

NORTHEASTERN

DISTRICT NEWSLETTER



APRIL 2009



PRESIDENTS MESSAGE



My favorite season is finally here. Spring! New life is emerging from the ground and all around. Everything is changing from the winter cold to warming up and blooming with new beginnings.

Have you made any changes as of yet? In my last newsletter, I mentioned to you to be your own public relation specialist. Have you placed a program of yours in a newspaper, written an article for publication, talked to your fellow co-workers and promoted yourself and your program, applied for a northeastern district grant, become more involved with northeastern district? If yes, fantastic, keep up the great PR. If not, make the change and start promoting yourself and your profession. I am a firm believer in using positive words and positive thinking, in order to get something, you need to give something.

Speaking of change and new beginnings, a change is also happening to the northeastern district's fall retreat. Inside this newsletter you will get a glimpse of the new location and venue for the retreat. Make a change, and join us for the fun and sharing of professional knowledge.

Here are some of our members who have had a change of professional growth. Nominations were sent to some northeastern district members and they complete the applications for teacher of the year. I like to congratulate our award winners this year, each of them were outstanding applicants and are much deserved in this recognition. As tradition requires each of these winners will be honored at our annual fall banquet in October. If you have never been to the awards banquet, make the change and join everyone at the Northeastern District Awards Banquet in October. Meet the present and past award winners. It is a great time for everyone.

I know change and new beginnings are hard for some of us, but if you are a one that needs to make small changes a little at a time. I have a suggestion and start with the Project ACES (All Children Exercising Simultaneously). This event is fun and easy, read the following pages for more information.

I urge everyone to try and make a positive change for yourself and your profession.

Lori Dusek

Meet YOUR 2009 Executive Board

President:	Lori Dusek Arbury Hills Elementary ldusek@summithill.org
President-Elect:	Kathy Houston Pheasant Ridge Elementary kathyhouston@hotmail.com
Past President:	Janet Madden Andrew H.S. jmadden@d230.org
Treasurer:	Marilyn Bloechle mbloechle@comcast.net
Secretary:	Millie Wostratzky mwostratzky@comcast.net
Delegate At Large:	Vicky L. Nordhem vnordhem@d125.org
Delegate At Large:	John David johnjacobdavid@gmail.com
Delegate At Large:	Mary Norge-Drent norgedrent@yahoo.com
Delegate At Large:	Katherine Meyers kmeyers@LTHS.net
Delegate At Large:	Cindy Thomas cthomas@d230.org

Other members you should know to contact for:

Awards:	Marcey Siegel marcey@the-siegels.com
Governmental Affairs:	TBA
Highlight Awards:	Marianne Biedrzycki mbiedrzycki@d181.org
Scholarship:	Don Scherrer donlenore@comcast.net
Shape-Up Illinois:	Terri Andrews Terri_andrews@ippsd.org
Blue Ribbon Health:	Marcia Berke purplemmm@comcast.net
Blue Ribbon PE:	Chris Beese cbeese@northbrook28.net
Elementary & Middle	Blue Ribbon PE: Mike Godlewski mgodlewski@maine207.org
High School	

NORTHEASTERN DISTRICT OF IAHPERD

P.O. Box 1326
Jacksonville, IL 62651

Please contact us for more information about the NED and how you can become more involved.

NED'S GRANT PROGRAM

Each fall and spring NED members will have the opportunity to apply for a \$500 grant to enrich their school's physical education program. Applicants for the fall meeting August 2009 will need to complete the written grant proposal (www.iahperd.org/northeastern) and verbally present to the NED Board. At the conclusion of the general meeting the Board will choose a grant winner based on several criteria such as eligibility, need, number of students that will benefit from the grant, etc. Soon after the meeting, the grant winner will receive a letter of congratulations. In addition to the \$500 grant, three \$100 Palos Sports gift certificates will be awarded in a raffle drawing. Everyone in attendance who is a NED member at the meeting will receive a raffle ticket for the drawing.

Congratulations to the 2009 NED TOY (Teacher of the Year) Winners!

Young Professional – Martin Acevedo – Hilda Walker School
Young Professional – John David – Forest View School
Elementary Physical Education – Scott McDowell – East Elementary School
Dance – Michelle Carrison – Buffalo Grove High School

Northeastern District Spring 2009 Grant Winner

Janine Cashman – James B. Conant High School

All Children Exercising Simultaneously (ACES)

On May 6, 2009 at 10:00 a. m. local time, school children from all fifty states and many foreign countries will be exercising simultaneously for a minimum of fifteen minutes. Last year over 600 Illinois schools participated in ACES. Some schools did aerobics, exercises, jogging, soccer, floor hockey, juggling, Frisbee, jump roping, and more! You choose whatever you feel suitable for your school program.

