

# NORTH DAKOTA ROUGHRIDER HEALTH CONFERENCE

## 2018

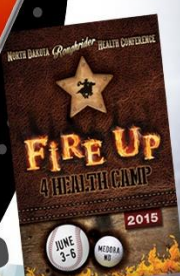
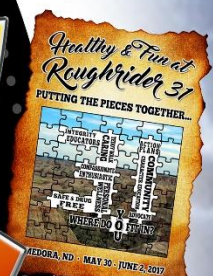
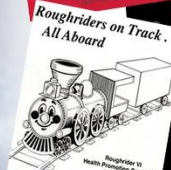
# BACK TO THE MISSION

MEDORA, ND  
MAY 29 - JUNE 1

- HONORING THE PAST
- TREASURING THE PRESENT
- SHAPING THE FUTURE

"All Systems Go"

RR 32





## Roughrider "32" Schedule 2018 (All Times Are Mountain Time)

### Monday May 28, 2018

6:00 p.m. - 8:00 p.m.

Check-In for Monday Arrivals-Roughrider Conference Center

6:00 p.m.- 9:00 p.m.

Personal Wellness Inventory Assessment for Monday Arrivals (**Dr. Strand**) Schafer Center

### Tuesday May 29, 2018

6:30 a.m. - 7:30 a.m.

Check-In Tuesday Arrivals - Rough Riders Conference Center

6:30 a.m. - 8:30 a.m.

Personal Wellness Inventory Assessment for Tuesday Arrivals (**Dr. Strand**) Rough Riders Hotel

8:30 a.m. -10:00 a.m.

Opening Ceremony (**Volk**) Rough Riders Conference Center

10:00 a.m. -12:00 p.m.

Keynote (**Joe Wiegand – Teddy Roosevelt**) Rough Riders Conference Center

12:00 p.m. - 1:00 p.m.

Lunch (On Own)

1:00 p.m. - 2:00 p.m.

Breakout Session #1 (**Balistreri / Brannan / Strand**) Medora Room / Little Missouri Room / Chuckwagon

2:00 p.m. - 3:00 p.m.

Team Meeting (**Volk**) Chuckwagon

3:00 p.m. - 4:00 p.m.

Breakout Session #2 (**Balistreri / Brannan / Strand**) Medora Room / Little Missouri Room / Chuckwagon

4:00 p.m. - 5:00 p.m.

Breakout Session #3 (**Balistreri / Brannan / Strand**) Medora Room / Little Missouri Room / Chuckwagon

### Wednesday May 30, 2018

7:00 a.m.- 9:00 a.m.

Personal Wellness Inventory-Teddy Walk (**Volk**) Rough Riders Conference Center

9:00 a.m.- 9:30 a.m.

Breakfast (On Own)

9:30 a.m.-10:30 a.m.

Breakout Session #1 (**Dr. Berry / Berg / Vettel**) Medora Room / Little Missouri Room / Chuckwagon

10:45 a.m.-11:45 a.m.

Breakout Session #2 (**Dr. Berry / Berg / Vettel**) Medora Room / Little Missouri Room / Chuckwagon

11:45 a.m.-12:30 p.m.

Lunch (On Own)

12:30 p.m. - 2:00 p.m.

Personal Wellness Inventory (**Volk**) Rough Riders Conference Center

2:00 p.m.- 3:00 p.m.

Team Meeting (**Volk**) Chuckwagon

3:00 p.m. - 4:00 p.m.

Breakout Session #3 (**Dr. Berry / Berg / Vettel**) Medora Room / Little Missouri Room / Chuckwagon

### Thursday May 31, 2018

7:00 a.m. - 8:15 a.m.

Personal Wellness Inventory (**Messer / Volk / Lucas**) Medora Room / Flag Pole / Chuckwagon

8:15 a.m. - 9:00 a.m.

Breakfast (On Own)

9:00 a.m. -10:00 a.m.

Breakout Session #1 (**Bickford / Massey / Moseman**) Medora Room / Little Missouri Room / Chuckwagon

10:15 a.m.- 11:15 a.m.

Breakout Session #2 (**Bickford / Massey / Moseman**) Medora Room / Little Missouri Room / Chuckwagon

11:15 a.m.- 12:15 p.m.

Lunch (On Own)

12:15 p.m. - 1:15 p.m.

Breakout Session #3 (**Bickford / Massey / Moseman**) Medora Room / Little Missouri Room / Chuckwagon

1:30 p.m. - 2:45 p.m.

Personal Wellness Inventory (**Messer / Volk / Lucas**) Medora Room / Flag Pole / Chuckwagon

2: 45 p.m.- 4:00 p.m.

Personal Wellness Inventory (**Messer / Volk / Lucas**) Medora Room / Flag Pole / Chuckwagon

4:00 p.m.- 6:00 p.m.

Team Meeting -Working Picnic Celebration (**Volk**) Rough Riders Conference Center

### Friday June 1, 2018

7:00 a.m. - 8:00 a.m.

Check Out Rooms

8:00 a.m. - 8:30 a.m.

Team Meeting (**Volk**) Rough Riders Conference Center

8:30 a.m. -10:30 a.m.

Keynote Session (**Judy Urquhart**) Rough Riders Conference Center

10:30 a.m.- 11:30 a.m.

Closeout Activities and Awards (**Volk**) Rough Riders Conference Center





**May 29 – June 1, 2018 Medora, ND**



Sponsored by the Roughrider Health Promotion Association Inc.

**[WWW.NDROUGH RIDER.COM](http://WWW.NDROUGH RIDER.COM)**

**HEALTHY SCHOOLS**

**HEALTHY SELF**

**HEALTHY COMMUNITIES**

**ROUGH RIDER MISSION:** To promote healthy lifestyle concepts to North Dakota students, school personnel and community members in order to share, learn and develop plans of action for healthy schools and communities.

**REGISTRATION:** Go to **NDROUGH RIDER.COM** and click on the Registration Tab

A confirmation e-mail of individual acceptance will be sent to you with-in **72 hours**.

\*If you do not receive your confirmation within this time call: **Rodney Volk at 701-412-3323**

Registration fee is **\$200** per person.

Payment must be received by **May 15, 2018**

Make payment out to: **Roughrider Health Promotion**

Send payment to: **Rodney Volk – Roughrider President  
302 12<sup>th</sup> Ave. North  
Casselton, ND. 58012**

Team size may consist of any number of individuals. If the conference fills up beyond capacity, we will ask teams to limit number of members to accommodate more schools to network with.

Each participant will attend every session offered so there is no list to pick from.

**NOTE:** The conference often fills before deadline as space is limited, so we encourage you to complete your registration and send your payment as soon as possible. **Registration and payment is necessary for your spot to be secured.**

**CANCELLATIONS:**

If cancellation request is received by May 1, 2018 a refund will be issued minus a \$50 service charge per team member. Substitutions will be accepted if possible at no charge. Cancellations requests must be made by calling Rodney Volk @ 701-412-3323

**CONFERENCE GRADUATE CREDITS “Professional Development”:**

**Two (2) graduate credits** “Professional Development” will be available for participants.

Registration for credits will be available starting **May 1<sup>st</sup>, 2018**

A link to sign up for credit with the University System (NDSU, UND, Minot State) will be available through the Roughrider website at [WWW.NDROUGH RIDER.COM](http://WWW.NDROUGH RIDER.COM)

Participants are responsible for online payment of graduate credits “Professional Development”

Attendance is taken at all sessions for documenting as required by for credit.

Check-in for the conference will be held at:

**Rough Riders Hotel and Conference Center, Medora, ND.**

**Monday, May 28th, 2018**

**6:00 p.m. to 8:00 p.m.**

**Tuesday, May 29<sup>th</sup> 2018**

**6:30 a.m. to 7:30 a.m.**

Once checked in for the conference you will complete the fun, easy, and healthy Personal Wellness Inventory Assessment.

**ROOMS:** We have secured a super low Roughrider special rate of:

**\$75.00** per night at the **Badlands Hotel** double occupancy

**\$99.00 Rough Riders Hotel** double occupancy.

Call and reserve your rooms early if you plan to attend. (1-800-MEDORA1) and ask for the **Roughrider Conference room block rate**. Please note that if you are **direct billing your room** to your school district, you will need to have this information set up with your school district and available when you make your reservation.

