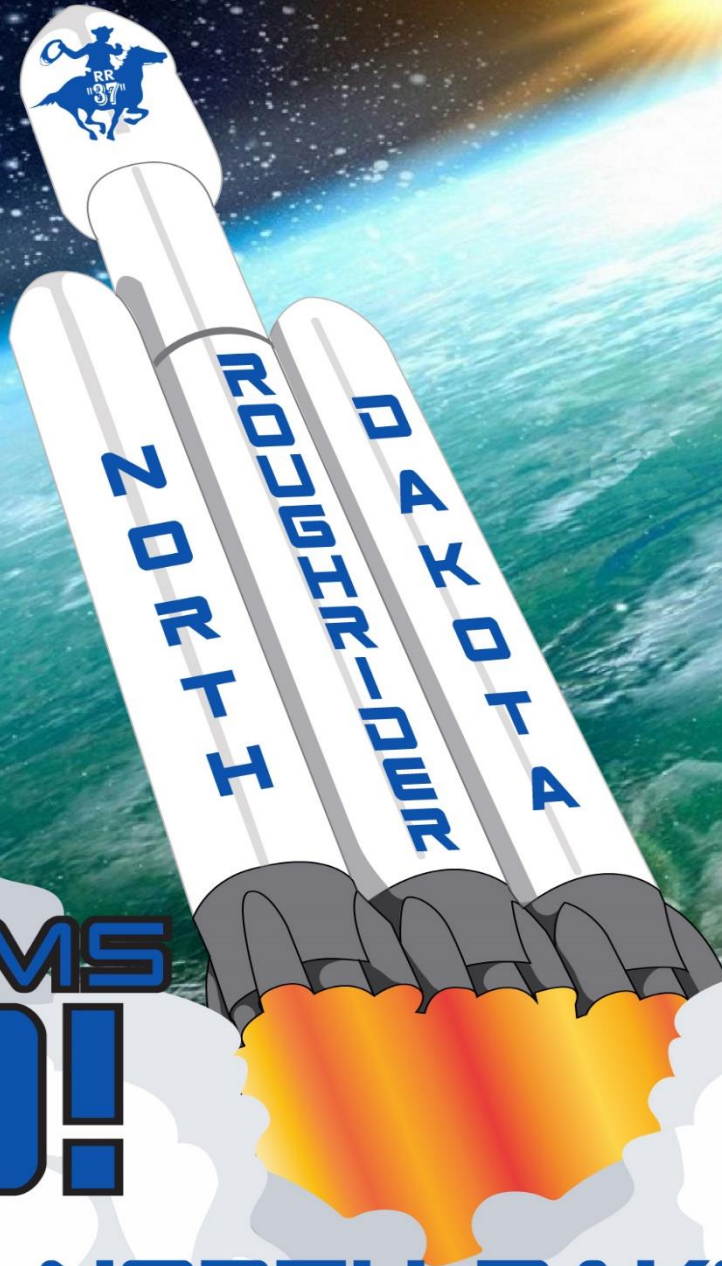


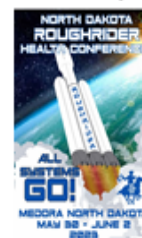
NORTH DAKOTA ROUGH RIDER HEALTH CONFERENCE



**ALL
SYSTEMS
GO!**

**MEDORA NORTH DAKOTA
MAY 30 - JUNE 2
2023**

Thomas "ALL SYSTEMS GO" Roughrider "37" Schedule 2023 (All Times Are Mountain Time)



Monday May 29, 2023

5:00 p.m. - 7:00 p.m.
5:00 p.m. - 8:00 p.m.

Check-In for Monday Arrivals-Roughrider Conference Center
Mini-Golf (Volk)

Tuesday May 30, 2023

7:00 a.m. - 8:00 a.m.
8:30 a.m. -10:00 a.m.
10:00 a.m. -12:00 p.m.
12:00 p.m. - 1:00 p.m.
1:00 p.m. - 2:00 p.m.
2:00 p.m. - 3:00 p.m.
3:00 p.m. - 4:00 p.m.
4:00 p.m. - 5:00 p.m.

