

WAHPERD

www.wahperd.org

Our mission ... is to provide members with professional development opportunities and be advocates for our profession.

WISCONSIN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE
VOLUME 39, ISSUE 1
NEWSLETTER
WINTER 2010



President's Message

By Brenda Erdman

Hello WAHPERD family!

It is a great honor to serve you this year as WAHPERD President. I am having a wonderful experience already. I have heard from some of you personally, so thank you very much. I welcome you to call, email, or come visit me about WAHPERD or anything else your heart desires. We are a strong group of professionals who have become stronger through the support we show each other and WAHPERD.

My theme is *EXCELLENCE IN MOTION ... Mind*Body*Spirit!*

Mind: How you think and learn.

Making purposeful, mindful choices, and changes, when learning new or practicing old skills.

What are you doing to restore, build, and strengthen your mind, when it comes to your teaching, coaching, fitness, your health, your finances, and the earth? What are you doing to help your students' minds grow? Don't let others hold you back. Don't take a back seat to the old ways. Be smart, exciting, and adventurous. Keep your students minds sharp! The mind needs to move too!

Participate in professional development classes, workshops, conferences, or sharing with colleagues. Provide your students with opportunities to grow in knowledge with opportunities to think whether it is in a game, activity, paper, word walls, or technology. In order to keep your students sharp, you need to feed your mind first!

Body: How you move and grow.

Improve your fitness and skills, and move within your space using equipment safely.

Make time to work out and make healthy choices with your nutrition. Teach students how to move skillfully, with health and fitness at the forefront. Above all, teach students that movement is fun and enjoyable. It's hard work, but the benefits are many!

Be a role model to your students. Share with them the adventures, workouts, and experiences you have with exercise. Talk to them about how hard you worked and how you fit it into your schedule. Talk to them about your favorite workouts or sports. Show them pictures or share stories with them about what you did when you were their age.

Spirit: Taking care of yourself and others.

Take care of yourself, get your work done, mind your manners, and then...reach out to others. How can you help them? How can you make them feel better about themselves? What do you do to teach students to reach out and make it more about others, rather than all about "me."

There is nothing easy about teaching. Everyday it is hard work. Despite the hard times, there are great things happening all around us. Reach out to all your students to bring out their greatness. Care enough to let their spirit soar!

On a personal note...

I have been teaching in Reedsburg for 16 years at West-side Elementary School. I am married and have three girls. Hannah is in 6th grade, Leah is in 4th grade, and Ella is in 2nd grade. My husband Todd changed careers and will FINALLY be student teaching this spring as a middle school teacher. We are very proud of him!



Our great adventures this past summer included going to Florida and swimming with dolphins and stingrays. It was amazing and a little scary with the stingrays. I also completed several triathlons! I was training for another tri when I fell in a hole and severely sprained my ankle. I am now off crutches and in a brace. I am still healing, but hope to be back running this spring! We are a very active, busy family and enjoy each other very much.

As a WAHPERD member you are an example of EXCELLENCE IN MOTION!

Thank you for your commitment. Thank you for your dedication. Thank you for the chance to serve as WAHPERD President!



President Erdman's Goals

My goals for WAHPERD are listed below and I need your help to accomplish them. I have an awesome Board and Representative Assembly helping me with these goals, but I need you too! We will be successful as a WAHPERD TEAM. Please join me in helping however you can.



MIND: To increase communication with our members.

Knowledge is power. When people, and students, feel empowered they grow in their confidence and in the ability to learn.

Action Steps: Create a functional, useful newsletter filled with information that will help our members learn about HPERD. Continue monthly communication to our members through email. Attend as many district workshops that I am able to. Encourage a GREENER WAHPERD.

BODY: To grow our membership.

I would like our professionals to feel connected to the WAHPERD family.

Action Steps: Promote and adopt the realignment proposal. Five (or lots more!!!) new members from each

district. Encourage members to be active in the organization through the newsletter, workshops, and presenting. Explore a new logo – something new, fresh, and exciting.

SPRIT: To encourage WAHPERD members to help themselves, and more importantly to reach out to others.

Action Steps: Encourage WAHPERD members to participate in service projects, and WAHPERD will participate in a service project also.

Please join me in achieving EXCELLENCE IN MOTION through mind, body, and spirit!

Brenda Erdman, WAHPERD President, 2009-2010



Brenda with AAHPERD Leaders, Dana Brooks, Vicki Worell, and Monica Mize.

2009 Convention Highlights

Thanks to the many volunteers, this year's WAHPERD convention in Stevens Point was a success. There were over 700 participants in attendance along with over 35 different exhibitors. These photos are but a few of those taken that show our members learning "best practices" in physical education, health education, recreation and dance. Mark your calendars now to attend the 2010 WAHPERD Convention, October 27-29 in Wisconsin Dells.





2009 Convention Highlights

WAHPERD Recognizes Members

The WAHPERD Awards' Banquet took place on Thursday evening October 29, 2009 as part of the annual WAHPERD Convention held in Stevens Point. It was appropriate that after 'fueling' attendees bodies, that the Association recognized many members for their efforts in keeping WAHPERD and the HPERD profession 'fit for life'. The following individuals were honored for leadership, excellence in teaching, innovative practices and service:

Citation – Deb Grundahl, Jon Hisgen, Scott Frazier, Doug Kane, Jeff Lindauer, Kristi Mally. **Dance Educator of the Year** – Kitty Erdman. **JRFH/Hoops** – Brad Brogley, Lisa Haberli, Lisa Strauss, Patricia Witkowski. **Student Leadership** – Amie Heinzelman. **Promising Professional** – Khyll Berndt. **Recognition** - Alan 'Bud' Damato, Christine Zvara. **Teaching Honor** – Sandy Hagenbach (Elem.), Tonya Gnewikow (H.S.), Tracy Yengo (Univ.). **APE Teaching Honor** – Carrie Paterson. **Award of Merit** – Joanne Suomi. **Retirement Recognition** - Lynn Coleman and LexAnn Hitchcock.

MEMBERSHIP ... 25 Year Membership – Patricia Abraham, Ed Brown, Diane Corrigan, Alan Damato, Kitty Erdman, Linda Hanson, Rick Held, Larry Kopf, Charles Milliren, Jeff Steffen, Judy Steinert, Sharon Stoll, Carole Zierden, Paul Zettel. **20 Year Membership** – Karen Albert, Dennis Hood, Becky Farra, Lisa Haberli, Pam Herrling, LexAnn Hitchcock, Cheryl Kasuboski, Ann Kollross-Ott, Susan Kuhn, Julie Michel, Gail Milbrath, Karen Meyers, Sandra Norton, Linda Slaby, Jean Tretow, Pat Witkowski.

President Rosie Sylvester presented Kris Fritz, Cheryl Gorski, Jamie Graper, Jon Hisgen, Jan Kunert, Lori Petersen and Perry Sylvester with **Service Awards** for the roles they played in assisting her to facilitate her Presidential goals throughout the year.

Student members: Amie Heinzelman, Curt Koch and Lucas Rank received WAHPERD Scholarships.

Prior to the Passing of the Gavel to incoming President, Brenda Erdman, Midwest District President, David Anspaugh acknowledged Kris Fritz for having received the AAHPERD Honor Award in Tampa and formally recognized Amie Heinzelman with the Midwest District Outstanding Student Award and Carrie Paterson with the Midwest District APE Teacher of the Year Award. Ms Paterson will now join five other regional APE award designees in competition to be named National APE TOY during the AAHPERD National Convention in March 2010.

WAHPERD congratulates all award winners and thanks everyone for their efforts to improve programs, products and services for our members and those we serve. Special 'thanks' are extended to this year's Award Committee: Kris Fritz, Lori Petersen, Chris Rumbelow and Scott Sponholz along with WAHPERD Office Manager, Nicole Popowich who are responsible for the award process and the facilitation of the Banquet program. WAHPERD members are asked to send in nominations of deserving colleagues to the WAHPERD Office by February 1, 2010 so individuals may be recognized at next Fall's Convention in Wisconsin Dells. Please check the Directory or Website for eligibility criteria and nomination forms. Questions, call Nicole 1-800-441-4568.