Ideas to Make ACES Fun & Easy:

- Jump rope
- Use Music
- Involve the entire building
- Go outside
- Use the press or local television stations

Registration: Simply send your name, school or organization, address, and number of participating students to:

ACES Registration c/o Theresa Mapes
Quincy Junior High School
100 South 14th Street
Quincy, IL 62301

NED's Student Scholarship for 2009-2010

If you are a student member of IAHPERD and attending a college or university within the North-eastern District of the Association, which includes schools in Will, DuPage, Lake, and suburban Cook counties, you are eligible as a candidate for a \$1,000 scholarship.

This scholarship is awarded to an undergraduate student majoring in health education, physical education, recreation, and/or dance, and who will be a full-time student during the fall 2009 semester. The scholarship will be awarded at the Northeastern District awards dinner in October of 2009.

Sometime, at the end of the month or early in March you will receive a letter containing an application and specific directions to follow for this scholarship. Be sure to follow the directions completely in order to be considered as a candidate. The Scholarship Committee will make every effort to evaluate all applications fairly.

Note: All materials must be submitted and postmarked by Friday, May 15, 2009! Once again, Congratulations to the 2008 winner, Zachary Bickel, of Concordia University!

Directions for Filing for the IAHPERD Northeastern District Scholarship

Page 1

1. Date
2. Name
3. Home address
4. Home phone
5. College or university
6. College or university address
7. College or university department chair
8. IAHPERD membership number
(call IAHPERD Executive Director if needed, 217-245-6413)
9. Major field of study
10. Minor (if any) field of study
11. Expected date for graduation
12. Name of the Chairperson of the Department of which you are a major

Page 2-3 (maximum)

1. List any professional organizations of which you are a member—indicate the extent of your involvement.
2. List any extra curricular activities in which you have been involved at your school, for the last 2 years. Indicate the extent of your involvement.
3. List any community, church, or other organizations in which you have been involved for the past 2 years. Include any volunteer projects that you may have experienced.
4. Indicate what your professional goal's are after graduation.

Also needed to complete the application:

1. Recent transcript from your institution mailed to Dr. Donald G. Scherrer at Trinity International University.
2. Two letters of recommendation sent directly to Dr. Donald G. Scherrer at Trinity International University, or in sealed envelopes, along with other materials that are being submitted.

Retirees & Soon-to-be Retirees: Bill Malinowski, a NED member retired in the year 2000 from Joliet West H.S. Educated at NIU - B.S. in Education in P.E. - M.S. from Indiana University
Teaching Years: PE/Drivers Ed. Bloom Township HS 1966-69
PE/Drivers Ed. Joliet West H.S. 1969-2000
Division Chairperson of PE/Dr. Ed/Health/ROTC (1980-2000)
Coached sports in Boys Baseball, Boys Gymnastics, Girls Gymnastics, and Ice Hockey Club.

Note: A raffle winner can only win once within a year. The money is only to be used for school equipment, not personal items! The same format for the raffle tickets will also be the same at the fall NED business meeting and four \$100 Palos Sports gifts certificates will be raffled off at the NED business meeting at the IAHPERD State convention.

31st ANNUAL NORTHEASTERN DISTRICT RETREAT

Please check your preference in the sessions you plan on attending to help us made appropriate accommodations.

Friday September 18th 2009

5:30-9:00: Registration (Charlene Nutter, Lori Dusek)
Check in at main lodge to pick up directions to Villa
Grand Bear Resorts 2643 N Il Route 178 Utica, Il. 61375
815-667-3866

8:00-10:00: Icebreakers

Saturday September 19th, 2009

7:30-9:00: Continental Breakfast/ Commuter registration

8:30-10:15: Cedar Creek Horse back riding expedition (9:00-10:00 transportation provided, cost \$25.00)

9:30-10:30: Session I:

_____ Yoga with Lori Dusek NED president, 2006 Teacher of the year award winner

_____ Core Training with John David from Forest View H.S., certified Physical Trainer

10:30-11:30: Session II

_____ CPR/AED Certification course Part 1 with Jan Madden 2008 Teacher of the year award winner

_____ Initiatives/Games for the classroom with Charlene Nutter from Victor J Andrew HS, 25 yrs Operation
Snowball Director

11:30-12:30: Session III

_____ CPR/AED Certification course Part 2 with Jan Madden

_____ Self Defense with Fred Kaiser 2008 Elementary Teacher of the year award winner

12:30-1:20: Deli Style lunch provided

1:00-2:00 Starve Rock guided hiking tour.