**MEALS:** are on your own. The Maltese Cross Burger Grill and Medora Pizza Parlor will be open for lunch and dinner, along with other Medora establishments during the conference. Theodores Restaurant in the Rough Riders Hotel will be open for breakfast and evening meals. The Chuckwagon Dining Center will **NOT** be open this year so plan your eating as needed. The Medora Foundation policy states, “no outside food or beverages allowed in the meeting rooms at the Rough Riders Hotel.” They will allow you to bring in your own bottled drink as long as it has a cover, but no outside food source is allowed.

### **REASONS TO ATTEND THE CONFERENCE:**

Personal and Professional Motivational and Educational Opportunities

Coordinated School Health (CSH) Strategies and approaches for Action Plans

After-School Programs

Personal Wellness/Healthy Living Skills

Networking Opportunities

Safe and Drug-Free Schools and Communities

School-to-Community Collaboration and Risk Prevention

Recreational Opportunities

Two Graduate Credits Available “Professional Development”

Character Education

School Assessment: School Improvement Plan

Positive Behavior Support

### WHO SHOULD ATTEND:

Administrators, Educators, Counselors, School Staff, Kitchen Staff, Transportation Staff, School Board Members, School Nurses/Public Health Staff, After-School Program Staff Community Members (Extension Service, Parents, Pastors, Safety, Tobacco and Trauma Coordinators, Social Workers, Youth Workers)

### OBJECTIVES:

Develop a realistic and attainable Healthy School and Community Action Plan.

Expand knowledge of research-based prevention curriculum, enhancement through after-school programming, and classroom behavior management strategies.

Expand prevention efforts specific to environmental strategies and evidence-based programs.

Share successful teaching techniques, prevention strategies and programs.

Expand knowledge of North Dakota health initiatives, resource and community programs for healthy students, schools and communities.

### EXPECTATIONS OF CONFERENCE PARTICIPANTS:

Attend the entire conference/complete graduate credit requirements “Professional Development.”

Participate in conference activities.

Develop an attainable Action Plan to take back to your school and community.

Learn healthy skills for self, schools and community.

Be an enthusiastic “team player” and “conference networker.”

Submit team photo and press release to your local newspaper after the conference

Look at the conference photos/videos on the NDROUGHRIDER site following the conference.

Respect Medora and Roughrider Health Promotion Association, policies, rules and Laws.

### OUTCOMES:

Provide data-driven decision-making choices.

Understand Coordinated School Health approach.

Realize healthy students make better learners.

Facilitate a sustained collaboration between schools and community.

Prevent substance abuse in all communities of North Dakota.

Understand how your local Rural Education Association (REA) can help your school.

### PRIOR TO CONFERENCE:

Organize your team.

Complete registration online.

Secure payment of conference fees and send to name and address listed on page 1.

Professional Development Graduate credit registration at [WWW.NDROUGHRIDER.COM](http://WWW.NDROUGHRIDER.COM) linked to the University

System payment of (2) Credits starting **May 1<sup>st</sup>, 2018**

Create a communication and support network.

Identify needs of individual and team events.

Secure a Silent Auction item – see Silent Auction link on website NDROUGHRIDER.COM

### AFTER THE CONFERENCE:

Send copy of action plan to Roughrider Association

Submit press release to local paper with team picture.

Present action plan to your school and/or community.

Lead and plan activities in your area to accomplish goals determined at conference.

Organize team meetings to monitor accomplishments of the team action plan.

## **SILENT AUCTION:**

The Silent Auction is a Roughrider Health Promotion Association Fundraising **Tradition!**

**Each individual is encouraged to participate by bringing a Silent Auction donation.**

Auction proceeds support special conference events.

Items should be at least \$5.00 in total value.

Items should not have a school name or logo.

The “Silent Auction” format is paper bidding of items on display;

Each “shopper” outbidding the prior bidder.

Your bidding participation is the key to the success of this event!

The winning bidders pays and claim items when auction is closed.

Individuals can drop off Silent Auction items at Conference check-in @ the Rough Riders Hotel

### **Silent Auction Agenda: (Rough Riders Hotel)**

Thursday, May 31<sup>st</sup>, 2018

Final Bidding, Pick-up and Payment: 5:30 p.m.

## **NOTE:**

Conference dress is casual. Comfortable clothes for light exercise, shoes for walking.

Video or still pictures may be used for future promotional materials for North Dakota Roughrider Health Promotion Conferences.

All activities listed on the schedule are required to attend if taking the conference for credit.

All outside activities including the traditional Teddy Walk are rain or shine events.

NOTICE OF NONDISCRIMINATION: The Roughrider Health Promotion Association Inc. does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The North Dakota Roughrider Health Promotion Association Inc. does reserve the right to refuse registration to any individuals who are felt to pose a safety threat to others. The North Dakota Roughrider Health Promotion Association Inc. and the Board of Directors reserves the right to dismiss from the conference any individuals with unfavorable behavior not deemed suited in the best interest of the conference or the other participants. The North Dakota Roughrider Health Promotion Association Inc. Board of Directors is not liable for any injuries to person or property sustained at the conference.

The Equal Employment Opportunity law has been amended to include genetics, meaning applicants and employees and their families are protected from discrimination based on genetic information (includes information about genetic tests, the manifestation of diseases or disorders in family members, and requests for or receipt of genetic services).

Professional Development Graduate Credit will be available from NDSU, UND and Minot State beginning Tuesday May 1<sup>st</sup>, 2018 and will close Thursday May 31<sup>st</sup>, 2018 at 3:00 p.m. MT. Time.

- NDSU scores with a letter grade (A-F) system.
- UND scores with a letter grade (A-F) or (S) Satisfactory (U) Unsatisfactory option.
- Minot State scores with a (S) Satisfactory (U) Unsatisfactory grade only.

Click on university icon below to direct you to their on-line credit registration.

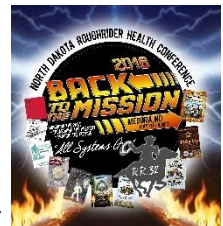


Grading will be assessed on the following criteria:

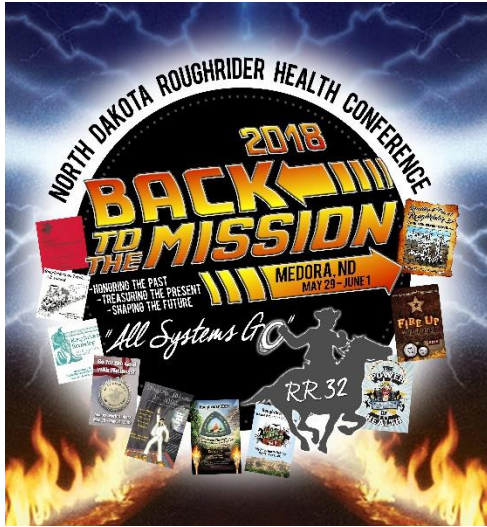
- 1.) Participation in all activities.
- 2.) Completion of all written assignments satisfactorily.
- 3.) Preparation of an action plan.
- 4.) Evaluation and implementation of materials.
- 5.) Attendance at all required sessions.
- 6.) Submit conference team picture and press release to newspaper.



If you have any questions please contact Rod Volk  
701-412-3323 or [volkr@fargo.k12.nd.us](mailto:volkr@fargo.k12.nd.us)







For those of you that would like to play a round of golf, Bully Pulpit Golf Course has set aside tee times on Wednesday, May 30<sup>th</sup> from 4:15 – 6:30. The Roughrider group rate of \$55.00 includes a seat on a golf cart, 18 holes of golf or until dark at approximately 9:00 p.m. **Beginning April 1<sup>st</sup>**, call 701-623-4653 and let them know you would like to book a tee time under the **Roughrider Health Conference tee time block**. They will hold that block of tee times **until May 27<sup>th</sup>**. We will also offer several contest prizes throughout your round – long putt, long drive and closest to the pin.