Tonya Gnewikow



Alan 'Bud' Damato



Carrie Paterson



LexAnn Hitchcock



Jamie Graper

Amie Heinzelman
and
Lucas Rank



Rosie and
Perry
Sylvester





Message from Your President-Elect

By Brian Marx

I want to start out by thanking you for electing me to serve as your president next year. It is an honor and I will do my best to serve you the best that I can. I have started to share some ideas and have already had some discussions with Brenda on what is to come in this next year and how I can prepare for my year as president. I encourage everyone to follow Brenda's theme and show your Excellence in Motion – Mind, Body, and Spirit. This new position with WAHPERD has already expanded my mind. I have also started a new workout program with my wife at our local YMCA to continue to work on the body aspect. The spirit has been a challenge lately to be honest. The passing of our friend and colleague, Larry Cain, was a shock and the blow to the spirit. However, if we try to follow his example we will have no problems excelling in all three aspects. He was a great friend to us all and an inspiration to so many more. I will always remember the smile he greeted me with and the

amazing advice and guidance he gave me. I hope I can be someone who follows in his spirit. He not only affected his students but also everyone he met.

Larry was someone who helped WAHPERD out in many different ways. If you would like to serve the members of WAHPERD as well, I can tell you that it will surely contribute not only to your own excellence but to all of ours as well. Please feel free to

contact me and I can help you find a position that you will not only enjoy but will excel in. I hope you are all having a wonderful year and I hope you can find ways to show your

Excellence in Motion to everyone you meet.



Past President's Message

By Rosie Sylvester

As of the convention, I began my term as your Past President and will be serving on WAHPERD'S Executive Committee and Board of Directors. The most important role I have this term is to help plan and organize the convention that will be held in

Wisconsin Dells next fall. Anyone wishing to volunteer their services should contact me as the planning has already started. The facility "Chula Vista" has a great convention center and will provide a wonderful opportunity for you to bring your families along.

The 2009 convention in Stevens Point was very successful. I appreciate the many positive comments I heard about the quality of the programs we provided. Our "Keynoters - Bill Collar, Holly Gunterman, Andria Davisson, Dana MaCalad along with the other 70 plus presenters did an outstanding job of sharing with WAHPERD members. Thank you to each of you!

I would also like to thank the Stevens Point local volunteers that worked behind the scenes (especially the UW-point students for stuffing the bags) for the two years you helped out. We couldn't have done it without you. I enjoyed and appreciated the Skatetime – Baggo Wednesday night social – thank you for sponsoring such a fun evening (even though I didn't win). Another thank you goes to Flag House for providing the door prizes during our General Assembly. A lot of members were happy they attended, especially with the number and quality of door prizes that were provided.

Our association would not be able to function without another group of volunteers – a big thank you to those that have volunteered to serve on President Erdman's leadership team, including the Executive Committee, Board of Directors, Representative Assembly and on Ad Hoc Committees. It definitely takes TEAMWORK for WAHPERD to be successful!

Remember to have EXCELLENCE IN MOTION – Mind, Body, and Spirit throughout the New Year.

Living Legacy . . .

The second year of the Living Legacy Scholarship Fund was kicked off at convention with a \$500.00 donation. ANY member can contribute to the fund. Donations can be made "In Honor" or "In Memory" of a special person. Money should be sent to the WAHPERD office and is tax-deductible. Scholarship

winners will be recognized at the Future Professional luncheon and the Awards Banquet during convention. If you have any questions please contact Past President Rosie Sylvester at 715-757-3692 or by e-mail phyedrosie@yahoo.com. Thank you for considering this worthwhile fund.



Past, Past President's Message

By Marcia Schmidt

As I write this, the holiday season has begun and we will have a break from school. Take time for yourself and your family focusing on President Brenda's theme – **Excellence in Motion – Mind ♦ Body ♦ Spirit**. Find time to relax, exercise and remember the spirit of the season.

- ♦ **Mind** - sit, read or listen to music
 - ♦ **Body** - exercise, take a walk, go skiing, use that "new" fitness equipment you received
 - ♦ **Spirit** - share ideas, faith, energy/enthusiasm with family and friends
- Have a great second half of the school year.

Book Reviews



The Last Lecture by Randy Pausch

I was inspired by this book; the "little things" are so important. I hope each day I portray Tigger, not Eeyore! I have more to do before I have my "Last Lecture." I want to take my children on a mission trip; I would like to visit Hawaii, Alaska, and Italy. I want to run the NYC marathon. I want to teach Middle and High School students about Health education. I want to go on a second honeymoon after renewing my vows...I would like the world to be a better place because I have lived...!

Submitted by Tracy Yengo

Peaks & Valleys

by Spencer Johnson, M.D. — ISBN 13-978-4391-0325-8
This is a short book of only about 100 pages and an easy read. Yet, it is thought provoking and will help one discover and understand the inter relationship between life's 'peaks & valleys' and how individuals can live more productive work and personal lives. The author likens life's 'peaks & valleys' to a diagram of a healthy heartbeat illustrating that the 'peaks & valleys' are essential parts of normal life just as the 'ups & downs' of the heartbeat. Johnson is the author of "Who Moved My Cheese?" and "The One Minute Manager" and he brings a similar uplifting, educating and self-inquiring style to this book. One such example is "To Stay On A Peak Longer" : Appreciate & Manage Your Good Times Wisely. Be humble and grateful. Do more of what got you there. Keep making things better. Do more for others. Save resources for your upcoming Valleys.

Submitted by Kris Fritz

Life's Greatest Lessons, 20 Things that Matter Most By Hal Urban

This book is written by Hal Urban, a parent and award-winning teacher. The book has topics that include character, success, being thankful, honesty, goals, dreams, and more. This book will help you find your inner resources and tap into your potential to be the best person you can be and enjoy life to the fullest. It is a great book to feed your mind, body, and spirit. This book is one of my favorites.

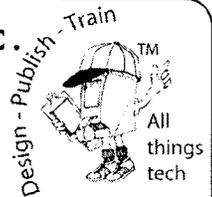
Submitted by Brenda Erdman

Why Gender Matters

By Leonard Sax, MD, Ph.D.
The book is about how the female and male brain develops and is wired differently. It offers practical suggestions to help break down gender stereotypes and to help all children to reach their potential in your classroom.

Submitted by Samantha Massano

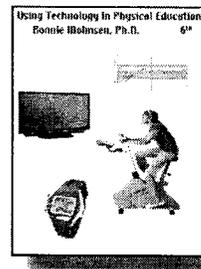
Bonnie's Fitware Inc. Technology in Physical Education



Do you want to get better at using all kinds of technology in physical education?

Sign up now for our seminar!

Chicago, IL - March 22, 2010
Milwaukee, WI - March 23, 2010



Can't attend -
order our book,
video, or take an
online course.

www.pesoftware.com

Editor's Note:

If you have any news, upcoming events, outstanding achievements, professional articles, etc... you would like to share with our members, please submit a typewritten copy of these newsworthy items (include photos when possible) to:

Keith Bakken • 24 Mitchell Hall • UW-La Crosse • 1725 State St. •
La Crosse, WI 54601 • 800-441-4568; 608-785-8175
wahperd@uwlax.edu

Deadlines for publication are: Dec 15 for the Winter issue; May 1 for the summer issue; August 1 for the Fall issue.

It is important that everyone adhere to these deadlines to ensure that all newsworthy items may be included in each newsletter in a timely fashion.

GET READY, GET SET, BE CHALLENGED!

*Want to spice up your teaching? • Want to encourage students to reach higher and work harder?
Try a challenge!*

Below are some challenges that I have done with my elementary students. I would like to have a page of WAHPERD challenges. These challenges would be listed in the WAHPERD newsletter and updated each newsletter. I need your help! Challenge your students and yourself!

1. Try these challenges with your students.
2. Try new challenges with your students, or yourself.
3. Choose a challenge that is fun, interesting, valuable to the student or adult, HPERD related, and meaningful!
4. Send in challenges for all levels: elementary, middle, secondary, college/university, and professionals.
5. Send in your results to berdman@rsd.k12.wi.us
6. Use the form/info below to report your results.
7. You must be a WAHPERD member, a student of a WAHPERD member, or a WAHPERD Future Professional.
8. HAVE FUN!
9. Check out the next newsletter for new results.
10. Check out the first challenges included in this newsletter.

Challenge Reporting

Teacher Name: _____

Indicate the level of challenge: elementary, middle, high school, college/university, and professional

Specific grade level: (example-5th grade)_____

Name of challenge:_____

Challenge result:_____

Comments about the challenge (if needed):_____

CHALLENGES

	Elementary K-5	Middle 6-8	High School	College University	Adult
Juggling 3 bean bags	59				65
Juggling 3 scarves	200				
Juggling 4 bean bags	4				
Juggling 4 scarves	17				
Sportstacking - 3-6-3	5.39 seconds				5.82
Cycle Stack	19.28 seconds				19.05
DDR Basic	61 combo's				
PACER	108				
Flexed Arm Hang	1:10.94 seconds				2:10
Pull-ups	27				
Standing Broad Jump	5'11"				7'2"
Mile Run					
Jump Rope Trick: Rump Jump	53				12
Jump Rope Trick - Continuous Double Unders	13				22
Double Dutch	108				
Speed Rope Jump (10 second jump)	45				38

Community Connections: A Peek Into P.E.