Check-In Tuesday Arrivals - Rough Riders Conference Center
Opening Ceremony (Volk) Rough Riders Conference Center
Keynote (Dan Meers) Rough Riders Conference Center
Lunch (On Own)
Breakout Session #1 (Meers, Fredrickson, Nitschke) Medora Room/Little Missouri Room/ Showhall
Team Meeting (Volk) Showhall
Breakout Session #2 (Meers, Fredrickson, Nitschke) Medora Room/Little Missouri Room/Showhall
Breakout Session #3 (Meers, Fredrickson, Nitschke) Medora Room/Little Missouri Room/Showhall

Wednesday May 31, 2023

7:30 a.m. - 9:00 a.m.
9:00 a.m. - 9:30 a.m.
9:30 a.m.-10:30 a.m.
10:45 a.m.-11:45 a.m.
11:45 a.m.-12:30 p.m.
12:30 p.m. - 2:00 p.m.
2:00 p.m. - 3:00 p.m.
3:00 p.m. - 4:00 p.m.

Personal Wellness Inventory-Teddy Walk (Volk) Rough Riders Conference Center
Breakfast (On Own)
Breakout Session #1 (Dr. Johnson, Dr. Evanoff, Dr. Tufte) Medora Room / Little Missouri Room /Showhall
Breakout Session #2 (Dr. Johnson, Dr. Evanoff, Dr. Tufte) Medora Room / Little Missouri Room /Showhall
Lunch (On Own)
Personal Wellness Inventory (Volk) Wooden Park-Next to Mini Golf
Team Meeting (Volk) Showhall
Breakout Session #3 (Dr. Johnson, Dr. Evanoff, Dr. Tufte) Medora Room /Little Missouri Room /Showhall

Thursday June 1, 2023

7:00 a.m. - 8:15 a.m.
8:15 a.m. - 9:00 a.m.
9:00 a.m. -10:00 a.m.
10:15 a.m.- 11:15 a.m.
11:15 a.m.- 12:15 p.m.
12:15 p.m. - 1:15 p.m.
1:30 p.m. - 2:45 p.m.
2: 45 p.m.- 4:00 p.m.
4:00 p.m.- 6:00 p.m.

Personal Wellness Inventory (Messer / Volk / Kelpinski) Medora Room / Flag Pole / Showhall
Breakfast (On Own)
Breakout Session #1 (Davlin, Dr. Weiss, Adams) Medora Room / Little Missouri Room / Showhall
Breakout Session #2 (Davlin, Dr. Weiss, Adams) Medora Room / Little Missouri Room / Showhall
Lunch (On Own)
Breakout Session #3 (Davlin, Dr. Weiss, Adams) Medora Room / Little Missouri Room / Showhall
Personal Wellness Inventory (Messer / Volk / Kelpinski) Medora Room / Flag Pole / Showhall
Personal Wellness Inventory (Messer / Volk / Kelpinski) Medora Room / Flag Pole / Showhall
Team Meeting -Working Picnic Celebration (Volk) Rough Riders Conference Center

Friday June 2, 2023

7:00 a.m. - 8:00 a.m.
8:00 a.m. - 8:30 a.m.
8:30 a.m. -10:30 a.m.
10:30 a.m.- 11:30 a.m.

Check Out Rooms
Team Meeting (Volk) Rough Riders Conference Center
Keynote Session (Dave Davlin) Rough Riders Conference Center
Closeout Activities and Awards (Volk) Rough Riders Conference Center



May 30 – June 2, 2023 Medora, ND

Sponsored by the Roughrider Health Promotion Association Inc.

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, 2023**

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

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

Team size may consist of any number of individuals. Each participant will attend every session offered.

NOTE: The conference often fills before deadline as space is limited, 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, 2023 a refund will be issued minus a \$50 service charge per team member.

Substitutions will be accepted 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 1st, 2023**

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**

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 29th, 2023

5:00 p.m. to 7:00 p.m.

Tuesday, May 30th 2023

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

Once checked in for the conference you will complete the fun, easy, and fun Mini-Golf meet and greet.

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

\$115.00 per night at the **Badlands Hotel** double occupancy

\$115.00 **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**. 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. Medora eating establishments during the conference are the Maltese Cross Burger Grill, Medora Pizza Parlor, Theodores Restaurant in the Rough Riders Hotel

REASONS TO ATTEND THE CONFERENCE:

Personal and Professional Motivational and Educational Opportunities, Character Education
Coordinated School Health (CSH) Strategies and approaches for Action Plans
After-School Programs, Positive Behavior Support, Personal Wellness/Healthy Living Skills
Networking Opportunities, Safe and Drug-Free Schools and Communities, Recreational Opportunities
School-to-Community Collaboration and Risk Prevention, School Assessment: School Improvement Plan
Two Graduate Credits Available “Professional Development”

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 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 linked to the University
System payment for either (NDSU/UND/Minot State) of (2) Credits starting **May 1st, 2023**
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 and Submit press release to local paper with team picture.
Present action plan to your school and/or community, and organize meetings to accomplish team action plan.

