

MAINE ASSOCIATION  
FOR  
HEALTH, PHYSICAL  
EDUCATION, RECREATION  
AND DANCE

The History of a Professional  
Organization  
2000-2015



By  
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## ACKNOWLEDGEMENTS

Several people in MAHPERD were contacted in order to obtain some of the information needed to write the past fifteen years of THE ASSOCIATION's ongoing history. I began with Kathy Wilbur, Executive Director, by asking some obvious questions regarding missing minutes of the Executive Board meetings and Leadership Development Workshops, information about past presidents and Life Members, logo and status of the 501(c) 3 application. She, in turn, referred me to President Elaine Michaud and retired Executive Director Jo Dill for some of the answers. E-mails to Stephen Butterfield and Glenn Reif produced information about Joseph Pechinski and Steve himself. I e-mailed Dianne Rossi to get a better idea of her job as well as Deb Smith to clarify her position.

The rest of the material was taken from the Archives. I referred to biographies of past and present MAHPERD members which are filed in 3 ring binders. There are over 250 of these bios which have been collected. Other materials to which I turned are the By-Laws, Conference Programs, copies of E-Blasts and E-News, Job descriptions, Minutes of the Executive Board, Leadership Development Workshops and the Annual Meeting, Newsletters through February 2011, Budgets and Treasurer's Reports, and SHAPE America Newsletters.

Very special thanks go to Kathy Wilbur for proof reading both drafts. Kathy made many suggestions for corrections in wording, punctuation and, most importantly, in making sure that all information was accurate and up to date.

By attending each annual conference, I was able to speak face to face with many of the association officers, members and other influential participants. This opportunity gave me a sense of the dedication, hard work and loyalty exhibited by everyone who belonged to MAHPERD.

October, 2015



## INTRODUCTION

The first fifty-five years of MAHPERD's history was completed in the fall of 2000. At that time, it was not my intention to update the history at a later date. However in January 2014, when Kathy Wilbur asked if I would be interested in researching and writing the past fifteen years of THE ASSOCIATION, I decided to take on the task. As it turns out, this second volume is available in time for the celebration of MAHPERD's 70th anniversary. 2015 also marks the thirtieth year that the annual conference will be held at the Samoset Resort. I reasoned that since the time period was much shorter, I could follow the format of the first "volume" and, as Archivist, I still had most of the materials at hand. In addition, many of the people who were active in these years were still involved in THE ASSOCIATION and would be available to contact.

Many changes have taken place since the first volume was written. Although MAHPERD grew, it sometimes struggled to increase membership. With expanded regrowth and renewal in the 90s, the organization saw a surge in interest and new members. The most common means of communication was by telephone or mail as no internet existed. Some presidents served more than one term when it became difficult to entice potential leaders to run for an office requiring a great deal of time and expertise. The practice of alternating men and women in the presidency was abandoned for much the same reason. It was a major improvement when the Executive Board determined that an Executive Director must be hired. Committees were dropped and new ones were added as the needs changed. The Constitution became the By-laws and underwent extensive revisions. The dance discipline was added and school nurses decided to withdraw their membership. Maine DOE consultants became liaisons. Many of the projects popular in the earlier years continued such as the PEP Act and Jump Rope for Heart/Hoops.

These last years have been known for the expansion of membership as illustrated by figures from recent years of over 500 who joined MAHPERD. There has been greatly increased opportunity for advocacy to support the legislation and projects members feel strongly about and finally new technology has permitted easier, quicker and more accurate communication among members. The dedication and leadership has continued in this time period as presidents, vice presidents, secretaries, treasurers, committee chairs, conference planners and the Executive Director work to make MAHPERD strong and viable.



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## YEARS OF EXPANSION, ADVOCACY AND TECHNOLOGY

### PRESIDENTS

During this time period, two men and nine women served as president of THE ASSOCIATION. Marge Queen was in office for two terms (2006-2008) and again for a final term (2011-12), tying the records of Royal Goheen (1979-1981 and 1996-1997) and Ron Thompson (1982-1985). Jon Cahill served two terms (2001-2003) and Christine Standefer also was a two term president (2008-2010). The most common reason for this situation was the difficulty in finding a qualified and willing person to take this important office. According to these professionals who served additional terms, they felt they learned so much, not only about the Association, but about themselves. It took a year to really know what their job entailed; the next year(s) became much easier and extremely satisfying.

Eight of the presidents taught in public school systems at elementary, middle school and secondary levels, while two were professors at the University level. One was employed by the Maine Department of Education. Many of them had won awards from the Association.

**Nellie Orr (Cyr)** started off the decade of the 2000s. She had a PhD in Exercise Science, and was an Assistant Professor in the College of Education and Human Development at the University of Maine. Nellie was actively engaged in research and grant procurement at Maine with a focus on how exercise serves as a mechanism to prevent the incidence and reduce the prevalence of chronic diseases. As president she was active in her support of the Governor's Council on Physical Fitness and Sports. Nellie took it upon herself to form new committees in MAHPERD, among them the Grant Committee. She was also active in obtaining funds for physical education during her tenure.

In 2001, **Jon Cahill**, an elementary physical education teacher in Scarborough, was elected president. Jon led the collaboration for Maine to work closely with the Maine Department of Education (MDOE) on Maine Learning Results, Physical Education Assessment and physical activity programming. He also was very effective and active in promoting the Advocacy Committee. One of his goals as president was to fill all committee chair positions. Jon was well known throughout the state for starting, training and presenting the Gym Dandies children's circus (riding 6 foot unicycles, juggling and stilt walking) to the public. He was honored with the Elementary Teacher of the Year award by the Association in 1996. Jon continued as MAHPERD President in 2002-03.

**Rose Angell**, a native of Fort Kent, and with degrees from the University of Maine became the next president. She taught physical education at the Jefferson Village School in Whitefield and also did some coaching and officiating in the area. Rose was very active in Maine Learning Results, PEP, and Physical Education Pilot Training. She also served on the Commissioner's

Round Table on physical activity and nutrition. Continuing Jon's vision, she worked to establish Association representatives in each of Maine's counties. In 1996, Rose won the Teacher of the Year award in Middle School Physical Education.

**Mark Savage** taught physical education at Brewer High School. He was President during the year that MAHPERD celebrated its 60th anniversary. In honoring the Past Presidents, Mark wrote a personal letter of greeting to each returning person, introduced each Past President as they entered the room and assisted in arranging a special luncheon for them to eat and socialize together. Mark was named the Secondary School Physical Education Teacher of the Year in 1996.

**Kristin Grant** received her bachelor's degree in Physical Education from the University of Maine and her master's in Education in Adapted Physical Education from the University of Virginia. Kristin was a nationally certified adapted physical educator and served as a member of the state level Adapted Physical Education Task Force. She was the Assistant Principal at the Windham Primary School where she also taught elementary school physical education. In addition to becoming President, she served THE ASSOCIATION in many other capacities. Among them were Vice-president-elect of Physical Education, Vice-president of Physical Education, was on the advocacy committee, and helped write the Physical Education position paper. Her dedication and service earned her Elementary School Physical Education Teacher of the Year in 2000.

**Marge Queen** had taken on several roles in THE ASSOCIATION when she became President in 2006. Among these were Treasurer and becoming involved with many conference projects. During her years in office, she networked with colleagues at regional workshops, completed revisions for the Maine Learning Results, worked on updating and revising the By-Laws and was instrumental in hiring the MDOE Physical Education Consultant. (Newsletter, Winter 2007) In addition, she vowed to continue partnerships with AHA, ALA and MDOE. Marge became a mentor to many of her colleagues while at the same time often commented on how much she was "learning every day." Marge continued as MAHPERD President in 2007-08. With the resignation of President-Elect Kim Bartholomew, for personal reasons in October 2011, Marge was appointed President-elect. When she stepped up again to become President for the third time, she was a seasoned officer! Marge was named Elementary Physical Education Teacher of the Year in 2004, received the Distinguished Leadership Honor award in 2009 and was presented the Highest Praise Honor Award in 2014.

**Christine Standefer**, with a PhD from the University of Illinois, was a very active faculty member at the University of Maine at Presque Isle. As professor of physical education, her strengths lay in the sociology of sport and in instruction and program development. She brought strong leadership skills to the presidency. She was an advocate and link to the Universities and Past-Presidents: it was she who suggested giving the Past-presidents vests at the sixty-fifth anniversary celebration. Chris also proposed a MAHPERD Make a Difference Award to be

made at the annual business meeting. (Minutes, March 11, 2010) With no one able or willing to run for election for the next president, Chris continued as MAHPERD President in 2009-10. She was honored with the Worthy of Praise Honor Award in 2002 and was named for the Distinguished Leadership Honor Award in 2014.

**Jayne Chase** was elected president in 2010. She was already working with the Maine Department of Education as the new Physical Education Consultant. A Maine native with teaching and administrative experience in physical education, Jayne was eager and ready to lead THE ASSOCIATION. Along with Vice President-elect Kim Bartholomew, she picked up more responsibilities with no Executive Director yet on board. She was in charge of the E-newsletter, was involved with planning for EDA and MAHPERD activities, and promoted regional meetings in the northern, central and southern sections of the state. Jayne received the Worthy of Praise Honor Award in 2012.

**Kathy Sutton**, a School Health Coordinator and school nurse at Mountain Valley Middle School in Mexico, took up the reins in 2012. She had served as Vice President for Health, was a PEP Grant winner and Awards Committee Co-Chair. Kathy's visions for THE ASSOCIATION were to become a non-profit organization, complete minor edits to the By-Laws and increase communication with the membership. (Minutes of LDC, December 2012). She was the Health Education Teacher of the Year in 1993. In 2009, she won the Worthy of Praise Honor Award.

**Elaine Michaud**, physical education teacher at Mountain Valley Middle School, Mexico, became the next president. Elaine also served as Awards Co-Chair. Her vision for her presidency year was to "finalize the 501 (c) (3) process, see that operating code updates were completed and increase communication with the members." (Minutes, Leadership Development Workshop, January 11, 2014) Elaine was the Teacher of the Year in Physical Education in 2010 .

**Sara Thurston**, a physical educator at Leavitt Area High School in Turner, began her presidency following the annual conference in November 2014. Sara participated in the Legislation's "Speak Out Day" in Washington, D.C. Although she has yet to complete her term of office, Sara has demonstrated her ability to quickly "learn the ropes" of the position, has an enthusiastic attitude and is very computer literate.

Although there have been a few exceptions, Presidents hold their office for only one year. Most of them have served in some capacity on the Executive Board prior to being elected to lead MAHPERD. All incoming Presidents are invited to attend the annual AAHPERD Leadership Development Conference. It provides training for the President-elect and an opportunity to share ideas and questions with new Presidents from other states. In recent years, the Executive Director has also attended the Leadership Development Conference. Together, they have had an opportunity to visit Capitol Hill and speak to Maine Senators and Representatives about current concerns and bills, such as No Child Left Behind, PEP, and Title IX, that have to do with health and physical education.

## CONSULTANTS, COORDINATORS, LIAISONS - DEPARTMENT OF EDUCATION

Consultants from the Maine Department of Education act as liaisons to the various disciplines in MAHPERD. They have a strong record of attending the Executive Board meetings and the annual conference. The Maine DOE employs specialists in health and physical education along with many other subject areas. Each of these professionals advocates for the promotion of their particular discipline through the legislature, by holding workshops, and being in charge of specific organizations in their field. The collaboration between them and MAHPERD has been very positive.

### Health Education Consultants

**Kathy Wilbur** remained from the previous decade as Director of Health Education and Coordinator of School Health Programs. She also coordinated the Comprehensive Health Education Grant Program and Healthy Maine Partnerships Program. She previously taught Health and Physical Education at Fort Fairfield Middle School. **Jean Zimmerman** came on board as a Health Education Consultant. She helped to organize the Comprehensive Health Education Spring Workshop and a School Site Wellness Conference before she left the position in 2008. **Susan Berry** joined the Department as a Health Education Consultant in 2007. Susan, who had already been working in the Maine DOE, became the new Coordinated School Health Program Director in 2007. She is responsible for Health Education and School-Site Health Promotion. She was honored by THE ASSOCIATION in 2012 with the Worthy of Praise Honor Award. **Joe Boucher** joined Maine DOE in the mid 2000s as an additional consultant until 2015.