Recently at Bangor Middle/High School, the physical education staff set up and implemented a night to involve the community in a way that had not happened there before. With the help of fellow teachers, Brook Dahl, Jordan Laufenberg and Ryan Berndt brought in a fitness instructor as a highlight (Jenna Houle from newly established "Shake 'N' Shed" in Onalaska), and displayed other activities and technology that are currently used in their curriculum. Sessions such as "Technology in P.E.", "Lifting through the Ages" and "Workouts 'round the House" allowed the community members to get a brief understanding of what are some activities their students are doing. Everything was on display from a Wii system to pedometers and heart rate monitors to a pair of Cateye Gamebikes, all of which were set up and able to be used. Each of the P.E. instructors led a session and were available the entire night.

The overall response was encouraging to say the least. With plans to repeat this outing, the trio of teachers felt that the community took advantage of their look into the physical education world and would enjoy knowing more. To see more about the event please look up the web address enclosed.

<http://couleenews.com/articles/2009/10/29/school/00connections.txt>



Do you know it all?

Answers can be found on page 13.

Do you have a great question to donate?
Email it to berdman@rsd.k12.wi.us

1. How old is WAHPERD?
2. What town and hotel will be hosting the 2010 WAHPERD convention?
3. How old is AAHPERD?
4. What city and state will be hosting the 2010 National AAHPERD convention?
5. How many WAHPERD Presidents have there been since 1897?
6. What is the name of your current WAHPERD President?
7. Where does the current WAHPERD President teach, and what level?
8. Where is a convenient place to find what government officials represent you?
9. How long is the PACER?
10. Who are the former Olympians helping to promote the Movin' and Munchin' Grant?

WAHPERD Future Professionals Conference

March 5-6, 2010

University of Wisconsin-La Crosse

About the Conference

WAHPERD and UW La Crosse are pleased to host the Future Professionals conference this year at UW La Crosse!

There will be a variety of sessions ranging from activity sessions, a dance session, Games with Purpose, motivation/leadership and more. You will also receive a free t-shirt with a paid registration for the conference!

Friday night there will be a bowling social for all conference attendees at a local bowling alley in La Crosse and guess what? It's FREE! Make sure to come socialize and network with other PE/Health Majors from around the state! The bowling social will take place in the later evening, around 8 or 9 PM. Sessions will start on Saturday at 8:45, with registration taking place from 8:15 to 8:45 in Mitchell Hall.

If you are in need of a hotel room, rooms will be reserved for you at a local hotel. Please contact Lucas for more information on how to get a room.

Presenters

Below is a list of presenters that will be presenting at the Future Professionals Conference. Each presenter will be covering different topics and activities. All relevant material presented will be available to all attendees.

Name: Jessica Abitz and Ryan Heath
Students at UW-Oshkosh
Activity session

Name: Crystal Gorwitz
Hortonville Physical Education Teacher
Leadership/Motivation

Name: Jacqueline Strutt
UW La Crosse Professor
Dance Session

Name: Brenda Erdman
WAHPERD President
Games with Purpose/Pedometer Use Session

Name: Khyll Berndt
Holmen School District Physical Education Teacher
Adjusting from College and Preparing to Teaching

Questions, Concerns, Ideas:
Contact

Lucas Rank
WAHPERD Future Professionals
Vice-President
Rank.Luca@students.uwlax.edu
715-853-9928

Registration Form

Name _____

Address _____

Phone _____

E-mail _____

Payment

\$10 for WAHPERD
Members

\$15 for Non-
Members

Checks Payable to
WAHPERD

T-Shirt Size:
Circle one

S M L XL XXL

Signature _____

Return to:
Lucas Rank
422A Reuter Hall
1824 La Crosse Street
La Crosse, WI 54601

Registration
Deadline:
February 22,
2010

DISTRICT NEWS

Eastern District News

By Andy Roloff, Coordinator

Here is the 411 on me. I am the Eastern District Coordinator for 2009-2010. My name is Andy Roloff and I live and work in Oshkosh. I currently



teach Elementary Physical Education and Adapted Physical Education. I have a wife, two elementary school children, and two black labs. I love to be active, to be outdoors and to fish and hunt. Besides being with my family, my proudest personal moment as of late was when I recently harvested an 11 point buck by bow and arrow. I kind of wish I had a heart rate monitor on when that happened! I could hear my heart as if it was outside

my chest. One of my proudest professional moments also happened just recently. It was a comment a student made when I was teaching. As I taught, I really got into the lesson and put on a show. It felt like I was just having fun with the students. All were having a great time and totally engaged in the lesson. I stopped for a brief moment and I heard a girl say "Isn't he the most awesome teacher and I love being here". She said it under her breath, like she was thinking it and it just came out. Too often people go to work because they need to. I go to work because I truly love what I do for a living.

Google.com asked its users how long the average person smiles? The best answer was: "Depends on your line of work, how old you are, who you're around. The average American probably smiles a total equivalency of 5 minutes per day". According to chacha.com, Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day. I wonder how much the average Physical Education



Teacher smiles a day. Some days my students come in more spirited than usual. On those days I take a moment to practice smiles. We smile at each other, do funny faces, and then continue on with our day. Sometimes that is all it takes to get them in the right frame of mind. Facial exercise is all that is needed to get them going. Try it sometime.

Now let's talk "Excellence in Motion" We have a great year ahead of us. Right now we are in the beginning stages of putting a workshop together for the month of March in the West Bend area. Also my district recently purchased archery equipment to be taught to 4th and 5th graders. I am looking at putting on a workshop for anyone interested in getting their certification through the National Archery in the schools program. Ill keep you posted as to all the details. If you do not make it to any district



workshops please be thinking about next year's state convention at Chula Vista Resort in Wisconsin Dells. It is going to be great.



Northwest District News

By Tracy Yengo, Coordinator

October is "professional development" month in the Northwest! The annual NWEA PE Mini conference was held at the beginning of October in Eau Claire. Many local teachers and students were in attendance. Tom Kidd was the keynote speaker, and truly "rejuvenated" the audience. The WAHPERD Convention was another great experience. There were many students from UWEC who had an opportunity to attend and gain valuable information. As we gear up in December for convention planning, be sure to share any ideas for presentations to the WAHPERD office! I wish for all of you a happy and healthy 2010.



UWEC PE/Health Student, Jordan Fish, teaching the "red balloon" activity at North High School, Eau Claire.

Northeast District News

By Sue Hahn, Coordinator

Hello, I am your new Northeast District Coordinator, Sue Hahn. I am an elementary physical education teacher in the Antigo Unified School District. The Northeast district is once again working along with the Central district in planning great sessions in conjunction with the CWEC. Please mark your calendars for the upcoming CWEC conference being held March 5, 2010. Check the WAHPERD webpage calendar for more information at www.wahperd.org.



Necrologist Report

If you become aware of the death of a WAHPERD member, please contact:

Necrologist
c/o WAHPERD

24 Mitchell Hall 1725 State Street
La Crosse, WI 54601

800-441-4568; 608-785-8175; wahperd@uwlax.edu



DISTRICT NEWS

Central District News

By Jo Bailey, Coordinator

I am Jo Bailey and I am delighted to be your Central District Coordinator for WAHPERD. Anyone who has ever spoken to me will know that I am not a Wisconsin native – I was born in England and lived there until my family moved to Hong Kong in the mid 1980's, which I called my home to me until we moved to Wisconsin in 2004. My husband Mark, whom I met in Hong Kong, is also English, and we have two daughters, Natasha, who is 6, and Mia who is 2. Being active runs in the family – Mark is co-owner/ director of the Wausau Tennis Center and he has played tennis competitively throughout his life. I played rugby for Hong Kong while fitting netball, field hockey, a few triathlons, swimming, and plenty of running into my spare time. Natasha loves tennis, gymnastics, and karate while Mia's favorite place to be is outside! I currently teach physical education and adapted physical education at D C Everest Senior High in Weston, WI.



