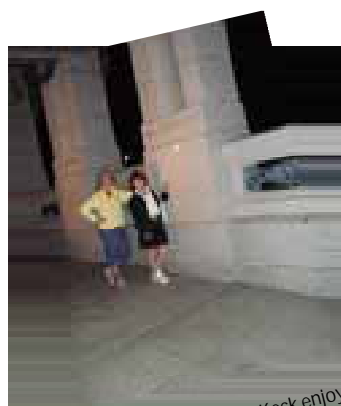
Continuing Education Units are Avail-

---

“Make every day your masterpiece.”

—John Wooden

---



Sally Scherrer & Sheri Keck enjoy an evening stroll in DC at the WWII Memorial



Convention Manager Nancy Christensen

“Where is Ellen when I need her?”



Megan Gangrish waits patiently while Jeff Hoffman and Joe Deutsch figure the best route



## STATE NEWS

### IOWA TEAM FITNESS—submitted by Valerie Unkrich, IAHPERD President

In January 2007, the Iowa Association of Health, Physical Education, Recreation and Dance (IAHPERD) joined forces with seventy-eight K-12 schools, four post-secondary institutions and over 130 state and local educational, medical and political partners to create the *Iowa Team Fitness* Initiative. We began the process by revisiting the history of our profession and reviewing current private sector trends in physical training. It soon became clear that past wisdom and current innovations had much to offer the future. Our efforts led to the development of a \$498,176 Carol M. White Physical Education Program (PEP) Grant that was approved for funding in June 2008.

Our core team worked for over a year developing the *Iowa Team Fitness* vision, and representatives from our partner schools and agencies met several times at the Iowa Department of Education in Des Moines to sharpen our strategies. Members of our core group reviewed a combined total of over 100 grants. Some of our team had previously submitted PEP applications, and the entire consortium added valuable ideas and effort to the project design.

The required research and legwork was extensive, educational and sometimes troubling. We measured our current programs against the Kansas Standards for Physical Education and Iowa Administrative Code Physical Education Content Requirements. Numerous deficiencies came into focus. Each school tested students in grades four, eight and eleven for physical fitness and posture. The results were sobering. Schools also took the CDC School Health Index physical education and nutrition surveys. They too indicated serious deficiencies. High school student surveys revealed three recurring themes:

They want to be fit, and prefer interesting and practical instruction to redundant games and sports,

They want to learn more about good nutrition, and will eat healthier food if it tastes good.

They prefer physical education programs that allow them to play a meaningful role,

They want to become leaders, teachers and mentors, and

They want good nutrition and physical education programs that will prepare them for the future.

Throughout the planning process, we reminded ourselves that our vision must be meaningful, sustainable and replicable. We stretched our minds to look beyond the methods, materials and motivators currently valued by the mainstream, and to then reshape our programs for the 21<sup>st</sup> Century.

Our project is focused on improving the nutritional habits and physical fitness of our students. Each school received a standardized equipment kit of relatively inexpensive functional training equipment used by physical therapists and world-class athletes. Medicine Balls, weighted wands, kettlebells, dumbbells, Indian clubs, agility ladders and numerous other tools are included. Iowa Public Television, Des Moines Area Community College's Culinary Arts Institute and the Iowa Department of Education are leading the nutrition effort. Our classroom ergonomics/posture efforts include Discosits and ideas from the Mayo Clinic's NEAT initiative. Off-the-ground training skills utilize common playground equipment.

The *Iowa Team Fitness* concept is based upon socially facilitated teaching

models widely used in physical readiness training and private-sector fitness clubs. We aim at teaching our students how to instruct others and focus our attention on teaching all students to exercise as a team. Iowa Wesleyan College, Upper Iowa University, Grace-land University, and the Des Moines Area Community Colleges Culinary Arts Institute provide ongoing DVD-driven instructional support. The Iowa Public Television Network is assisting with our technological needs, and scores of other local and State assets add mind and muscle to our project.