For more information about Bully Pulpit Golf course visit our web site at [www.medora.com](http://www.medora.com) If you have any troubles with making a tee time at the above listed number please contact Rodney Volk @ 701-412-3323





# Silent Auction



The Silent Auction is a Roughrider Health Promotion Association Fundraising Tradition!

**Teams are encouraged to participate by bringing a Silent Auction donation.**

- Auction proceeds support special conference events.
- Items should be at least \$5.00 in total value.
- Items should not have a school name or logo.
- The “Silent Auction” format is paper bidding of items on display; each “shopper” outbidding the prior bidder.
- No live critters, but plants are accepted.
- Your bidding participation is the key to the success of this event!
- The winning bidders must pay and claim items when auction is closed.

**Individuals may drop off your Silent Auction Items at Check-In on:**

**Monday May 28th, 2018** at the Rough Riders Hotel from 6:00 p.m. to 8:00 p.m.

OR

**Tuesday May 29th, 2018** at the Rough Riders Hotel from 6:30 a.m. to 7:30 a.m.

If you forgot to bring your item, you can sure purchase something at Medora and turn in anytime.

**Silent Auction Agenda: (Rough Riders Hotel)**

Thursday, May 31st, 2018

Final Bidding, Pick-up and Pay: 5:15 p.m.



# SOLD!



The color on your name-tag designates where you start your sessions on Wednesday and Thursday. We will rotate one room down!

Break-Out Sessions: Wednesday & Thursday

**GREEN** - Medora Room

**BLUE** - Little Missouri Room

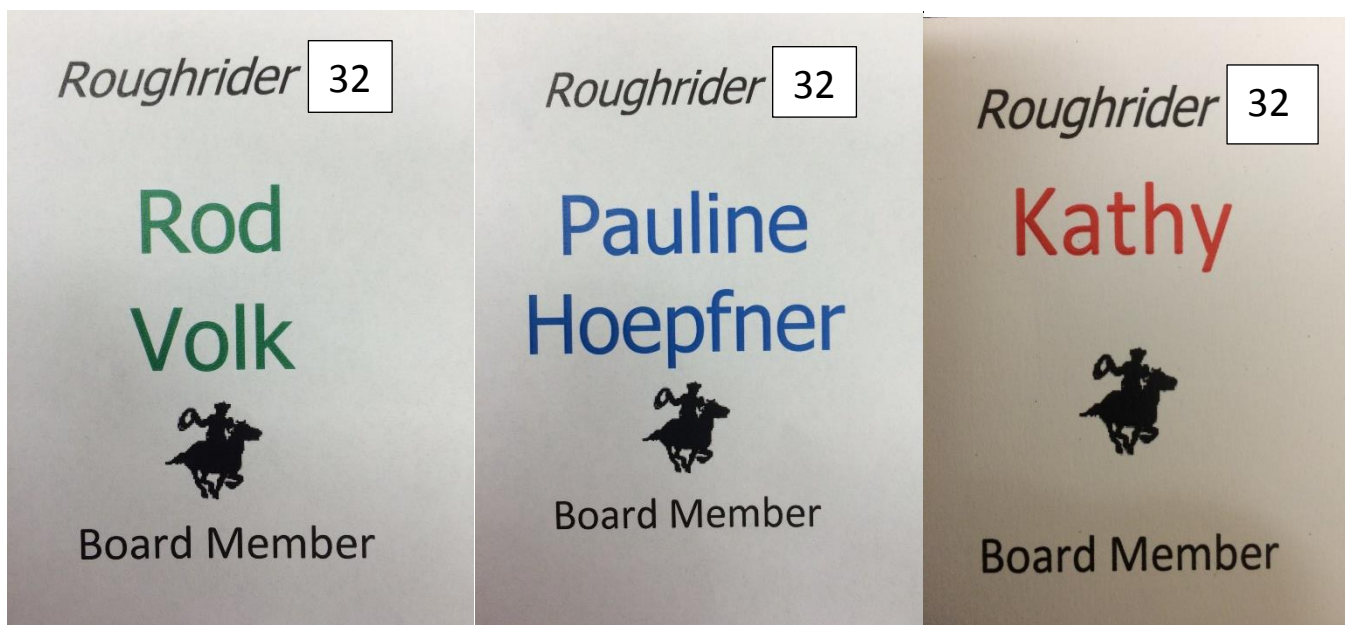
**Red** - Chuckwagon

Thursday's Personal Wellness Inventory:

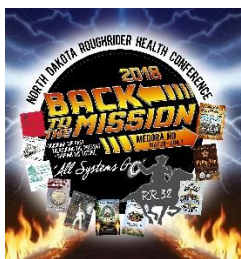
7:00 a.m.-8:15 a.m. **Green** - Medora Room / **Blue**- Flag Pole / **Red** - Chuckwagon

1:30 p.m.-2:45 p.m. **Green** - Flag Pole / **Blue**- Chuckwagon / **Red** - Medora Room

2:45 p.m.-4:00 p.m. **Green** - Chuckwagon / **Blue**— Medora Room / **Red** - Flag Pole



## **ROUGH RIDER “32” Putting The Pieces Together 2018**



- 1.) Greetings! You have registered for the 2018 Roughrider Health Promotion Conference being held in Medora, North Dakota **May 29<sup>th</sup> - June 1<sup>st</sup> 2018**
- 2.) Go to **NDROUGH RIDER.COM** and at the top you will see a large tab labeled **(PRINT FULL CONFERENCE BROCHURE)** Do so and bring it with you to the conference. The brochure will have the schedule and forms you will need for the week.
- 3.) Your conference registration check-in will depend on your travel arrangements and whether your arrival day is Monday the 28<sup>th</sup> or Tuesday the 29<sup>th</sup>. If arriving on Monday, the conference registration check-in will take place at the **Rough Riders Hotel** from **6:00-8:00 p.m. Mountain Time**. If arriving on Tuesday morning, the registration check-in will be from **6:30-7:30 a.m. Mountain Time**. You will be receiving your name badge, t-shirt, waiver forms, etc. This registration check-in time is for the Roughrider Conference only, as your hotel check-in arrangement is a separate matter. If you are **direct billing** your room to your school district, you will need to have this information set up with the hotel before the conference.
- 4.) After on-site registration check-in, you will complete the **VERY EASY 32 year traditional Roughrider Personal Wellness Assessment**. This assessment will be led by Dr. Brad Strand of NDSU. The President's Challenge-Adult Fitness Test will require assessing some very simple and basic physical tasks. i.e., height, weight, blood pressure, stretching, body measurements, etc. The assessment is **not intensive** so no need to worry. If there is an assessment you feel you are unable to participate in, please talk to Dr. Strand or Rod at that time. After the physical assessment you will answer some basic health inventory questions for your own records. The assessment will conclude with a Mini-Golf team activity which is part of the credit requirement. The final piece of the assessment is the traditional **"Teddy Walk."** The President's Challenge Assessment tool requires a 1 mile walk time (at your own pace) on **Wednesday morning** (rain or shine) while we take in the beautiful Medora surroundings. The President's Challenge assessment will calculate your health appraisal data when you enter the results. We ask that **each team** have access to at least one laptop or smartphone device, to use during the week for this activity and our action plan work.
- 5.) A tradition of Roughrider is to have fun with our theme, which this year is **"Back To The Mission 2018"** A team spirit award is given at the end of the conference to the team who brings the most positive Roughrider energy. We encourage you and your team to bring your team spirit and some fun/crazy dress attire that matches the "Putting The Pieces Together" Theme. If you need ideas, go to NDROUGH RIDER.COM and click on the past conference pictures or video tab and see what other teams have done in past years. Also, Wednesday is "Wear Your Conference T-Shirt and picture day," so plan your attire accordingly.
- 6.) If taking the Roughrider Conference for credit, starting **May 1<sup>st</sup>** you are able to go to our site **NDROUGH RIDER.COM** and click on the **Professional Development Credit** tab. In this tab you click on your choice of university (**NDSU, UND, Minot State**) from which to receive conference credit. This tab will take you



directly to that university's site where you will make your payment for credit. You will receive two credits for \$100. There is **NOT** a one credit option. You have until 3 p.m. Mountain Time Thursday, **June 2<sup>nd</sup>** to register for these credits. NDSU uses a letter grade system (A-F), UND offers a choice of either a letter grade or Satisfactory / Unsatisfactory, and Minot State uses a Satisfactory / Unsatisfactory.