I am continually astounded at the wealth of physical activity and recreation activities offered in this area – no matter what the season there is always something active to do! Cross country skiing, alpine skiing, and snowshoeing were all new to me prior to moving to the Wausau area (not a lot of snow in Hong Kong!) and I was very keen to try them out during my first winter here. I am glad to say that all three activities are a regular part of my life now. Many of the things I enjoy in my leisure time I learned by attending both the WAHPERD and Best Practices conferences - both geocaching and Zumba were new to me until I attended sessions at these conferences and now I can often be found searching for various hidden containers or practicing Zumba routines with my children at home.

Mark your calendars: Plans for the Central Wisconsin Educators (CWE) Convention on March 5th 2010 are well underway. We currently have sessions on letterboxing and strategies to teach health education in elementary schools planned with more in the works!

Wishing you all a healthy, happy, and fun filled Christmas and New Year.

South Central District News

By Tom Murray, Coordinator

Hi to all, my name is Tom Murray and I am the South Central District Coordinator. I am very excited about this position. This district could be merging with another therefore I would like to go out on a bang. I am in the planning stage for the district workshop and hopefully it will be completed by the end of December. As a former chair member I am aware of the difficulties that arise when planning these workshops. I will be leaning on all for assistance.

I teach physical education and coach the girls JV basketball team at Stoughton Area High School. I also umpire boy's baseball in the spring. I teach a variety of classes. You name it I probably teach it. I like it that way otherwise I will get bored.

Outside of school if I am not involved with the National Guard I like to go kayaking, rock climbing, off-road biking, geo-caching, downhill and cross-country skiing, snowshoeing, camping, and getting lost just to see what there is to see.

MIND: At school> I have students participate in urban orienteering, geocaching and compass work, and amazing race type activities. At home> I am continuing my education at the great UW-L.

BODY: At school> All students wear a heart rate monitor at least 1 time per week. At home> My wife and I went to the Boundary Waters for the 1st time. We are most definitely going back.

SPIRIT: At school> I have started utilizing YOGA and meditation to teach

the students on ways they can relax and still get a good work out. At home> I think purposely getting lost while biking or driving just to see what there is and enjoying the beauty of where I am has helped me tremendously. The areas where our WAHPERD Executive Director and our current president live are great for that.



Southeast District News

By Samantha Massano, Coordinator



Hello everyone! I am excited to be the Southwest District Coordinator and provide you with the opportunity to host a workshop in Sparta this school year. This is my 3rd year teaching, so yes, I'm still on probation! I teach middle school PE in Sparta and absolutely love my job. Along with teaching, I coach high school cross country and middle school track. Outside of school I am training for my second marathon, play roller derby for the La Crosse Skating Sirens, and planning for my May wedding.

I really enjoy attending workshops hosted by WAHPERD and Best Practices along with the state and national conventions. There are some fantastic presenters with many great ideas that I can take back with me and share with my students. I believe that along with being a good role model you need to be a strong advocate for what you teach. One great way of being an advocate for PE is to attend workshops to help all of us become more effective teachers in the classroom.

So with that being said, MARK YOUR CALENDARS, for April 17th because you don't want to miss this workshop. The workshop will be at the Sparta Meadowview Schools in Sparta. There will be 3 sessions for both elementary and secondary levels. We have great presenters, high energy morning sessions and you don't want to miss the door prizes.

If you are interested in presenting or have ideas to share I would be happy to talk with you; just email me at smassano@spartan.org. I am excited to have this opportunity to serve our district and to help you in any way that I can.



Playing Roller Derby for the La Crosse Skating Sirens

We do archery with our 7th and 8th grade students using the NASP curriculum (National Archery in Schools Program). After the unit we follow up with archery club and then go to the NASP State Tournament.



SOME THOUGHTS FROM YOUR SOUTHEAST DISTRICT

In Just Two Years

By DiAnn Lanke Stasik, M.Ed., CI-Ptr
Southeast District Coordinator, WAHPERD

Your resting metabolic rate (RMR) is the number of calories your body burns at rest. There are four main players in determining your RMR – gender, weight, height and age. Personal trainers and dietitians use RMR, in part, to determine a person’s recommended daily caloric intake requirements.



A very rough way to estimate your daily caloric needs is to multiply your weight by twelve. Keep in mind that this is a guideline, not an absolute or a recommendation, and does not take into account your energy requirements based upon your activity level. Since the average adult female weighs 163 pounds, a quick estimate would say that she should consume 1956 calories a day to stay alive and maintain the same weight. If she were to eat more than this, the extra calories would turn to fat. Did you know that it takes about 3500 excess calories to make a pound of fat?

Now here’s where I burst your bubble – if you maintain your activity level, your caloric intake has to be adjusted every year due to the simple fact that you got one year older. Let’s look at the “average” adult male and female living in the United States (statistic for the average weight for an adult female is from the National Health and Nutrition Examination Survey (NHANES) conducted from 1999-2002). The average weight and height for an adult male in the United States is 189.8 pounds and 69.2 inches, whereas the average adult female weighs 162.9 pounds and is 63.8 inches tall.

Using the Harris-Benedict Equation, a popular formula amongst personal trainers and dietitians, a 45-year old male should consume approximately 1819 calories per day and for women it is 1439 calories. But when one celebrates a birthday, their need drops almost 7 calories a day for men and almost 5 calories a day for women. Now here is where you are thinking, “So what?! That’s no big deal.”

This is where I have to pull out the math. For women, the number used in the formula is actually 4.7 calories per day. Multiply this by 365 days in a year, and it means that she needs 1715.5 total calories less per year just because of aging. Now remember, I told you that there are approximately 3500 calories per pound. This means that after just one year, the average female, let’s call her Jane, will gain about a half pound if she maintained her calorie intake and expenditure. At the end of two years, Jane will be over one pound heavier than what she weighed at age 45. But I should clarify that the gain is a fat gain, remember there was not a change in her exercise routine to increase her muscle mass.

Fat is not just “dead” tissue. Scientists have found that fat secretes proteins (e.g. leptin and cytokines) which can influence your metabolism. Therefore fat has its own metabolic rate which is estimated at two calories per pound per day. On the other hand, the daily metabolic rate for muscle is six calories per pound per day. Is this a big deal? Well, it’s enough to make a difference. The Chief of Metabolism and Professor of Biochemistry at the University of Texas Medical Branch, Robert Wolfe, PhD, wrote “every 10-kilogram

difference in lean mass translates to a difference in energy expenditure of 100 calories per day, assuming a constant rate of protein turnover.” Going back to Jane and assuming she is in the 50th percentile for body fat composition (according to The Cooper Institute’s body composition findings) with 25.6% body fat Jane would have approximately 42 pounds of fat and 61 pounds of body mass, a 19 pound differential. Dr. Wolfe’s statement used metrics but 10-kilograms equates to approximately 22 pounds. Jane’s body composition is pretty close to this. This means that if Jane wants to keep her body composition as is, she has to burn 100 calories per day. Jane can do this by standing for 50 minutes, walking up stairs for 4 minutes, bicycling for ten minutes, running for 6 minutes or playing basketball for 10 minutes a day. Or in terms of nutrition, 100 extra calories is approximately equal to 1 large apple, 3 cups green beans, 1 small baked potato, 33 celery sticks, 1 Tbs. peanut butter, 1 large fried egg, 1 1/4 cup vegetable beef soup, 2 Tbs. sugar, 1 Tbs. butter, or 10 potato chips.

Since only Superman could make the world go backwards and turn back time there’s only one healthy solution – change your body composition by increasing your muscle mass through resistance exercise. A properly designed strength-training program will condition your body to burn more calories and more fat in the hours after exercise. If you adjust your calories by “dieting” and do not implement some kind of strength training program, you put yourself at risk of losing muscle and water weight rather than fat.



Spiced Chai Tea

Ingredients:

4 cardamom pods	1 (4-inch) cinnamon stick
8 whole black peppercorns	4 cloves
1 whole vanilla bean	2 cup water
1 (1-inch) piece fresh ginger, peeled	1/2 Tbsp honey (1/2 - 1 Tbsp)
1/2 Tbsp sugar (1/2 - 1 Tbsp)	
2 cup reduced-fat 2% milk or plain soymilk	
4 tsp loose black tea or chai tea (or 4 tea bags)	

15 min Prep Time 25 min Cooking Time

Yield: 4 servings, 1 cup/each 75 calories

4 gm protein 10 gm carb

2 gm fat (1.6 gm sat) 9.5 g cholesterol 0 gm fiber 50 mg sodium

Recipe from: American Institute for Cancer Research

Submitted by DiAnn Stasik

DANCE DIVISION NEWS

By Kitty R. Erdman, VP

Hope you experienced the pleasure of attending the last dance session Friday afternoon at the convention in Steven's Point. It was a thrill to learn the Michael Jackson Thriller dance from Kelly Appleby of the Brown Deer School District. What a great workout and fun as well. I immediately taught it to my students who went crazy for this unit!