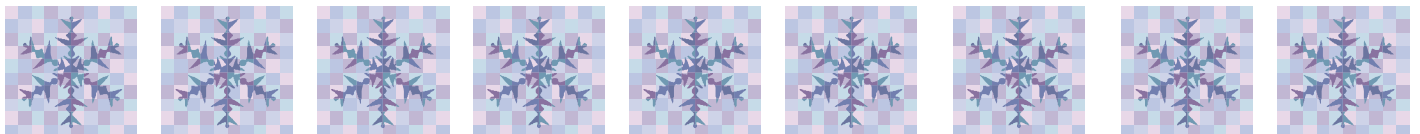
Our initial challenge was to create an organizational model that would meet the guidelines requiring PEP fiscal agents to be community-based organizations (CBO). Iowa is primarily rural, and strict adherence to the CBO requirement makes it difficult or impossible for many of our districts to create the networks required. We proposed a statewide community of rural schools, and argued that the IAHPERD is the ideal organization to coordinate the initiative. Over 130 partners agreed, and numerous political leaders including Governor Chet Culver supported our application. For more information concerning the *Iowa Team Fitness* initiative, go to [www.iowateamfitness.org](http://www.iowateamfitness.org).

---

"Blessed is the influence of one true, loving human soul on another."

—George Elliott

---



## NASPE PIPELine Workshop Coming to Kansas

Have you always wanted the opportunity to spend a day learning from an outstanding educator in your field? Have you ever wished you could attend a NASPE PIPELine workshop but just could not find the money in your budget? Mark your calendars now for a high quality professional development opportunity at a cost that is affordable to you!

Central District has teamed up with Kansas (KAHPERD) professionals and Fort Hays State university (Hays, KS) to bring this opportunity to you. Fort Hays State University will host a NASPE PIPELine workshop titled

“Teaching Instructional Models in Standards-Based Physical Education” in February, 2009. Plans are being made now to bring the new PIPELine workshop to you. Through this joint sponsorship the workshop will be made available at special rates to students and professionals who are current state and AAHPERD members. This workshop will offer participants the opportunity to experience three specific physical education instructional models: Sport Education, Teaching Games for Understanding, and Teaching Personal and Social Responsibility. Workshop participants will learn how to use any of these three

models in their own programs. More specific workshop information will be made available in upcoming issues of state and Central District newsletters. Mark your calendars and plan a trip to Hays this February to join fellow students and professionals in an excellent learning experience and professional development opportunity. For more information contact Dr. Joyce Ellis at [jaellis@fhsu.edu](mailto:jaellis@fhsu.edu) or call 735-628-4594.

**See registration form on the last page.**



## MISSOURI—submitted by Jim Herauf, MoAHPERD Executive Director

Our state convention was held November 14-16, 2008 at the Lodge of Four Seasons at the beautiful Lake of the Ozarks. We hit an all time record with 1004 attendees, 170 of them being Future Professionals! The convention offered more than 100 presentations during the two and a half days. The convention gives our members the opportunity to learn new activities, network with fellow members, and feel revitalized.

This coming spring we will again in cooperation with the Department of Elementary and Secondary Education and the Regional Professional Development Centers, provide ten Quality Healthy and Physical Education workshops throughout the state of Missouri.

The focus of the workshops will be developing curriculum in health and physical education using the K-12 grade level expectations for health and physical education.

Our association as have some others had to make budget adjustments associated with the decrease in funds from the Jump and Hoops programs. We will at our spring board meeting meet with representatives from the American Heart Association to discuss how we as an association can be more active in promoting these programs and subsequently generating more income for both groups.

Our board has taken action to incorporate the latest IRS requirements for not-for-profit associations including the development of a policy manual. The manual will contain governing items that do not fit into the constitution or by-laws.

We have had great success filling board member positions with several of them being new professionals.

This past year we hired a commercial firm to develop our website and that has gone well. We are still working on some updates and should have everything in place by the summer of 2009. The site address is [www.moahperd.org](http://www.moahperd.org).

---

“There is no power on earth that can neutralize the influence of a high, simple and useful life.”

—Booker T. Washington

---

“As simple as it sounds, we all must try to be the best person we can: by making the best choices, by making the most of the talents we’ve been given.”

—Mary Lou Retton





## MINNESOTA—submitted by Vicki Johnson, MNAHPERD President

Hello, my name is Vicki Johnson and I am MNAHPERD President 2008 - 2009. I am a physical education, health and swimming teacher at Detroit Lakes High School in Detroit Lakes, Minnesota. I hope you are all having a good and productive year. We have been and will continue to be very busy in Minnesota this fall and winter.

October 26<sup>th</sup> and 27<sup>th</sup> Past President Rick Benson organized a very successful conference, "Educating the Complete Child through Active and Healthy Schools". The conference was held at Arrowwood Resort and Conference Center in Alexandria, Minnesota. Guest Speakers were Dr. George Graham from Pennsylvania State University and Cara McNulty from the Minnesota Department of Health.