- a.) There is **no** prior assignment work that must be done before the conference.
- b.) You will have completed all necessary paperwork for your credits when you leave the conference. One person on the team will need to submit your Roughrider Conference team photo and press release to your local newspaper. After the conference it is up to each team or individual to take back the completed action plan for implementation as your district deems appropriate.
- **MEALS** are on your own. The Maltese Cross Burger Grill and Medora Pizza Parlor will be open for lunch and dinner, along with other Medora establishments during the conference. Theodor's Restaurant in the Rough Riders Hotel will be open for breakfast and evening meals. The Chuckwagon Dining Center will **NOT** be open this year so plan your eating as needed. The Medora Foundation policy states, "no outside food or beverages allowed in the meeting rooms at the Rough Riders Hotel." They will allow you to bring in your own bottled drink as long as it has a cover, but no outside food source is allowed.
- **Bully Pulpit Golf Course** has tee times set aside on Wednesday, May 30<sup>th</sup> from 4:30-6:30 for the annual Roughrider Conference **Bully Blast Golf Outing**. The rate of \$55.00 includes a seat on a golf cart. Call 701-623-4653 to book a tee time under the Roughrider block. The reserved block will be held **until May 27<sup>th</sup>**. If you decide last minute to golf, we have always been able to get more on the course. We will have a long putt, long drive and closest to the pin contest, with prizes for the winners.
- The **Silent Auction** is another Roughrider tradition that has been a big hit over the years with participants. We are encouraging **each participant to bring a silent auction item** worth at least \$5.00. Participants may bid on the items at our "32<sup>nd</sup> Anniversary Celebration" Thursday May 31<sup>st</sup>, as this will be a working lunch with a burger and brat picnic style cookout for you to purchase. The Roughrider Association has tried to give you the best facilities and presenters for this conference. The money raised from the silent auction has allowed us to offer you top presenters with low registration fee.
- **Specific items to bring:** Have a pen with you throughout the week. A set of **exercise clothes** is not mandatory, but we will have some activities where this attire will suit you better. You will need **walking shoes**, as we will be moving on our feet for some of the sessions. **Raingear** could be valuable, as the "Teddy Walk" and the other outside scheduled activities are rain or shine events. Feel free to bring some **snacks** to keep in your room as well.

If you have any further questions please look at your complete conference brochure or you may contact me at **701-412-3323** or e-mail [volkr@fargo.k12.nd.us](mailto:volkr@fargo.k12.nd.us) Rod Volk-Roughrider President

## Jody Urquhart



### **CLOSING KEYNOTE: "Follow Me I'm Right Behind You"**

The key to success in a multi-generational school environment is using influence, and not authority. With today's rapidly evolving generations, strong education leaders must work harder than ever to influence and engage all generations. Great education leaders consistently ignite the fires of hope in others. Daily leaders muster the nerve to serve in a complex and challenging environment. Educators today need tools to influence, energize and engage others, yet keep their own fires of hope burning. Through humor, insight, and inspiration, "Follow Me I'm Right Behind You," provides a lively, interactive look at how to inspire a spirited and resilient workforce that stays focused and productive. In this gut-splitting hilarious motivational presentation, you will learn how to alter your message to inspire and influence others. Integrate generations by getting commitment from Millennials & Generation Y, avoid complacency and entitlement traps, motivate the media savvy generation to acknowledge others without turning them off, understand how people who play together stay together; and with humor help build a solid yet resilient workforce, increase purpose and vision for students and staff, yet while creating a sense of involvement and belonging at schools.

### **Biography Jody Urquhart:**

Jody is a motivational speaker, a former comedian, and best-selling author. With over 18 years of experience, Jody Urquhart delivers savvy, uplifting, funny presentation to help audiences develop a buoyant, meaningful perspective in the midst of stress and change. Jody is the 2008 Bronze Winner of the 29th Annual Telly Awards and the author of the syndicated column the Joy of Work. Jody has a Marketing/Management Diploma from the Southern Alberta Institute Technology, a professional speaking diploma from Mount Royal College, graduate of the leadership Vancouver Program. She is the communications chair for the Canadian Association of Professional Speakers, Co-Chair of Canadian Association of Professional Speakers Annual Convention, founding board member for the Calgary chapter, the Canadian Association of Professional Speakers, Coordinator for the Leadership Vancouver Program Leaders of Tomorrow. Her hobbies include Stand-up Comedy, Yoga, Renovating her house.

# Joe Wiegand (AKA) Teddy Roosevelt



**OPENING KEYNOTE:** “BULLY” The 26<sup>th</sup> President of the United States, Theodore Roosevelt in Medora making your school and community stronger.

Our speaker was born in New York City, New York on October 27, 1858. Graduated Phi Beta Kappa and Magna Cum Laude from Harvard University, he was elected the youngest member of the New York General Assembly. In the years to follow, he became a cattle rancher in the Dakota Territory and ran unsuccessfully for the New York mayorship. He served as a United States Civil Service Commissioner, President of the Police Commission of New York City, Assistant Secretary of the United States Navy, Colonel of the 1<sup>st</sup> United States Volunteer Cavalry, Governor of New York, Vice-President and President of the United States, all by the age of 42. He was the father of six children and the author of over thirty books. He was a big game hunter, a leading ornithologist and the founder of Boone & Crockett, the nation’s first fair hunting and conservation organization. During his Presidency, he declared some 230 million acres of national parks, national forests, wildlife refuges and national monuments. He was indeed, the great conservation president. “Ladies and gentlemen, the 26<sup>th</sup> President of the United States, Theodore Roosevelt.”

## Biography Joe Wiegand:

Joe Wiegand is the nation’s premiere reprisor of Theodore Roosevelt. Joe is a political science graduate of Sewanee, The University of the South, in Sewanee, Tennessee, and a former graduate assistant at the Center for Governmental Studies at Northern Illinois University, in DeKalb, Illinois. A former President of the American Legion Boys Nation program, Joe is a Harry S. Truman Scholar and a Thomas J. Watson, Jr. Fellow. Joe is a twenty-five year member of Rotary International and a member of the National Association for Interpretation. A former county commissioner in DeKalb County, Illinois, Joe & his family now reside in Manitou Springs, Colorado. Prior to portraying Theodore Roosevelt, Joe had a twenty-five year stint in politics & public policy in his native Illinois, managing gubernatorial and presidential campaigns at the height of his political career. In 2008, Joe set out with his wife, Jenny, daughter, Sam, and golden retriever, Faith, on a fifty state tour celebrating TR’s Sesquicentennial birthday and the Centennial of TR’s final year in office. The highlight was a performance at the White House for President & Mrs. George W. Bush on TR’s 150<sup>th</sup> birthday.

Joe’s live performances have been featured at hundreds of historic places associated with TR’s life and legacy, including TR’s New York City Birthplace, his Buffalo New York Inaugural Site, and beloved home, Sagamore Hill, in Oyster Bay, Long Island. Joe has been featured at the American Museum of Natural History in New York City, and served as the body model for the new Roosevelt bronze sculpture located in the Roosevelt Memorial Hall at the museum. The White House Historical Association, the National Park Service, and the United States Fish & Wildlife Service attest that Joe’s Theodore Roosevelt is based on solid scholarship and delivered with Rooseveltian showmanship. Today, Joe performs in all fifty states and internationally. He has been featured in film and television, most recently in “The Men Who Built America” on the History Channel, and in “National Parks Adventure,” an IMAX film about America’s National Parks currently playing in theaters throughout the country. Joe’s TR Tour is sponsored, in part, by the Theodore Roosevelt Medora Foundation of Medora, North Dakota, and Joe is featured every summer in Medora, gateway to Theodore Roosevelt National Park. More information is available at [www.teddyrooseveltsblue.com](http://www.teddyrooseveltsblue.com)



## Jerry Balistreri (M.S)



### **BREAKOUT SESSION:** "Reading the Tells Part II – Detecting Lying & Deception for School Employee"

Many school personnel come across students, parents, faculty, staff, and community members that may be less than honest with their interactions. This training is specialized and targeted to address body language, the science of lying, and examination of the content and structure of acquaintances that may be deceptive. This training will have utility and value for all employees in the school setting. Participants will be able to identify behavior indicators associated with tension, stress, and deception. Identify the three components in detecting lying and deception in most any situation, and recognize the components in the science behind the two.

