



## President-Elect's Message TONI DUVAL



While faithfully working out on the elliptical for the past few cold, winter months, I have been seriously reflecting on this upcoming MAHPERD journey that lies ahead. I can't help but understand that ultimately it isn't the destination that is the goal, but rather, it is the growth along the way. This prospect is both exciting and humbling at the same time. Robin Roberts once said in a terrific speech, "**Put yourself in a place where good things can happen**". I truly

believe that with the tremendous leadership of President Diana Demetrius, Past President Dr. Bob Rausch and the MAHPERD Executive Board, good things have happened, are happening and will happen. Let me explain . . .

### The Past:

MAHPERD just finished with a very successful Spring Conference at Bridgewater State College in February. "*Link Up for Fitness*" had over 90 MAHPERD members enjoying a great day filled with new and updated PA Fitness activities, a fantastic presentation from Heart Screen America as well as ongoing networking with members and friends.

### The Present:

All members should know there is an exciting change in the way MAHPERD will communicate with its membership. There have been lots and lots of work behind the scenes with a multitude of meetings, conference calls and webinars to help better understand how MAHPERD can use current technology. The goal is to transition to the future and enhance the communication with MAHPERD members. The results of all these efforts are as follows:

1. There will be fundamental changes to the MAHPERD newsletter. It will be sent out electronically thereby resulting in significant savings to our organization. It also allows us last minute fluidity of content and ideas. The change in the newsletter format will result in a significant savings for MAHPERD.
2. The current MAHPERD website will be redesigned so that it can be more user friendly and functional. Kudos to Bill Riley who has been the leader in maintaining MAHPERD's website since its inception.
3. Email blasts will be used to quickly update members and will notify pertinent information as needed. You may have received one or two already – if not please sign up with Bill Riley at [riley@ma-hperd.org](mailto:riley@ma-hperd.org)

Please look for the new e-blasts, e-newsletters and the ability in the future to register for the MAHPERD convention and conferences online. This is still a work in progress but an exciting time indeed!

### The Future:

Please check the current newsletter for our future Executive board. Congratulations to all!

The theme for the 2008 November conference in Worcester is "**Moving Toward A Healthy Future**". MAHPERD has the privilege to procure such wonderful speakers as USA Today's Christine Brennan — <http://christinebrennan.com/>; diversity expert Dr. Michael Fowlin — <http://www.michaelfowlin.com/qopening.htm>;

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## President's Message DIANA L. DEMETRIUS

### **Be in MOTION!**

Has it really been a year? While this is my final script to you as your president, it comes to you with great reflection and a request or two. Admittedly, my thoughts were ALL over the place until I settled on one word: **MOTION!** Once again, my wheels were spinning. Then, Newton came to mind. Yes, the three physical laws which provide relationships between the forces acting on a body and the motion of the body. Reflect with me on Newton's three laws.



First, "a physical body will remain at rest, or continue to move at a constant velocity, unless a net force acts upon it." The more commonly spoken version — an object at rest tends to stay at rest and an object in motion tends to stay in motion. MAHPERD is in perpetual motion.

Legislatively, the 'body' of MAHPERD continues at a 'constant velocity' on Beacon Hill with **YOUR HELP**. If we 'rest' in the months ahead, well, you know based on Newton's first law, it's over. If we want quality, daily physical education for our students, our request is simple: Continue to write, email, call, and/or visit your legislators – we must maintain our velocity! Be in **MOTION!**

Second, "the net force on a body is equal to its mass multiplied by its acceleration." Just imagine if once a month, EVERY MAHPERD member (the net force) sent a communication to their legislators urging them to support our legislation. If you haven't contacted anyone, visit the MAHPERD website and click on Legislative Update for some easy steps and suggestions to take action. Remember, be in **MOTION!**

Third, "to every action there is an equal and opposite reaction." It will take time and patience for the P.E. bill (and Health) to pass as long as we continue to be in action. Action occurred most recently in February and now the bill (with some rewrites) was sent to Ways and Means – a reaction we cautiously support. Be in **MOTION!**

Time for a gear shift in my reflections. We (the Executive Board) hear this question occasionally: "*What has/will MAHPERD do for me?*" Newton's first law again — an object in motion . . . MAHPERD does oodles for anyone wanting to be in **MOTION**.