We continue to be involved with AHA and the Minnesotan's for Healthy Kids Grassroots Coalition. Through this coalition we continue to advocate for state standards. We are one of only three states who do not have statewide physical education standards. Under the bill we actively lobby and support are standards that follow either the NASPE or Minnesota Quality Teachers Network (QTN) suggested standards. This bill includes reinstating a graduation requirement of one-half credit of physical education in order to

graduate from Minnesota's high schools. 88% of Minnesotans agree that we need physical education as a daily part of the school curriculum at every grade level.

We are actively working to hire a lobbyist to assist us in our efforts to advocate for daily physical education and state standards for our Minnesota children.

The Minnesotan's for Healthy Kids Grassroots Coalition will also be lobbying and supporting the Statewide Health Improvement Plan (SHIP). This plan was enacted in 2008 and is a new \$47 million program to lower obesity rates and reduce tobacco use through a local public health grant program.

In 2009 we look forward to a new and improved website through Human Kinetics. When we get up and running, check us out! We are confident this will provide an improvement in communication to our members.

We will be participating at Heart on the Hill March 11<sup>th</sup>, 2009 to advocate for physical education and healthy children. You may register and reserve your spot by visiting [www.heart.org/mnheartonthehill](http://www.heart.org/mnheartonthehill)

Central District, "The Passion of One...The Power of Many", will be in Rochester, Minnesota March 12 - 14, 2009. This will be at the Rochester Radisson Hotel and the Rochester Mayo Civic Center. Our own Rich Burke is Central District President and we look forward to seeing you all there. You may register at [www.aahperd.org/districts/cda](http://www.aahperd.org/districts/cda). Remember to register in time to get your early bird rate. The accommodations are wonderful and with over 60 sessions you will be offered an opportunity of professional growth along with a chance to network with your colleagues.

One of our MNAHPERD goals for this year is to provide an increased number of regional opportunities for our members. Our committees are communicating their ideas and plans through e-mail and an inexpensive or free cell phone conference calling process (only their minutes are used or they are utilizing free evening or weekend minutes).

I would like to wish you all a wonderful and prosperous 2009 New Year. We look forward to seeing you in Rochester!

---

"No leader is worth his salt who won't set up the chairs."  
—Peter Drucker

---



Tami Doppler, Disa Salander, and Donno Terbizan  
North Dakotans geocaching at Mahoney State Park



BOG Rep. John Zedy and President Rich Burke  
" Grillmeisters "

## Vicki Worrell—Candidate for AAHPERD President-elect!!!

Congratulations to Vicki Worrell, past Central District President and KAHPERD Executive Director for being selected as one of two final candidates for AAHPERD President-elect!!! What an honor!!! The election will be conducted at the Alliance Assembly during the AAHPERD Convention in Tampa, Florida, on Saturday, April 4. Needless to say, both KAHPERD and Central District are very proud of Vicki and her opportunity to serve our profession in this capacity. Vicki is known for her service, having received the NASPE Joy of Effort Award.

She has received the CDA and the AAHPERD Honor Awards as well. KAHPERD has named a state award in her honor. Vicki was the 1993 NASPE Elementary Physical Education Teacher of the Year. She had a Jump Rope Demonstration Team for years promoting Jump Rope for Heart events and physical activity across the United States and abroad. She has presented at numerous state, district, and national conventions, sharing her expertise with many! Her accomplishments are obviously many. She is very worthy of this opportunity and

would represent our profession well in this high office.

There will be a reception for Vicki in Tampa following the Alliance Assembly. Please attend if you are at the convention!!!



## Past President's Message—Dennis Docheff

As the out-going Past-President for Central District, I urge all members to consider getting more involved with Central District. This might include serving on a committee, running for office, making a presentation at the convention, and more. Find a spot that fits for you and throw yourself into the work!

Without a doubt, the best part of my three years on the CDA Board has been meeting and working with the great people of Central District. I have been fortunate to meet people from each state in the Central District—WE HAVE GREAT PEOPLE IN OUR DISTRICT!!!

Working with the Central District leadership has “rubbed off” on me in a positive way. I have learned much about running meetings, working with others, and how to be a better professional. I have also gotten countless ideas I use in my classes.

I can guarantee that increased involvement on your part will result in the following:

- You will make new friends—real friends—that make you a better person.
- You will grow—

professionally—being a life-long learner makes us better professionals.

You will positively impact others through our nine-state district.

You will make a contribution to the entire profession.

This is the chance of a lifetime. All one has to do is volunteer. I urge you to consider getting more involved with the Central District. Good luck!