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 ND Roughrider Health Promotion
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.

Professional Development Graduate Credits (2) will be available from NDSU, UND and Minot State beginning Monday May 1st, 2023 and will close Friday June 2nd, 2023 at 12:00 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.



BE SEEN. BE HEARD.

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





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 31st, from 4:10 – 6:30. The Roughrider group rate of \$70.00 includes a seat on a golf cart, 18 holes of golf or until dark at approximately 9:00 p.m. Beginning April 1st, 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 25th. We will have 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 If you have any troubles with making a tee time at the number listed, please contact Rodney Volk @ 701-412-3323



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 \$10.00 in total value.
- Items should not have a school name or logo.
- The Auction" format is paper bidding of item displayed; outbidding the prior bidder.
- 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 can drop off Silent Auction items at Conference check-in @ the Rough Riders Hotel

Silent Auction Agenda: (Rough Riders Hotel)

Thursday, June 1st, 2023

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

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

Monday May 29th, 2023 at the Rough Riders Hotel from 5:00 p.m. to 7:00 p.m.

OR

Tuesday May 30th, 2023 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, June 1st, 2023 Final Bidding, Pick-up and Pay: 5:15 p.m.



SOLD!



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

Break-Out Sessions: Tuesday, Wednesday, Thursday

GREEN - Medora Room

BLUE - Little Missouri Room

Red - Showhall

Thursday's Personal Wellness Inventory:

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

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

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



ROUGH RIDER "37" A HEALTHY NEW WORLD



- 1.) Greetings! You have registered for the 2023 Roughrider Health Promotion Conference being held in Medora, North Dakota **May 30th – June 2nd 2023**
- 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 29th or Tuesday the May 30th. If arriving on Monday, the conference registration check-in will take place at the **Rough Riders Hotel** from **5:00-7:00 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 enjoy the **MEET and GREET MINI-GOLF**. On Wednesday we will continue with the 37-year traditional morning **"Teddy Walk."** Around the beautiful Medora surroundings, 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 **"ALL-SYSTEMS GO 2023"** 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 **"ALL-SYSTEMS GO"** 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 1st** 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 a Roughrider discount rate of \$100. There is **NOT** a one credit option. If you need CEU's Please talk to Rod Volk to arrange this. You have until 12 p.m. Mountain Time Friday,

June 2nd 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. Theodores Restaurant in the Rough Riders Hotel will be open for breakfast and evening meals. 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 31st from 4:15-6:30 for the annual Roughrider Conference **Bully Blast Golf Outing**. The rate of \$70.00 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 26th**. 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 \$10.00. Participants may bid on the items at our “37th Anniversary Celebration” Thursday June 1st, 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 a good pair of **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. Finally, there is **cell phone** service in Medora, so bring your **charger**.

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 Rod Volk-Roughrider President

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)

Dan Meers



OPENING KEYNOTE: "COURAGEOUS LEADERSHIP – LIVING A LIFE OF INFLUENCE"

On November 23, 2013, Dan Meers came within inches of losing his life while practicing a bungee jump and zip line stunt at Arrowhead Stadium... home of the Kansas City Chiefs. What Dan anticipated being the thrill of a lifetime ended up being the spill of a lifetime. The stunt went terribly wrong and Dan plummeted 75 feet before crashing into the stadium seats. Miraculously Dan survived. He spent 9 days in the hospital and got some really big scars. Dan smiles when he says, "Scars are just Tattoos that come with a Cool Story". During this powerful presentation Dan shares his incredible story and the important lessons that he learned during his long road to recovery about leadership and about life.

BREAKOUT SESSION: "TAKE OFF THE MASK – IS YOUR LIFE STORY WORTH TELLING?"