I am again very excited to be representing the WAHPERD dance division as your Vice-President. I am married and have two daughters that are locally and nationally competitive in the sport of competitive cheerleading. Being a cheer mom sure keeps me busy! I have been teaching for 21 years in the Madison Metropolitan School District. I teach at the elementary level K-5 at Emerson Elementary School. Dance is a large part of my curriculum and my students love it! As this year comes to an end, make a resolution to bring more dance into your life and your students as well. I can be a resource to your learning, let me know how I can help. If you have ideas for future conventions, please email me your thoughts at kerdman@madison.k12.wi.us. Keep on dancing!



MIDDLE-UNIVERSITY DANCE NEWS

By Amanda Knitt, Chair

I teach 4th and 5th grade PE and APE in the Mosinee School District. I am happy to be serving as WAHPERD's Middle-University Dance Chair.

Here's an example of dance in the schools. All students are in-sync thanks to the 8th grade class at Mosinee Middle School and physical education teachers Sara Kaczor and Joe Stellmacher.

Stands were packed this fall in Mosinee Middle School as the 8th grade class presented a variety of line dances to the middle school and community members. Dances ranged from traditional line dance sequences to student-inspired sequences which were crowd pleasers.



HEALTH DIVISION NEWS

By Lisa Strauss, VP

Greetings from Sussex, WI! My name is Lisa Strauss and I am the Health Division Vice President. I teach PE, Health and Adapted PE at Templeton Middle School in the Hamilton School District in Sussex. After receiving my undergrad in PE from UW La Crosse, I have taught in a variety of school settings and populations for almost 15 years, including undergrad classes at Carroll University. I have a Masters Degree in Health Education and Promotion from Carroll University and am currently working on a Master's of Education in Professional Development from UW La Crosse. I am married and have twin sons age 6. Besides teaching, doing homework, and being the best mom I can, I enjoy cooking, reading and visiting with family in my hometown of Park Falls, WI.



I am much honored to serve as your Health Vice President during this exciting time in our schools. As health educators we are a key source of implementing 21st Century skills as we have been the leaders of interactive lessons that focus on real school issues that affect student achievement such as bullying, nutrition, eating disorders, and ATODA. Although I love teaching in the gym, my passion for health evolves each day I bring real life lessons to my students in health class. I hope to bring to WAHPERD members a part of my passion for health by choosing sessions that will help you become a vital part of "EXCELLENCE...in Motion!"

If you would like to share your passion that exists in your classroom, please feel free to contact me and/or fill out a session proposal available on the WAHPERD website. Also, be looking for a free copy of the latest version of Wisconsin's Bullying Prevention Curriculum called Time to REACT (grades 6-8) and Time to ACT (grades 3-5). The WEA Trust has kindly purchased free copies to be distributed to all schools that teach grades 3-6. If your school does not receive one, or you would like additional copies, contact the Wisconsin Department of Public Instruction. See you at convention!

COMMUNITY HEALTH NEWS

By Nancy Kvapil, Chair

I have worked my way through the ranks of Physical Education, Health and Wellness. I have an undergrad degree in PE and Sports Medicine, a Master's in Exercise Phys, Wellness Education and Cardiac Rehab. And now work as a RN, Nurse Educator for the Cardiac Floor. I hope to bring an understanding of the full circle of Health and Wellness...education of our youth, education of our Community, and education Health care providers to the WAHPERD organization.



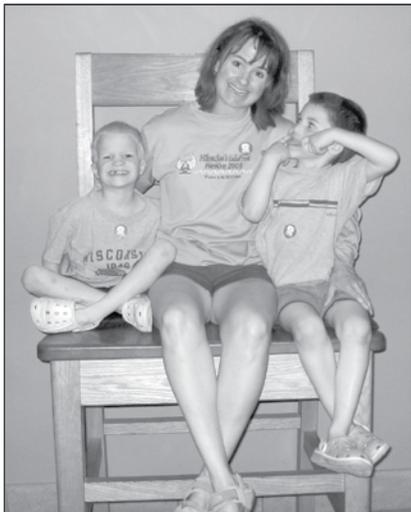
WAHPERD/ JRFH/HFH Grants Available

If you are involved in a project which promotes fitness and heart health, and will benefit a general population rather than just those affiliated with WAHPERD, you might be interested in funding through a WAHPERD/JRFH/HFH grant. Grant guidelines have been set for those who wish to apply. The guidelines include proposal specifications and timelines. The deadline for the grant cycle are February 1, 2010. You may contact is WAHPERD office for more information or check out the grant guidelines on the WAHPERD web page at www.wahperd.org.

PHYSICAL EDUCATION DIVISION NEWS

By Wendy Wiesjahn, VP

Hello again! I'm Wendy Wiesjahn and I'm here to serve you as your VP for the physical education division. A little bit about myself. This is my 16th year teaching Physical Education and Health at West Bend East High School. I enjoy running fun runs, ½ marathons, marathons, adventure racing and most recently I've gotten into competitive power lifting. All of these activities make me feel good. A philosophy I took up when I was in college at UW-L years ago is "look good, feel good, do good" Exercise helps



you in all of these (like I need to tell any of you this). I hope all of you find time to exercise in this crazy, cookie, holiday party filled season.

I have two adorable, fun little boys named Ryan (6) and Kyle (5) who are full of energy from the time they get up until the time I make them go to bed. They are my pride and joy and I've already have them brain washed that they need to exercise every day (see picture)

Do you have any special talents or do any really cool things in your school? Come and let us all in on what you do. Proposals for next year's convention are due in February. Email me wwiesjahn@west-bend.k12.wi.us or Nicole, or fill out a proposal form located on the WAHPERD website. Which by the way has some really cool resources at your finger tips. Please check it out. The convention if you haven't heard is in Wisconsin Dells. Water fun, gambling, and Devil's Lake is right down the road. How fun is that? I hope to see all of you there with at least one new person who has never been to a WAHPERD convention or has been "missing" in action for a while. Stay warm and healthy.

Hello from your Elementary Dance Chair and Secondary PE Chair

By Khyl and Ryan Berndt

Khyl and I would like to say a big "Hi" to all of our fellow P.E. and Health instructors. As proud graduates of UW-L, we have moved on into the professional world and are currently in our third years in the Holmen and Bangor School Districts. Khyl teaches elementary physical education and adapted physical education in Holmen and Ryan teaches both middle and high school physical education in Bangor. As always we advocate healthy and active lifestyles and have taken that approach to our respective jobs. The Coulee region offers so much in terms of outdoor pursuits and lifetime activities, we feel that our students should experience as much of it as they can.



FUTURE PROFESSIONALS DIVISION NEWS

By Lucas Rank, FP Vice-President

Happy Holidays WAHPERD Members! My name is Lucas Rank. I am in my fourth year at the University of Wisconsin-La Crosse and I have the opportunity to serve as the Future Professionals Vice-President for this next year! I am a double major in Physical Education and School Education and have been a WAHPERD Member for four years now. I would like to thank all the students for the support I have received so far as well as a special thank you to Brian Marx, Rosie Sylvester, Brenda Erdman and Lori Petersen who have provided a lot of support to me through WAHPERD!



Students, let's see some Excellence in Motion this winter through Mind: Take some time during winter break and reflect on what you learned this past semester, Body: Don't let the cold get to you! Do something fun like snowshoeing, ice skating, sledding, etc... Spirit: Do something for yourself as you recharge and get ready for the spring semester!

Future Professionals! Get ready for the Future Professionals Conference that will be taking place March 5-6 at the University of Wisconsin- La Crosse. Friday night we will be having a bowling social for all participants and Saturday there will be a variety of sessions ranging from Games with purpose, Transition from College to Teaching, Dance and more!!! It will be a low cost of \$10 for WAHPERD members. Please fill out a registration form for the conference by the February 22 deadline. If you need the form sent to you please e-mail me so I can get it to you. If anyone has any questions about the FP Conference or anything dealing with WAHPERD feel free to contact me at rank.luca@students.uwlax.edu!

Lisa LeMahieu is your Future Professional Secretary. She is a student at UW-Oshkosh, active in their HPER club.



Q & A - Do you know it all? - Answers

1. 113 years
2. Wisconsin Dells, Chula Vista Waterpark and Resort
3. 125 years
4. Indianapolis, Indiana
5. 92
6. Brenda Erdman
7. Westside Elementary, Reedsburg, K-5
8. The WAHPERD website.
9. 20 meters (21 yards and 32 inches.)
10. Suzy Favor Hamilton and Casey FitzRandolph



Teaching Ideas



Here are some quick ideas from fellow WAHPERD members that you might want to implement in your teaching.

