

ALLIANCE NEWS

Volume 15, Number 1
March 2015



NEWSLETTER OF THE SC ALLIANCE FOR
HEALTH, PHYSICAL EDUCATION,
RECREATION AND DANCE

*Promoting Healthy,
Active Lifestyles!*

Come Fill Your Bucket

MISSION statement

The mission of SCAHPERD is to promote health, physical activity and wellness among the state's citizens through effective leadership, professional development, education and advocacy.



South Carolina Association
for the Advancement of
Health Education



GET MOVING



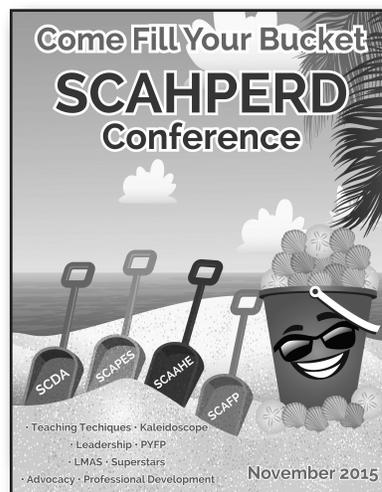
Newsletter Editor
Shannon Koch

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“Come Fill Your Bucket” is the theme for the year and the 2015 SCAHPERD Conference. Your SCAHPERD Board of Directors began filling their buckets at the Board Leadership Retreat held Saturday, January 24th at Columbia College. During the retreat, Board members filled their buckets with information about SCAHPERD’s organizational governance, finances, membership, strategic planning, advocacy, and professional development offerings. The premise of the Fill Your Bucket theory is that by filling other’s buckets you fill your own! There are ample opportunities with SCAHPERD for you to fill your colleagues buckets by sharing your talent, expertise, and time by serving on a committee, participating in advocacy efforts, recruiting members, or presenting at the fall conference! This is your professional member organization and by filling each other’s buckets you fill our own! I look forward to working for and with you this year! ●

— Lynn Hammond, 2015 SCAHPERD President



**The 88th Annual SCAHPERD
Conference and Exposition
November 13-15, 2015
The Kingston Plantation
Embassy Suites Resort
Myrtle Beach, SC**

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Follow SCAHPERD on Facebook for
the most up-to-date SCAHPERD news!

Jump Rope For Heart/Hoops For Heart events affects everyone in South Carolina



Jump Rope For Heart and Hoops For Heart events are help to help support the American Heart Association. Many people do not know how these events help our citizens of South Carolina. Regardless of which SCAHPERD Association you are a member of JRFH/HFH affects you as well.

This year the AHA has help sponsor House Bill 3265 (CPR in Schools). The bill will require all school districts to teach CPR to all students once during grades 9-12. The AHA has also provided new research and CPR training for SC citizens that is "HANDS ONLY" CPR. More people trained in CPR will help increase South Carolinians opportunity to keep blood circulating while more advanced medical care can be provided.

Many schools in South Carolina who completed JRFH/HFH events 2013-2014 received US Games gift certificates to purchase PE equipment. For some of these schools that is their whole PE budget for the year. US Games certificates in SC have been used to buy anything from basketballs to bike racks. At some schools the US Games certificates are used to enhance recess time with needed equipment. This allows for our students to be more active. Our SC Youth get to move in more ways and gain the health benefits from the equipment purchased from their JRFH/HFH events.

Each SCAHPERD Association receives some funding

from the SC JRFH/HFH events. It is not their entire budget but it does help each association to move forward to complete their missions. It helps pay for many of our professional organization needs from communication to workshops. Each 674 members of SCAHPERD feels the benefits from our states youth supporting the AHA through their JRFH/HFH events.