## PAR and PASSION—submitted by Lois Boeyink, Vice President PAR

It is just amazing what programs have developed this year! At convention you will be presented with a wide variety of programs from the “Passion of Many”.

World Champions, Jay and Des Reading, will present on disc golf. They have competed and helped develop a curriculum for this sport.

Lacrosse is growing around the country and in physical education classes. Colorado’s Karen Marley has asked for a double session to inform you of some fun and simple ways to include Lacrosse

in your programs.

Bosu balls are the up and coming way to increase balance, and to strengthen the core muscles. Balls will be made available to use during this session. Get a feel for them and discover what they can do for the body.

Camp cooking and orienteering will be presented by Marcia Schmidt from Wisconsin. She was named the District teacher of the year in 2004. Along with her will be great teaching points from

Crystal Gorwitz, also from Wisconsin, who was the 2004 Middle School Teacher of the Year.

Other highlights include skillastics, student sessions, Jump/Hoops ideas, geocaching, and leisure education lectures.

If you haven’t thought about attending this year’s convention, think about it. This year will bring new presenters, programs, and a chance to create new passion to bring into your programs. Hope to see you there!!





## PRESIDENT'S MESSAGE—Rich Burke

### “Take Care”

On the surface the title of an article that says “Take Care” might seem to be very simplistic and not very meaningful. I beg to differ. In this era of record deficits, investment losses, mass layoffs, corporate bailouts and everyone looking out for themselves, it makes sense to me to take a step back and remind ourselves to do just as the title says; “Take Care”. I’m not writing this article to be the Grinch Who Stole Christmas, but rather to restate that we need to stay involved and proactive.

Who or what do we need to take care of? Well let me try to explain: 1. As the economy falters and real estate values plummet, school districts as well as state governments (which fund state colleges and universities) that rely on property taxes for their financial well-being are going to feel the pinch (some more like a vise). And we all know when times get tight, administrators and school boards like to balance their budgets. The seemingly easiest way is to forget about the whole child and go back to the “core subjects”. We’ve seen it before! 2. As the school finances get tight, often professionals are pitted against

each other to justify one area of learning over another. Instead of thinking about affects and impacts to students; teachers and professors are caught up in the us against the world. 3. Even if school finances are sound enough to fund quality programs, school districts are forced to make severe cuts to staff development funds to the bare minimums. This makes attending conferences or conventions even harder than usual. 4. On a more personal and individual note those of you that are retired or close to retiring have seen those important investments dwindle enough to cause real concern.

The answer to the previous question of who do we need to “take care” of, is our students, our profession and certainly ourselves. We need to “take care” of all three. The three are so intertwined that we need to do all we can to make sure that any of the 4 scenarios given don’t happen. Let’s go back to this years CDA Convention them “The Passion of One, The Power of Many”. We can’t rely on other folks to take care of the issues; every one of us has an equal share and responsibility. We need to “Take Care”

of ourselves through efforts in advocacy, staff development, team building and networking. Each one of us has the “Passion” we need to continue to create our own “Power” that fuels us to be strong and valued parts of our school communities.

Please take to time to consider fueling your passion to be part of the power of many by attending this year’s CDA Convention in Rochester. I encourage you to go online on the CDA portion of the AAAHPERD.org website and check out the great opportunities for networking, advocacy and professional development. Remember, if we aren’t “Taking Care” of ourselves, who do we think will.

I’d like to conclude by acknowledging someone in our profession that made a career out of Taking Care of her students, her university and our profession on so many different levels- Dr. Ruth Nearing- who is retiring from St. Cloud State University. She has certainly raised the bar higher for all of us. Thank you and Congratulations, Ruth!

---

“Men of genius are admired, men of wealth are envied, men of power are feared; but only men of character are trusted.”

—Arthur Friedman

---

## President-elect Message—Kelly Cook

In a time during our society when obesity will continue being an issue, we all must continue spreading the good word of health, physical education, recreation, and dance as a lifestyle. As you can see, CDA leaders are working to make your learning experiences the very best they can be.

Traveling this fall as Central District Association President-elect is an honor. There are many great physical educators throughout our district. I wish you a great winter break. Hopefully you'll find time to relax, enjoy your family, enjoy some good food, and enjoy a short break. The semester has gone by quickly and we've accomplished a great deal. Here are a few highlights of CDA-AAHPERD activities/initiatives since the last newsletter:

-Traveled to four state conventions: Nebraska, Minnesota, Kansas, and Wyoming

-Scheduled three state conventions for 2009: Iowa, Missouri, South Dakota

-Donna Terbizan, Sally Scherrer and I began scheduling pre-convention workshops and keynote speakers for the 2010 Fargo, ND convention. We are also under way with planning the entire event.