### **Biography Jerry Balistreri:**

Jerry Balistreri is a professional educator, school administrator, trainer and author. His training on how to read body language leaves participants wanting more and creates a memorable experience. Jerry gets the participants involved with fun learning experiences that leave them with concrete knowledge of how to read body language and what the "tells" mean. Jerry and his wife currently live in Anchorage Alaska with ties to North Dakota.

## Dr. Brad Strand



### **BREAKOUT SESSION: Tuesdays with TED: Ideas Worth Sharing**

T.E.D. fashions itself as “ideas worth spreading”. It is presumed that T.E.D. talks can produce ideas that we can spread through our own circles of influence to make each of us better at what we do. In this session, Brad will present thoughts on leadership, motivation, affirmation, and much more that have been learned through the TED talks from around the world.

### **Fitness Assessment:**

The benefits of being fit applies to people of all ages, sizes, races, abilities, and so each Roughrider participant will participate in the health assessment and health risk appraisal. Each individual will complete a set of basic exercises that will establish a baseline of aerobic, anaerobic, strength and flexibility. The participants will enter the results into the Tri-Fit program. By understanding and incorporating fitness into the classroom and our lives, we help to stimulate minds and encourage regular participation in Physical activity. Beneficial goals of participating in regular fitness programs include: improved cardiovascular endurance and activity tolerance, increased muscular strength and improved flexibility, reduction of body fat and improved weight control, improved self-image, reduced risk of disease and premature death, decreased stress and reduced feeling of anxiety and depression, improved bone strength and an overall improved “sense of well-being”. Participants will be able to list three benefits of fitness and the guidelines for fitness, and will learn fitness activities they can incorporate in a classroom setting for school-aged children. As part of the fitness assessment activity, each participant will step outside their comfort zone and associate with people from other schools team. Participants will meet and greet other participants as they are randomly placed on a mini-golf team. The mini-golf team will play eighteen holes of best ball score. The best ball format will ensure all members work as a collaborative group for the final goal. The mini-golf team members will build dialogue and report early in the week, resulting in collaboration on health reform in their communities at a much faster pace. This entire fitness assessment event will start Roughrider “31” Conference off with a “Hole-In-One”.

## **Biography Dr. Brad Strand**

Dr. Brad Strand graduated with a BS in 1978 from Mayville State University, ND; MS in 1984 from North Dakota State University, ND; and Ph.D. in 1988 from The University of New Mexico, NM. He is currently a professor in the Department of Health, Nutrition and Exercise Sciences at North Dakota State University. He has conducted over 200 national, regional, and state presentations, workshops and demonstrations related to physical education, fitness education, technology in physical education, sport specialization, ethics and sportsmanship, and confrontations in sport. Dr. Strand is the lead author of three books: *Assessing and Improving Fitness in Elementary Physical Education*, *Fitness Education: Teaching Concepts-based Fitness in the Schools*, and *Assessing Sports Skills*, and the Co-author of two booklets on fitness education: *Fitness Education: Ideas and Applications for Secondary Schools* and *The Fitness Education Pyramid*. Dr. Strand has published over 90 professional articles and abstracts on physical education, fitness education, and technology in physical education, and has served on a number of national boards: President, American Alliance for Health, Physical Education, Recreation, and Dance; President, National Association for Sport and Physical Education; NASPE Nominating committee; NASPE Finance committee; President for the North Dakota Alliance for Health, Physical Education, Recreation and Dance; Vice president for Sport and Physical for the Central District AAHPERD; Executive Committee of the College and University Physical Education Council; Chairman of the National Council on Facilities and Equipment; Board of Directors of the American Association for Active Lifestyles and Fitness; and planning committee for the National Standards Conference. Dr. Strand has received a number of professional honors including: Scholar of the Year Award for the Central District of the American Alliance for Health, Physical Education, Recreation and Dance; twice awarded Exceptional Contributions to Scholarly Activity from the NDSU College of Human Development and Education; twice named Teacher of the Year in the Department of Health, Physical Education and Recreation at Utah State University; received the Distinguished Alumni Award from my alma mater, Mayville State University.



# Joel Vettel (M.S)



## **BREAKOUT SESSION: "Leading With Passion"**

Leadership is not about emulating a role model or trying to imitate someone famous. Your leadership style must be who you are and what you believe. Leadership needs to be rooted in your core values and your passion for the mission. No matter what role you play in your organization, you can help lead the way to success. In this presentation, Joel talks about how by following your core values and finding the passion in your life, you can find greater success. Joel shares life lessons of his career as a police commander for the largest law enforcement agency in North Dakota and his transition to leading the largest park district organization in the region. He will share 10 simple leadership lessons that will help bring forth your leadership potential. Come join this energetic talk on how leading starts with you.

## **Biography Joel Vettel:**

Joel Vettel grew up on a farm near Hillsboro, ND and attended Hillsboro High School. He received a Bachelor of Science degree from North Dakota State University. He received a Master's degree in Management from the University of Mary. He is a 2009 graduate of Northwestern University's Center for Public Safety "School of Police Staff and Command". He is a 2013 Graduate of the 253<sup>rd</sup> class of the FBI National Academy.

Joel served 19 years in law enforcement with the Fargo Police Department. He held a variety of positions including District Patrol Commander, Investigations Unit Commander, and Department Spokesperson.

In 2016, Joel took on a new professional challenge and currently serves as the Executive Director of the Fargo Park District. Joel continues to lecture extensively on the issue of leadership and legacy, workplace violence and dealing with physically aggressive people. Joel lives in Fargo with his wife and two daughters. He is active with area youth athletic programs at both the high school and the college level. He serves as a board member for the United Way of Cass Clay and the FBI National Academy Association. He has also served as an elected member of the Fargo Park Board of Commissions, a Site Liaison for ESPN GameDay and the Director of Operation for USA Wrestling Asics National Wrestling Tournament, the largest wrestling tournament in the world. In his spare time he works as announcer for NDSU Athletics, volunteer strength coach for Fargo Public Schools, and is an experienced adventure racer and obstacle course racer.

# Dr. Spencer Berry



## **BREAKOUT SESSION:** The Science of Sugar Part II

The Science of Sugar Part II is a presentation designed to educate and inform the public regarding the impact of excess sugar intake on the health of individuals and our nation as a whole. The increasing obesity and diabetes epidemics in the U.S., and worldwide are being driven in large by our over consumption of sugar. The presentation provides insights into the process by which this is occurring and provides insights into what can be done to reverse this disturbing trend. Dr. Berry is board certified in family practice and in obesity medicine and has been a practicing physician for over 30 yrs. He sits on the national Board of Directors for the Obesity Medicine Association (OMA), The largest organization of clinicians treating patients affected by overweight and obesity, and speaks nationally to physicians and clinical providers regarding the diagnosis, treatment, management and reversal of this disease.

## **Biography Dr. Spencer Berry**

Dr. Berry MD is the Medical Director of Medical Weight Loss Specialists and is an AOA graduate from the Baylor College of Medicine in Houston, Texas. He graduated from the University of Minnesota Family Practice program in 1987 and has worked in both family practice and urgent care for nearly 25 years. He is board certified by the American Board of Family Practice, the American Board of Obesity Medicine, and is a member of the American Society of Bariatric Physicians (ASBP), as well as the North Dakota Medical Association. Dr. Berry's experience includes 9 years of full spectrum family practice including obstetrics, gynecology, pediatrics, internal medicine, geriatrics, inpatient, outpatient, emergency medicine and critical care. For 15 years Dr. Berry practiced urgent care medicine in Fargo, ND. Dr. Berry received training in bariatric medicine through the American Society of Bariatric Physicians (ASBP) and Medical Bariatrics America (MBA). Dr. Berry also has spent time working with Dr. Allen Rader, founder and president of MBA. Dr. Rader was the ASBP national bariatrician of the year in 2007.