The Maine DOE liaisons reported to the Executive Board that the Department was offering webinars to support health and physical education, a Health Education Conference including comprehensive sexuality education and several professional development days in the spring of 2015. (Minutes, October 10, 2014)

### Physical Education Consultants

With the position of Physical Education Consultant being eliminated in 1990, Colleen Rioux became the last person to hold the job for sixteen years. Severe budget restraints imposed on the Maine Department of Education forced them to release her. Although MAHPERD members were encouraged to contact the Commissioner asking that full funding be restored to the position, it was left unfilled. It wasn't until 2006 that the position was finally approved by the Maine DOE. **Denise Preisser** was hired that same year to the great delight of THE ASSOCIATION. As a 25 year physical education teacher from Colorado, she immediately got involved in representing the discipline. However her tenure was short lived and a year later she resigned. Again the position was open. The advocacy committee pushed hard for the Maine DOE to advertise for this important position. Dennise Whitley, a lobbyist for the American Heart

Association, assisted MAHPERD in pursuing the Physical Education Consultant position. In August 2008, **Jayne Chase** was hired as the new Maine DOE Physical Education Consultant. Although another entire year had gone by without a Physical Education Consultant, Jayne's hiring finally became a reality. A Maine native and experienced physical education teacher and administrator, Jayne had the background that was needed. She had degrees from the University of Maine and the University of New Hampshire, taught at Mt. Ararat Middle School and was a District-wide health and physical education Specialist K-12 in Virginia before returning to her home state. In the spring of 2013 due to funding for three school Health Coordinators in the MDOE being eliminated from the fund for a Healthy Maine, Jayne's new position was changed to half time in physical education and the other half as a health liaison. (Minutes, September 13, 2013). Jayne served on the Executive Board as Representative of Adapted Physical Education. Jean Zimmerman spends half time on Physical Education and the other half in Health Education.

Currently, there is no consultant for Physical Education. The executive board has been asked for their support along with a piece of the APE Task Force to "reinstate the Physical Education Consultant position at the Maine Department of Education." A motion was approved by the board to accept the (legislative) "bill to include a Physical Education Consultant at the Maine DOE in concept and will further review and discuss full support after receiving the language of the proposed legislation." (Minutes, January 26, 2015)

## EXECUTIVE DIRECTORS

### **Jo Dill**

From the time when Jo Dill was hired as the Association's first Executive Director (in 1997), MAHPERD benefited in many ways. Consistency and good working relationships were established between the Executive Director, the President and the Board. Jo continued to perform all the jobs she had done in the decade of the late 90s. But as THE ASSOCIATION gained more members and conferences attracted an average of over 500 attendees, her job became more complex and time consuming. She took on all the responsibilities of organizing, planning and carrying out the duties needed to put on a quality conference. As conference manager working closely with the Samoset, she arranged meals, rooms, sessions, speakers and exhibits to name a few. Jo's salary was raised to \$5000 with a 5% annual raise in 2000. (Minutes, November 5, 2000). In 2008 a recommendation by the Executive Board was made to increase her stipend by \$2,500 since there had not been a raise in three years and she had no support staff. (Minutes, March 20, 2008). The Board had proposed to budget for secretarial help in 2006. (Minutes, September 13, 2006)

Jo also was involved with EDA, AAHPERD, MAHPERD LDC and EDA LDC, Membership and Advocacy committees. Almost daily communication with National, making connections with the

disciplines as well as mass emails to members and coordinating travel for the Executive Board were all responsibilities she took on.

The Board finally decided they must have a separate person take over the conference planning. In 2007, they voted to hire a Conference Planner and develop an operating code to spell out the stipend (\$1,500) and conference costs. (Minutes, January 11, 2007). During her tenure, Jo recommended every MAHPERD member join AAHPERD. "You are automatically an EDA member if you are a national member. . . MAHPERD gets money back for every one MAHPERD member" she stressed.(LDC Minutes, November 6, 2007)

At an Executive Board Meeting in 2010, President Chris Standefer praised Jo saying, "Jo has been a great mentor to me and an outstanding advocate for the Association. . . she showed passion and drive, enthusiasm and excitement and unwavering dedication." (Newsletter, Fall 2010). The next year after Jo had decided to retire in the Spring of 2011, President Jayne Chase added to Chris' sentiment: "Jo has had an enormous impact on what MAHPERD is today - a thriving and exceptional organization. . . dedication, hard work, and passion every day. . . her impact has reached far beyond Maine's borders." (Newsletter, February 2011). A special acknowledgement at the May Board meeting recognizing Jo as Executive Director for 14 years of MAHPERD's sixty-six years - one fifth of the organization's existence plus 35 years of teaching. (Minutes, May 12, 2011).

Upon Jo Dill's resignation, the Executive Board immediately began the search for a new Executive Director. They realized that Jo's shoes would be hard to fill as she had set an extremely high bar for the position. The executive committee asked Jo to put together her job description along with qualities and "jobs" they wanted spelled out for the next Executive Director. (Minutes, January 13, 2010) The Board approved a salary range of \$9,500-\$13,000 with benefits negotiable. (Minutes, April 17, 2011) A search committee was formed with Kim Bartholomew and Lee Gilman Scott as co-chairs. Since the position was vacant at the time, she attended the annual Leadership Development Committee meeting in Green Bay to keep abreast of the latest national and regional developments. It took the remainder of the spring and all of the summer of 2011 to find, interview and hire a qualified person for the position. The Board hoped to replace Jo with a strong leader and person with solid background in health and physical education. Their efforts were rewarded when they decided upon Kathy Wilbur, a professional already known to many of the MAHPERD members.

### **Kathy Wilbur**

A Maine native, Kathy had earned her Bachelor's degree at UMPI and her Masters degree at the University of Maine. She had been working in the state for almost 35 years both as a teacher of health education and physical education and a Health Education Promotion Coordinator for the MDOE. Kathy was no stranger to MAHPERD. She had served as Vice President for Health, Convention Manager, Chair of the By-Laws committee, a member of the



Innovative Grant committee and held many national leadership positions. In 1990, she was appointed president by the elected president Steve Coulan when he left the state unexpectedly. Still working for the Maine DOE as Health liaison, she had to quickly familiarize herself with the new position. During her years as a member of MAHPERD, Kathy was extremely active and very successful in her accomplishments for THE ASSOCIATION. She was selected for all three Honor Awards: Worthy of Praise (1987), Distinguished Leadership (1998) and Highest Praise (2008).

Kathy began work as the new Executive Director on September 15, 2011. She was the National Health Education Manager of the Alliance for a Healthier Generation and continued in that position along with her new one until she retired from the Alliance in 2014. The Executive Board welcomed Kathy as the new Executive Director at their October 2011 meeting. She literally took off “running” and quickly began handling the many details of the job. With the annual conference only two months away, there were many jobs which had been started but needed her immediate attention to complete.

Typical of some of the many responsibilities of the Executive Director are: approving reimbursement forms and bills; arranging rooms and meals for the Leadership Workshop and Executive Board meetings; supervising contracts for the Conference Planner and Conference Support person; negotiating the Samoset contract and reviewing the bill for the annual conference; being on conference calls with the Executive Committee; routinely corresponding with the Executive Board and members of THE ASSOCIATION; exchanging e-mails with the officers; reviewing the Fall newsletter and conference program; corresponding with keynote speakers and other conference presenters; keeping in communication with Eastern District Association and SHAPE America; making travel arrangements for the EDA conference and writing the Jump Rope for Heart/Hoops for Heart report.

## ASSOCIATION STRUCTURE

### Mission

In 2009, MAHPERD’s mission was clearly stated. (Minutes, LDC, November 2009):

“The Maine Association for Health, Physical Education, Recreation and Dance (MAHPERD) is a nonprofit organization for professionals and students in related fields of health, physical education, recreation and dance. MAHPERD is dedicated to improving the quality of life for all Mainers by supporting and promoting effective educational practices, quality curriculum, instruction, the Maine Learning Results, and assessments in the areas of Health, Physical Education, Recreation, Dance and related fields.”

## Goals

The Association's goals were discussed, tweaked and updated (LDC Minutes, November 7, 2007):

Goal #1: To continue to build partnerships with AHA/ALA/DOE and other organizations who are passionate for the quality programs of health, physical education, recreation and dance.

Goal #2: To continue to provide a quality conference which will include hiring a conference planner and providing more opportunities for our college students.

Goal #3: To continue giving members an opportunity to communicate, network and stay current in our profession through regional workshops, newsletters, websites and e-mails.

Goal # 4: To continue to represent and advocate for our profession at the local, state, regional and national levels.

In 2009, Goal #2 was changed to read: To provide a quality conference based on current research and best practices and to provide the best professional development for all health, physical education, recreation and dance at the local, state, regional and national levels.

Two additional goals were added:

Goal # 5: Identify and sustain strong leadership at the state, regional, and national levels and

Goal # 6: Maintain a fiscally sound professional organization.

## Strategic Plan

In 2001, the Executive Board decided to: 1. Plan for the next three years. 2. Understand the history of MAHPERD and define our core values. 3. Identify possible future directions and 4. Identify important bold steps to get us there. (Minutes, January 12-13, 2001)

A strategic plan was spelled out under Goal #2 at the 2009 LDC. Activities, timeline and persons responsible were specified for each task which needed to be accomplished to effectively plan and carry out the annual conference. This included everything from attending conference planning meetings and recruiting presenters, presiders and Keynote speakers to organizing and finalizing the conference program and publicity, fundraising and exhibit contacts. In all there were twenty-eight activities listed to be attended to prior to the conference.

## Disciplines

The structure includes the four disciplines (formerly known as divisions) of health, physical education, recreation and dance with the school nurses division dropping out in the earlier decade. There are no longer sections. Some of the former sections became committees under the new structure. Girls and women's sports, adapted physical education and elementary/middle school physical education fell under the physical education discipline. In addition to each discipline having a Vice President (responsible for their discipline sessions), there are Vice President-Elects (shadow the Vice President), and Reps for each discipline (they are appointed and have voting power for the discipline). Currently, Adapted Physical Education and Students each has a separate representative.

The major role of the disciplines is planning for sessions at the annual conference. Each discipline makes the contacts for presenters, holds meetings and plans for the number of sessions traditionally held by each discipline. The disciplines are responsible for the initial contact and the contact information for the speakers. Many presenters are experts not only from Maine but several are regionally and nationally known. MAHPERD members are often asked to present one of more sessions and some offer to share their expertise. The Vice Presidents send the information to the conference planner who then sends out confirmation letters. In addition, the Vice President is responsible for approving all expenditures for the discipline and remain within the established budget. (Minutes, LDC, December 8, 2012) Many sessions are planned to attract participants in a combination of two or more disciplines and are open to everyone who has an interest.

Disciplines also work closely with outside organizations which are associated with that subject area. MDOE sponsors many workshops, meetings and state/regional sessions. Members of MAHPERD are kept informed of opportunities to further their professional development in the field of their interest.

### Health Discipline

The Health discipline plans from 20 to 25 sessions at the conference. The discipline makes contacts with many speakers to fill these daily slots. The budget for Health has been \$1,000 for the past decade. Most of the budgeted money is used for presenters' expenses when they have extensive travel or come from regional or national levels.

Some of the topics presented at conferences during the past decade include: Health Education Curriculum Tools; Reach to Teach: Effective Health Education K-12; Condoms 101; Date Violence in Maine Schools; Using Local Funds to Teach Health and Nutrition; Sexting: Flirting or Harassment; Proficiency-Based Health Education Curriculum and Assessment; and Helping Children Who Have Parents Fighting in the War.

There are many workshops available in Maine for Health Education training. One example is Maine Youth Suicide Prevention. In 2007, the Maine DOE sponsored a spring service learning workshop. Participants were urged to develop local school wellness policies. Maine's First Lady, Karen Baldacci, helped launch Healthy Schools, Healthy Kids - a seven part TV series where Maine schools were highlighted to show an overview of health in Maine schools.

Maine is well known for its emphasis on sound health programs in its schools. At the 2003 AAHPERD Convention, Cindy Porter-McLaughlin was very impressed with what other states think of Maine health. Maine is "way ahead in learning results and assessments and teaching health . . . maybe because health is not required in many other states." Stephanie Swan added "people were writing down the ideas that Maine people were suggesting." (Minutes, April 16, 2003)

### Physical Education Discipline

The Physical Education discipline offers an average of 48 sessions each year. With an annual budget of \$2,000, the discipline is able to attract regional and national speakers and cover many of their expenses. The discipline includes Adapted Physical Education as well.

Some of the conference sessions have included Pickle Ball (making a comeback in 2007); Coaching Panels; Birdie-Ball Golf; Physical education Technology; Core Training; Dealing with Parents; Physical Education Assessment; Proficiency-based Curriculum; Interdisciplinary Physical Education; Game Creations; Physical Education Sharing Lessons; Legal Issues of Title IX in Teaching PE; and Adapted PE Sharing. A large number of sessions address two or more of the disciplines thus adding flexibility to the members' choices.

The Association has worked to hold more regional workshops for professional development - something like a mini-conference. Four regional workshops were held in 2007 to explain MAHPERD, the Maine Learning Results, the PE Survey, and Jump Rope and Hoops for Heart. Some of these regional sessions were often combined with other events such as one offered at the Windham Winter Carnival. (Minutes, January 13, 2010) It was MAHPERD's goal to hold three regional meetings a year: one in the north, one southern and a third in the center of the state. (Minutes, May 17, 2011)

Adapted Physical Education formed its own association but, after Stephanie Swan returned from attending their meeting, she reported their desire to become a part of MAHPERD from an earlier invitation. They hope to hold some sessions at THE ASSOCIATION's annual conference. (Minutes, April 16, 2003) APE decided not to hold their own meeting. Their attendance has been 40-100 participants. The Executive Board voted to offer the APE Task force a seat on the board. It would be a part of the PE discipline. (Minutes, May 10, 2007) Sue Sorg from APE joined the board in the fall of 2007. APE held eight sessions at the 2008 conference. A year later, they had twenty attendees at the conference. APE now plans to hold

5-6 sessions each year within THE ASSOCIATION's conference. They were interested in combining awards they give with MAHPERD's awards in terms of criteria and presentation. (Minutes, January 14, 2010) Since they no longer hold their own conference, the AP Task Force felt the merger of awards would strengthen their organization. The current Rep for APE is Andrea Lee (2014-15).