It's been said that if you ask a man his occupation you will find out how he pays his bills, but if you ask a man his preoccupation then you will discover the passion of his life. Dan Meers has a rather unique occupation. For over 25 years he has paid his bills by working as "KC Wolf" the mascot of the Kansas City Chiefs. However, Dan's preoccupation, what he is truly passionate about is encouraging others to strive for the best in life and to enjoy it each and every step along the way. Dan believes that your life is like a Coin. You can spend it anyway you wish but you will only get to spend it one time, so spend it wisely. During this presentation Dan shares some of the valuable lessons he's learned during his long career as a professional mascot. Whether at home, work or in the community, Dan challenges his audience to live each day to the fullest by wisely investing their lives and not just spending them.

Biography Dan Meers:

Dan began his career in 1986 at the University of Missouri dressed as the school mascot, Truman Tiger, it didn't take long for Dan to establish himself as one of the top college mascots in the nation. After finishing second in 1988, Dan was selected the nation's #1 college mascot at the 1989 National Collegiate Mascot Championships. As graduation approached, Dan began to receive offers to use his talents at the professional level. After graduating with honors, Dan decided to trade in his tiger stripes for bird feathers and began his professional career as Fredbird, the mascot for the St. Louis Cardinals baseball team. Although many thought Dan's "bird legs" were a perfect match for his costume in St. Louis, Dan stayed only a short time. He was offered a job in professional football and decided to exchange his bird suit to become a wolf. Today Dan is widely known as KC Wolf, the official mascot of the Kansas City Chiefs. He travels throughout the United States and the world entertaining thousands of people both in and out of costume. Dan is in high demand not only as a mascot but also as a humorous and motivational speaker to audiences of all ages. His enthusiasm, optimism and love for life are contagious and makes Dan an inspiration to all those he meets. Dan lives in Kansas City, MO with his wife, Cam and their 3 children, Mycah, Aaron, and Mallory.

Dave Davlin



CLOSING KEYNOTE: “GAME WINNING 3- MAKING IT COUNT...IN BUSINESS AND IN LIFE”

This presentation is an hour of interaction, humor and audience participation mixed with a powerful message. It is a roller coaster ride of emotion that will find the audience engaged in hilarious laughter one moment and brought to tears the next. The audience will be challenged to make the most of every moment in order to develop themselves personally and professionally while creating value and making a difference in the lives of others.

BREAKOUT SESSION: “MAKE IT COUNT – UNCOVERING THE STRATEGIES TO WHAT MATTERS MOST”

In this eye-opening presentation, Dave leads the audience through a nine-step journey of self-discovery and mastery... a journey toward extraordinary results. “MAKE IT COUNT” uncovers the strategies and steps necessary to identify, pursue and experience what is truly most important.

Biography Dave Davlin:

Over 25 years ago, Dave Davlin began bringing smiles to faces with a form of entertainment he developed as a young boy. From NBA and major college arenas across America to the Summer Olympic Games in Seoul, South Korea— and even to the world-famous Branson Strip— “Travelin” Davlin has entertained people of every age and background. His amazing ability with basketballs even landed his name and picture in the 1990 Guinness Book of World Records. Dave began to hone his speaking skills in the early 90’s as a national speaker in the public schools across America. Combining his entertainment ability with a powerful message, he was instrumental in the fight for education and against drugs. At the advice of friends working in corporate America, Dave began to develop presentations for the corporate and association market and the rest is history. He now speaks at numerous corporate and association conferences each year. From public school students to CEOs, Dave’s message has made a difference in the lives of thousands, and his impact continues to grow each year as he shares his philosophy and wisdom through speaking and writing.

Brooke Fredrickson



BREAKOUT SESSION: "BODY IMAGE: FUELING THE STUDENT HEALTH CRISIS"

Food and weight issues are growing among the student population. With the rise in social media usage, students are making extreme changes in how they eat in an attempt to change their bodies and improve their athletic advantage. But the question remains: Is it helping or harming? In this session, you will review the current statistics on the top food-related health concerns in students and learn how to identify and help students that may be dealing with these issues.

Biography Brooke Fredrickson

Brook owns a private practice and nutrition consulting company. The private practice includes in-person and virtual nutrition counseling for individuals, groups classes, and speaking events using a non-diet, weight-neutral approach. Provides online resources, the Eat With Grace Podcast, and blog at brookefredrickson.com. The consulting practice provides services for diabetes education programs and long-term care facilities in North Dakota. Brook is a mom to Tucker her thirteen-year-old who loves Minecraft, riding bike, and being with friends. Her daughter Aubrey is eleven. She has a brain disease called leukoencephalopathy with severe developmental delays. She has taught me so much about life and love, and I am thankful for every second I have with her. I love coffee, books, gardening, DIY projects, being outdoors, and thunderstorms.

