

A HEALTHY NEW WORLD

**MEDORA,
NORTH DAKOTA**



**MAY 31-JUNE 3
2022**



**NORTH DAKOTA
ROUGH RIDER
HEALTH CONFERENCE**



Tuesday May 31, 2022

6:30 a.m. - 7:30 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 (**Stuart Twitchy Myers**) (Rough Riders Conference Center)
Lunch (On Own)
Breakout Session #1(**Twitchy / Breitbach / Carvell**) Medora Room/Little Missouri Room/ Showhall
Team Meeting (**Volk**) Showhall
Breakout Session #2(**Twitchy / Breitbach / Carvell**) Medora Room/Little Missouri Room/Showhall
Breakout Session #3(**Twitchy / Breitbach / Carvell**) Medora Room/Little Missouri Room/Showhall

Wednesday June 1, 2022

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. Skretta / Dr. Schmitz / Moseman**) Medora Room / Little Missouri Room / Showhall
Breakout Session #2 (**Dr. Skretta / Dr. Schmitz / Moseman**) 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 #2 (**Dr. Skretta / Dr. Schmitz / Moseman**) Medora Room / Little Missouri Room / Showhall

Thursday June 2, 2022

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 (**Dufault / Whirley / Iverson**) Medora Room / Little Missouri Room / Showhall
Breakout Session #2 (**Dufault / Whirley / Iverson**) Medora Room / Little Missouri Room / Showhall
Lunch (On Own)
Breakout Session #3 (**Dufault / Whirley / Iverson**) 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 3, 2022

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



May 31 – June 3, 2022 Medora, ND



Sponsored by the Roughrider Health Promotion Association Inc.

WWW.NDROUGHIDER.COM

HEALTHY SCHOOLS HEALTHY SELF HEALTHY COMMUNITIES

ROUGHIDER 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 **NDROUGHIDER.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, 2022**

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. 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, 2022 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 1st, 2022**

A link to sign up for credit with the University System (NDSU, UND, Minot State) will be available through the Roughrider website at **WWW.NDROUGHIDER.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 30th, 2022
5:00 p.m. to 7:00 p.m.

Tuesday, May 31st 2022
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:
\$79.00 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 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 NDROUGH RIDER 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.NDROUGH RIDER.COM linked to the University
System payment for either (NDSU/UND/Minot State) of (2) Credits starting **May 1st, 2022**
Create a communication and support network.
Identify needs of individual and team events.
Secure a Silent Auction item – see Silent Auction link on website NDROUGH RIDER.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 \$10.00 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, June 2nd, 2022

Final Bidding, Pick-up and Payment: 5:15 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 Credits (2) will be available from NDSU, UND and Minot State beginning Sunday May 1st, 2022 and will close Friday June 3rd, 2022 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.

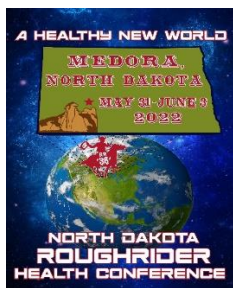
Click on university icon below to direct you to their on-line credit registration.



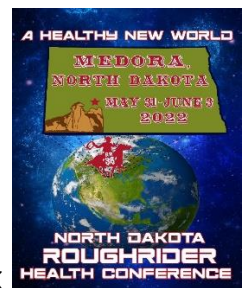
BE SEEN. BE HEARD.

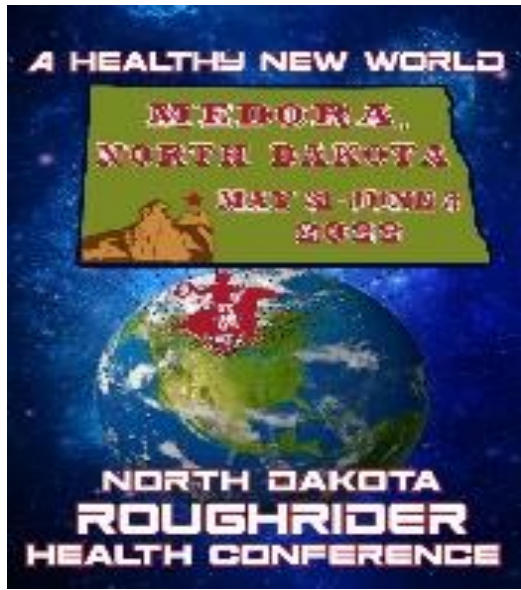
Grading will be assessed on the following criteria:

- 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, June 1st 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!