**Professional development:** Within the last academic year, there has been an average of one professional development event offered each month, from the convention to regional workshops, the opportunities continue to be available.

**Technology:** MAHPERD will be leaning toward green with our Newsletter before the end of 2008. You will need to be in MOTION on this one. The smartest move you can make is to provide a functioning email address to the MAHPERD business office (our business manager Bill Riley processes this info). We have already begun email blasts — a far more cost effective way of communication in between the four editions of the MAHPERD Newsletter. On-line convention registration will also be available. Our website will be receiving a complete face lift over the next few months to round out the major tech pieces.

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### **President-Elect's Message** *(cont. from page 1)*

and Dr. Joella Mehrhof from Emporia State College in Kansas. Dr. Mehrhof is a nationally known speaker and presenter at various state HPERD conferences and has co-written the book "Never Play Leapfrog with A Unicorn: K-5 Physical Activities to Meet the Standards".

These are just a few of the highlights for the upcoming year. The journey is truly an exciting one!

### **President's Message** *(cont. from page 1)*

**Board Room:** The Constitution and By-laws have been completely revised and amended bringing us in alignment with AAHPERD. Archives has been regenerated and is led by co-chairs Dr. Karen Richardson and Dr. Deb Sheehy, both from Bridgewater State College. We are happy to report that we have the opportunity in the near future to begin digitizing material. Details will be forthcoming with one of the goals to provide an archives link on our website . . . and these are some of the things MAHPERD can do for you when in **MOTION!**

Lastly, a bit more reflection on the year gone by. Many words come to mind: learning experience, opportunity, inspirational, motivational, collaboration, team, passion, and fun to name a few. The Executive Board is an amazing group of professionals that I am grateful for your energy, spirit, and dedication. While I have encouraged you, the members, in Lee Ann Womack's words . . . "and when you get the chance to sit it our or dance, I hope you dance!" – I readily admit that I would not be a viable competitor for 'Dancing With the Stars.' However, MAHPERD has provided me with the opportunity to dance among many stars. It has been an honor to serve you and a privilege to represent MAHPERD at the state, district and national levels! Thank you for helping to keep the wheels in motion.

### ***Congratulations Newly Elected Officers*** **2008-2009 MAHPERD Executive Board**

President Elect .....	Donna Ruseckas
Vice President-Elect – Physical Education .....	Kerri Smith
Vice President-Elect – Health .....	Patricia McDiarmid
Vice President-Elect – Dance .....	Donna Desmond
Vice President-Elect – Girls' and Women's Athletics .....	Jennifer Mead
Vice President-Elect – Boys' and Men's Athletics .....	Stephen Cronin
Vice President-Elect – Adapted Physical Education .....	Heather Yeomans
Vice President-Elect – Recreation .....	Jack Mosko

### ***From the Executive Director . . .***



**MARIA MELCHIONDA**

Professionals in the allied fields are literally looking to our state as a model for many in the area of services, sponsorships, programs, legislation/advocacy and professional development offerings. MAHPERD is "on the map" shall we say and you the members as well as your Board have made it that way!

Each time one of you picks up the phone and shares an idea with the Board, asks for help, gives recognition to a colleague or offers to teach a workshop, good things happen! John F. Kennedy was correct in saying, "Ask not what your country can do for you, but what can do for your country." Place the word 'profession' in place of 'country' and there you have it, lots of energy, vitality and a host of professionals that know how to network and get the job done!