1:30-2:30 Session IV

_____ Adaptive P.E. Round Table discussion with Gina Parker 2005 Teacher of the Year award winner

_____ Core Training with John David Forest View H.S., certified Physical Trainer

2:30-3:30 Session V

_____ Motivational Activities/ Special Events with Fred Kaiser 2008 Elementary Teacher of the year award winner

_____ Team Building Activities with Charlene Nutter

3:30-6:00 Session VI

_____ Water Activities, Nature Activities and/or Assorted Amusement Games

Take advantage of one of the many activities at the resort or near by. Grand Bear Resort offers a water park and indoor amusement park. Off resort activities include the hiking trails, non-motorized boat activities, and a variety of other nature activities. Scheduled events in the area include:

* Vintage Illinois Wine Festival at Matthiessen State Park in Vermillion (3 miles) 3:00pm-8:00pm

The popular area Festival includes food, drink and music.

* Starve Rock Back Door Lounge dining (3:00pm-7:00pm)and Reggae Band (6:00pm-11:00pm)

Sunday September 19th

Pack and return home, and for those receiving credit or CPDU's: completed paper work is due.

Academic Workshop: (circle only one)

Graduate Credit-1 Hour Credit/9 CPDU's

- All sessions may be taken for a maximum of ONE hour credit from Chicago State University
- #PE 495 Continuing Professional Development
- Registration for credit will take place Saturday, September 18th (7:30-9:00am)
- Fees for academic credit is \$201.00 payable to Chicago State University

Workshop Recertification

9 CPDU's for participation in all sessions and completion of evaluation forms.

Attendance/Participation only

PREREGISTRATION FORM

Name: _____
Home Address: _____
City/State: _____ Zip: _____
Home Phone: _____
Cell Phone: _____
Email Address: _____
Gender: Male _____ Female: _____
School/Place of employment: _____
Address: _____
City/State: _____ Zip: _____ County: _____

____ OVERNIGHT CAMPER

____ \$125.00 IAHPERD member registration by 7/31.
____ \$135.00 IAHPERD member After 7/31
____ \$50.00 Additional fee required for IAHPERD membership. (1yr)
____ *Optional reservation* for 1 hour horseback ride, transportation provided, additional cost \$25.00 pay at the stables. 9:00-10:00am Saturday.
____ Interested in participation in Guided Starve Rock Tour. 4:00-5:00pm Saturday. Free
\$ _____ TOTAL enclosed (make checks payable to Northeastern District)

____ COMMUTER

____ \$30.00 IAHPERD member registration by 7/31.
____ \$45.00 IAHPERD member After 7/31
____ \$50.00 Additional fee required for IAHPERD membership. (1yr)
____ *Optional reservation* for 1 hour horseback ride, transportation provided, additional cost \$25.00 pay at the stables. 9:00-10:00am Saturday.
____ Interested in participation in Guided Starve Rock Tour. 4:00-5:00pm Saturday. Free
\$ _____ TOTAL enclosed (make checks payable to Northeastern District)

NO REFUNDS AFTER AUGUST 31ST-PROGRAMS SUBJECT TO CHANGE

Beautiful Grand Bear Resort near Starve Rock Park, in Utica, Ill. is a **new** centralized location to host our fall retreat, hopefully this move results in an increased participation. Our NED retreat offers a variety of classes, the opportunity to earn 9 CPDU's towards recertification, and possible graduate credit. Resort amenities include a water park, amusement park, arcade, and villa vs. door rooms accommodations (possible 2 per bed). Surrounding area opportunities include horseback riding, hiking trails, wine festival, and reggae concert.

Mail registration and payment to :
Charlene Nutter
22516 Lawndale Ave.
Richton Park, Il. 60471

For more information:
Contact Charlene Nutter
cnutter@d230.org
(H): 708-481-6469
(C): 708-269-6469

Registration Deadline
August 31, 2009

2009
UP-COMING EVENTS:

March 31-April 4th AAHPERD Convention

May 6th 21st Annual Project "ACES"

Aug. 10th NED Fall meeting @ 7:00 p.m.
@ Fuddruckers, Downers Grove, IL

Sept. 19-20th NED Fall Retreat
Grand Bear Resort
Utica, IL.

Oct 18th NED Awards Banquet
Maggiano's Oakbrook, IL

Nov. 19th-20th IAHPERD State Convention
Pheasant Run Resort St. Charles, IL

Please also check the IAHPERD website for additional events & info.

NORTHEASTERN