Teams are 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 “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 30th, 2022 at the Rough Riders Hotel from 5:00 p.m. to 7:00 p.m.

OR

Tuesday May 31st, 2022 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 2nd, 2022 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 "36" A HEALTHY NEW WORLD



- 1.) Greetings! You have registered for the 2022 Roughrider Health Promotion Conference being held in Medora, North Dakota **May 31st – June 3rd 2022**
- 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 30th or Tuesday the May 31st. 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 36-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 **"A Healthy New World 2022"** 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 **"A Healthy New World"** 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 3rd 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.

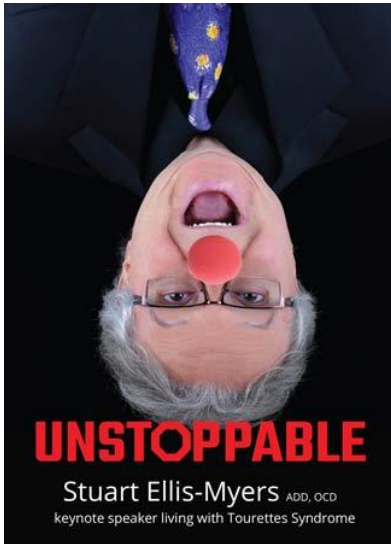
a.) There is **no** prior assignment work that must be done before the conference.

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, June 1st 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 “36th Anniversary Celebration” Thursday June 2nd, 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

Stuart (TWICHY) Ellis-Myers



OPENING KEYNOTE: **“UNSTOPPABLE”**

What would you do if, out of the blue, your life turned upside down? What if you went from being a happy, healthy, normal child and suddenly became an anxious, depressed, twitchy mess of devastating proportion? This is exactly what happened to Stuart Ellis-Myers. At the age of eight, Stuart began to develop one of the most misunderstood mental illnesses of our time . . . Tourette’s Syndrome. Faced with the prospect of a lifetime of frustration, isolation, and shame – the typical reaction to this condition – Stuart instead chose to make his life into something remarkable. One of the most gifted and inspiring public speakers, Stuart has used the life lessons learned through years of battling this often emotionally crippling disorder to help countless others overcome their own challenges and fears. His insight and humanity have enabled him to share his own, often painful, experiences in such a way as to offer a real, usable, methodology for overcoming the many pitfalls of modern life. The countless physical and psychological manifestations of the high stress lives we all lead are made clearer to understand and easier to bear through his simple and effective system of positive change. It has worked for him. It can work for you. Told with total candor and charming wit, this is a story of inspiration and achievement with which virtually anyone can identify with. This is the story of a man who refused to accept other people’s “truths”. It is the story of a man who chose to, not only survive but become UNSTOPPABLE. So, if Stuart can overcome the ravages of Tourette’s Syndrome, and all of the disabling mental conditions that so often accompany it, and become remarkably successful in both his keynote speaker career and his personal life . . . what is holding any of us back from achieving our dreams?

Candy Whirley (M.S.)



CLOSING KEYNOTE: “It Takes 2 to Tango”

These People Are Not Difficult, They Are Just Different! Candy will share her 4C's of Teams and Leaders: Confidence, Communication, Creativity and Change in the workplace. Then she will take you through a brilliant exploration of the 4 personality styles. You'll learn to overcome personality differences that lead to problems like communication breakdown, negotiation let-down, and delegation fall-down by learning the secrets to connecting and partnering with other personalities.

BREAKOUT SESSION: “Let's Bridge The Gap-Generational Differences”

It Takes 4 Generations to Tango We will take an exploration of the generations in the workplace...there are 5 now! In this group activity you will get to discuss what motivates your generation, how you like to be managed and MORE! Then the best part, you will get to ask a burning question you would love to have the answer to from all the other generations! The good news is YOU will be with your own generation to discuss these questions so we can truly learn to work better and be more productive with ALL the generations.