# Don Moseman



## **BREAKOUT SESSION: "Social Media, the Impact on School Safety"**

"In this session, we will look at research from the Killology Group on the use of social media by school shooting suspects. We will also look at some of the ways students now use social media and the effect it may have on the overall safety of the school to include cyber bullying. We will then conclude with some suggested best practices for teachers and administrators to consider in mitigating their risk of social media being used as a tool for violence in their school."

### **Biography Don Moseman:**

Don, his wife, Angie, and their daughter Annabelle, are originally from Rapid City, South Dakota and he holds a Bachelor's Degree in Criminal Justice. After serving in the U.S. Air Force, he was employed as a State Trooper for 20 years. He had many duties for the state including accident reconstruction expert and the state training director for defensive driving programs. In 2003, he was recognized as the Law Enforcement Education Officer of the Year for the United States by the BATF (Bureau of Alcohol Tobacco and Firearms) for his work in educating young people. He served the National Safety Council for 2 years as the Director of Government Programs. He has been teaching young drivers in the Alive at 25 Program for 17 years. He has been a certified instructor in more than 20 state, Federal and National Safety Council programs. In total, he has taught more than 1,000 law enforcement and safety courses to more than 20,000 people. He came to the North Dakota Safety Council in February of 2013.

# Renita Brannan



**BREAKOUT SESSION:** "Turn your body into a fat burning machine 80% nutrition + 20% exercise = 100% health"

We either live or die as humans at a cellular level. What do our cells need for optimal health? We will educate you on the homeostasis of our body, and what that means for overall health and energy. Participants will learn the importance of balancing of blood sugar along with proteins, fats, and carbohydrates like a baby does, and how calorie restriction can actually make you add body fat. We will talk about the importance of exercise and show you how a 10-minute LIVE exercise session can change your life. Renita's purpose in this session is to educate and inspire others, to properly care for their health by giving them real life action plans with nutrition and fitness. By doing so, they are able to live life with energy and vitality. Renita will motivate and inspire you to tap into your innate potential to gain control of your health and fitness. Today we will focus on Macro nutrients- Protein, Fat Carbohydrates, Micro nutrients- Vitamins, minerals, trace minerals, Phyto nutrients- Antioxidants in brightly colored fruits and veggies, Healthy fats- Omega 3, Fish Oil, Chia, Flax and WATER! We will review Homeostasis of keeping your blood sugar between 80-120 for optimal health, weight loss, and energy! PFC every 3 like a baby. Eat PFC 5-7 X a day to turn your metabolism on! If this sounds foreign you are about to learn a new language that will change your life.

## **Biography Renita Brannan:**

Renita is a clinical exercise specialist, nutrition coach, and health educator with over 20 years of wellness experience. Renita has been the health and wellness expert on NBC ND Today hosting Wellness Wednesday. She led the charge for North Dakota to get healthy, with those participating having lost 60,000 lbs. and 500,000 inches of fat! She Assisted NY Times Best Selling Author Mark Macdonald in the creation of the RVLUTION 90-day program to educate individuals on how to stabilize blood glucose to help them look and feel their best. She Created R3Game On 90 day workout system for all fitness levels which includes 8 workouts, a 65 page manual, and a wall calendar to track progress. Renita is a Monavie distributor sharing a tremendous opportunity to help families improve their health, which is a "pay it forward" health movement. She has presented over 1500 statewide, nationwide, and international health education conferences. Owner of Renew Health Coaching she has led hundreds to a healthier life and closer relationship to those that matter in their life. Renita works with University of Mary, Bismarck State College, Bismarck Public Schools, Mandan Public Schools, Girl Scouts of America, American Lung Association, the US National Guard and Air force. She has her B.A. degree from Dickinson State University in Business and Physical Education. She has been published in Cosmopolitan Magazine, BE Magazine, R3Game on Playbook, and City Magazine. Renita has been married to her wonderful husband Scott for 16 years and has three sons; Beau, Truitt, and Rocco.



## Mike Berg (M.S.)



### **BREAKOUT SESSION:** "Beyond the Scoreboard -Promoting Healthy & Respectful Relationships For High School Athletes."

Athletic coaches play an extremely influential and unique role in the lives of young men and woman. Because of these relationships, coaches are poised to positively influence how these young individuals think and behave, both on and off the field. Coaching Boys into Men" and "Student Leaders & Athletic Youth" are evidence-based prevention programs that train and motivate high school coaches to teach their young athletes healthy relationship skills, and that violence never equals strength. As leaders themselves, athletes are given the tools and vocabulary they need to stand up for respect and influence their school's culture. As influencers and role models, coaches are uniquely poised to teach and model healthy behavior. Sports have tremendous influence in our culture and in the lives of young people. The principles of teamwork and fair play make sports an ideal platform to teach healthy relationship skills.

### **Biography Mike Berg:**

A native of Pasadena California, Mike is a graduate of Black Hills State University with a Master's degree from the University of North Dakota. He began his coaching career in 1972 as head football coach at St. Regis, Montana; followed by three years in Baker, Montana; three years in Mandan, North Dakota; and twenty-eight years at Central High School in Grand Forks. He is a Hall of Fame member of the National High School Athletic Coaches Association, the North Dakota High School Coaches Association, Black Hills State University, and Grand Forks Central High School. He was named NFL High School Coach of the Year in 2007. He has since retired from coaching, but serve as the radio color analyst for UND football, and as a coach specialist for the Community Violence Intervention Center. Mike is also a regular presenter at coaching clinics and seminars, and an active speaker at various faith based events.

## Sarah Massey & Joyce Sayler



### Biography Sarah Massey & Joyce Sayler:

**Sarah Massey** graduated with a B.S. in Elementary Education and a minor in English, from the University of Mary. She has 14 years of teaching experience in multiple sectors of education. She worked at Theodore Jamerson Elementary School on the United Tribes Technical College campus. She served as the 21<sup>st</sup> Century after School Coordinator, Physical Education and Health Educator, English Language Learner Educator as a 7<sup>th</sup> grade teacher for 6 years. Sarah is currently the School Health Specialist (the Division of Family Health & Nutrition) and the Infant and Child Death Services Program Director (the Division of Injury & Violence Prevention), both a part of the Healthy & Safe Communities Section, at the ND Department of Health. She works with schools on the prevention of overweight/obesity, increased physical activity and nutrition. Sarah's passion are her family and friends. Along with her husband Todd, they enjoy traveling, boating and shared kitchen time! She is the mother of Kade and Saige, and a step-mother of 3.

**Joyce Sayler** is a Register Nurse. She graduated from Bismarck Hospital School of Nursing and attended the University of Mary. She has 43 years of experience working in her field, including 24 years in public health at the local and state level. Joyce has worked at the North Dakota Department of Health for the past eleven years in the area of cancer prevention and control. She serves as the Clinical Community Coordinator for the North Dakota Cancer Screening Initiative, *Women's Way* and Comprehensive Cancer Control programs. She was instrumental in organizing the North Dakota Cancer Coalition Sun Safety workgroup, and has provided technical support for a number of sun safety projects. Joyce is married and a mother of two adult children. She enjoys spending time with her husband and family at their lake cabin, gardening and fishing, and best of all, being a grandma to her four-year-old grandson.

### **BREAKOUT SESSION:** Sun Exposure: Friend and Foe

This session will provide an understanding of the importance and benefits of sunlight and sun exposure for our mental and physical health, as well as the risks associated with over exposure to the sun's rays through ones lifespan. An overview will be given on Ultraviolet (UV) radiation that comes from the sun and man-made sources like tanning beds, and North Dakota laws associated with their use. Information will be shared on student and staff exposure to the sun's rays during physical education class, recess, extracurricular activities, fundraisers, schools celebrations, etc. We will also discuss sunscreens and recommendations for Vitamin D. and the tools and resources available for schools educate others about sun exposure and safety.