MAHPERD is working harder than ever to get the job done! Your Board is spirited and tenacious and as a result, averaged one workshop a month this past year in addition to a major convention; a spring conference; a student summit; recognition of deserving professionals and sponsorship by Blue Cross Blue Shield of the Awards Banquet; hundreds of hours in legislative work; FlagHouse sponsorship of the STATE Teachers of the Year; sponsorship of the Council of Future Professionals (TBA); first state to host a NAGWS "Your Next Steps" program (TBA); first MAHPERD/ Athletic Trainers of MA / Heart Screen America sponsored Athletic Training Conference to be held in conjunction with the MAHPERD Convention this year; first ever Higher Education Summit to bring college/university and MAHPERD leadership together to communicate needs of allied future professionals; a Massachusetts Report Card on Physical Education by students at Salem State College (to be accomplished by the spring) and revamping the MAHPERD website as well as adding mass e-mail communications, on-line registration for events in the future and an E-Newsletter starting in August! *Whewwwww!!!*

Your Association is primed and ready to add other services as well. These services are in the planning stages and will be announced in the first E-Newsletter. If you have time, drop me an e-mail about how you can get involved with our Board or other projects as well. I do wish to make a list of all your talents and specialties as many call the office and ask, "Who can you direct me to that specialize in adventure training or double-dutch jump roping or IMPACT or . . . ?" I know that each of you specialize in something, so please e-mail me and I can start making my resource list to assist you all.

**maria@ma-hperd.org**

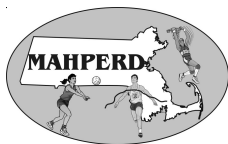
Thanks for all that you are doing and stayed tuned for more!

## **Wellness Tools for Healthy Schools**

The John C. Stalker Institute of Food and Nutrition (JSI) is pleased to announce its new and improved website, providing a variety of wellness resources for schools. In addition to professional development, the "A-List", and wellness policy tools, the new JSI website boasts a comprehensive web-based resource for schools, "Teaching Tools for Healthy Schools". This resource is a portal of information, newsletters, lesson plans, and interactive activities related to food, nutrition, physical education, and physical activity.

Why reinvent the wheel, when there are so many reliable and readily available teaching tools at our finger tips. We have hand selected tried and true favorites, so take advantage of these tools to add a little bit of fun and creativity to the wellness programming in your schools.

For more information, and additional resources visit the John C. Stalker Institute of Food and Nutrition at: <http://www.johnstalkerinstitute.org>



# Massachusetts Association for Health, Physical Education, Recreation, & Dance



**MEMBER #**  
[ ]

PO Box 182  
Attleboro, MA 02703  
774-254-4657  
Fax 508-342-7020  
riley@ma-hperd.org  
www.ma-hperd.org

Memberships are for the school year,  
September 1 to August 31

2008-2009 Dues	
Professional .....	\$79.00
Retired .....	\$10.00
Student .....	\$20.00
<b>Institutional (discount rate)</b>	

## Membership Application/Renewal

**Name**

[ ]

**Email Address (required to receive Newsletter)**

[ ]

**Home Address**

[ ]

**City/State/Zip**

[ ]

**Home Phone**

[ ]

**Cell Phone**

[ ]

**School/Business**

[ ]

**School/Business Town/Zip**

[ ]

**School/Business Phone**

[ ]

**Membership Status**

- New    
 Renewal    
 Rejoin

### Professional Responsibilities (Check all that apply)

**Responsibilities:**    Teacher      Coach      City/Town Director      Dept Head      Other \_\_\_\_\_

**Field:**      PE      Health      Rec      Adapted PE      Dance      Athletics      Other \_\_\_\_\_

**Level:**      Elementary      Middle      High School      College      Other

**Current Full Time Student:** \_\_\_\_\_

College Name	City	Major	Year of Graduation
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**Voluntary Donation for "Legislative Initiative 2008"** — Please consider including a voluntary donation, in addition to your annual dues, with your 2008-09 membership. Add "whatever you can afford" to aid in this critical campaign for the New Law for Quality Physical Education in Massachusetts.

I am including \_\_\_\$5    \_\_\_\$10    \_\_\_\$20    Other (\$\_\_\_\_\_) as my support for the MAHPERD Legislative Initiative.