Biography Candy Whirley:

Candy brings 'real world' experience from many industries including training, retail, customer service, restaurant, entertainment, management, youth ministry and business owner. Candy has been speaking over 30 years and has owned SBG Services since 2001. She has spoken nationally and internationally and written several books. Some of Candy's clients include Harvesters International, Million Dollar Round Table, 7 School Nutrition Association Conferences, 12 MGMA State Conferences, 4 Association of Fairs Conferences, Annual SHRM Conferences and Regional Conferences and Johns Hopkins Medical Center. Candy graduated Cum Laude from Missouri Western State University with a B.S. Degree in Speech Communications, and Human Relations Emphasis, and has earned her Master's in Management at the University of Phoenix and she received her CSP (Certified Speaking Professional) designation in 2016

Chase Breitbach



BREAKOUT SESSION: “Juvenile Court and the Developing Adolescent”

The nature of adolescent development is complex. Adolescents develop in multiple areas at a time including cognitive, physical, emotional, and sexual development at a variable rate. Development is further complicated by biological and environmental circumstances that occur throughout an adolescence lifetime such as mental illness, substance abuse, trauma-related issues, and family/peer involvement. As a result, the Juvenile Justice system has incorporated an understanding of this into the way in which juveniles are handled as they come into this system. This presentation will provide an understanding of the Juvenile Court system as well as adolescent development. We will also explore the risk and needs principle as it applies to brain development and why “scared straight” is ineffective. Finally, we will explore the purpose behind restorative justice and why the core principles are crucial in treatment and rehabilitation.

Biography Chase Breitbach

Chase Breitbach moved to Dickinson from Grand Forks in 2013 after graduating from the UND with a baccalaureate degree in Criminal Justice Studies. He worked as a Juvenile Probation Officer for the North Dakota Supreme Court for five years offering direct case management services to youth and families in Southwest North Dakota. In May of 2020, he completed his master’s degree in Social Work at UND and was afforded an opportunity to transition into a managerial role within the North Dakota Court System. In Chase’s spare time, he works as a therapist for USpireND – Violence Free of Dickinson working with men and women who engage in domestic violence towards one another and for the Sex Offender Treatment and Assessment Program in North Dakota providing evidence-based treatment for individuals convicted of sexual crimes. Chase has served as the Vice President for Best Friends Mentoring Program and has served in other advisory positions with local non-profits. Chase is passionate about improving the human condition and will be speaking on matters related to the North Dakota Juvenile Court system and the developing adolescent.

Dr. Jake Schmitz



BREAKOUT SESSION: "Maximizing Your Correct Level of Testosterone and Estrogen"

What exactly do testosterone and estrogen do for our bodies? Teenagers, what is puberty? Men, what is hypogonadism? Ladies, what is menopause? Why is it happening in the body? What are the symptoms and why are they occurring? Dr. Jake will teach you nutrition strategies that could be applied to correct the imbalances that are causing your symptoms. Menopause doesn't have to be something you "have to endure". Instead, it could be what it was designed to be...a transition to something better! And men, do you want to feel like you did in your 20's? There is a path to the life you once had. Teenagers need to be educated on the hormones that control and shape their bodies during these important years.

Biography Dr. Jake Schmitz:

Dr. Jake played many sports when he was younger. He experienced several injuries from his passion for the game. He sought the help of a chiropractor to help his recovery. "When I was adjusted, I could stay in the game longer, heal faster from injuries and perform better." He initially decided to become a chiropractor to help others with sports injuries. Dr. Jake attended chiropractic college at Northwestern Health Sciences University. It was there that he found out chiropractic could help much more than just for pain. When he started his chiropractic education, Dr. Jake was on seven different medications and living an unhealthy life without even realizing it. He started receiving regular chiropractic care and was off his medications nearly overnight. His body started healing again and he has never taken any medication since. Dr. Jake's focus is on overall health and wellness in addition to helping athletes perform better. Dr. Jake grew up in North Dakota and is a self-proclaimed home-grown boy and loves being a chiropractor. Dr. Jake practices everything he preaches to his patients. "We don't ever ask a patient to do something that we either aren't doing ourselves or that we haven't done already." Practicing what he preaches includes a healthy lifestyle of eating right and receiving regular chiropractic adjustments.