Although Girls and Women's Sports (GWS) is no longer a section, the Association recognizes its importance. Each year it acknowledges National Girls and Women in Sport Day which is usually held in early February. Tina Aldrich was coordinator of this event in Maine for several years. In 2007, the 35th Anniversary of Title IX was celebrated as part of the sport day.

### Recreation Discipline

The Recreation discipline usually plans 10 to 12 sessions at the conference. Many of their sessions are also combined with the physical education discipline and sometimes even include health interests. As a smaller discipline, they have a budget of \$800. Recreation collaborates with the Maine Parks and Recreation Association.

Participants at the 2007 conference liked the recreation sessions and wanted follow up and "more project adventure and outdoor education." That same year a six hour Tennis Coaching Workshop was offered for recreational tennis in Brunswick. Ideas suggested for the 2008 conference were orienteering, archery, hook a kid on fishing, nordic walking and pedometer, outdoor cooking, roller blading and Bicycling Coalition of Maine Teacher Training. (Newsletter, Winter, 2008)

Other typical sessions offered at the conference have been How to Become a Maine Guide, Scooter Fitness, Irish Sports, Cape Breton Step Dance, Consolidation of Parts and Public Works, Geocaching, After-school Opportunities to Expand Fitness and Expanding the Four Walls: Experiential Games and Initiatives.

### Dance Discipline

The Dance discipline plans for 10 to 12 sessions for each conference. Like Recreation, they have a budget of \$1,000. Many of their sessions are combined with Physical Education and have been very popular. Those who attend these sessions plan on active participation and usually come away with many new ideas for broadening their classes. Workshops at the 2006 conference included Creative Movement; Yoga for Kids; and Square and Barn Dancing. These have been the most popular sessions at the conference. (Newsletter, Winter 2008) Other kinds of dance including Contra Dance; Hip Hop; Bhangra Beat (Dance exercise from India); Middle Eastern Belly Dance and Clogging.

Well known dance experts have been invited to THE ASSOCIATION to present sessions. Among them are: Nancy Salmon presented a workshop on choreography for musicals; Jennifer Bourgeault presented a workshop on teaching jazz to teenagers; Barbara Godfrey taught square dancing; Karen Montanaro did two workshops on creating dances for the classroom; Smokey McKeen, a newcomer to MAHPERD, lead a line and square dance for kids and Emma Colvin presented a workshop on creative movement for K-2.

## General

### Executive Board

The Executive Board currently is comprised of 24 members. In earlier years this number (and membership) fluctuated between 14 and 29. As stated in the recently revised By-Laws, elected positions by membership include President, President-Elect, Immediate Past-President, Discipline Vice-Presidents (4), Discipline Vice Presidents-Elects (4), Recording Secretary and Treasurer. Positions appointed by the President include Student Representative, EDA Council Representatives (2), Jump/Hoops for Heart Coordinator, Maine Department of Education Liaison (2), Discipline Representatives (4), and APE Representative. (By-Laws, 2012) ASSOCIATION positions such as Archivist, Newsletter and E-Blast Editor, Webmaster, Exhibits Coordinator, Conference Planner and Conference Support have traditionally been appointed ones or offered to individuals with expertise in the field. They, along with other standing committee chairs, are often invited to and included in appropriate Board meetings. The Executive Director attends all the Board meetings acting as "liaison to all ASSOCIATION projects and activities to assure continued progress and continuity from year to year." (By-Laws, 2012)

Elected officers are nominated and voted upon at the annual business meeting of the general membership at the annual conference. All officers must be members of MAHPERD and AAHPERD. The immediate past-president becomes the parliamentarian. All Board members volunteer to serve on at least one committee in addition to their position on the Board.

The Executive Board meets about six times a year (they are required to meet at least four times in the By-Laws). They usually meet on conference planning matters the first part of the evening, have a light meal and complete the evening with the business meeting. Each lasts about one and a half hours. Occasionally, they communicate and vote by e-mail or telephone on special issues requiring immediate action. Attendance at these meetings has varied, along with the official number of members, over the years. Usual attendance has been between 15 and 19 at meetings. Earlier in the decade of the 2000s, concern was expressed regarding members' non-attendance. However overall, members take their responsibilities very seriously. To assist with making the job easier, the Board voted to exempt Board members from the conference registration fee of \$50.00. (Minutes, January 17, 2008) Currently, registration is \$70.00 A year later, Board members were reminded that if they roomed with another member, they would get a

suite at the Samoset. (Minutes, September 10, 2009) Minutes of all meetings as well as the treasurer's reports are sent to executive board members by e-mail. Ground rules for meetings were set for meetings: (Minutes, January 20, 2004)

1. Start on time and finish on time or as close as we can
2. Stay on current topic
3. Monitor the time
4. Respectful listening, limit side conversations
5. Three minute limit
6. Robert's rules

Three additions were made in 2006: (LD Retreat, November 7, 2006)

1. Food and more water
2. Do-able agenda
3. Business meeting first; conference planning second

The Board also discussed other issues including ASSOCIATION policy, dues, treasury needs and EDA and AAHPERD concerns. Examples of other business taken up and voted on:

- 1) Liability insurance was deemed a necessity in case the conference could not be held due to weather or other unexpected circumstances. The Board agreed to coverage of up to \$50,000 for this insurance. In 2015, MAHPERD signed a new liability policy with a lower rate for \$568 per year with the Norton Insurance Agency, Inc. (Executive Director's Report, June 15, 2015)
- 2) Some important decisions were made by the Board in the latter part of this time period: Two new positions were approved: Jump Rope for Heart/Hoops Coordinator and Webmaster. A new membership category was added for retired members in 2007.
- 3) The conference registration fee was increased by \$10.00 in 2011. (Minutes, May 12, 2011) The Board voted to go to on line conference registration beginning in 2012 using Pay Pal as one method of payment (including a \$3.00 fee.) Finally, they voted to raise THE ASSOCIATION membership dues by \$10.00 effective in 2014. (Minutes, May 14, 2013)

As part of the Executive Board, the Executive Committee is a very important group of four individuals: President, President-elect and Past President along with the Executive Director who is an ex-officio member. This committee must meet at least five times each year. "It shall be the duty of the Executive Committee to oversee the development of the THE ASSOCIATION budget, plan the Annual Leadership Workshop, set the agendas for the Executive Board meetings and other responsibilities as designated by the President." (By-Laws, 2012) In a recent all day committee meeting, the group drafted the budget for 2014-15 and conferred with the Executive Board in a conference call to prepare the agenda for the March 11, 2014 meeting (Executive Director's Report)

Each year the Annual Leadership Conference (also referred to as Retreat or Workshop) is held to make the transition for new officers and members go more smoothly. Included are both old and new officers. It has been held following the annual conference: dates have been in November, December and January. The plan of holding the conference in November was begun with the idea that members still held fresh thoughts of the just completed conference. Having it in December gave some time for members to “catch their breath.” Currently the group meets in January. It has been held at the Samoset, the Senator Inn in Augusta and most recently in Auburn. The objectives of the conference are to get to know new board members with ice breakers, informal discussions, videos and brainstorming; look at evaluations from the just-completed conference; review job descriptions, budgets, Newsletter, new plans and all aspects of MAHPERD in the past year.

In the last few years, the Executive Board has been very concerned about the tax status of THE ASSOCIATION. Officially, the legal name is Maine AHPERD. In order to become a non-profit organization and become tax exempt in the state of Maine, the Board decided that they must pursue the process of acquiring a 501 (c) (3) status. MAHPERD could be a 501 (c) (3) without separating from the national organization. The board voted for treasurer Laurie Soucy to proceed with the process. (Minutes, September 27, 2012) It was agreed that becoming a non-profit organization will help (the organization save money with taxes in Maine. The application process was \$730.00 plus \$40.00 to file with the state. (Minutes, May 12, 2012) The Board voted for MAHPERD to become incorporated, feeling they should do so now before the AAHPERD reorganization took place.<sup>1</sup> A lawyer, working with Kathy Sutton, agreed to do the work pro bono. Information was needed, including criteria for membership, classifications, dues, and number of Board members/directors. In addition, Kathy Wilbur made a copy of our written Association history available. She added “there is lots of paperwork and some changes in By-Laws involved and they will need to be voted on.” (Minutes, September 13, 2012)

In further pursuit of the tax exempt status, concern was expressed over AAHPERD relationships and where money, for example, from Jump for Hoops/Heart might go with the upheaval and change. “Thus we are pursuing our tax exempt status to be able to stand on our own if national relationships with districts/states continue to decline.” (Kathy Sutton, Minutes, September 13, 2012) By the fall of 2013, the 501 (c) (3) paperwork was ready to send off to the attorney for review. “We need federal approval before we can we can send it off to Maine and this could take up to a year while waiting for approval.” (Kathy Wilbur, Minutes, September 9, 2013) Federal approval for the 501 (c) (3) status was finally granted on July 28, 2014.

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<sup>1</sup> AAHPER officially voted to change their name to SHAPE America in the spring of 2014



## Standing Committees

Currently there are ten standing committees designated in the By-Laws. Each one is chaired by an interested member of MAHPERD who is appointed by the President to serve on the Executive Board in that capacity. From time to time committees are dropped or added as the need for them changes. According to the By-Laws, “the President shall establish other committees as needed . . . and they shall function only for the year they are established unless they are reappointed by the incoming President.” (By-Laws 2012)

### Advocacy Committee

The Advocacy Committee is dedicated to raising awareness of the disciplines and increase leverage when a bill comes up in the legislature or job cuts are endangered. The goal of the committee is to inform the legislature who we are and promote MAHPERD and its benefits. Along with keeping informed and active about new legislative matters, the group has worked hard to promote the reinstatement of the Physical Education Consultant position cut from the MDOE in 1990. It took over fifteen years to achieve this goal. The committee has established contracts with the American Heart Association (AHA) and the American Lung Association (ALA) and with the University of Maine Obesity Study. Working with the committee, MDOE has made available to the MAHPERD membership related activities in the form of workshops and mini-conferences. These include the Comprehensive Sexuality Education Conference, Smoking Coalition Meetings, Comprehensive School Health Education Workshop, Maine School Site Health Promotion Conference, Bicycle Coalition of Maine, Safety Teacher Training Workshop, Update on Physical Best Assessment and Fitnessgrams, and NASPE’s Program Improvement in Physical Education (PIPEline) workshops (including K-12 Assessment in Physical Education and Integrating Technology in K-12.)

The most recent physical activity movement in the country is Let’s Move Active Schools. This group invites all US Schools to increase physical activity before, during and after school for improved health and academic performance.

The first Executive Director, Charlene Burgeson, of Let’s Move Active Schools on the national level backed by SHAPE (formerly AAHPERD) says her role is to “mobilize health, education, private sector and community organizations to bring their knowledge, resources and enthusiasm together to make it easier to for schools to provide an active school environment.” (SHAPE Momentum Newsletter, Spring 2015) Sixty minutes of physical activity is the new norm in schools, and physical education is a core value.

Advocacy has not been limited to State Legislation. As bills involving national legislation have come up, MAHPERD has been active in following and supporting them through advocacy with Maine’s congressional delegation.

## Maine Legislation

There are several connections with state legislation for MAHPERD. **The Governor's Council on Physical Fitness and Sports** is one of the older and on going organizations that THE ASSOCIATION has worked with. MAHPERD was a co-sponsor with the council by donating \$1,000 for cholesterol checks. (Minutes, February 15, 2001) Each year THE ASSOCIATION worked with the council by sponsoring Legislative Fitness Day. Polar heart rate monitors are supplied by MAHPERD and used to measure the heart rate of participants. Many of the legislators have taken part in these fitness activities and people from both groups have a better understanding of what it means to be fit. The council also sponsors All Children Exercising Simultaneously (ACES) in May of each year. Schools can register and publicize the day of activities - inside or outside - and during a period of 15-45 minutes enjoy a fun physical activity. The goal is that kids of all ages can see "how much fun physical activity is, learn the benefits and develop a lifelong habit." (Newsletter, Spring 2009) Approximately 150 Maine schools participated in 2009.

The **Physical Education Resolve** (originally LD 1442), an act to increase the amount of minutes for physical education classes: 150 minutes K-5 and 225 for 6-8) was debated and supported by Rep. Lisa Miller and many others. (Newsletter, Summer 2007). MDOE was to conduct an assessment of the current status of physical education in Maine elementary schools and to report back to the Joint Standing Committee on Education and Cultural Affairs by February of 2010. (Newsletter, Summer 2007) In the meantime, the bill was replaced with the amendment **PE4ME** entitled "Resolve, To Increase Physical Education for Elementary School Students." It called for implementing the recommendations of the PE4ME planning and oversight team. The recommendations of the team for all K-8 students in all Maine schools were:

1. At least 30 minutes per day of moderate-to-vigorous Physical Activity which must be structured and can include time spent in PE classes.
2. At least 150 minutes per week of PE that is evidenced-based, health-related, and teaches students the motor and behavioral skills needed to develop an active, physically fit lifestyle." (Final Report, PE4ME Planning and Oversight Team, January 31, 2008)

The recommendation by the Committee was referred to as "ought to pass." By 2012, the bill was going forward in all areas of physical education and health education.