Thomas Nitschke



BREAKOUT SESSION: "MENTAL HEALTH AND YOU"

In this session, we will discuss the importance of taking care of our mental health. We all do things on a daily basis to take care of our physical health (brush our teeth, shower, exercise, eat healthy.) We must learn to also take care of our mental health on a daily basis. Participants will leave with an appreciation for the importance of mental health and with simple strategies to take care of mental health on a daily basis.

Biography Thomas Nitschke:

Tom Nitschke has been a Health Educator for 18 years. He has also spent two years as an elementary principal, five years as a high school principal, and ten years as a school district superintendent. He serves on the LaMoure County Suicide Prevention Coalition as well as the local alcohol awareness group. He is the Author of the "I am Resilient" curriculum and has become a well sought-after mental health speaker. He believes in teaching students how to deliberately take care of their mental health on a daily basis, just like we would our physical health.

Mike Adams



BREAKOUT SESSION: "Ergonomic Factors for Educators"

Repetitive motion and overexertion are some of the biggest risk factors facing teachers today. During this session, you will learn how to evaluate basic ergonomic factors to increase wellness for your work areas. We will also touch on certain elements which will create an effective ergonomics program. You will learn the basic concepts relating to ergonomics in the workplace, gain skills to recognize ergonomic risk factors, learn how to conduct an ergonomic worksite analysis, and much more. By the end of the session, attendees will be able to identify steps to implement a successful ergonomics program at their school, classroom and own personal life.

Biography Mike Adams:

Michael Adams is an industrial oil and gas professional with a history of managing teams through mentoring, training, observation, and interaction. His strong safety and technical training background includes serving as a petroleum service technician instructor, operations maintenance lead, and safety training manager. Michael is a true safety leader who is never afraid to stop an unsafe act or intervene in situations that need attention. Michael has acquired numerous trainer credentials throughout his professional career.

Dr. Carrie Johnson



BREAKOUT SESSION: "FINANCIAL WELL-BEING: YOUR GUIDE FOR A SELF CHECK-UP"

A financial check-up is just as important as a medical check-up. It allows you to assess problems and risks, evaluate progress toward goals, help identify action steps, and provide motivation to change practices. This session will provide participants with tools and resources to give themselves a financial check-up.

Biography Carrie Johnson:

Dr. Carrie Johnson is currently serving as the Interim Assistant Director and Family & Community Wellness Program Leader at NDSU Extension. She is an Associate Professor and Extension Specialist at North Dakota State University, where she has worked since 2016. Carrie joined the Cooperative Extension System in 2009 as a county educator, field specialist, then state specialist in South Dakota; prior to that she was a financial aid counselor. Carrie received her B.S. in English for Information Systems from Dakota State University in Madison, SD, her M.S. in Family and Consumer Science with a specialization in family financial planning from South Dakota State University in Brookings, SD, and her Ph.D. in FCS Education from Iowa State University in Ames, IA. She has provided educational outreach on personal and family finance topics to thousands of individuals across the country and conducts research on consumer decision-making and behavioral economics. Carrie is also an Accredited Financial Counselor.

Dr. John Tufte



BREAKOUT SESSION: "HIGH IMPACT EDUCATORS"

Dr.'s John and Brenda Tufte will share the findings from their 2-year study that is the focus of their book, "High-Impact Educators: How Graduates Describe Their Best Teachers" published in 2021 by Rowman and Littlefield. Hear what over 150 college freshmen, college seniors, and newly hired college graduates shared in interviews when asked about the teachers, learning, and experiences that best prepared them to enter college and contributed to their success in college and the workplace.

Biography Dr. John Tufte:

Dr. John Tufte has taught in secondary and higher education for over 20 years and has served as a dean, principal, and K-12 superintendent. He is a 2012 Outstanding Faculty of the Year recipient and writes and speaks to educators, administrators, and parents on educational leadership, coaching, youth sports, and K-12 curriculum and instruction.