Enclosed is a check or purchase order for: \$ \_\_\_\_\_

Mail to: **MAHPERD, P.O. Box 182, Attleboro, MA 02703**



  
**Spring Conference**  
***“Link Up to***  
**Bridgewater State**  
**Friday, March 14**





# Conference 2008 "Fitness"

State College  
March 7, 2008



*Photos by Paul Klenk*

## **Professional Development Graduate Level Offerings – Summer 08**

### **Including Students with Disabling Conditions in the Regular Physical Education Program**

Graduate Credit: PE 3601 PDPs/CEUs: PE 5901

**Participants:** Physical Education, Health and Wellness Personnel, grades K–12

**Dates/Times:** July 7 - 11, 2008; 9:00 am – 4:00 pm

**Location:** Northeastern University, Burlington Campus

**Cost/Credit:** 68 PDPs/6.8 CEUs, \$500; 4 q.h. graduate credits, \$820

**Instructor:** John Passarini holds a Doctor of Education degree in Special Education from Boston University. He has taught in Massachusetts for 34 years and is currently an Assistant Professor at Salem State College. He was named the National Adapted Physical Education Teacher of the year in 2000 and was named the Disney Outstanding Teacher of the Year in 2003.

**Contact:** Northeastern University School of Education / Institute in Education / 360 . . . [www.spcs.neu.edu/pdp](http://www.spcs.neu.edu/pdp)

### **Updating Your Health, Wellness and Physical Education Program**

Graduate Credit: PE 3604 PDPs/CEUs: PE 5904

**Participants:** Physical Education, Health and Wellness Personnel, grades K–12

**Dates/Times:** July 14 - 18, 2008; 9:00 am – 4:00 pm

**Location:** Northeastern University, Dedham Campus

**Cost/Credit:** 68 PDPs/6.8 CEUs, \$500; 4 q.h. graduate credits, \$820

**Instructor:** Marc Alterio is a member of the Massachusetts DOE Interdisciplinary Health Advisory Council; and Chair of the MAHPERD Professional Development Committee. He has been the Reading High School Coordinator of Health, Wellness and Physical Education.

**Contact:** Northeastern University School of Education / Institute in Education / 360 . . . [www.spcs.neu.edu/pdp](http://www.spcs.neu.edu/pdp)

### **Integrating Technology into your Physical Education Program**

Graduate Credit: PE 3605 PDPs/CEUs: PE 5905

**Participants:** Physical Education, Health and Wellness Personnel, grades K–12

**Dates/Times:** July 21 - 25, 2008; 9:00 am – 4:00 pm

**Location:** Northeastern University, Burlington Campus

**Cost/Credit:** 68 PDPs/6.8 CEUs, \$500; 4 q.h. graduate credits, \$820

**Instructor:** Rich Butterworth, Retired, had 35 years of experience as a physical education teacher in the Hamilton-Wenham Regional School District. He is a Polar trainer and a technology health and wellness consultant.

**Contact:** Northeastern University School of Education / Institute in Education / 360 . . . [www.spcs.neu.edu/pdp](http://www.spcs.neu.edu/pdp)

### **Moving Toward Wellness: Applications and Practices for Secondary Schools**

Graduate Credit: PE 3607 PDPs/CEUs: PE 5907

**Participants:** Physical Education Teachers, grades 5–12

**Dates/Times:** July 28 - August 1, 2008; 9:00 am – 4:00 pm

**Location:** Northeastern University, Dedham Campus

**Cost/Credits:** 68 PDPs/6.8 CEUs, \$500; 4 q.h. graduate credits, \$820

**Instructor:** Marc Alterio is a member of the Massachusetts DOE Interdisciplinary Health Advisory Council; and Chair of the MAHPERD Professional Development Committee. He has been the Reading High School Coordinator of Health, Wellness and Physical Education.