The **Report Card on Health Education and Physical Education in Maine** was introduced in 2007 with the goal of advocating to parents and the legislature the need to be aware of the relationship between obesity and physical activity. The information was used as a lobbyist tool for bills to the legislature. (Minutes, September 10, 2009) The card, sponsored by MAHPERD, the American Heart Association, and the American Stroke Association in Maine, was released in

printed form and disseminated in November 2010. The “card” reported grades given to the two disciplines in seven areas. Ranked poorly were the cost of health care in Maine compared to other states, number of obese/overweight children and adults, and failing to meet NASPE guidelines for physical education minutes. The state earned high marks for legislating standards for health education and physical education - one of eight required content areas - and requiring physical education in Maine K-8 is taught by certified physical education teachers. In health education, only grades 9-12 rated an A- for the subject taught by certified health education teachers. (Report Card on Physical Education and Health Education in Maine, November 2010) It should be noted that Maine’s HE and PE instructional requirements and graduation standards

“require that HE and PE be taught every year from kindergarten through eighth grade and HS students must attain 1.0 credit in PE and .5 credit in HE to meet graduation requirements.” (Report Card, November 2010)

An Act Regarding Curriculum Requirements and Standards for Awarding a High School Diploma (LD 1325), referred to as the **Diploma Stakeholders Committee**, was of great interest to THE ASSOCIATION regarding where health education and physical education fit into the proposal. Concern was expressed in 2008 with the proposed graduation requirements and how health and physical education fit into it. MAHPERD was opposed to the recommendation that a student could “partially meet the standards” in health and physical education depending on the career pathway the student chooses. In testimony before the legislature, Jo Dill gave several reasons for MAHPERD’s opposition: among them, she said passage of the bill would be going backwards from the current one credit in PE and .5 credit in HE and there is no definition to “partially meets.” (Jo Dill, Testimony in Opposition to LD 1325, May 11, 2009) Members were reminded that they too needed to voice their opinion that students need to meet all standards in health and physical education. (Newsletter, Spring 2009)

### National Legislation

**No Child Left Behind (NCLB)** was initiated during the George W. Bush presidency and was based on the premise that as “a constantly changing world is demanding increasingly complex skill from its workforce, children are literally left behind.” (President George W. Bush, 2002) The object of NCLB was to ensure academic success for all students, by every child achieving grade level expectations in reading and math by 2013-2014. The promise of NCLB is that the academic achievement gap must be closed, all children in America must have the chance to learn and succeed and finally, no child should be left behind. Professionals in the fields of Health Education and Physical Education strongly voiced the opinion that their areas of education must also be included in this legislation. NCLB was a hot topic on “The Hill” when Executive Director Jo Dill and President-elect Chris Standefer went to Washington, D.C. for the leadership conference in June 2008. There was a definite push to get physical education and health in the document. “In Maine, you have to be certified to teach physical education and

health but not so in other states. What's important is if we are in NCLB, we will get monies for staff development, rather than it all going to math, language arts and other subjects!" (Jo Dill, Newsletter, Fall 2008)

Nationally in April 2015, the Senate Health, Education, Labor and Pension Committee agreed to reauthorize the Elementary and Secondary Education Act to ultimately replace the No Child Left Behind Act by passing the Every Child Achieves Act (ECAA). With the passing of this bipartisan bill by the committee, the new Act includes physical education as a core academic subject. This concept has long been sought by physical educators. (SHAPE - Momentum Newsletter, Spring 2015) The Senate passed the ECAA that included both health and physical education as core subjects. The MAHPERD Executive Director worked closely with Senator Collins' Office to include health education as a amendment to the ECCA.

**The Fitness Integrated with Teaching Kids (Fit Kids) Act** (HR 3257) picks up on NCLB with a new approach. The bill amends the No Child Left Behind Act to combat childhood obesity with this modification to strengthen physical education programs throughout the country. The Education and Labor Committee was urged by the American Heart Association, educators and kids to make physical education a priority in the bill by holding schools accountable for moving toward a national goal for physical education. In short: "In order to develop healthy minds, you need healthy bodies." (Rep. Ron Kind (D-WI, Newsletter, Spring 2008)

The **PEP Act** (Physical Education for Progress), originally introduced in 1999 by Senator Ted Stevens of Alaska, came under fire in 2000 when the Senate's Health, Education, Labor and Pensions Committee voted not to include Senate bill #1159 in the Reauthorization of the Elementary and Secondary School Act. (Letter from Jo Dill to Senator Susan Collins, April 5, 2000) The bill authorized \$400 million over a five year period for grants to local education agencies for physical education programs. Jo urged Senator Collins to support the bill, arguing that all children should have the opportunity to participate in quality physical education. In the form of grants that would be made to individual schools upon application and acceptance, the money would go toward providing physical education equipment and support to students, enhance physical education curricula and train and educate physical education teachers. Teachers throughout Maine, as well as in other states, were asked to contact their Representatives and Senators to support it by writing letters, calling and emailing them. NASPE of AAHPERD offered to help in disseminating information as well. The bill eventually went ahead and two schools in Maine applied and received funds to improve their schools' physical education programs in 2008. THE ASSOCIATION announced that regional workshops would be held throughout the state for members to view benefits of receiving a PEP grant. The first one was scheduled for March at Windham High School. (E-blast Update, February 2011)

Under Title IV - Safe and Healthy Students - funding for health and physical education was boosted by Senator Tammy Baldwin (D-WI) with an amendment to reauthorize the PEP grant to

ensure that physical education programs have designated funding for the needs in that field. The amendment was passed unanimously and must now move to the full Senate for a floor vote. (SHAPE - Momentum Newsletter, Spring 2015). Additional schools in Maine have received PEP grants providing funding for health and physical education teachers to attend MAHPERD and national conferences.

#### Awards Committee

MAHPERD awards have been made since 1948. Up until 1986, the only awards given were called Honor Awards. The four categories were Worthy of Praise, Distinguished Leadership, Highest Praise for Distinguished Leadership and Special Award (later renamed Layperson Award.) In 1986, a new category of awards was created called the Teacher of the Year Award. Outstanding teachers could be selected in Elementary, Middle School and Secondary School Physical Education, Health Education, Dance Education, and Adapted Physical Education. Since 2000, fourteen people have earned the Worthy of Praise Award. The Distinguished Leadership award has been made to five people: James Rog, Liz-Giles Brown, Marge Queen, Glenn Reif, Christine Standefer and Stephanie Swan. The Highest Praise Award has gone to Joe Pechinski, Paula Hodgdon, Steve Butterfield, Kathy Wilbur, Jo Dill, Christine Bearce and Marge Queen. In the Teacher of the Year Category, sixteen physical education elementary teachers have been named for the award; ten middle school physical education teachers have won and seven secondary physical education teachers have been honored. In Health Education, nine teachers were selected. Two people have received the Adapted Physical Education award.<sup>2</sup>

The committee publicizes the guidelines for each award along with nomination forms and criteria in the Newsletter and E-blast/ENews every year. Honor awards may be given for meritorious service as provided for in the operating code of the Committee.

Any member of THE ASSOCIATION and/or any school administrator may submit the name of a candidate for an award to the Chairperson of the Awards Committee for presentation to the committee. (By-laws, November 5, 2012)

Awards are also made to Jump Rope for Heart and Hoops for Heart schools along with Jump Rope and Hoops for Heart Dual Awards which raise the most money within three school divisions. The Honor awards, Teacher of the Year Awards, Outstanding Future Professional awards and Jump Rope for Heart and Hoops for Heart Coordinators of the year awards are given at the MAHPERD awards ceremony following the annual conference banquet. The School Division Jump Rope for Heart and Hoops for Heart awards are made at the start of the General Session during the first morning of the conference.

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<sup>2</sup> Dates, names and type of award can be found in Appendix D

A new award was initiated at the suggestion of Chris Standefer in 2010. The Executive Board approved the "Make a Difference Award." MAHPERD members may nominate individuals who have had an impact on their professional life. This person might be a special mentor, colleague or family member that helped the nominator become the person they are. Each award costs \$20.00 and is presented at the annual MAHPERD conference. The recipient receives a certificate and well deserved acknowledgement. The first award was given to Dr. Sue Beaudet, a faculty member at the University of Maine at Presque Isle, in 2014.

## Budget Committee

The Budget Committee is composed of the President, President-elect, Treasurer and Executive Director. Over the years, THE ASSOCIATION's budget has been fairly consistent. In 2000, the assets included a checking account, a Money Market Account and a Certificate of Deposit. The Executive Board voted to close the CD and move the money to a Money Market Account. (Minutes, September 14, 2000) At the same time, they also voted to change the fiscal year to June 1 - May 31 in order to match that of AAHPERD. The total of all accounts at this time was about \$64,777. In 2002, the Checking Account balance was about \$14,500 and the Money Market was close to \$34,000. (Minutes, February 11, 2002) By October 2004, the Checking Account showed a balance of \$25,318 and the Money Market was \$34,894. (Treasurer's Account Balances, 10/17/04) In November 2008, the Checking Account was over \$64,000 and the Money Market had grown to nearly \$37,000 (Treasurer's Report, November 1, 2008)<sup>3</sup> In 2013 the Checking Account balance was \$42,800 while the Money Market account rose to \$37,400. (Treasurer's Report, November 2013). Supplementing checking and Money Market accounts, CDs now account for nearly \$23,000 of the budget. (Treasurer's report, April 7, 2015) Income comes primarily from Conference Exhibits, Conference Registration, memberships, Hoops/Jump Rope for Heart, Silent Auction, and Theme Baskets. Expenditures, under a line item budget, were for the usual officer and committee needs, general operating costs, Leadership Conferences, and annual Tax Reports. Expenditures of note include stipends paid to the Executive Director, Conference Planner and Treasurer. Grants, travel expenses for Maine Representation at EDA and National Conventions and printing of special reports (such as the Advocacy/Report Card) account for some of the other expenses.

Over this time period, THE ASSOCIATION's spending pattern shifted in several categories. With the growth of the internet, easier and less expensive communication was made possible. The creation of the Web site, emails, newsletters and other forms of keeping the membership informed, resulted in far less money spent on printing, telephone calls and postage. Stipends to certain board members help to compensate for their extra time, expertise and efforts. Yet there has been concern over the total budget and the Board began investigating ways to save money. Suggestions were made to help with the cost of bulk mailing of the Newsletter, suspend some of the grants and pull back on donations . . ."we need to make more money on the

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<sup>3</sup> In one year, the Money Market increased from \$37,141 to \$37, 343.

Conferences.” (Minutes, April 12, 2012) Although the Board was still working hard to keep the expenses down, they were pleased to see that printing costs were lower (using less paper) and the cost of the Newsletter was down due to more frequent use of the internet. (Minutes, September 13, 2012)

#### By-Laws/Operating Codes Committee

By-Laws have been in effect at least since 1991. Over the years they have been revised as well as some Articles being deleted and some added as THE ASSOCIATION's needs changed. During the 2000s, they were revised in 2006 and 2008. Now that MAHPERD was under the umbrella of AAHPERD, By-Laws changes needed to be made for consistency - mostly relating to finances. (Newsletter, Fall 2008) The latest By-Laws were revised and approved in November 2012 at the Annual Business Meeting.

Operating codes were written and approved in the 1960s. New positions or committees were added as needed: In the revised Operating Codes of 2006, Web Master, MDOE Liaison and Discipline Representatives were added. (Minutes, January 18, 2005) Revisions in 2005, 2007 and 2011 were all voted on at the Annual Business meetings in November. The job descriptions for Executive Director, Conference Planner, Conference Support Person, Archivist and APE Representative were some of the new additions. Other groups or positions such as the Journal Editor, University/College Liaison, NAGWS Representative, Executive Secretary, Parliamentarian, and Lending Library were removed. Also added were the Hoops for Heart Coordinator and the Advocacy Committee which replaced the now defunct Political Action and Current Issues Committees. Members of the Executive Board and Committee Chairpersons and Appointees are all identified with a code from 1.0 through 1.15 and beyond (Executive Board) and 2.1 - 2.27 and up (Committee Chairs) - beginning with the Executive Director.

#### Conference Planning Committee

The Executive Board as a whole begins discussion on the next conference at the January meeting following the conference. Some of the things the group looks at are evaluations and possible changes in scheduling, types and numbers of sessions, length of the conference, contracts with the Samoset and how to get more members to attend the annual business meeting. Although much of the planning is done in the Executive Board meetings during the year leading up to the November conference, the actual work to carry out all the many details involved in putting on a conference is assigned to the Conference Planner, Executive Director and Conference Support Person.