We ask for **you** to support your local JRFH/HFH events. Sponsor a jumper. **You** can volunteer to help at a local school event. **You** can contact your SC House and Senate representative to support House Bill 3265. It is now **OUR TIME** to make sure the donations from the American Heart Association Youth Marketing events go to good use and continue the movement. **We** can keep encouraging schools, churches, and youth clubs to hold an event. After all, **WE ALL BENEFIT FROM JUMP ROPE FOR HEART AND HOOPS FOR HEART EVENTS.** ●

— Carmen Plemmons

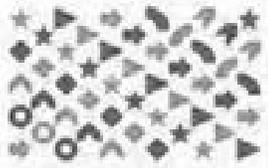


Go to www.scahperd.org for the latest Conference information

- Print Program Submission Forms
- Submit Program Submission Electronically
- Exhibitor Information
- Registration info will be available July 15th

Active kids do better.
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*"We've been, we are, where are we going?" Be an **ACTIVE** part of SCAHPERD. Volunteer to be a committee member (mostly done by email/Skype/gotomeeting) or run for an office.*

Help make a difference!

News from SCAHPERD Past President, Todd Seagle



I would like to take this time to officially invite you to the annual SCAHPERD Conference in sunny Myrtle Beach, SC on Nov. 13-15. As you are reading this article, each association is busy contacting individuals and groups to secure quality presenters for you. If you would like to present, know of someone who would, or have suggestions for topics feel free to contact me or any of the association’s presidents. We will have the link to the proposal form on the “New & Improved” SCAHPERD website very soon.

The planning committee spent several hours in late January reviewing your comments about last year’s conference. We are making every effort to address as many of your concerns as we can. I have contacted SHAPE

America’s National Health and Physical Education Administrator of the year to serve as our keynote speaker and to provide several sessions for us. Judy LoBianco is a very dynamic speaker who will bring a great message to us. Again if you have suggestions please feel free to reach out to me, my email is dtseagle@spart7.org.

See you at the beach. ●



SCAFP Attend SHAPE SD Future Professional Leadership Conference

In September 2014, we were privileged to attend the SHAPE America Southern District Future Professionals Leadership Conference at Eastern Tennessee State University in Johnson City, Tennessee, representing South Carolina Future Professionals. We had the privilege of coming together with other future professionals from states throughout Southern District to gain knowledge, experiences, and make connections that could help us throughout our professional careers. While at the conference we attended many workshop sessions geared toward helping us improve our professional development skills, such as how to build a resume, how to be prepared for an interview, and the importance of being an advocate now and in the future for our profession. We also participated in team building exercises and games that we can bring back to our state future professionals organization as well as our universities major’s club. A highlight of the conference

was participating in an once in a lifetime opportunity to mountain bike 17 miles down the Virginia Creeper Trail and climb ETSU’s high ropes course and alpine tower.

The conference helped us gain a better understanding of how to be more effective leaders and how to apply our strengths in leading those around us and in our future profession. This can and should begin now.

We want to thank SCAHPERD for providing the financial assistance for us to attend the conference. It was an honor to represent SCAHPERD Future Professionals at the SHAPE America Southern District Leadership conference. ●

— Chandler DeLoach, Brooks Railey, & Tripp Smith
Lander University Future Professionals



We've Come a Long Way... and Still Going... to Better Communicate with Our Membership

*Executive Director, Dr. Bonnie-jean Buckett
dockjock4@aol.com*



When I first joined the SCAHPERD family in the mid 80s, the Internet was just becoming a reality. We communicated by phone or by post cards, no texting. The SCAHPERD Executive Director hand wrote all correspondences and checks. Our board meeting was canceled once, and we had a phone calling system in place as who called who to "pass it on." Makes me think of the Progresso soup commercial with the can and a string. I can remember back in the early 2000s when SCAHPERD hired a young 16-year-old Ryan Frishburg to design SCAHPERD's new webpage. Imagine, the professionals in the state having a 16 year old teaching us to communicate. Once Ryan went off to college, we managed to just maintain the page as best as we could.

In 2006, the Board of Directors decided we needed more help, so we hired a former student of mine, Lisa, who was doing webpages for non-profit organizations as a hobby. Over the past eight years, we have updated the pages and have added the ability to do online functions. After a meeting in 2010, we began to use Facebook to communicate immediately with our membership. I attended a meeting in 2011 which had people beginning to use Twitter. Before I knew it, we had an account and I began to tweet, when I could remember the password... To better communicate, we linked all the accounts and tried to reach all of our members through the best medium.