Email berdman@rsd.k12.wi.us with your teaching ideas to share.

ELEMENTARY

Submitted by Brenda Erdman

Above my door jam is a sign telling the students where to go when they enter the gym. This allows me time to prepare for class without students asking "what are we doing today?" Their job is to allow me to prepare for class and for them to personally prepare by thinking about what they might be doing that day. We then participate in a cardiovascular warm up. After the warm up there is another sign above my door telling them how many sit-ups and push-ups to do. For example, the first and second graders have a sign that says SU 12, PU 5. Together we do 12 cross crawls and 5 push-ups. Then we sometimes incorporate fancy push-ups, like diamond push-ups. We perform some Yoga and/or stretching and then perform the Hover (plank) for 20 seconds together. For my 3-5 graders the routine begins the same with following the sign and a cardiovascular warm up. Currently their sit-up sign says 15-25 and their push-up sign says 6-12. They must pick a number in that range while I walk around and help with form. They are encouraged to choose the higher numbers, and I reinforce that their fitness is their responsibility. We are currently doing a yoga sequence of 10 second Table, 20 second Dog, and 10 second Mouse, and then hover for 20 seconds. After the workout is over the 3-5 students then have approximately 2 minutes or less to get a drink and perform arm bars, which means participating in one of the arm bars I have in my gym. For example, the climbing ladder, pull-ups, flexed arm hang, or hanging knee lifts. Then the lesson begins. Because my students know this routine well it only takes about 10-12 minutes.

MIDDLE SCHOOL

Submitted by Crystal Gorwitz

Middle School Warm Up - I do a 5 components of fitness warm up each day. We devote one week a month to each component (first week - cardiovascular endurance, 2nd week - strength, 3rd week - flexibility and 4th week - body composition/nutrition). Example - Stop Light Diet Cards - red, green and yellow cards with food items listed on them and how many poly spots the students must touch.

Submitted by Samantha Massano

For students that change quickly, get them in the gym and have an instant activity board of an activity they can do until the rest of the class joins them and can then start with a warm-up.

HIGH SCHOOL

Submitted by Marcia Schmidt

Each day my classes focus on a different health-related component of fitness.

Monday - cardiovascular

Tuesday - strength

Wednesday - flexibility

Thursday - muscular endurance

Friday - body composition and nutrition

One cardiovascular warm-up students enjoy for a change is as follows: Students run the colored lines in the gym/field

house. An example would be for me to call out "run the red and blue lines, change to black and yellow lines, and finally red and black". They run for about 30-45 seconds at each color.

A strength warm-up-Using old bicycle intertubes--cut the tube by the stem, removing the stem for safety. Have students choose a partner --someone about the same strength as them. One student(#1) will resist with the intertube ends in their hands while the other partner(#2) tries to pull the resister across the gym. The intertube is around the hips of student #2.

An endurance warm-up is partner high five pushups. Partners face each other and each person does a pushup, giving their partner a high five as they go up. Students are challenged to see who can do the most.

HAVE YOU EVER TRIED THE PIT STOP WARM UP?

Submitted by Brenda Erdman

My elementary students love this! It is great for any age!

Students work in groups of 2 (or it could be more.)

One partner is the runner and one partner is in the pit (inside the "gym box.")

The runner runs as many laps or minutes as the teacher indicates, for example, 2 laps. Then the runner switches with the pit partner.

The pit partner performs a strength, flexibility, or cardiovascular exercise while the running partner is running. For example, jumping rope or medicine balls, or exercise bands, or sit-ups, poly-spots with exercises on them, etc. Be creative with as little or as much equipment as you have!

During the PIT STOP WARM UP students are very active and work on several areas of fitness. They also learn how to motivate each other.

Give it a try sometime...it's challenging and fun!

USING THE BOSU BALL POOLSIDE

Submitted by Jo Bailey

When demonstrating correct technique in swimming try using either a BOSU ball or an exercise ball to balance on.



Points of Pride

Thanks to Scott Frazier, UW-SP, for his great leadership as the local manager of the convention!

Congratulations to Crystal Gorwitz, Hortonville Middle School, for receiving the national ING running grant for her students.

Looking for a new recipe? Look no further ... Try these delightful dishes!

PEANUT-BUTTER-APPLE-BACON SANDWICHES

1/4 cup peach preserves
Dash of Cayenne
8 slices whole grain bread
1 large Granny Smith apple, cored and thinly sliced
8 slices bacon, crisp cooked and drained
1/4 creamy natural peanut butter
2-3 tablespoons butter, softened

In a small bowl combine the preserves and cayenne. Place 4 slices of bread on a work surface spread the slices with the preserves. Top with the apples and bacon. Spread one side of remaining bread slices with peanut butter. Place with the bread slice with the spread side down over the apples and bacon. Spread the sandwich tops with softened butter.

Preheat a griddle over medium heat. Place sandwiches, buttered side down, on griddle. Carefully spread unbuttered side with butter. Cook 2-3 minutes per side until the bread is golden and sandwiches are heated through

Serves 4. Resource: Better Homes and Garden

Submitted by Christopher J. Stratton MS

GRANOLA

4 C. Quick Oats	1 C. Oil
1 C. Flour	1/2 -1 C. Water
1/2 C Oat Bran	1T. Salt
1/2 C Flaxmeal	1 C. Almonds
1 C Coconut	1 C. Dried Fruit (Craisins & Cherries)
1 C. Brown Sugar	1 C. Dried Fruit (Apricots & mangos)

Bake 250-300 for 1 1/2 hours or until brown & crisp). Stir every 20 minutes

Submitted by Sue Hahn, Antigo

QUINOA SALAD WITH CRANBERRIES AND SPICED CUMIN

Quinoa is a great source of protein and this recipe makes for a great meal or side salad with your favorite vegetables included. This recipe may also be made with bulgur or couscous. Enjoy!

1 1/2 cups Quinoa	1 can chickpeas, rinsed and drained
3 cups boiling water	1/2 cup dried cranberries or dried/fresh fruit of choice
3 tablespoons fresh lemon juice	1/2 cup quartered cherry tomatoes (or cucumber, red or yellow peppers, zucchini, or whatever you like)
1 teaspoon honey	1 small red onion, finely chopped
1 teaspoon ground cumin	1/4 cup minced parsley
1/4 teaspoon cayenne pepper, more or less to taste	Boston or Romaine lettuce leaves and pita bread for serving
1/2 teaspoon salt	
1/4 cup oil	
1/4 cup olive oil	

Bring the water and quinoa to a boil. Stir it, cover it, and turn off the heat. Steam the quinoa for 15-20 minutes. Return to bowl and set aside.

Meanwhile, whisk lemon juice, honey, cumin, cayenne, and salt together in a small bowl. Add olive oil and whisk until smooth.

Add chickpeas, cranberries, tomatoes, onions, and parsley to quinoa bowl and combine. Drizzle the dressing over quinoa mixture and toss to combine.

Line serving plates with lettuce leaves and mound quinoa on top. Serve with pita wedges and lemon slices.

Serves 4 as a main course or 6 as a side.

Adapted from Outpost Magazine, June 2009

Submitted by Patty Kestell

YUMMY SALAD

1 bag spinach	1 bottle of fat free raspberry vinaigrette
dried cranberries	brown sugared almonds or pecans
red onion	-can add chicken or salmon if desired

Submitted by Brenda Johnson

PUMPKIN CRUNCHERS

INGREDIENTS:

One-half 15 ounce can pure pumpkin
One-half 8 ounce container Cool Whip Free
2 Jell-O sugar free Vanilla pudding snacks
3/4 cup Fiber One bran cereal (original)
Cinnamon, to taste

DIRECTIONS:

Combine pumpkin, Cool Whip, and pudding in a bowl. Mix well.

Season mixture to taste with cinnamon. Stir in Fiber One.

Spoon batter evenly into a 12 cup muffin pan (either lined with baking cups or sprayed with nonstick spray).

Place pan in the freezer until crunchers are frozen.

Makes 12 servings.