For many years, Executive Director Jo Dill handled all the planning and details of the annual conference. The board agreed that it was imperative that a Conference Planner be hired to take over these extended responsibilities. The Executive Board voted to hire a **Conference Planner** and develop an operating code for the position. There would be a stipend plus conference

costs paid to the person they hired. (Minutes, January 11, 2007) It was decided to insert the work “pilot” into the operating code and an annual review would take place. The Board agreed the stipend was not enough and debated the question, “how can we negotiate a higher wage.” The position was offered to Deb Smith in 2008. Deb won the Haskell Award from the Maine Parks and Recreation Association and had been recognized by the Governor’s Council on Physical Fitness and Sports. She had already served as Vice-President of Recreation and was familiar with the organization. Deb was the first one hired for this new position and accepted it for one year along with a stipend of \$1,500. She became the lead planner and organizer of the annual MAHPERD Conference. Working closely with the Executive Director as well as with the Executive Board, she attended Board meetings and the annual Leadership Workshop. She was involved with every aspect of the conference including coordinating with student chairs, Exhibits, sessions, presenters, mailing newsletters and registration information, conference packets, conference program, conference expenses, being at the conference and sharing evaluations of the conference. Deb continued in the position being rehired each year. She was accepted as the 2012 Conference Planner for \$2,100 plus room and board costs. (Minutes, February 27, 2012) Following that conference, Deb resigned the position.

After some research, the Board recommended hiring Joanne DeCampos. The Board voted on hiring her as the new Conference Planner for \$2,100 to be paid in two installments. Joanne was an employee of Maine Medical Care Development and was contracted with MMCD.<sup>4</sup> They assigned her to our project since she is the person who did this type of work for the company. Although she was not a MAHPERD member, the Board felt that Joanne’s expertise and cognizance of all the issues involved in a conference this large would “bring a new set of eyes” to the position. (Minutes, January 15, 2012)

The need of a **Conference Support Person** was expressed - particularly to be at the registration table throughout the conference. Dianne Rossi, a retired physical education and computer technology teacher at Plummer-Motz School in Falmouth, was an active member of MAHPERD. She began helping out and was paid on an hourly basis at first. She put in many hours and eventually the Board decided to create this as a new position and wrote a job description for it. Dianne was hired beginning with the 2011 Conference as the first person to hold this new position and is paid a stipend of \$500. She reports to the Conference Planner and Executive Director.

Her job consists of working from September through December on pre-conference registration, implementing the conference registration process during the conference, and post-conference follow up. (Job Description for the Conference Support Person, January 2012) “I work with the online and then onsite registration. . . I collate numbers for meals. . . and how many people are registered for the Sunday workshops. . . I record all of this on Constant Contact.” (Email from Dianne Rossi to Paula Hodgdon, April 21, 2014) Among some of her other specific

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<sup>4</sup> A public entity that works on public health.



responsibilities are billing, confirming registrations, working with the Conference Planner and President-elect to set up the registration desk and attending the conference to handle all onsite details.

### Fundraising Committee

MAHPERD has for many years sponsored several projects to enhance the treasury for special projects. The money from fundraising activities goes to THE ASSOCIATION's scholarship program, to the grant program, to the Governor's Council on Physical Fitness and Sports and, on occasion, funds have been donated to groups and schools in other states. Although money was carefully budgeted in the treasury, the group voted to donate \$1,000 to each of two states (Mississippi and Alabama) in their time of need. MAHPERD's donation to help victims hit by Katrina and tornadoes, was made through the states' AAHPERDs and is an example of how these funds were used for replacing lost equipment for physical education classes. "MAHPERD is humbled by the thoughts, prayers and concerns of our friends from across the country." (Gary Wilson, Letter to Jo Dill, February 15, 2006) "One school went under nine feet of water and all their students' homes were destroyed. . . I cannot tell you how much this means to us . . . to receive these generous gifts from throughout the country. . . just knowing that people are concerned about our kids gives us the strength to keep going." (Billy Thomas, Murphy Elementary School, letter to Jo Dill, 2006).

With continuing requests for donations from non-profit organizations that support the goals and mission of MAHPERD, the Executive Board and Fundraising Committee developed guidelines for disbursing these monies. (MAHPERD Funding Guidelines, February 1, 2010) Requests need to be in writing, funding priorities/criteria listed and donations only made to organizations with the same philosophy and goals as MAHPERD.

The largest fundraising amount comes from Jump Rope for Heart/Hoops for Heart programs. MAHPERD keeps 3.25% of the money raised which amounts to an average of \$13,000 annually. Other fundraisers are selling T-shirts, holding 50/50 Raffles, offering Theme Baskets which are bid upon<sup>5</sup>, and the Silent Auction which is usually set up at the same time as the annual awards banquet. The Silent Auction has brought in as much as \$1,500, and the Theme Baskets have raised about \$400.

Another aspect of establishing sound financial and future relationships with well established groups came about when Executive Director Kathy Wilbur met with representatives from Liberty Mutual to discuss continuing partnership and benefits for MAHPERD members. (Executive Director's Report, January 26, 2015). All members received a mailing from the company with complimentary items and insurance member discounts.

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<sup>5</sup> A donation of one basket from each of Maine's 16 counties is solicited

## Grants Committee

The **Innovative Grant Program** was the first of several different grant programs developed by MAHPERD. These were available to members of the organization beginning in 2002. This grant program was “designed to promote the development and dissemination of innovative and effective programs in health education, physical education, recreation and dance.” (MAHPERD Innovative Grant Program, 2001) MAHPERD “would provide three grant awards, each up to \$1,000. The school or agency must contribute at least 50% of the amount awarded by MAHPERD.” (Newsletter, Fall 2001) The individuals winning these awards would have the opportunity to begin new programs at their schools. Applications were available for the grant year of July 1, 2002 to June 30, 2003. Examples of how grants were used in 2007-2008 school year are noted. Three individuals received the grants for very different programs: Eliza Adams - Energizing Health: Daily Movement in the Classroom (Windham Middle School); Cindy Connolly - Nordic Walk for Life, (UMPI) and Susanne Craib - Snowshoe for Fun and Fitness, (Oxford Hills Middle School.) Dr. Steven Butterfield of the University of Maine was in charge of this grant program for many years.

The **Professional Development Grant** was created by a vote of the Executive Board in the spring of 2007. The purpose of the grant is to encourage participation at the MAHPERD Conference, EDA Convention or AAHPERD Convention. It provides financial support of \$100 to help defray some of the cost for qualified individuals to attend one of these professional meetings. (Newsletter, Fall 2007) Up to 15 grants can be awarded. Applicants must be members of MAHPERD and fill out a grant application in a timely fashion.

**Other Grant** funding was discussed by the Board. Dr. Butterfield had made a proposal to use the data collected as a part of the Maine FitnessYouth Project to conduct an economic impact study to look at how fitness levels affect the health of our children in Maine. The Board questioned whether “we have the money to fund this proposal” even though the report and project data might help with future funding for programs in the state. Although the Board supported this proposal, the question was asked “would it eliminate all the other grant requests?” The answer was ‘probably’ but since some of the grant applications have been incomplete and there have been a limited number of applicants, perhaps this proposal would have more impact on the whole state. (Minutes, February 27, 2012) It was agreed to ask Dr. Butterfield if the University of Maine approved funding for the study. The Board voted to support Dr. Butterfield’s request.

The **AAHPERD /AMERICAN HEART ASSOCIATION Jump Rope for Heart/Hoops for Heart Grant Program** was announced in 2007. These grants are available to coordinators of one of these events in state associations. Grant recipients receive subsidized AAHPERD membership and attendance at the national convention. In addition, they have the opportunity to purchase equipment that enhances their physical education program in a way that aligns with NASPE standards and guidelines. (Newsletter, Fall 2007) They will receive a maximum of \$2,500.

About half of this amount goes to AAHPERD membership and assistance with travel to the national convention for one year. The other half is in the form of a certificate redeemable for equipment to enhance their program. All applicants must have conducted a JRFH or HFH event in the past year and submit a brief application form. This program was a real motivator for rewarding event coordinators. Currently, SHAPE America offers a free one year membership to any coordinator who raises \$2,000 or more.

### Membership Committee

There are four categories of membership in MAHPERD: Professional, Student, Retired and Honorary. Professional members are persons actively engaged in one or more of the various aspects of health education, physical education, recreation or dance. Student members are those interested or actively engaged in the same areas as Professionals. Honorary membership is limited to those individuals who have been recipients of MAHPERD's highest praise honor award. Retired membership includes those interested or engaged in the four disciplines. (By-Laws, November 5, 2012) All membership categories have voting rights and privileges. Professional, Student and Retired members pay dues as established by the Executive Board: Professionals currently pay \$35.00<sup>6</sup> and Students and Retirees pay \$15.00. Honorary/Lifetime members are exempt from association dues. Benefits of membership include the E-News, Conference Newsletter, access to the Web Site, opportunities for awards and obtaining grants and, until recently, the membership directory.

A 2004 Membership Survey out of 224 returns, indicated that 87 individuals had been a member for 5 years or less, 44 had been members for 6-10 years, 61 from 11-20 and 37 had held membership for over 25 years. (Results of Membership Survey, 2004)

The job of the Membership Committee was to put out a membership directory each January, increase the involvement of the retirees, share membership brochures with colleagues and highlight different members in THE ASSOCIATION publications/media.

(LDC, November 7, 2008) The membership booklet was printed and mailed up until 2010. The Executive Board voted to stop its publication due to cost and the technology available to use email. It was decided not to put the membership directory on the Web Site as there were too many privacy issues. (Minutes, November 1, 2011)

Membership in MAHPERD has gradually risen since the beginning of the 2000s. In 2001, there were 511 members. In 2003 there were 540 members. Six hundred and ten individuals joined THE ASSOCIATION in 2006 and 500 of these members registered for the conference. 2008 saw well over 600 members becoming a part of one of the largest organizations in Maine. THE ASSOCIATION membership continues to be strong and still maintains about 500 members.

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<sup>6</sup> The Executive Board voted to raise the dues for Professionals by \$10.00 effective in 2014. (Minutes, May 14, 2013)

## Nominating Committee

The Nominating Committee is chaired by the Immediate Past President. This group is charged with presenting a slate of officers for the following year. Candidates selected to run for office agree to serve the full term in that capacity. The officers to be voted upon at the MAHPERD annual meeting are: President-Elect, Vice President-Elects for the disciplines Treasurer and Secretary. Following any nominations from the floor, a motion to approve casting one ballot for the full slate of officers is made, seconded, discussed and voted upon. All other positions on the Executive Board are appointed by the President.

## Promotional Committee

The goals of this committee are to promote MAHPERD's core values to groups and extend outward to the community. (Minutes, March 22, 2004) Although there is sometimes an overlap with the Advocacy Committee, the Promotional Committee interacted on a regular basis with specific groups including the Wellness Conference, the Maine Principals Association, The Maine Education Association, and the Governor's Council on Physical Fitness and Sports with regard to ACES and Legislative Fitness Day. Committee members attended meetings of these groups in order to keep them posted on MAHPERD's purpose and to recruit new members for THE ASSOCIATION. The committee shares MAHPERD's exhibits (which can be taken on the road and staffed with association members) to other conferences, such as the Maine School-site Health Promotion Conference.

THE ASSOCIATION printed a promotional brochure to explain what MAHPERD is and what its purposes are. The small pamphlet lists several related professions including health and physical education teachers, dance educators and recreational personnel, university/college educators, coaches and athletic administrators, students, occupational and physical therapists and retirees as eligible members. Association benefits and a brief application for membership are also covered.

Promotional items have been available for purchase at the annual conference. These items included hats, lanyards and T-shirts. (Leadership Retreat, November 6, 2006) Other items to be handed out at the conference or to outside groups are bookmarks which were distributed at the Wellness Conference, and pencils and frisbees which are given by exhibitors.

A recent opportunity for promotion arose when Electricity Maine asked MAHPERD to promote their program at the annual conference. If members sign up for it, THE ASSOCIATION gets \$5.00 for each qualified enrollment. The Executive Board discussed the offer and questioned whether they are in keeping with our mission. In addition, the question was asked if they would make a donation of money and/or do T-shirts for our 5K run. It was voted to "move forward with the Electricity Maine Community Partner Agreement for one year and re-evaluate it after that." (Minutes, October 7, 2013)

## Student Committee

Students have been an important component of MAHPERD's membership. They come from several colleges and universities in the state which sponsor programs in the major disciplines of the profession.<sup>7</sup> Students are our future professionals who not only gain experience by associating and interacting with current professionals, but take part in sessions at the conference, attend the banquet, are eligible for awards as Outstanding Future Professionals, serve as session presiders, help sell promotional items and may apply for financial assistance to attend EDA and AAHPERD conventions.

To get more students involved in MAHPERD has been one of the groups' goals. One of the ways to accomplish this is by tapping majors' clubs and student senates to help pay for some of the costs associated with membership. The Executive Board did vote to make more money available for selected students for meals and travel to the national convention. (Minutes, January 12, 2001) Outstanding Future Professionals (OFP) are invited to attend the Student Leadership Conference sponsored by AAHPERD. Although no conference fee or meals were provided, in 2002, MAHPERD paid the air fare for up to two students to attend this conference. (Minutes, February 11, 2002) MAHPERD also makes selections for OFP to attend the EDA Convention.