Dr. John Skretta



BREAKOUT SESSION: “Smart Move! Creating A Culture of Wellness”

In this address, Dr. Skretta will describe how schools can use low-cost and no cost partnerships existing in communities as nonprofits, public health agencies and corporations in order to enhance a school’s culture of wellness. Dr. Skretta will emphasize the role that encouraging, affirming and celebrating excellence has in sustaining health and wellness related initiatives. He will offer examples of organizational initiatives that promote health and wellness and how to overcome obstacles to positive change initiatives. The presentation will also share some of the profoundly important research connecting physical activity and cognitive performance, through the lens of a parent and professional educator.

Biography Dr. John Skretta:

Dr. John Skretta is the administrator in Milford Nebraska, which serves 16 school districts. Dr. Skretta has been a K-12 school administrator for over two decades. He has been a school district superintendent, assistant superintendent and high school principal. He began his career in education as a high school English and reading teacher. John has a long-standing commitment to promoting a culture of individual and collective commitment to health. An accomplished distance runner with over 20 marathons to his credit, John has also completed numerous ultramarathons including distances of 50K, 40 miles and 50 miles. As a school administrator, John has worked to connect schools with community coalitions and engage in proactive advocacy to ensure beneficial health supports are in place for all students. This advocacy and Dr. Skretta’s work as a visible and vocal proponent of coordinated school health and the whole child have taken many forms. He has been recognized as a national Healthy Schools Champion by the Alliance for a Healthier Generation. He participated in the national conference call rollout of Let’s Move Active Schools with then-First Lady Michelle Obama, and his schools have been featured in AASA national publications as well as documentaries profiling school health initiatives such as the AASA Courageous Leadership series. Dr. Skretta was selected by Nebraska colleagues as the 2018 state Superintendent of the Year. He is an adjunct professor at Doane University. Dr. Skretta is a parent of four children and resides with his wife Dr. Sara Skretta in Lincoln, Nebraska. His keynote presentations focus on optimizing productivity through practical advice and insights on health and happiness

Rachel Iverson (M.S.)



BREAKOUT SESSION: “Promoting Healthy Behaviors with Positivity”

Guilt. Shame. Fat-phobia. You’re eating that? When making a healthy change or trying to support changes in our community we battle misinformation, guilt-based marketing, conflicting recommendations from providers and social media trends. How do we support healthy changes without negativity and making those around us feel inadequate? Positivity needs to be front and center in our journey to healthier communities. Learn how to set positive goals and create an environment that supports health without shame.

Biography Rachel Iverson:

Rachel Iverson (CSSD) is passionate about evidence-based nutrition information. Her work specializes in healthy sustainable lifestyle change and sports nutrition. She frequently appears on KX news as a local nutrition expert and helps run a cooking class. In her day-to-day work for Sanford Health Rachel meets with patients to help them build healthy lifestyles one step at a time. She also provides health education to the NDPERs group (state employees). Rachel creates education materials on nutrition, exercise, stress management and work life balance. Rachel’s biggest wish is for everyone to realize that dietitians are not the food police; we are food therapists!

Melanie Carvell



BREAKOUT SESSION: “Finding The Calm In The Storm-Mindful Leadership In Education”

Do you need simple, proven tools to help you cope with stress, burnout and difficult situations? Are you interested in practical tools that can help your students improve their focus and concentration? Scientific studies have shown that practicing mindfulness, meditation, and kindness can literally rewire our brains. You will leave this uplifting presentation equipped with ideas to help you recharge and restore your wellbeing, while improving your ability to react more thoughtfully to challenges. Come be inspired!

Biography Melanie Carvell:

Melanie Carvell is an inspirational speaker whose compelling presentations energize her audience with practical solutions, humor, and storytelling. She is a six-time All-American triathlete, a physical therapist, certified Worksite Wellness consultant, and author of *Running with the Antelope; Lessons of Life, Fitness and Grit on the Northern Plains*. Melanie was named Sanford Health’s “Manager of the Year” in 2016 and recently named one of the state’s “Leading Ladies” by the North Dakota Women’s Center for Technology and Business.

Don Moseman



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 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, Don has taught more than 1,200 law enforcement and safety courses to more than 25,000 people. He came to the North Dakota Safety Council in February of 2013.

Annabel DuFault



BREAKOUT SESSION: “Vaping: Spot the Signs”

Vaping is on the rise in youth across the nation and North Dakota is no exception. Ever-changing information and education to students, parents, staff and community members is essential as tobacco companies aim to addict our youth with fun flavors, easily concealable devices (you don't even know what you're looking at or for), and advertising via Netflix, YouTube and various social media platforms. Learn more about vaping during this informative session and see different vape products firsthand.