- Donna Terbizan, Sally Scherrer and I began scheduling/planning the Summit & Mid-Year board meeting, July 19-23, 2009, Ashland, NE

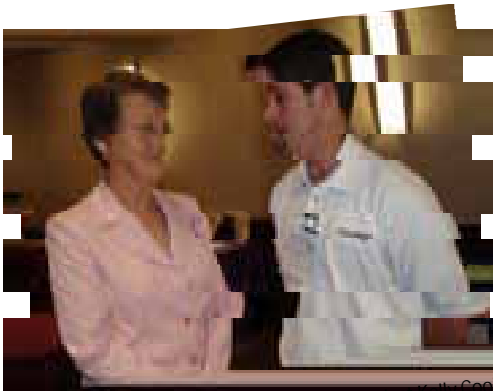
-Planning the 2008 District Social in Tampa, FL

-After the announcement of the AAHPERD candidates, we will be planning a congratulatory meeting for our very

own past CDA president Dr. Vicki Worrell, Emporia State University, Emporia, Kansas as she strives to become the national president. Be looking for that information coming soon.

I hope your semesters have gone by smoothly and your holidays are spent with friends and family. It is my wish that your New Year continue to grow healthy lifestyles in all of your students.

See you all in Rochester, MN for the 2009 "The Passion of One...The Power of Many CDA-AAHPERD convention March 12-14.



JoAnne Owens-Nauslar and President-elect Kelly Cook



Deb Stephenson and Karen Nash



Becky Gunderson, Nikki Lindgren, Tami Dopler, Disa Salander, Kelly Cook, Jodie Leiss, and Joe Deutsch

Summit 2008

“Instruction does much, but encouragement does everything.”

— Johann Wolfgang von Goethe



“The person who tries to live alone will not succeed as a human being. His heart withers if it does not answer another heart. His mind shrinks away if he hears only the echoes of his own thoughts and finds no other inspiration.”

—Pearl S. Buck

## Central District Announces Winners for the 2009 Teachers/Educators of the Year

Central District is very proud of the great educators we have working with our children. Each state has the option of sending forth its local Teacher/Educator of the Year winners to compete for Central District award recognition. Winners at this level then compete for National honors, which are awarded annually at the National convention.

Please join us in congratulating this year's Central District winners!

### Health Educator of the Year, school K-12

Rhonda Kemmis, SD

### Adapted Physical Education Teacher of the Year

Deb Johansen, MN

### Elementary Physical Education Teacher of the Year

Karen Ricker, NE

### Middle School Physical Education Teacher of the Year

Jennifer Schnell, IA

### Secondary Physical Education Teacher of the Year

Becky Winter, KS

Central District would like to recognize the following individuals as they competed for Central District Awards.

### Health Educator of the Year, school K-12

Amy Costello, WY

Traci Havlik, IA

Rhonda Kemmis, SD

Sunnin Keosybounuueuang, KS

Melissa Savaiinaea, MO

Deb Uetz, ND

### Adapted Physical Education Teacher of the Year

Deb Johansen, MN

### Elementary Physical Education Teacher of the Year

Margaret Beuter, IA

Patrick Fine, MO

Karen Ricker, NE

Patricia, KS

### Middle School Physical Education Teacher of the Year

Vicky Bender, ND

Carri Flores, KS

Jennifer Schnell, IA

### Secondary Physical Education Teacher of the Year

Becky Winter, KS

The award committee was honored to read all of the applications submitted. The passion, leadership and excellence demonstrate by our teachers is a true inspiration of our profession.

Please join us in congratulating all of the above-mentioned individuals, and we hope to see you at the awards banquet on Friday evening at 7:00pm,

March 13<sup>th</sup> in Rochester, MN.

At this point in time, the committee is working on reviewing applications for Central District Honor Awards and the Kathleen Kinderfather award, to be awarded at the Central District convention.

I would also like to acknowledge the following members of the Central District Recognition Committee. I have had the pleasure of working with this wonderful group of individuals who have spent countless hours reviewing applications, all on their own time, so that our educators may be recognized for the work they do. Please thank them for their dedication.