Although 38 students attended the 2003 banquet, there was concern that the cost kept many others from being there. The Executive Board voted to sponsor five students to the banquet by using the "awards line" in the budget. Eventually, the students got their own budget line to cover some of their expenses. In 2004 it was \$1,200 but by 2006, it was reduced to \$300. (Budget, 2006) Travel money was relocated to another budget line.

The students expressed the need to feel more integrated into the conference and said sometimes they "feel like they are being pulled in different directions . . . and wanted to be engaged in workshops and professionalism as the other members." (Minutes, May 17, 2004). The "student aspect of MAHPERD is a work in progress. . . trying to bring back enthusiasm to our young professionals and keep them involved." (Newsletter, Spring 2007) Over 75 students attended the 2007 conference. One hundred twenty students registered for the 2009 conference. Sixty-five students attended the 2014 conference.

## Appointed Positions

### Eastern District Association (EDA) Council Representatives

**The EDA Council for Services** requires the appointed Rep's attendance at a spring and fall EDA meeting. The primary responsibility is for the Outstanding Future Professionals program

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<sup>7</sup> Husson University, University of Maine, UMPI, UMF, University of New England, and St. Joseph's College.

and supervising the criteria for the awards process. The emphasis is on recognition of OFPs. Besides being recognized at MAHPERD conferences, OFPs may apply through their respective colleges/universities for this award at the district and national level. Each institution with an approved professional program is permitted to have two applicants. If they are selected, they have the obligation to attend the Student Leadership Conference at the Convention. Five people rate the applicants with the highest two receiving the EDA award. (Minutes, October 6, 2011) MAHPERD “fronts the cost for students to attend the EDA Convention and EDA reimburses MAHPERD for a portion of the cost.” There was a \$1,250 line in the budget for OFPs for EDA and the money is mostly used for conferences. (Ibid) It is currently \$1,000.

**The EDA Council for Conventions** representative is the liaison between MAHPERD and the EDA. He/she attends all the EDA meetings and keeps the state association abreast of current activities at the district level. “It is a great opportunity for professional development.” (Stephanie Swan, Minutes March 14, 2005) The EDA has had an exhibit table at MAHPERD conferences where they have an opportunity to look for new members as well as those re-applying for membership.

Both the EDA Council for Services and Council for Conventions was eliminated during the AAHPERD reorganization to SHAPE America.

Jump Rope for Heart/Hoops for Heart Coordinator

**The JRFH/HFH** program is sponsored by AAHPERD and the American Heart Association to “educate kids about health fitness, importance of regular exercise and community involvement.” MAHPERD is reimbursed 3.25% of the money raised by schools participating in the events during the school year. Each year from \$12,000 to \$14,000 is generated for THE ASSOCIATION. By May 2011, 62 of the 130 participating schools which had completed jump/hoops for heart events had raised \$218,000. (ENews, June 2011) The program has been very successful. For much of the decade of the 2000s, Gary Spinney has been the State Coordinator of the program. Gary officially resigned from the Executive Board as Coordinator in November 2011. (Ibid) He received the Outstanding Coordinator National Joint Project Award for JRFH/HFH program. The program celebrated a 30th anniversary in 2008.

AAHPERD makes annual awards in the form of grants to MAHPERD members who coordinate JRFH/HFH events and apply for them. Winners can earn for one year, free AAHPERD membership, complimentary registration at the national convention, stipends for travel and hotel fees and gift vouchers for up to \$1,200. (Newsletter, Fall 2008)

Archivist

The Archivist has been part of THE ASSOCIATION since its inception in 1964. Three people held the position before Paula Hodgdon was appointed by President “Cy” Perkins in 1970.

(MAHPERD History, 1945-2000) Paula has served as the Archivist since that time, being appointed to continue the job by each incoming president. Although the word “Historian” was added to the position’s title, it is usually not referred to in that context - but rather is implied. The files have been kept (and still are!) in the MAHPERD file drawers in the archivist’s home. The files have been kept up to date throughout the intervening years and have been converted to hanging files for easier access. They were referred to extensively (and are again!) when the history of THE ASSOCIATION was researched and written. The material of importance to MAHPERD includes everything from Newsletters/ENews, By-Laws, Conference Programs and minutes of the Executive Board to the lists of Presidents, committee activities, awards, and financial reports. These are only some of the materials and records in the files and available for perusal by the membership upon request.

### Other Appointees

Other appointed positions include the **Maine Department of Education Liaisons**: Susan Berry and Jean Zimmerman are currently serving in this capacity representing, health and physical education. They attend the Executive Board meetings and report on Maine DOE workshops, conferences and other meetings of interest to MAHPERD members. In addition, Board members give them feedback from the membership. Specific details about the Maine DOE and its relationship to MAHPERD including the leaders who work directly with THE ASSOCIATION are detailed in the earlier section entitled Consultants and Coordinators.

**Discipline Reps** for health, physical education, recreation and dance serve on the Board by invitation from the president. These individuals work closely with the Vice Presidents and Vice Presidents-elect of each discipline to plan sessions for the annual conference and keep abreast of activities in the state relating to their specific areas.

One or two **Adapted Physical Education (APE)** Reps serve on the Board to represent the Adapted Physical Education Association. The association is still active, but does not hold a conference. They found it more appropriate to plan several sessions within the MAHPERD conference and work closely with the Board to be a vital part of THE ASSOCIATION. Adapted physical education is a part of the Physical Education discipline. More details can be found under Disciplines in this document.

### Communications

Communications have changed over the past fourteen years with the introduction of new technology. In the early years, the primary means of communicating with the members was through the **Newsletter**. This document is the official publication of THE ASSOCIATION and has been guided by a Newsletter Editor. Through 2009, it was printed and mailed to the membership, other selected persons and other state newsletter editors a minimum of four times a year. The Newsletter played a strong part in keeping the membership informed but due to

technology advances, more news comes over the internet through the MAHPERD **Website and online communication**.

THE ASSOCIATION began employing a program called **Constant Contact** to use in contacting people/members through **email**. (Minutes, March 19, 2009) This program opened up an entirely new way to keep everyone informed in a timely fashion about all the activities of MAHPERD.

In 2006, MAHPERD began electronically sending **E-News/E-Blast** using various titles in the early issues such as Updates from MAHPERD, MAHPERD Monthly E-Blast News Update, and MAHPERD E-News. Members were given a choice of receiving the issues electronically or by mail. One hundred and fifty four members elected to receive the Newsletter electronically. Starting in 2010, all editions were sent electronically by **email** to members. The exception was a hard copy Newsletter mailed to members with specific information about the annual conference. The publication is often sent in color and covers all the information members formally received in the printed newsletter. E-News highlights professional development opportunities, messages from the President and Executive Director, announcements of related groups' activities and information on EDA and AAHPERD. Beginning with the January 2010 issue, E-News replaced the original printed Newsletter which had been mailed to all members since 1945. The conference newsletter is mailed to all members in late summer. It gives directions on how to reserve Samoset rooms and register for the conference and meals on line. Also highlighted are session previews, special speakers, and important announcements.

Much of the communication discussed could not have taken place without the creation of an official **Website**. The Executive Board voted to create the position of Webmaster in 1998. Gary Spinney became the first webmaster. In a communication using the internet, he emailed Rose Angell with his reaction to creating the website. (October 24, 1999)

“ . . . Before I started creating and maintaining the MAHPERD Website, I didn't have a clue how to [do it]. I was pretty much on my own with the fact that I told the Executive Board that I could do it. What an experience it has been. I had to purchase my own software and with some help . . . managed to create the MAHPERD Website that we have today. I would estimate that I have logged well over 2000 hours . . . these past two years. Just when I think I have everything under control, new technology comes my way and changes the way things are done.”

Succeeding web masters continued the pioneer work started by Gary. Mark Nutting took over in 2004 and was followed by Bruce Jones, Wayne Martin, Andy Gray and John Bernard. In 2012, a new website was unveiled. The new site, according to Wayne Martin, “will be iPhone and iPad accessible . . . at a cost of \$1,500 to set it up.” (Minutes, September 13, 2013) The website was hacked several months later and the Executive Board voted to “secure a new host.” (Minutes, January 15, 2014) Another improvement for better communications was made when the Maine DOE website was linked to the MAHPERD website. The website has been a major tool in improving communications for THE ASSOCIATION and is constantly evolving.



## Conferences

THE ASSOCIATION'S conferences have been held at the Samoset for twenty-nine years. This location has met the needs of MAHPERD in terms of offering a venue well suited to the organization's mission and size. The resort is first class and members who stay enjoy the amenities provided. The conference has continued to be scheduled during the first week of November beginning on Sunday afternoon and continuing through Tuesday noon each year. Participants find it convenient to attend in November when they miss only two school days and it falls between sport seasons.

The Executive Board begins planning for the next year's conference at their first meeting of the new year (January). The meeting is divided into two parts: Conference planning is addressed in the first hour and a half and the Business Meeting follows for the final hour and a half. Some of the topics covered are Sunday workshop scheduling of sessions, discipline sessions schedule, exhibitors, Keynote speakers, policy for presenters, socials /silent auction, conference theme, and conference giveaways.

Board members always have conference ribbons identifying them and their office/school as well as additional colored tags indicating other memberships such as AAHPERD, and Board Member. In addition, if they room together, they may get room upgrades to suites. MAHPERD gets 12 complimentary (comps) for having the conference at the Samoset. These rooms are used first for national presenters and keynoters.

Although a Conference Manager was hired in 2007 to replace the Executive Director who had always performed this very busy job, the organization finally decided to hire both a Conference Planner and a Conference Support person. (See section on Conference Planning Committee).

In general, about ten sessions are held during each time slot. The target is to plan for about 75 sessions for the conference. Many sessions are open to participants interested in more than one discipline so they are often a combination of two or more disciplines. Over the years, the number of sessions has increased and pre-conference as well as post-conference workshops have continued to draw participants.

General Session and Keynote speakers have been varied and appropriate. Some of the speakers are: Glen Roswell, Past President of AAHPERD (2002); Steve Cone, President of AAHPERD, (2003); Fred Schafer, (FitFood Dude) Health and Fitness Specialist (2006); Sandy "Spin" Slade (2007); Irene Cucina, Past President AAHPERD who spoke on Healthy Living Styles (2009); and Shellie Pfohl, Director of the President's Council on Fitness, Sports and Nutrition. (2012) Beginning in 2012, endnote speakers were added to the program. Pat Gallant-Charette, a long distance swimmer, was the first endnote speaker and Ed Webster enthralled his audience with real life experiences as a climber on Himalayan expeditions

(2013) Although he wasn't a keynote speaker, the Executive Board was able to get Bob Crowley to speak at an evening session about his adventures and reactions as a competitor (and eventual winner) on the Survivor show. Dolly Lambdin, President of SHAPE America, spoke at the 2014 conference. Ours is one of the few state conferences she attended. She is typical of the type of national speaker MAHPERD is able to obtain. Speakers are sometimes paid an honorarium and awarded a stipend for travel, lodging and meals.

Another very important part of the conference is the Exhibits. Exhibitors are solicited early in the planning and are invited to set up their booths in the State of Maine room for the first two days of the conference. Andy Gray is the current Exhibits Coordinator. Non-profit exhibitors pay \$25.00 and vendors pay \$85.00 plus both groups also pay electricity costs. The number of exhibitors varies from year to year and the average number is 24. The highest number was 34 in 2011 and the lowest was 17 in 2001. In 2012, conference exhibits brought in nearly \$2,000 to MAHPERD.

Evening activities for the members are planned for the first night of the conference. These activities have included Casino Night, games night, contra dancing, health screenings, and personal health care sessions, "In It To Win It," and comedy Improv. On the second night, when the Awards Banquet and Ceremony are scheduled, several activities take place including college/university and MAHPERD socials, silent auction and often a dance.

Professional development is always encouraged for attendees. The University of Maine accepts 1.5 CEUs for attending the entire MAHPERD Conference. It is felt that it is relevant and meaningful to our professionals and a great benefit for teachers that need CEUs for recertification.

The annual meeting is usually planned for the last day of the conference. Traditionally it has been held in the morning. In the early part of the decade, it was listed in the program as the Town Meeting and was primarily a session to vote for the slate of proposed officers (Executive Board) for the following year. It has been referred to as either Town Meeting or Annual Business Meeting. More recently it has become the business meeting of THE ASSOCIATION with an agenda including officers' reports, old and new business, open discussion on new or controversial events, announcements, voting, confirmation of the new officers and passing of the gavel. Because the attendance at these meetings has been low, the Board has sometimes scheduled an endnote speaker at the end of the meeting. At the 2014 conference, the meeting was held immediately following lunch on Monday and it was combined with drawings for several prizes. With the "captive audience," attendance was higher and all shared in the business at hand.

Conference participants are urged to complete the Conference Evaluation form in order to give feedback to the Executive Board about improvements and suggested changes for the following

year's conference. Everything from methods of registration to overall quality of sessions and exhibits is covered. In 2014, participants had the option of submitting their evaluation via scanned codes.