**Contact:** Northeastern University School of Education / Institute in Education / 360 . . . [www.spcs.neu.edu/pdp](http://www.spcs.neu.edu/pdp)

### **Putting the Pieces Together: Strategies for Building Movement into the Elementary Physical Education Program**

Graduate Credit: PE 3606 PDPs/CEUs: PE 5906

**Participants:** Physical Education Teachers, grades K–5

**Dates/Times:** August 4 - 8, 2008; 9:00 am – 4:00 pm

**Location:** Braintree High School, Braintree, MA

**Cost/Credits:** 68 PDPs/6.8 CEUs, \$500; 4 q.h. graduate credits, \$820

**Instructor:** Lisa Katilus is a physical education instructor in the Braintree Public Schools. She has also taught at the college level. She was recently nominated for MAHPERD's Elementary Physical Education Teacher of the Year.

**Contact:** Northeastern University School of Education / Institute in Education / 360 . . . [www.spcs.neu.edu/pdp](http://www.spcs.neu.edu/pdp)

### **Assessment in Action: Assessing Learners in Physical Education, K-12**

Sponsored by French River Education Center and accredited through Framingham State College — 3 graduate credits

**Dates/Times:** June 23-27; 8:00-3:30

**Location:** TBA in Andover/Haverhill area

**Cost:** \$595.00.

**Instructor:** Bob FitzPatrick

**Contact:** To register: [mdudley@frec.org](mailto:mdudley@frec.org) or call 508-987-0219.

### **Assessment in Action: Assessing Learners in Physical Education, K-12**

3 graduate credits Framingham State college.

**Dates/Times:** July 21-29; 8:00-1:00 (no Sat/Sun)

**Location:** Oxford High School, Oxford, MA

**Cost:** \$565.00

**Instructor:** Bob FitzPatrick

**Contact:** To register: [mdudley@frec.org](mailto:mdudley@frec.org) or call 508-987-0219. Instructor: Bob FitzPatrick Cost: \$565.00

## MAHPERD Executive Board – 2007-08 Listed by Position/Committee E-mail List OFFICERS & LEADERSHIP

President ..... Diana Demetrius ..... 413-525-5485 ..... [w] ddemetrius@eastlongmeadow.org ..... [h] ddemetrius@charter.net  
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 Vice President-Elect ..... Teresa Osborn ..... 781-278-0147 ..... teresa@teresaosborn.com  
 Past Vice President ..... Teresa Osborn ..... teresa@teresaosborn.com

### GIRLS' & WOMEN'S ATHLETICS

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 Vice President-Elect ..... Bob Fitzpatrick ..... 508-393-3676 ..... fitzxcski@charter.net  
 Past Vice President ..... Gary Nihan ..... gmnihan@verizon.net

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 Vice President-Elect .....

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 Awards Co-Chair ..... Pat St Laurent ..... 413-787-7098 ..... [w] St.laurentp@sps.springfield.ma.us

### Awards – EDA &

Teacher of the Year ..... Barbi Kelley ..... 978-874-0103 ..... kelleys1now@yahoo.com

### Constitution/By-laws

Hospitality/Social Events ..... Karin Taylor ..... 617-635-8623 x138 ..... [w] ktaylor@boston.k12.ma.us ..... kmtaylor3@verizon.net

### Convention Registration

Manager ..... Marge Smith ..... 781-293-2250 ..... SmtMar5@aol.com

Council for Future Professionals ..... Dr. Ann Marie Gallo ..... 978-542-7057 ..... [w] agallo@salemstate.edu

C-Tape ..... Terry Langton ..... 781-878-7228 ..... sdchargers55@hotmail.com

C-Tape ..... Alice MacInnis .....

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for Conventions ..... Erica Pratt ..... [w] epratt@shrewsbury.k12.ma.us ..... Pratt\_Erica@hotmail.com

EDA Rep to Council for Services ..... Karen Gomez ..... 413-626-5394 ..... kgomez@gmail.com

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..... Jason Feid ..... jfeid18@yahoo.com

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Other ..... Vanessa Salvatore ..... vsalvatore@masportsandfitness.org



*For Your Information and Convenience:*

**USE the MAHPERD Web Site:**

**[www.ma-hperd.org](http://www.ma-hperd.org)**

**MAHPERD Newsletter**  
**Massachusetts Association for Health,**  
**Physical Education, Recreation, and Dance**  
P.O. Box 182  
Attleboro, MA 02703

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