## Joel Bickford (M.S.)



### **BREAKOUT SESSION: "Aging as an Educator – Taking Care of the Teacher In You"**

Getting older as a public employee is not the same as it used to be. We have tons of challenges facing us as educators, but what are we doing for ourselves? What strategies can we use that can translate to meaningful habits for the millennials? Are we doing all we can to prepare the millennials for the journey they will face as they become older adults? There are many things we can all teach the younger folks, and plenty we have learned from them in return. In this session, we will identify who we are and what we need to do as educators and how we ensure that the next generation and beyond can save the world...one person at a time.

### **Biography Joel Bickford:**

Joel is a 1988 graduate from Jamestown College and earned his Master's Degree from UND in 2009. He taught in Lehr and Wahpeton and was the Principal in Lamoure for five years before becoming the Principal in Bottineau. He and his wife, Vicki, have four children. Rachel is 25 and teaches in Lisbon, Kaia is a junior at Moorhead State University, Mackenzie is a freshman at DCB, and son Tanner is a junior at Bottineau High School. In his spare time, Joel likes to hunt, fish, and ride bike. He spends his time off taking bicycle trips in the summer months. He enjoys education and working with students and faculty to improve education. The thing he loves about being a Principal at Bottineau is the great students and faculty that make his job so rewarding.

## Bill Lucas (M.S.)



### **BREAKOUT SESSION: "Roughrider Mission Control We Have Lift Off"**

You will lift off in this fast-paced fun-filled workshop led by Bill Lucas. No mission has ever been successful unless you look to the past for guidance, treasure what is so important right now, and work with others to shape a future that all of us can be proud to share. Bill's workshop deals with successes (along with some failures that make us who we are). Failure is not who we are, it is what happens when we take risks to make ourselves and those around us better. Bill's workshop will focus on the moment that all of you share at the time. He will let everyone realize that our past has made us what we are today, and today leads us to what we become in the future. Join Bill on his "mission" of laughter and learning throughout this workshop.

### **Biography Bill Lucas:**

Bill holds a Master's Degree in Educational Administration and retired after 30 years of teaching. Bill has written, produced, directed and acted in television, movies, commercials, live theatre, and has owned a comedy company. From these activities, along with teaching for 30 years, He has coached football and taught martial arts during those 30 years. As a Judo black belt holder, he has competed on an international level, including being the ND Judo Champion 1987. Bill was part of the Fulbright Program to Japan in 1996 where he worked with Japanese students in judo, and was chosen to speak to the Japanese delegation of Educators. As an educator, Bill "works" to bring laughter into every class, workshop, and seminar he leads. He understands and believes in the benefits of "laughter" for a healthier, happier, and more prosperous society. Bill has been a professional performer for over 30 years having done over 600 shows and has led seminars all over the United States. Bill is now full time with his entertaining production company aaaacreations. His company specializes in workshops for educators and the corporate world. Because Bill will no longer be busy teaching, he will be available year round to perform for you, in leading seminars and/or performing for you and your company. Last, but not least, Bill is a dedicated Harley rider.



# Kori Messer



## **Yoga Blend-"Make today's fitness DREAMS tomorrow's GOALS & next week's ACHIEVEMENTS"**

An introduction into the history of exercise and goal setting within wellness industry standards will begin this session. Interaction with the audience will take place through general inquiry. Through this interaction, the audience will maintain audio and verbal involvement, which will heighten the awareness and cognitive skills presented. The objective is to educate participants on becoming empowered by establishing a healthier life scene for oneself, and thus setting a great example to those around us. The desired outcome is physical stimulation through exercise (Tai Chi, Yoga & Pilates) in a group setting, with cognitive development through audio, visual, and verbal cues. Statistical information from published medical research will be introduced as it relates to improvement of physical activities for each person's own healthy living. Participants will be shown proper posture, muscle groups, and techniques in promoting self-efficiency and the reduction of common intrinsic risk factors in our daily living. Participants will engage in a combination of the three exercise formats collectively referred to as **"yoga blend"**. Tai Chi will assist in warming the body up to encourage a safe exercise environment and promote self-awareness. Yoga will allow an opportunity for education on strength and muscle groups and Pilates will allow an opportunity for core strengthening. To finish the yoga blend session there will be an adequate cool down comprised of both active and static stretching.

## **Biography Kori Messer:**

Kori and her husband, Tyrel, reside in New Salem ND with their 1 year old son Noah. She is the founder of reSOULution wellness a total wellness company: mind, body & soul, which currently offers personal training, group fitness services, events fundraisers, life coaching, goal setting and motivational speaking to assist others in the achieving a life of total wellness. She is also employed by Sanford Health in Bismarck. Kori loves sharing the gift of wellness and has been in the industry since 2009 thoroughly enjoying and assisting others in pursuing a well-balanced, healthy and sustainable lifestyle. She works with all ages in using goal setting as a tool to differentiate the "why" from the "how." She believes when you know your "why" that you can work together with others as an effective and efficient team in achieving and exceeding your goals and expectations. Kori Messer is CPR certified and a certified personal trainer through the Aerobics & Fitness Association of America. She completed her group fitness instructor certification through the National Exercisers Trainer Association. She possesses specific credentials in Cycle, Zumba, Zumba Gold, Zumba toning, Aqua Zumba, Turbo Kick, Pilates, Silver Sneakers Yoga, Silver Sneakers Muscular Strength and Range of Motion, Insanity, and is a Level 1 CrossFit Trainer.

# Rod Volk (M.S.)



## **SESSION INFORMATION:**

### **Opening Ceremony's:**

To set the energetic tone for Roughrider Conference 32 "Back To The Mission 2018. Rod will go over all the week's attractions, requirements and guidelines. Rod will cover in detail the Roughrider mission and the trends that make the mission so valid 31 years after it was adopted. The past, present, and future of the North Dakota Roughrider Health Promotion Association will be brought to a new light for participants in a super-fast paced opening.

---

### **Team Meetings for Action Plans:**

In preparation for the 2018 Roughrider "32" Health Promotion Conference, all schools should be prepared to develop an action plan including goals and objectives for their team's focus at school during the 2018-2019 school year. To prepare for the assembly of this action plan, school teams are encouraged to review their present schools documents and data to determine the best focus of their time and efforts for action. This document has been prepared to assist schools in identifying key documents that could assist schools in recognizing their school's focus and needs for inclusion in the plan. Your school administration, counselor, and/or business office staff should be able to direct your team to these documents.

---

### **"Teddy Hill" Presidential Challenge Fitness Walk:**

As part of the wonderful tradition of the Roughrider Conference, all participants will use the entrance of Theodore Roosevelt National Park for the "Teddy Walk" as part of their fitness results used for their personal wellness inventory assessment. This assessment is done by using some of the most current state of the art computer generated program software. The program will formulate individual results entered from a physical health history and a personal family health risk appraisal.

### **Heart Rate Scavenger Hunt:**

Participants as part of their Personal Wellness Inventory will be on a one-hour walk around the town of Medora looking for fitness items, while they collaborate with team members from other school district. Each participant will start with their base resting heart rate. At the conclusion of the exercise session, the participants will be able to calculate a target heart rate zone, and identify and use a target heart rate zone that will meet their personal fitness goals.

---

### **High Card Team Walk:**

Participants as part of their Personal Wellness Inventory will interact with other conference members from outside their own district team. The fitness activity will section off the city blocks directly adjacent to the Rough Riders Hotel and Conference center. The four quadrants will be used as the course. Each pre-set team will be given a playing card each time they finish as a group going around one of the four quadrants. The participants are not allowed to leave any member of their team's side during the activity. The outcome is to bond with other members of the conference to make the collaboration process easier when working on the action plans.

---

### **Closing Ceremony's:**

After a week of fun fast pace engaged learning, Rod will wrap up the week in review with final paperwork, awards, and the traditional closing video of all participants. This time will reflect on how so much positive energy was captured in what seemed like just moments ago the to the conference start. Before we leave for home, we will unveil the theme for Roughrider "33" 2019 with the traditional participant skit.