## SPECIAL EVENTS

### Anniversary Celebrations

MAHPERD celebrated two anniversaries of the organization in this decade. In 2005, the Sixtieth year of operation was recognized. All Past Presidents were invited to attend the General session and the Recognition luncheon. Fourteen of them were present and each was given a Maine tote bag including a coffee mug with the MAHPERD logo, a special T-shirt with the MAHPERD logo, the "Celebrating 60 Years Program" and a personal message from President Mark Savage. The group lined up at the door of the meeting room by the year they served beginning with the most recent and concluding with the President serving the farthest back in time. Jon Cahill (2001-2003) was first and Caroline Gentile (1955-1957) was last. Each wore a red rose and were escorted to their seats by current Board members as their names and years were read by President Savage.

Five years later on November 8, 2010, the Sixty Fifth Anniversary was celebrated. Invited Past Presidents were introduced and honored prior to the Keynote Speaker and were treated to a private luncheon in the Samoset's Marcel's Restaurant. Each Past President received a 65th Anniversary Program and a navy blue fleece vest embroidered with "Maine AHPERD" overlaying the organization logo and "Past President" below. A total of nineteen former Presidents were introduced as they came in the door to the Rockland/Rockport/Camden rooms. First was the newest President Marge Queen (2006-2008). Completing the group was Paula Hodgdon (1963-1964), the oldest President.

Planning is now going on to celebrate the Seventieth Anniversary at the 2015 conference. A task force was formed to invite Past-Presidents as well as retirees and have a schedule of sessions tailored to their interests on Monday of the conference. There will be a session for them to meet, network, share their past experiences and hear how the current group of leaders are carrying on the work of the organization. They will be introduced at the General Session and invited to have lunch as MAHPERD's guests.

## CONCLUSION AND FUTURE OUTLOOK

MAHPERD has undergone many changes in the past fifteen years. The organization has maintained its original mission and goals, yet has adapted very well to embracing the new technology our society has experienced. The wide use of the internet has opened new and easier ways to improve communication. E-mails and dissemination of information to and from the members have, in many cases, replaced telephone calls and "snail mail." Membership recruitment is no longer the priority it was during the earlier years. It is not uncommon to have 450-550 attendees at the annual conference. Although school budgets have been tight, especially during the recession in 2008 and into 2011, and many professionals in our field have experienced the poor economy with concern over jobs, staffing and activity cuts, MAHPERD continues to "remain an active and viable organization throughout this time period." (Kathy Wilbur, email, March 6, 2014)

Changes at the national level have been made beginning with a restatement of AAHPERD's vision - Healthy People - Physically Educated and Physically Active. With that in mind, the Board of Directors voted to rename the organization "SHAPE America" - Society of Health and Physical Educators. (Newsletter of SHAPE America, Summer 2014) "SHAPE America values best practices in school programs related to health and physical education, and physical activity. . . . The document emphasizes that health, physical education and physical activity refer to the school setting - and dance and sport are embedded in physical education and physical activity." ( Newsletter, AAHPERD, Spring 2014) New goals are: Advancing the profession, Advocacy, Organizational responsiveness and Organizational effectiveness. (Ibid, Spring 2014). Many professionals throughout the country have asked "how does this affect state organizations?" For the present, there is no answer. State associations will continue to operate independently and continue with their current names, missions and goals as they follow the national organization in its expanded role.

The future of MAHPERD continues to look bright. Excellent leadership and dedication, enthusiastic support by the members and acknowledgement of the goal to provide opportunities for healthy and physically active children all point to continuing its mission.

## LIFE MEMBERS OF MAHPERD

All recipients of the Highest Praise Honor Award automatically become Life Members of THE ASSOCIATION. Seven new members have been added to Life Membership from 2000-2014. Of the recent individuals, five are women and two are men. Five people have already won the Distinguished Leadership award, three won the Worthy of Praise award and three were named as Teacher of the Year. Christine Bearce, Jocelyn Dill and Katherine Wilbur have won all three of MAHPERD's honor awards.

### **Joseph Pechinski (2000)**

Dr. Pechinski, a graduate of Northeastern University, on a track scholarship, earned his masters and doctorate from the University of Illinois. He retired from the University of Maine where he was a professor of education. While at Maine, he funded the Human Performance Center for cardiac and sports fitness and received the Excellence in Teaching Award. He was an active member of MAHPERD where he gave numerous presentations on exercise science and youth sports. In other related activities, he served as state chairman of the American College of Sports Medicine, was responsible for the development of the Youth Aspirations program in Maine, and served as president of East Side Little League where he inaugurated the first T-Ball program in Bangor. Dr. Pechinski was recognized for his lifelong dedication to health and physical education.

### **Paula D. Hodgdon (2000)**

Dr. Hodgdon was a graduate of Beaver College, received her masters at Teachers College, Columbia University and her doctorate from Springfield College. Most of her career was spent at the University of Southern Maine (formerly Gorham State Teachers College) where she was professor of physical education, interim Director of Athletics, and coach of several athletic teams, the most recent being field hockey. Paula was responsible for the inauguration of women's athletics at USM beginning in 1967 and worked at the University as well as state-wide to promote girls and women's sports. She was an active member in MAHPERD throughout much of her career serving as President, newsletter editor, honor awards chair and, since 1970, Archivist. Dr. Hodgdon has won awards for her dedication to girls and women's sports from such organizations as AAHPERD (NAGWS) Pathfinder award; Maine Sports Legends; Maine Women's Fund; USM Women's Center; Maine Field Hockey Club and National Field Hockey Coaches Association Hall of Fame. She was inducted into USM's Husky Hall of Fame and the USM hockey field has her name on it. Her first volume of MAHPERD's history - 1945-2000, was written and made available to the membership in 2001. This is the second part of MAHPERD's history from 2000-2015 she has written. Although she is retired from USM, she continues to serve as THE ASSOCIATION's archivist.

### **Stephen A. Butterfield (2008)**

Dr. Butterfield is professor and Chair, Department of Exercise Science and STEM Education at the University of Maine. He obtained his B.S. from Springfield College, his M.Ed from Keene State College and his Ph.D from The Ohio State University. Steve, a 30 year member of MAHPERD, has served as President, Journal Editor, and Grants Committee Chair. Steve served four governors as a member of the Governor's Council on Physical Fitness, Sports and Wellness. He has been very active in Adapted Physical Education serving as chair three times of the Maine Task Force as well as authoring Maine's Teaching Endorsement in APE. In addition, he has been a prolific researcher and writer in his field. He has presented several keynote lectures at the EDA-AAHPERD as well as at the international level and is an active researcher for SHAPE. Dr. Butterfield's awards include MAHPERD's Distinguished Leadership Award, EDA's Merit Award for Physical Education, AAHPERD Alliance Honor Award and the John Nash Award for best Multidisciplinary Abstract submitted to the American Chiropractic Board of Sports Physicians Symposium. Steve has been very active and made valuable contributions at state, district, national and international professional levels.

### **Katherine Wilbur (2008)**

Kathy Wilbur, a native Mainer with degrees from the University of Maine at Presque Isle and the University of Maine, taught health and physical education at the public school level and later was a Health Education and Health Promotion Coordinator for the Maine Department of Education for 22 years. She has been a very active member of MAHPERD serving as Vice-President for Health, Conference Manager, By-laws and Awards Committee Chair and Grants Committee member. She moved into the presidency while working for Maine DOE. Kathy, specializing in the health education field, was recognized at the district level and served as Vice-President for Health for the EDA. She soon became active on the national level and was elected President of AAHPERD's American Association for Health Education (AAHE). Kathy is an AAHE Fellow and received the AAHPERD R. Tait McKenzie Award in 2003. She has also been President of the Society of State Directors for Health, Physical Education and Recreation. She has presented sessions at the state, district, national and international levels primarily for her work with the National Health Education Standards and National Health Education Assessments. Kathy took a full time position as National Health Education Manager of the Alliance for a Healthier Generation while continuing her involvement with MAHPERD.

When Jo Dill retired as MAHPERD's Executive Director, Kathy was tapped to become the new ED. (See section on Executive Directors). Kathy's dedication to MAHPERD has earned her all three of the ASSOCIATION's Honor awards.

### **Jocelyn Dill (2011)**

Jo Dill received her undergraduate degree from the University of Maine at Presque Isle. As a physical educator, she spent most of her teaching career in the Kennebunk schools. Along with teaching, Jo began a career-long dedication to the American Heart Association (AHA). She raised over \$164,000 by coordinating Jump Rope for Heart events in her schools. She chaired the Maine Jump Rope for Heart Task Force and served on the board of directors for AHA, Maine Affiliate and was active in representing Maine at the Women and Heart Disease Conference. In 1990, the AHA presented her with the AHA's Time, Feeling and Focus Award. (Newsletter, Summer 2008). In 2008, AAHPERD designated Jo as an Honor Fellow by presenting her with its Honor Award in recognition of the highest level of achievement in the profession. (JOHPERD, May-June 2008)

Jo's service to MAHPERD over the years has included, in addition to Jump Rope for Heart activities, chair of the advocacy committee, conference committee chair and Executive Director. As MAHPERD's first ED, she broke new ground in gradually developing the position into a visible and vital position. She not only performed all the duties of the job, but also took on the complete organization and running of the annual conference. This included, among other things, locating presenters and keynote speakers, working with the Samoset to coordinate all aspects of the conference, obtaining the exhibitors and organizing the social activities. At the district level, Jo served on the EDA Legislative and Advocacy Committees, the Honor Awards Committee and leadership to the EDA Society of Association Management. Jo has the rare distinction of having earned all three of MAHPERD's honor awards as well as being named Teacher of the Year in 1989.

As an advocate of health and physical fitness, Jo was as active, dedicated and passionate as any member of THE ASSOCIATION. "Her life's work is a testimony to the profession and a model for future professionals." (Newsletter, Summer 2008).

### **Christine M. Bearce (2012)**

Chris Bearce received her bachelor's and master's degrees from the University of Maine. She was an elementary physical education teacher and later, vice principal at the Longfellow School, Portland for over 30 years. During her years at Longfellow, Chris has been active in supervising the Intramural Athletic Program, served on Portland's Curriculum Development Committees, been a member of the Board of Directors of AHA, and was on the Maine Commissioner of

Education's Physical Education Advisory Committee. Chris was named Maine's Physical Educator of the Year in 1988. She has been a tennis instructor for 12 years in the Portland community. Over the course of 25 years, Chris was on the first Jump Rope for Heart Task Force

and was the only coordinator in Maine to celebrate her twenty-fifth anniversary in 2009. Along with this responsibility, she planned and executed city-wide Jump Rope for Heart events.

Chris has been a very active member of MAHPERD for over 33 years. During that time, she not only carried out Jump Rope For Heart Events, but served as Newsletter Editor and THE ASSOCIATION's treasurer. During these years, Chris was a member of the Executive Board Strategic Planning Committee, and named Maine's Elementary Physical Education Teacher of the Year (1992). Chris is one of a very few members who has been honored with all three of MAHPERD's honor awards. Chris continues to support MAHPERD by assisting with conference registration.

### **Marge Queen (2014)**

Marge Queen received her bachelor's degree from the University of Maine at Presque Isle. She has taught physical education at the elementary school level in several of Portland's schools. As a serious and dedicated member of her profession, Marge has been one of the most active and contributing members of MAHPERD. She is one of only three past presidents who has served three presidential terms. The first two were consecutive years (2006-2008) and the third came in 2012. When circumstances prevented the designated president to serve, Marge stepped up to guide THE ASSOCIATION once again with her leadership.

Prior to her presidencies, Marge was the treasurer, worked on many conference projects, helped to revise the Maine Learning Results, became active in regional workshops, assisted in revising the By-laws, developing MAHPERD's web site and was part of the group that hired the Physical Education Consultant Consultant for Maine DOE.

In addition to her dedicated work as president, Marge became a role model to many of her colleagues and especially to the newer members. She is a loyal, hard worker who is always ready to assist MAHPERD with whatever needs to be done. Marge was also selected for the Teacher of the Year Award in Elementary School Physical Education in 2004 and in 2009 received the Distinguished Leadership Honor Award. This Highest Praise Honor Award, presented to Marge in 2014, added her name to the list of Life Members of MAHPERD.