Dr. Jessica Weiss



BREAKOUT SESSION: "SMILE: ALL SYSTEMS GO WHEN YOU SPEND TIME ON YOUR SMILE"

Do you brush before or after a meal? Does an electric toothbrush really work as well as my old one? What happens when your tooth gets chipped or broke off? How long should I wait when I experience a tooth, gum or jaw pain? These are but a few questions that Dr. Jessica Weiss will answer. This will be a very interactive session with your questions answered and your fears allayed. This session is for anyone who has teeth or knows someone with teeth and wants to do what is best right now in 2023.

Biography Dr. Jessica Weiss:

Dr. Weiss graduated from Creighton University of Dentistry after attending the University of Mary. She is a native of Beulah and began working at Beulah Dental in 2015. She purchased Beulah Dental in 2016. She and her husband Brandon have three children, tow boys and one girl. Jessica's mom Pauline is one of the long time Roughrider board members.

Dr. Ashley Evanoff



BREAKOUT SESSION: "A GOOD UNDERSTANDING: FUNDAMENTALS OF FOOT HEALTH"

Foot issues are becoming more and more an increasing problem with today's youth. We will discuss a variety of foot and ankle conditions we see in your students. This will include the development of the foot and ankle of the young student through their high school years. How do we treat foot injuries of our students and athletes in our school? What preventions can we take to minimize the risks? Proper shoe and foot attire is one of the biggest discussion topics in recent years. Whether it be bare feet, flip flops, crocs, or the many other choices we put on our feet, we see mis-ailments issues that can be helped with the appropriate shoe gear. Today you will leave the session with a better UNDERSTANDING!

Biography Dr. Ashley Evanoff:

Dr. Ashley L. Evanoff grew up in North Dakota and resides in Minot where she has been practicing podiatry at Trinity Health since 2014. After graduating from Minot High School ('02) and Minot State University ('07), she earned her podiatry degree at Midwestern University ('11) in Phoenix, AZ. She completed her residency in Podiatric Medicine and Surgery at the Phoenix VA Medical Center, where she was chief resident in 2013-2014. Since returning to Minot, Dr. Evanoff has served on the North Dakota Board of Podiatric Medicine as a member, Vice President and currently President. She is also a member of American Podiatric Medical Association and American College of Foot and Ankle Pediatrics, and fellow of the American College of Foot and Ankle Surgeons. In addition to podiatry, Dr. Evanoff is raising two sons with her husband, Dr. Michael Evanoff, DMD. They train and compete in triathlon, running and cycling. Dr. Ashley likes Travelling, skiing, the lake and their kids' activities keep them busy year-round.

Nancy Kelpinski



BREAKOUT SESSION: DANCE WITH NANCE!

In Nancy's fun paced session you will feed off her enthusiasm. You can bet it is a belief that movement and laughter will help you become a person who thinks clearer, listens better, and acts on challenging situations we have in everyday life. Nancy will have you move your body, meet new people, and help you to become All-Star Healthy!

Biography Nancy Kelpinski:

Nancy Kelpinski attended the second Roughrider Health Conference and has been a regular participant and presenter at the conference ever since. Nancy graduated from the University of Mary with a degree in Physical Education and in Elementary Education. She has taught elementary school in Carson, North Dakota and in Fort Yates, North Dakota. For the last 25 years of her teaching career, Nancy taught Health and Physical Education at Mandan High School. While at Mandan High School she served as the SADD Advisor and has coached Special Olympics swimming in Mandan. Nancy believes in an active healthy lifestyle (Health is your best resource). Nancy has also taught swimming and water aerobics courses. Nancy and her husband Mark reside in Mandan and have three grown children: Rebecca, Jessica and Bryan. In her spare time, she enjoys dancing, riding bike, swimming, and spending time with her family.

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 Messer is a Christian wife, mom & CEO of Kori Ann Faith Enterprises. She is a (Certified Personal Trainer) & Inspired Life Strategist which means she empowers people to be God-driven leaders who shine light upon darkness, so the next generation is better off than the current one. As a result of working with Kori, people discover their voice and use it to release the strongholds in their life. This provides the freedom to choose how you spend your time and whom you spend it with. Kori is all about helping people acknowledge their value, discover their voice and claim victory over their life. This is how she's helped thousands of clients lift each other up, empower one another and really start living as they were designed to. She has spoken and presented on stages across the U.S.A. and helped facilitate life changing experiences along the way. It's time you get re-connected with who you were designed to be. Take the first step. Merging faith with fitness is part of Kori's Life by Design process.