PER SERVING: (one piece) 39 calories. 0.5g fat, 49 mg sodium, 10g carbs, 2g fiber, 2g sugars, 1g protein. Weight Watcher = 0 points

It is a great dessert for those of you like me that don't like cake or pie. The crunchers are best when eaten within a day or so - if left in the freezer longer they will get too hard and need to be slightly thawed before eating

This recipe is from the Hungry Girl Cookbook by Lisa Lillien

Submitted by Rosie Sylvester

MORNING COOKIES

3 T. oil	1/2 C. rolled oats
1/2 t. baking soda	1/4 t. salt
1/4 C. Chopped walnuts (optional)	1/3 C. wheat bran
1/2 C. packed brown sugar	1/2 C. applesauce
1/2 t. cinnamon	1/4 C. nonfat dry milk powder
3/4 C. whole wheat flour	1 egg white
1/4 t. baking powder	1/2 C. raisins
1/2 C. shredded carrots	

Preheat oven to 375. In a large bowl, mix oil and brown sugar with electric mixer until well blended. In another bowl stir together flour, oats, wheat bran, dry milk, baking soda, baking powder, cinnamon and salt. Add to brown sugar mixture and mix with mixer. Add egg white and applesauce and mix. Add carrots and raisins and mix entire dough with wooden spoon. Spray cookie sheet with cooking spray. Drop 12 rounded tablespoons of dough 2-3" apart onto cookie sheet. Flatten dough so each cookie is about 2" across. Bake 10-12 minutes. Place on cooling rack.

This is from our FACE teacher here. VERY HEALTHY.

Submitted by Lisa K. Strauss

CHOCOLATE CHOCOLATE CHIP COOKIES

Prep: 11 min. Cook: 40 min.

1 cup all-purpose flour	1/2 cup granulated sugar
1/4 teaspoon baking soda	1/3 cup unsweetened cocoa
1/8 teaspoon salt	2 large egg whites
1/4 cup butter, softened	1/3 cup semisweet chocolate minichips
1/2 cup packed dark brown sugar	Cooking Spray

1. Preheat oven to 350 degrees.

2. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, baking soda, and salt in a large bowl.

3. Beat butter and brown sugar with a mixer at medium speed until light and fluffy. Gradually add granulated sugar, beating well. Add cocoa and egg whites, beating well. Gradually add flour mixture, beating until blended. Stir in chocolate minichips.

4. Drop by rounded teaspoonfuls 1 1/2 inches apart onto baking sheets coated with cooking spray. Bake at 350 degrees for 10 minutes. Cool on pans 2 minutes or until firm. Remove cookies from pans; cool completely on wire racks.

Yield: 40 cookies Serving size = 1 cookie

Points: 1; exchange: 1/2 starch; per serving: CAL 52 (27% from fat); PRO 0.7g; FAT 1.6g (sat 1.1g); CARB 9.1g; FIB 0.4g; CHOL 3mg; IRON 0.3 mg; SOD 32mg; CALC 4mg.

Submitted by Marcia Schmidt



Celebrating 30 Years of JRFH Success

State JRFH Coordinator, Neil Seering



I hope everyone is having a great school year so far. I have enjoyed getting a workout digging out of the major snow storm that just hit. Our theme of “mind, body, and spirit” was all tested, but I prevailed. That’s Wisconsin!

I would like to thank all that attended our workshop at the WAHPERD convention. I think it was very successful and our hope was for all to get more ideas on how to have a successful Jump Rope for Heart event and what type of options you have with equipment and set-up. If you were not able to attend, I would be happy to help you with any ideas or materials I can send you to help plan your event.

Excellence in motion is starting soon with Jump Rope for Heart events coming up! Please get in touch with me at 920-845-2371 ext. 134 or nseering@luxcasco.k12.wi.us. Also, contact your local Youth Market Director. Each of them does an excellent job in providing you with great materials. This year there are posters/handouts that are colorful and educational and can be used throughout the year.

Also, I would like to remind everyone that using the on-line feature is practical and easy. There is a new provider and they have made it easier and user-friendly. You also do not have to deal with a lot of envelopes or money, which is a nice feature. If you are one that still collects envelopes, there is an excel spreadsheet that counts up your totals for both money and prizes.

If you need newsletters, on-line help, lesson plans, JRFH ideas of any kind, please contact me or your local Youth Market Director from the American Heart Association.

Check this out!

Movin' and Munchin Grant – <http://www.movinandmunchin.com/>

My Pyramid – http://www.mypyramid.gov/kids/kids_game.html

Nutrition Explorations – <http://www.nutritionexplorations.org/>

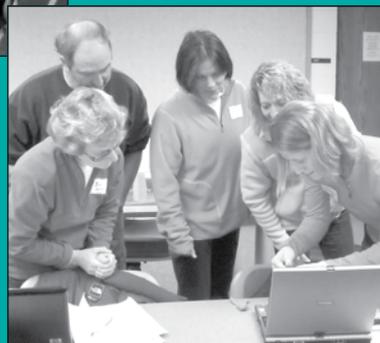
Skeleton Shakedown – <http://www.harcourtschool.com/activity/skel/skel.html>

Healthy Hearts for Kids – <http://www.healthyhearts4kids.org/>

Great body diagrams – <http://www.human-body-facts.com/muscular-system.html>



Teamwork at December Leadership



American Heart Association  **JUMPROPE FOR HEART**

Learn and Live

IT TAKES HEART TO BE A HERO!

Jump Rope For Heart gives students several great opportunities: helping kids with special hearts; learning the benefits of physical activity, healthy eating and avoiding tobacco; and raising funds for research and programs to fight heart disease and stroke.

Call 1-800-AHA-USA1 or visit americanheart.org/jump to get your school involved.

 *American Alliance for Health, Physical Education, Recreation and Dance*
AHPERD is a great program partner of Jump Rope For Heart.

©2009, American Heart Association. Also known as the Heart Fund.
10/09DS3231



A Message from Patty Kestell, State Hoops for Heart Coordinator

Hello WAHPERD members and educators,
It's Jump Rope and Hoops for Heart time! Begin thinking about how you plan to incorporate your district's heart health education curriculum standards and fitness skills into a fun Jump Rope and Hoops for Heart event for your students! Take advantage of the great teacher resource kit and posters provided to coordinators this year to help integrate your student's cognitive learning experiences with their jump and hoop activities! **Be sure to celebrate the 15th Anniversary of Hoops for Heart!**



2009 Jump Rope and Hoops for Heart Educators of the Year

Congratulations to Brad Brogley, Pat Witkowski, Lisa Strauss, and Lisa Haberli for receiving the 2009 Jump Rope and Hoops for Heart Educator of the Year Award!

Your years of service in Jump Rope and Hoops for Heart, your dedication towards teaching students the benefits of a heart healthy lifestyle, and the positive teaching experiences you have instilled in your students are greatly appreciated, and your award is well deserved! **Congratulations!**



JRFH/HFH Workshop and Jump/Hoop Demo Team Coordinator Workshop

The JRFH/HFH workshop and Jump/Hoop Demo Team Coordinator workshop held in November was a blast! Many great JRFH/HFH event ideas and skills were shared and learned, and numerous resources were made available for the coordinators who attended the workshop. Special thanks to Renee Knier, Aaron Hardy, and Kathy Nieman for their help presenting jump and hoop skills during the afternoon workshop. We had a great time learning advanced tricks/skills to teach our students, so thanks for sharing your time and energy! Thanks also to Megan Hiller, Tammy Rocker, Joe Hoffmann, Jackie Weir, Lisa Schweitzer, and Neil Seering for the terrific help with the workshop! Your time, support, and help were greatly appreciated!

If you were unable to attend this year's workshop, please stay tuned for future Jump Rope and Hoops for Heart events!
If you have considered becoming a Jump or Hoop Demo Team Coordinator, we would love to work with you!
Contact Tammy Rocker, Neil Seering, Patty Kestell, or your Youth Market Director for more information!



**15th Anniversary of Hoops for Heart:
You + Your Students + Shooting Hoops =
A BIG Difference!**

Contact a Youth Market Director in your area to get involved with Hoops for Heart!

Best wishes to coordinators that plan to host a Jump Rope or Hoops for Heart event this year!

American Heart Association 
Learn and Live



Hoops For Heart gives students several great opportunities: helping kids with special hearts; learning the benefits of physical activity, healthy eating and avoiding tobacco; and raising funds for research and programs to fight heart disease and stroke.

Call 1-800-AHA-USA1 or visit americanheart.org/hoops to get your school involved.



**WE JUMP. WE SHOOT.
WE SAVE.**



American Alliance for Health, Physical Education, Recreation and Dance

AAHPERD is a proud program partner of Hoops For Heart.

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SERVICE: Reaching out to others... it's good for the SPIRIT!

Service projects are a critical part of our communities. I think it is important that we not only take care of ourselves, but also take care of others. I am sure many of you have participated in many service projects, such as Jump Rope for Heart and Hoops for Heart. Others may include, ringing the bells for the Salvation Army, Toys for Tots, food drives, cards for troops, coat drive, etc.