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## APPENDICES



## Appendix A

### MAHPERD CHRONOLOGY

#### Early 2000s

- Budget restraints in Maine force DOE to eliminate Physical Education Consultant position
- Divisions renamed Disciplines
- Girls and Women's Sports no longer a section but is acknowledged as a designated GWS Sports Day each year

#### Later 2000s

- Executive Board increases to about 24
- Discipline Reps and APE Reps are added to the Board
- E-Blast Editor and Exhibits Coordinator are named

2005 Sixtieth Anniversary of MAHPERD is celebrated

2006 MAHPERD Advocacy group helps convince DOE to restore Physical Education Consultant position. Denise Preisser is hired  
First E-News sent to members  
Membership reaches all time high of 610. There are 500 conference registrants

2007 MAHPERD goals are updated to reflect new directions and "times."  
Two new positions are approved: Jump Rope for Heart/Hoops Coordinator and official Webmaster  
Professional Development Grant is created  
Seventy-five students attend the conference  
AAHPERD Jump Rope for Heart/Hoops for Heart Grant program is announced  
Board votes to increase presence of Adapted Physical Education by including APE in the annual conference

2008 The Physical Education Consultant position is again vacant for nearly two years with Denise Preisser's resignation. Jayne Chase is hired

2010 Sixty-fifth Anniversary of MAHPERD is celebrated  
Deb Smith is hired as first Conference Planner  
Executive Board voted to add a Make a Difference Award  
Last membership booklet printed

- 2011 Jo Dill resigns as Executive Director  
Kathy Wilbur is hired as Executive Director, replacing Jo Dill  
Dianne Rossi is hired as Conference Support Person
- 2012 MAHPERD becomes incorporated in Maine. Name is changed to Maine  
AHPERD and is referred to as "THE ASSOCIATION."  
MAHPERD files for 501 (c) 3 tax exempt status  
More discipline sessions are added to the conference increasing the  
number of sessions to about 75 for the entire conference  
On-line conference registration is initiated  
Executive Board hires Joanne DeCampos as Conference Planner
- 2013 Executive Board votes to raise dues by \$10, effective in 2014
- 2014 501 (c) 3 tax exempt status granted by Feds on July 28th  
Early coastal snow storm knocks out power to Samoset Resort during conference  
Meals and sessions held in the dark or with flashlights and glow sticks until  
Monday
- 2015 MAHPERD's 70th anniversary celebrated at the November Conference



## Appendix B

### PAST PRESIDENTS 2000-2015

2000-01 Nellie Orr

2001-02 Jon Cahill

2002-03 Jon Cahill

2003-04 Rose Angell

2004-05 Mark Savage

2005-06 Kristin Grant

2006-07 Marge Queen

2007-08 Marge Queen

2008-09 Christine Standefer

2009-10 Christine Standefer

2010-11 Jayne Chase

2011-12 Marge Queen

2012-13 Kathy Sutton

2013-14 Elaine Michaud

2014-15 Sara Thurston



## Appendix C

### MAINE ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

#### YEAR BY YEAR CONFERENCES

- 2000 Annual Conference - November 5-7  
Samoset Resort, Rockport  
“MAHPERD 2000 and Beyond”  
Margaret Gould Wescott, University of Maine at Farmington
- 2001 Annual Conference & Exhibits - November 4-6  
Samoset Resort, Rockport  
“Moving Forward with Advocacy and Action”  
Nellie (Orr) Cyr, University of Maine
- 2002 Annual Conference & Exhibits - November 3-5  
Samoset Resort, Rockport  
“Connecting, Collaborating & Creating”  
Jon Cahill, Wentworth Intermediate School, Scarborough
- 2003 Annual Conference & Exhibits - November 2-4  
Samoset Resort, Rockport  
“Together We Are Stronger”  
Jon Cahill, Wentworth Intermediate School, Scarborough
- 2004 Annual Conference & Exhibits - November 7-9  
Samoset Resort, Rockport  
“Keep ‘ME’ Moving for a Healthier Future”  
Rose Angell, Jefferson Village School, Whitefield
- 2005 Annual Conference & Exhibits - November 6-8  
Samoset Resort, Rockport  
Celebrating 60 Years . . . 1945-2005  
“Past, Present and Future: Turning Visions Into Actions”  
Mark Savage, Brewer High School
- 2006 61st Annual Conference - November 5- 7  
Samoset Resort, Rockport  
“Embrace the Power of Wellness”  
Kristin Grant, Windham Primary School

- 2007 62nd Annual Conference - November 4-6  
 Samoset Resort, Rockport  
 “Empowering “ME.” Meeting Challenges and Creating Opportunities”  
 Marge Queen, Portland Public Schools
- 2008 63rd Annual Conference - November 2-4  
 Samoset Resort, Rockport  
 “Making Tracks Across Maine”  
 Marge Queen, Portland Public Schools
- 2009 64th Annual Conference- November 1-3  
 Samoset Resort, Rockport  
 “Get Fit, Stay Healthy, Live Long”  
 Dr. Chris Standefer, University of Maine at Presque Isle
- 2010 65th Annual Conference - November 7-9  
 Samoset Resort, Rockport  
 “Celebrating The Past Looking To The Future”  
 Dr. Chris Standefer, University of Maine at Presque Isle
- 2011 66th Annual Conference - November 6-8  
 Samoset Resort, Rockport  
 “Riding the Waves of Opportunity”  
 Jayne A. Chase, Department of Education
- 2012 67th Annual Conference - November 4-6  
 Samoset Resort, Rockport  
 “Let’s Move ME More”  
 Marge Queen, Portland Public Schools
- 2013 68th Annual Conference - November 3-6  
 Samoset Resort, Rockport  
 “Every Person Stronger, Every Life Longer”  
 Kathy Sutton, RSU # 10, Dixfield
- 2014 69th Annual Conference - November 2-4  
 Samoset Resort, Rockport  
 “#getMAINEhealthy”  
 Elaine Michaud, Mountain Valley Middle School, Mexico
- 2015 70th Annual Conference, November 1-3  
 Samoset Resort, Rockland  
 “70 Years Going Strong: Still Making a Difference”  
 Sara Thurston, Leavitt Area High School, Turner

## Appendix D

### MAHPERD HONOR AWARD AND TEACHER OF THE YEAR RECIPIENTS

#### **2000**

##### Highest Praise

Dr. Joseph Pechinski, University of Maine

Dr. Paula D. Hodgdon, University of Southern Maine (Retired)

##### Distinguished Leadership

Dr. James Rog, University of Maine

##### Worthy of Praise

Barbara Godfrey, Manchester and Readfield Elementary Schools

##### Layperson Award

Dr. Dora Anne Mills, Maine Bureau of Health

##### Teacher of the Year

Elementary Physical Education - Kristin Grant, Windham Primary School

Elementary-Middle School Physical Education - Timothy Pearson, Dedham School

Health Education - Stacey Caruso, Erskine Academy, China

#### **2001**

##### Lay Person Award

William E. Primmerman, Maine Department of Education

##### Teacher of the Year

Elementary Physical Education - Susan Shaw Nile, Burnham

Middle Level Physical Education - Lisa M. Ronco, Saco

Secondary Physical Education - Jim DiFrederico, Hamden

Health Education - Kim Bartholomew - Windham High School

#### **2002**

##### Worthy of Praise

Bruce Jones, Bowdoin Community & Central Schools

Dr. Christine Standefer, University of Maine at Presque Isle

Teacher of the Year

Elementary Physical Education - Sharon Beaudoin, Turner Elementary School

Middle Level Physical Education - Barb Hamlin, Hichborn Middle School, Howland

Secondary Physical Education - Jason Pangburn, Cony High School, Augusta

Health Education - Marie Potvin, Biddeford Middle School

**2003**

Worthy of Praise

Barbara Hanscom, Belfast School System

Lay Person Award

Elanna C, Farnham, M.S.A.D. #58

Teacher of the Year

Elementary Physical Education - David Norwood, Knowlton School, Ellsworth

Elementary/Middle Level Physical Education - Laura Gardiner, Washburn Elementary School

Secondary Physical Education - Jeanette Peters, Fort Fairfield Middle/High School

**2004**

Lay Person Award

David Noble Stockford - Adapted Physical Education Task Force, Maine Department of Education

Distinguished Leadership Award

Liz Giles-Brown - South Bristol School

Teacher of the Year

Elementary School Physical Education - Marjorie Queen, Longfellow, West and Adams Schools, Portland

Middle School Physical Education - David Wilbur, Great Salt Bay Community School, Damariscotta

Health Education - Susan Lewis, Great Salt Bay Community School, Damariscotta

High School Physical Education - Jamie Russell, Central High School, Corinth

**2005**

Lay Person Award

Denise Whitley - American Heart Association of Maine

Karen O'Rourke - Maine Center for Public Health

Teacher of the Year

Elementary School Physical Education - Lori Frost, Orland Consolidated School

Middle School Physical Education - Presque Isle Middle School

Secondary Physical Education - Shelley Drillen, Brewer High School

Health Education - Cynthia McLaughlin, Brewer High School

**2006**

Worthy of Praise Award

Michele Danois, K-4 Health/Physical Education Specialist, Yarmouth Elementary Schools

Stephanie Swan, Instructor for School Health Education, University of Maine, Farmington

Lay Person Honor Award

Karen Baldacci, First Lady, State of Maine, Augusta

Teacher of the Year Awards

Health Education - Janet Prouix, Calais High School,

Elementary Physical Education - Rose Prest Morrison, SAD 55, Cornish, Baldwin Elementary Schools and Morrill School, Parsonsfield

Middle Physical Education - Barbara Redding, Bath Middle School

Secondary Physical Education - Karen Reardon, South Portland High School

**2007**

Worthy of Praise Award

Carolyn Gross, K-5 Physical Education Specialist, Jewett, Hanson, Jack Memorial and Libby Schools, SAD 6

Susan Nile, Physical Education Specialist, Vickery School, Pittsfield

Lay Person Honor Award

Becky Smith, Executive Director, Health Policy Partners of Maine

Teacher of the Year Awards

Health Education - Brenda Weis, Cony High School, Augusta

Elementary Physical Education - Kathy Calo, Wells Elementary School

**2008**

Worthy of Praise Award

Deb Smith - Operations Manager of the South Portland Community Center

Layperson Honor Award

Lisa Miller -Representative, District 52, State of Maine, Augusta

Highest Praise for Distinguished Service Award

Dr. Steve Butterfield - Professor of Education and Human Development, University of Maine, Orono

Katherine Wilbur - Health Education and Policy Manager, Alliance for a Healthier Generation, Damariscotta

Teacher of the Year Awards

Health Education - Sara Douchette, Health Education Teacher, Leavitt Area High School, Turner

Elementary Physical Education - Jon Woodcock - K-8 Physical Education Teacher, Mildred L. Day School, Arundel

Secondary Physical Education - Wayne Martin - 9-12 Physical Education Teacher, Windham High School, Windham

**2009**

Worthy of Praise Award

Kathy Sutton - Retired School Health Coordinator, SAD 43, Mountain Valley Region

Distinguished Leadership Award

Marjorie A. Queen, Portland Public Schools, Longfellow Elementary & East End Community School, Portland

Teacher of the Year Awards

Health Education - Linda Cote, Health Education Teacher, Harrison Middle School, Yarmouth

Elementary Physical Education - Darcy Gulvin, Elementary Physical Education Teacher, C. A. Snow Elementary School, Fryeburg

**2010**

Layperson Honor Award

Heath Pierce, University of New England

Teacher of the Year Awards

Health Education - Stephanie Carter, Health Education Teacher, Messalonskee High School, Oakland

Elementary Physical Education - Jason Pangborn, Physical Education Teacher, Vine Street School, Bangor

Middle School Physical Education - Elaine Michaud, Physical Education Teacher, Mountain Valley Middle School, Mexico



## **2011**

### Worthy of Praise

Gary Spinney - Camden-Rockport Elementary School

### Distinguished Leadership Award

Dr. Glenn Reif - University of Maine

### Highest Praise Award

Jo Dill, MAHPERD Executive Director, Retired and Coordinator, Maine Senior Games

### Teacher of the Year Awards

Elementary Physical Education - Eric Pulsifer, Physical Education teacher, Vine Street School, Topsham

Middle Physical Education - Joe Cormier, Physical Education teacher, Freeport Middle School, Freeport

## **2012**

### Worthy of Praise

Jayne Chase, Maine Department of Education

Dr. Sue N. Kelly, St. Joseph's College

Susan Berry, Maine Department of Education

### Layperson Honor Award

Catherine Hoffmann, Maine Dairy and Nutrition Council

### Highest Praise Award

Christine Bearce, Longfellow School, Portland

### Teacher of the Year Awards

Elementary Physical Education - Marcia Grant, Bluepoint School, Scarborough

Secondary Physical Education - Tom Hinds, Cony High School, Augusta

## **2013**

### Distinguished Leadership Award

Stephanie Swan, University of Maine at Farmington

### Layperson Award

Gary Urey, American Heart Association

### Teacher of the Year Awards

Elementary Physical Education - Elizabeth Harrington, Woolwich Central School, Woolwich

Middle Physical Education - Nancy Curtis, Edmunds Consolidated School, Edmunds

Secondary Physical Education - Tracie Martin, Narraguagus High School, Harrington

2014

Distinguished Leadership Award

Christine Standefer - University of Maine at Presque Isle

Highest Praise Award

Marge Queen - East End Community School, Portland

Teacher of the Year Awards

Health Education - Byron Dionne, Boothbay Region High School

Adapted PE - Andrea Lee, Reed Brook Middle School, Bangor

Middle School PE - Becky Wetherbee, Veazie, RSU #19

Appendix E

MAHPERD LIFE MEMBERS  
Since 2000

Joseph Pechinski  
Paula D. Hodgdon  
Stephen Butterfield  
Katherine Wilbur  
Jocelyn Dill  
Christine Bearce  
Marge Queen