Rod Volk (M.S)



SESSION INFORMATION:

Opening Ceremony's:

To set the energetic tone for Roughrider Conference 37 "ALL SYSTEMS GO 2023". 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 37 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 2023 Roughrider "37" 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 2023-2024 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.



Kathy's Heart Rate Scavenger Hunt:

Participants as part of their Personal Wellness Inventory will be on a team walk around the town of Medora looking for fitness items, while they meet and collaborate with team members from other school district. Each participant will start out 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.



Maria's 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.



Pauline's Closing Ceremony Week Video

After a week of fun fast pace engaged learning, The Roughrider Board will wrap up the week in review with final paperwork, awards, and the traditional closing video of all participants, that Pauline works super hard to put together. This time will reflect on how so much positive energy was captured in what seemed like just moments ago the conference started. Before we leave for home, we will unveil the theme for Roughrider "38" 2024 with the traditional participant skit.



Larry's Week of Amazing Pictures

From the second you arrive to the moment you walk out the door Friday, Professional Photographer and RR conference veteran Larry Holmstrom will capture you in all the Roughrider fun filled action. The pictures will be shared in the mid-week and closing video. The pictures will forever be preserved on the NDROUGHIDER.COM website.

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 in college as a four-year letter winner. Rod retired from teaching in 2022 after 31 years as a middle school science, math 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 and has coached a combined 90 sport seasons. He has been involved with the Roughrider Conference for 32 years as a team member, facilitator, planning committee member, board member, and is currently the president and conference planner of the Roughrider Association. He feels the Roughrider Conference is the best thing going for North Dakota's future in health.



Graduate Credit Summary Roughrider 2023

NAME _____ Cell Number _____

Address: _____

Signature: _____

Institution Recording PD Credit: (please circle)

NDSU

MiSU (S/U only)

UND

Tuesday May 30, 2023

Personal Wellness Inventory Assessment: 5:30 – 8:30 a.m.

(R. Volk)

Summary: _____

Opening Ceremony: 8:30 – 10:00 a.m.

(R. Volk)

Summary: _____

Keynote Speaker: 10:00 a.m. – 12:00 p.m.

(Dan Meers)

Summary: _____

Breakout Session #1: 1:00 – 2:00 p.m.

(Meers / Fredrickson / Nitschke)

Summary: _____

Team Meeting #1: 2:00 – 3:00 p.m.

(R. Volk)

Summary: _____

Breakout Session #2: 3:00 – 4:00 p.m.

(Meers / Fredrickson / Nitschke)

Summary: _____

Session #3: 4:00 – 5:00 p.m.

(Meers / Fredrickson / Nitschke)

Summary: _____

Wednesday May 31, 2023

Personal Wellness Inventory Assessment: 7:00 - 9:00 a.m.

(R. Volk)

Summary: _____

Breakout Session #1: 9:30 – 10:30 a.m.

(Dr. Johnson / Dr. Evanhoff/ Dr.Tufte)

Summary: _____

Breakout Session #2: 10:45- 11:45 a.m.

(Dr. Johnson / Dr. Evanhoff/ Dr.Tufte)

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. Johnson / Dr. Evanhoff/ Dr.Tufte)

Summary:_____

Thursday June 1, 2023

Personal Wellness Inventory Assessment: 7:00 - 8:15 a.m.

(Messer / Volk / Kelpinski)

Summary:_____

Breakout Session #1: 9:00 – 10:00 a.m.

(Davlin / Dr. Weiss / Adams)

Summary:_____

Breakout Session #2: 10:15 – 11:15 a.m.

(Davlin / Dr. Weiss / Adams)

Summary:_____

Breakout Session #3: 12:15 a.m. – 1:15 p.m.

(Davlin / Dr. Weiss / Adams)

Summary:_____

Personal Wellness Inventory: 1:30 – 2:45 p.m.

(Messer / Volk / Kelpinski)

Summary:_____

Personal Wellness Inventory: 2:45 – 4:00 p.m.

(Messer / Volk / Kelpinski)

Summary:_____

Team Meeting #3: 4:00 – 6:00 p.m.

(R. Volk)

Summary:_____

Friday June 2, 2023

Team Meeting #4: 8:00 – 8:30 a.m.

(R. Volk)

Summary:_____

Keynote Session: 8:30 – 10:30 a.m.

(Dave Davlin)

Summary:_____

Closeout Activities & Awards: 10:30 a.m. – 11:30 a.m.

(R. Volk)

Summary:_____