Biography Annabel DuFault:

Annabel earned her Bachelor of Science in Public Health Education from the University of North Dakota. She is a Certified Health Education Specialist (CHES) and has worked at Fargo Cass Public Health for over a year, starting in Environmental Health and now serving as the Tobacco Prevention Coordinator. Before starting at Fargo Cass Public Health, she was a Prevention & Education Specialist at the CVIC in Grand Forks, ND, where she coordinated a community-wide violence prevention program called Green Dot. In her spare time, Annabel loves to travel, cook, and curl up with her dog, Walter.

Nancy Kelpinski



BREAKOUT SESSION: Dance with Nanc!

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 CPT (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 36 "A HEALTHY NEW WORLD 2022". 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 36 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 2022 Roughrider "36" 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 2022-2023 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 "37" 2023 with the traditional participant skit.

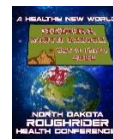


Larry's Week of Amazing Pictures

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 2021 after 30 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 30 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 2022

NAME _____ Cell Number _____

Address: _____

Signature: _____

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

Tuesday May 31, 2022

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. (Stuart Twitchy Ellis-Myers)

Summary: _____

Breakout Session #1: 1:00 – 2:00 p.m. (Twitchy / Breitbach / Carvell)

Summary: _____

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

Summary: _____

Breakout Session #2: 3:00 – 4:00 p.m. (Twitchy / Breitbach / Carvell)

Summary: _____

Session #3: 4:00 – 5:00 p.m. (Twitchy / Breitbach / Carvell)

Summary: _____

Wednesday June 1, 2022

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

Summary: _____

Breakout Session #1: 9:30 – 10:30 a.m. (Skretta / Schmitz / Moseman)

Summary: _____

Breakout Session #2: 10:45- 11:45 a.m. (Skretta / Schmitz / Moseman)

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.

(Skretta / Schmitz / Moseman)

Summary:_____

Thursday June 2, 2022

Personal Wellness Inventory Assessment: 7:15 - 8:30 a.m.

(Messer / Volk / Kelpinski)

Summary:_____

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

(DuFault / Whirley / Iverson)

Summary:_____

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

(DuFault / Whirley / Iverson)

Summary:_____

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

(DuFault / Whirley / Iverson)

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 3, 2022

Team Meeting #4: 8:00 – 8:30 a.m.

(R. Volk)

Summary:_____

Keynote Session: 8:30 – 10:30 a.m.

(Candy Whirley)

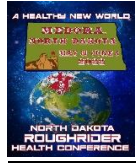
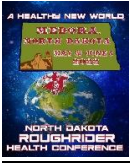
Summary:_____

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

(R. Volk)

Summary:_____

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



Presenter Feedback ND Roughrider 2022

Tuesday May 31, 2022

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. (Stuart “Twitchy” Myers)

(A B C D F)

Comment:

Breakout Session #1: 1:00 – 2:00 p.m. (Twitchy / Breitbach / Carvell)

(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. (Twitchy / Breitbach / Carvell)

(A B C D F)

Comment:

Breakout Session #3: 4:00 – 5:00 p.m. (Twitchy / Breitbach / Carvell)

(A B C D F)

Comment:

Wednesday June 1, 2022

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. (Skretta / Schmitz / Moseman)

(A B C D F)

Comment:

Breakout Session #2: 10:45- 11:45 a.m. (Skretta / Schmitz / Moseman)

(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. (Skretta / Schmitz / Moseman)

(A B C D F)

Comment:

Thursday June 2, 2022

Personal Wellness Inventory Assessment: 7:15 - 8:30 a.m. (Messer / Volk / Kelpinski)

(A B C D F)

Comment:

Breakout Session #1: 9:00 – 10:00 a.m. (DuFault / Whirley / Iverson)

(A B C D F)

Comment: _

Breakout Session #2: 10:15 – 11:15 a.m. (DuFault / Whirley / Iverson)

(A B C D F)

Comment

Breakout Session #3: 12:15 a.m. – 1:15 p.m. (DuFault / Whirley / Iverson)

(A B C D F)

Comment

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

(A B C D F)

Comment

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

(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 3, 2022

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. (Candy Whirley)

(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' For Your Comments! Roughrider Board