---

### **Biography Rod Volk:**

Rod is a lifelong North Dakotan growing up in Lisbon. Rod received his master's degree from North Dakota State University in Educational Administration and his undergraduate degree from Mayville State University with degrees in both elementary education and physical education. Rod wrestled and ran track for the Comets as a four-year letter winner. This is his 25th year teaching where he is currently a middle school science and language arts teacher in Fargo. His teaching career started in Casselton as a 6th grade classroom teacher and was also a physical education teacher and Athletic Director. Rod has been a head varsity football, wrestling, and track coach over the years. He has been involved with the Roughrider Conference for 25 years as a team member, facilitator, planning committee member, board member, and is currently the president of the Roughrider Association. He feels the Roughrider Conference is the best thing going for North Dakota's future in health education.

Graduate Credit Summary, Presenter and Conference Evaluations Start Here!!!!

NORTH DAKOTA ROUGHRIDER HEALTH CONFERENCE

2018

**BACK TO THE MISSION**

MEDORA, ND  
MAY 29 - JUNE 1

- HONORING THE PAST  
- TREASURING THE PRESENT  
- SHAPING THE FUTURE

*"All Systems Go"*

RR 32

Healthy & Fun at Roughrider 31  
PUTTING THE PIECES TOGETHER...

Go for the Gold with Wellness!

Staying Alive in 2003

Roughrider XXIII

Roughrider Health Promotion Co.

The Power of Health

Fire Up a Health Camp

Roughrider Roundup

Roughriders on Track... All Aboard





## PD Credit Summary ND Roughrider 2018

**NAME** \_\_\_\_\_ **Cell Number** \_\_\_\_\_

As part of the professional development graduate credit process, you must complete and turn in this conference summary in full on Friday June 1, 2018 at the end of the conference.

### **Tuesday May 29, 2018**

*Personal Wellness Inventory Assessment: 5:30 – 8:30 a.m. (Dr. Strand)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Opening Ceremony: 8:30 – 10:00 a.m. (R. Volk)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Keynote Speaker: 10:00 a.m. – 12:00 p.m. (Joe Wiegand – Teddy Roosevelt)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Breakout Session #1: 1:00 – 2:00 p.m. (Balistreri / Brannan / Strand)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Team Meeting #1: 2:00 – 3:00 p.m. (R. Volk)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Breakout Session #2: 3:00 – 4:00 p.m. (Balistreri / Brannan / Strand)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Breakout Session #3: 4:00 – 5:00 p.m. (Balistreri / Brannan / Strand)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Wednesday May 30, 2018**

*Personal Wellness Inventory Assessment: 7:00 - 9:00 a.m. (R. Volk)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Breakout Session #1: 9:30 – 10:30 a.m. (Dr. Berry / Berg / Vettel)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Breakout Session #2: 10:45- 11:45 a.m. (Dr. Berry / Berg / Vettel)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Personal Wellness Inventory: 12:30 – 2:00 p.m. (R. Volk)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Team Meeting #2: 2:00 – 3:00 p.m. (R. Volk)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Breakout Session #3: 3:00 – 4:00 p.m. (Dr. Berry / Berg / Vettel)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Thursday May 31, 2018**

*Personal Wellness Inventory Assessment: 7:00 - 8:15 a.m. (Messer / Volk / Lucas)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Breakout Session #1: 9:00 – 10:00 a.m. (Bickford / Massey / Moseman)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Breakout Session #2: 10:15 – 11:15 a.m. (Bickford / Massey / Moseman)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Breakout Session #3: 12:15 a.m. – 1:15 p.m. (Bickford / Massey / Moseman)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Personal Wellness Inventory: 1:30 – 2:45 p.m. (Messer / Volk / Lucas)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Personal Wellness Inventory: 2:45 – 4:00 p.m. (Messer / Volk / Lucas)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Team Meeting #3: 4:00 – 6:00 p.m. (R. Volk)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Friday June 1, 2018**

*Team Meeting #4: 8:00 – 8:30 a.m. (R. Volk)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Keynote Session: 8:30 – 10:30 a.m. (Jody Urquhart)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Closeout Activities & Awards: 10:30 a.m. – 11:30 a.m. (R. Volk)*

Summary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name: (please print) \_\_\_\_\_

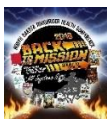
Signature: \_\_\_\_\_

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

Summer Phone Number: (\_\_\_\_) \_\_\_\_\_

Institution Recording PD Credit: (please circle)      **NDSU**      **MiSU (S/U only)**      **UND**

**Please drop this form in the box provided at the Conference Registration Area**



## Presenter Feedback ND Roughrider 2018

### Tuesday May 29, 2018

*Personal Wellness Inventory Assessment: Monday p.m. or Tuesday a.m. (Dr. Brad Strand)*

(A B C D F)

Comment: \_\_\_\_\_

*Opening Ceremony: 8:30 – 10:00 a.m. (R. Volk)*

(A B C D F)

Comment: \_\_\_\_\_

*Keynote Speaker: 10:00 a.m. – 12:00 p.m. (Joe Wiegand – Teddy Roosevelt)*

(A B C D F)

Comment: \_\_\_\_\_

*Breakout Session #1: 1:00 – 2:00 p.m. (Balistreri / Brannan / Strand)*

(A B C D F)

Comment: \_\_\_\_\_

*Team Meeting #1: 2:00 – 3:00 p.m. (R. Volk)*

(A B C D F)

Comment: \_\_\_\_\_

*Breakout Session #2: 3:00 – 4:00 p.m. (Balistreri / Brannan / Strand)*

(A B C D F)

Comment: \_\_\_\_\_

*Breakout Session #3: 4:00 – 5:00 p.m. (Balistreri / Brannan / Strand)*

(A B C D F)

Comment: \_\_\_\_\_

### Wednesday May 30, 2018

*Personal Wellness Inventory Assessment: 7:00 - 9:00 a.m. (R. Volk)*

(A B C D F)

Comment: \_\_\_\_\_

*Breakout Session #1: 9:30 – 10:30 a.m. (Dr. Berry / Berg / Vettel)*

(A B C D F)

Comment: \_\_\_\_\_

*Breakout Session #2: 10:45- 11:45 a.m. (Dr. Berry / Berg / Vettel)*

(A B C D F)

Comment: \_\_\_\_\_

*Personal Wellness Inventory: 12:30 – 2:00 p.m. (R. Volk)*

(A B C D F)

Comment: \_\_\_\_\_



Team Meeting #2: 2:00 – 3:00 p.m. (R. Volk)

(A B C D F)

Comment: \_\_\_\_\_

Breakout Session #3: 3:00 – 4:00 p.m. (Dr. Berry / Berg / Vettel)

(A B C D F)

Comment: \_\_\_\_\_

## Thursday May 31, 2018

Personal Wellness Inventory Assessment: 7:00 - 8:15 a.m. (Messer / Volk / Lucas)

(A B C D F)

Comment: \_\_\_\_\_

Breakout Session #1: 9:00 – 10:00 a.m. (Taylor / Massey / Moseman)

(A B C D F)

Comment: \_\_\_\_\_

Breakout Session #2: 10:15 – 11:15 a.m. (Taylor / Massey / Moseman)

(A B C D F)

Comment: \_\_\_\_\_

Breakout Session #3: 12:15 a.m. – 1:15 p.m. (Taylor / Massey / Moseman)

(A B C D F)

Comment: \_\_\_\_\_

Personal Wellness Inventory: 1:30 – 2:45 p.m. (Messer / Volk / Lucas)

(A B C D F)

Comment: \_\_\_\_\_

Personal Wellness Inventory: 2:45 – 4:00 p.m. (Messer / Volk / Lucas)

(A B C D F)

Comment: \_\_\_\_\_

Team Meeting #3: 4:00 – 6:00 p.m. (R. Volk)

(A B C D F)

Comment: \_\_\_\_\_

## Friday June 1, 2018

Team Meeting #4: 8:00 – 8:30 a.m. (R. Volk)

(A B C D F)

Comment: \_\_\_\_\_

Keynote Session: 8:30 – 10:30 a.m. (Jody Urquhart)

(A B C D F)

Comment: \_\_\_\_\_

Closeout Activities & Awards: 10:30 a.m. – 11:30 a.m. (R. Volk)

(A B C D F)

Comment: \_\_\_\_\_



Thanks You For Your Comments! Roughrider Board