I am challenging all of you to participate in a school or community service project. You will help others feel good, but also increase the goodness in your own spirit. Be creative and encourage others to help you.

Please report to me the service project you have done and we can include it in the next newsletter. This is an excellent way to share ideas with others about what you have done. It can be any kind of service for your school or community.

I look forward to hearing from all of you...what service project will you participate in?

Quotable Quotes submitted by WAHPERD members

Do you have a favorite quote or saying, something that inspires you? Submit your quote to Brenda Erdman at berdman@rsd.k12.wi.us

ENTHUSIASM is the mental sunshine that allows us to grow and learn. Author Unknown

Nothing worth gaining was ever gained without effort. Theodore Roosevelt

Doing your best is more important than being the best. Shannon Miller

Happiness is when what you think, what you say, and what you do are in harmony. Mahatma Gandhi

A strong body makes the mind strong. Thomas Jefferson

Be happy and find your peace.

*Watch your thoughts;
They become words.
Watch your words;
They become actions.
Watch your actions;
They become habits.*

*Watch your habits;
They become character.
Watch your character;
It becomes your destiny.*

By Frank Outlaw

A journey of a thousand miles begins with a single step. Confucius

Having a commitment requires more effort than having an interest...but it will produce more! Author unknown

"If you focus on results, you will never change. If you focus on change, you will get results." Jack Dixon

An email I received from a parent. The student is a kindergartener. Submitted by Brenda Erdman

Hi! ... I wanted to get this to you earlier in the day, but the day flew away from me. This morning Isaac said it would be funny if we changed butt cheeks. I said I need those muscles under there to carry my body around so I could run and play volleyball. He told me that you taught him that muscle's name: Bootie-us maxi-mus. :) Thanks for being another important adult in Isaac's life. I appreciate you!

2010 AAHPERD Jump Rope for Heart/Hoops for Heart Grant Winners

Each year, AAHPERD awards 10 grants to teachers who have shown great leadership in their respective Jump Rope for Heart or Hoops for Heart event. The winners receive a one year AAHPERD membership, a trip to the AAHPERD National convention, and a \$1,200.00 gift certificate from US Games. This year, three of the ten winners are from Wisconsin.

Congratulations to: Carol Tyriver, Ryan Tomczyk,
and Andrew Stoehr.

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A Member We Will Miss...

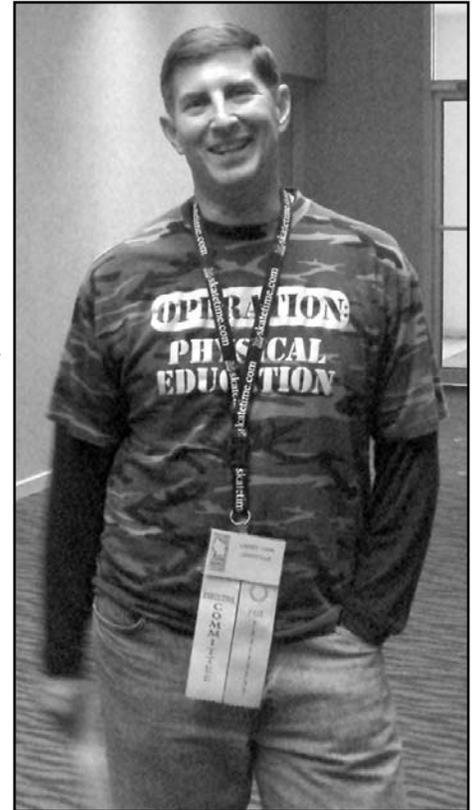
As most of you are aware of by this time, our colleague, mentor, and friend Larry Cain passed away unexpectedly on November 19th. We want to take the time to let you know the impact Larry had on our Elementary Physical Education program in Janesville as well as those statewide.

At the state level, Larry was very active in WAHPERD. He held many offices throughout his career in Wisconsin, including President from 2000-2001. He was selected as the State Elementary Physical Educator of the Year in 1997 and went on to earn the Midwest Teacher of the Year as well. He earned the Award of Merit, Citation Award, Recognition Award, and numerous Service Awards. He also inspired others in Janesville to take a more active role in the state organization by encouraging us to take leadership positions such as District Coordinator and Division Vice President. We became presenters at convention as a result of his belief in us as qualified Physical Educators. He was also instrumental in bringing the convention to Janesville in 2004-05.

At the local level, Larry served as our Elementary PE Instructional Manager for a number of years. He was a leader of the team that wrote and received a PEP grant in 2003. His goal was to develop a high quality Physical Education program in Janesville. In the process, he helped to make each of us better teachers. We want him to be remembered as a man who was passionate about physical activity. He led by example, by living a healthy and active life. He would often be seen rollerblading or biking on the local bike trail.

He had a strong mission in life; to develop healthy, strong students and to promote physical education and physical fitness. He did whatever he could to make that happen in Janesville. Larry will be greatly missed by his colleagues and students. We are all better people for having known him.

*Submitted by:
Janesville PE
Teachers*



From a mother and daughter in Janesville...

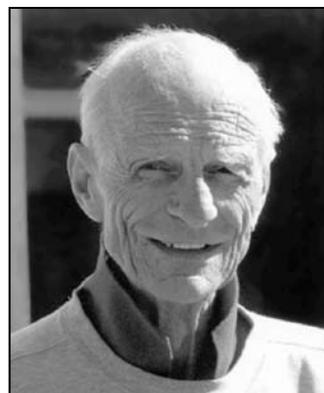
Our daughter is a first grader and always shared stories about how fun Mr. Cain made gym class. Her favorite times were when he would show them a new dance and he would shake and wiggle. The children loved him so much. He was very special and will be missed greatly. My daughter asked me today if Jesus was overweight. I said "Why on earth would you ask that". And her response was this: "If Jesus is fat then maybe he wanted Mr. Cain there to help him get skinny again. Mr. Cain would be good at that."

Best Practices Conference is looking for Presenters

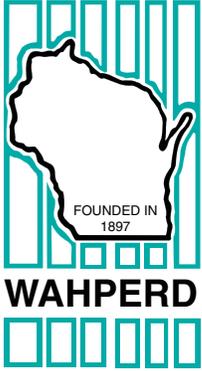
All call for presenters for the 10th Annual Best Practices in Physical Education and Health

We are looking for 75 minute presentations on one of three tracks, elementary PE, secondary PE and health. July 27th will have three pre-conferences: One on Creative Elementary PE Methods, one on Skills for Health Literacy on Nutrition, and one on Fitnessgram. You will get free attendance at the symposium plus a small stipend to do a breakout if you are chosen to present. Send your brief outline to Jon Hisgen, DPI's health and physical education consultant at jon.hisgen@dpi.wi.gov

A Member We Will Miss...



O.B. "Ben" Bergsrud passed away on May 30, 2009 at the age of 83. Ben Bergsrud served as WAHPERD President from 1968-1969 and was awarded the Life Membership award in 1988.



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Executive Directors Report

Winter Greetings from the basement of Mitchell Hall

It would be less than honest to say it was a great year. The loss of our friend, Larry Cain was a severe blow that only time will soften. While I could write all day about his contributions, Larry always wanted things brief and to the point. So to honor his style...He will be remembered as a good friend and a great teacher.

Professionals find a way to keep going and to look ahead. On January 20th and 21st, a team of WAHPERD members will occupy an exhibits booth at the State Education Convention in Milwaukee. We will share the booth with representatives from the American Heart Association and do our best to remind school board members and administrators that quality health and physical education programs have great value and need to be properly resourced. When your school board members ask about membership, we will be proud to bring out the WAHPERD Directory and show them your name.

Convention planning is well underway for 2010 when we will gather at the Chula Vista Resort in Wisconsin Dells. If you have ever wondered what to do with the family when you headed off the WAHPERD convention, please plan to bring them along to enjoy one of the best indoor water parks in the world.

Our District Coordinators and Future Professionals are putting together some excellent workshops and conferences. Check our web site, www.wahperd.org for the details.

In a well thought out effort to keep the WAHPERD leadership relevant to our members, the board of directors is planning to restructure our division vice presidents to align them with the grade levels rather than subject. Instead of Health, Physical Education, Dance and Future Professional Divisions, the Board will vote in April on a proposal to have a Division for K-5, Middle School, High School, University and Future Professionals. The proposal also consolidates our districts from seven to five. As always, your thoughts and comments are welcome.

Please take care of yourselves and your colleagues. There is still a lot to do.

Peace and Health, Keith