Randy Erickson, CO

Debby Eldred, IA

Mary Lou Anderson, KS

Nancy Christensen, MN

Chris Lantz, MO

Teeni Hinkle, NE

Mary Ann Donnay, ND

Patty Hacker, SD

Gay Hughes, WY

If you have any questions regarding the award process, please feel free to email me,

Patricia Morrison-Hughes

Chair, Recognition Committee

Pamorrison-hughes@aps.k12.co.us

## CONGRATULATIONS TO ALL STATE AND CENTRAL DISTRICT TEACHERS AND EDUCATORS OF THE YEAR!!!!

Be sure to attend the 2009 Awards Banquet Friday, March 14 at 7:00 PM

At the Central District Convention in Rochester, MN

Recognition will be given to all state and district Physical Education Teachers of the Year,

Health Educators of the Year, Adapted Physical Education Teachers of the Year

As well as the Kathleen Kinderfather Award and Honor Awards

Division Merit Awards will be given

District Scholar Dr. John Zody will give the Scholar Address

Early Bird Registration Deadline: JANUARY 9, 2009



## 2009 PEP Grant Call for Proposals to be Announced

NASPE wants you to be ready! Please share with your colleagues.

The Request for Proposals for the 2009 PEP Grants are scheduled to be announced on January 15, 2009 by the U.S. Department of Education. The deadline for the applications will be March 6, 2009. According to the chart below it is estimated that 88 new grants will be awarded. Scroll down to Safe and Drug Free Schools!!

<http://www.ed.gov/fund/grant/find/edlite-forecast.html>

Remember that PEP grants may be used for professional development training. With their PEP grants, many school districts across the country selected NASPE's PIPEline and Physical Best workshops to help their physical education teachers focus on best practices. Among the workshops you may select from:

- . Instructional Practices: Elementary, Secondary or K-12 Physical Education
- . Assessment Strategies: Elementary or Secondary Physical Education
- . Curriculum Development:

- K-12 Physical Education
- . Integrating Technology: K-12 Physical Education
- . Teaching Dance in Physical Education
- . Let's Get Moving: Physical Activity for Children Ages 3-5
- . Physical Best - certification and non-certification workshops

Call or visit NASPE at 800-213-7193, ext 489 or [www.naspeinfo.org/professionalservices](http://www.naspeinfo.org/professionalservices) for program descriptions or more information on scheduling.



## Engage. Challenge. Inspire 2009

You are invited to submit a program proposal to present at the [Engage. Challenge. Inspire 2009](#) Conference, June 14-17 2009 in Harrisburg, PA! Proposal submission deadline is February 15, 2009. This year's event is co-hosted by two prominent health education providers and advocates within the state of Pennsylvania: Clarion University Health Science Education Center and Susan P. Byrnes Health Education Center. Pennsylvania State Association for Health, Physical Education, Recreation, and Dance, Inc. (PSAHPERD) is a promo-

tional and content partner. For more information, visit <http://www.nahec.org/conference.php>.

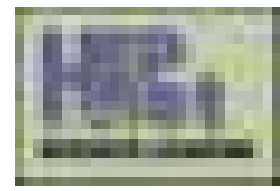
**Engage. Challenge. Inspire 2009** is a joint conference of the American Association for Health Education (AAHE) and the National Association of Health Education Centers (NAHEC). Since 2005, AAHE and NAHEC have offered this joint conference to bring experts from both organizations together to share and learn from each other.

---

"I don't eat junk foods and I don't think junk thoughts."

—Peace Pilgrim

---





# NASPE PIPELine Workshop

“Teaching Instructional Models in Standards-Based Physical Education”

Co-Sponsored by:

KAHPERD, Central District AAHPERD, and Fort Hays State University

## February 16, 2009

9:00 am - 4:00 pm

### Guest Presenter: Dr. Kim Bush, Meredith College

This workshop will focus on three specific instructional models: Sport Education, Teaching Games for Understanding, and Teaching Personal and Social Responsibility. Discover how you can use any one of these three models in your own program!

#### Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Check one:

Student State & AAHPERD Member - \$15.00

Student State Member only/AAHPERD Member only - \$25.00

Student Non-Member - \$35.00

Professional State & AAHPERD Member - \$35.00

Professional State Member only/AAHPERD Member only - \$50.00

Professional Non-Member - \$100.00

Return this form with workshop fee by February 1, 2009 to: Joyce Ellis, 139K Cunningham Hall, Fort Hays State University, 600 Park Street, Hays, KS 67601 Fax: 785-628-4126

For more information - [jaellis@fhsu.edu](mailto:jaellis@fhsu.edu)