Lisa is now retiring from all of her commitments. Over the last two months, I have interviewed and met with various companies from Columbia, Aiken, and Augusta,

Georgia, to decide what the best option was for our webpage. Some companies were offering to just take over the site and "continue as usual." After careful consideration, the Board of Directors has selected BlueSalamanderSolutions, Aiken, to handle our new website design which will also be mobile friendly. We are anticipating a completely modernized, more user-friendly webpage in mid- to late-March to better suit our membership's needs. Yes, we have come a long way and are continuing to try to meet our communication needs.

Meanwhile, the current webpage is still enabled. Information regarding hotel rooms and presentation submissions for the fall conference are available. We will send an info flash and post on Facebook/tweet when the new site is active. We hope you will take time to explore the new webpage and give us feedback.

As stated above, some members prefer to receive information from various sources. Our younger members are more comfortable with technology, whereas, others prefer the information in printed form through the mail. We still produce two newsletters per year for the membership. Some people prefer to read it on the computer, "going green," while others opt for the newsletter to be sent. Currently, if you have not notified us that you prefer "snail mail" of the newsletter, you will receive an info flash with an entry code, that the newsletter has been posted to the webpage. Remember to use the code in the member's only option to access the newsletter and other members only information. If you prefer to receive the written version of the newsletter, please contact the office either by emailing us at scahperd@columbiasc.edu or call 803-786-3384. ●

Learning, Growing and Evolving

A Message from SCAHPERD President-Elect, Ashlee Ratigan



As President-Elect, I am very excited for what the next few years hold! I plan on learning from and support current President Lynn Hammond and using this year to set goals and develop new ideas that will propel SCAHPERD forward into continued growth. I hope my experience as a dance educator and education in arts administration will help lead and guide me through assisting the membership and being an effective leader for SCHAPERD.

My vision for SCAHPERD is to evolve into an organization that is cohesive and leading the way in Health, Physical Education, Recreation, and Dance! ●



News from SCAPES President, Tammy Hodges



Physical Education has taken me on quite a journey for the past 22 years. It is truly a profession that found me instead of me saying 'I always knew I wanted to be a PE teacher.' As an undergraduate student at USC-Spartanburg, I chose Pre-Med/Biology as my major. Lacking the confidence that I would ever get into med school, I chose to double major in Biology/Physical Education. I finished all but two courses for med school when it was time for my student teaching experience. I had no idea what I was doing so I just copied everyone around me and did what I thought was best for the students. It worked. I told myself 'If I get a job, then I will do that for a little while and wait to finish those two courses.' Seventeen years later, I still think about going back and finishing those two courses, one Chemistry and one Physics. Yes, Physical Education found me and I am forever grateful for the lessons I have learned.

I became involved in the association early in my career. The South Carolina Physical Education Assessment Program had just begun meeting in Columbia to train teachers on how to assess. In the following years, I agreed to serve as a pilot school and eventually trained teachers myself from all over the state. Working with other professionals has been one of the greatest lessons. That opportunity to collaborate with some of the best teachers in our state taught me to be a better teacher. Learning how to use assessment to drive instruction was crucial.

I stayed active at the state level by serving on and chairing committees through SCAPES. That eventually led to my first term as President of SCAPES. It ended up being a lesson on the

importance of leaning on those individuals that know more than you do. I am currently serving my second term and I feel that I know a little more than I knew then. However, that leads to the next important lesson of juggling life while attempting to represent SCAPES. It gets easier because I am more knowledgeable, but it gets more difficult because I have a family that depends on me also. Not to mention that I have a hard time telling anyone NO. I want to help. I want to be active in my association. Don't you? Don't you want to meet people that will shape your life as a physical education professional? If you don't get involved, who will? Are you going to allow everyone else around you to make decisions about what is best for your organization and your profession?

It's time to step up. Be the change. Be the advocate for what you believe in. If you believe that what you do day in and day out is important, then you should be actively involved in your association. Go to the annual convention, meet new people, offer to serve on a committee (literally...it takes up about 4 hours of your time a year-total), and make a difference. It may be that you are making a difference in your life or the way that you teach.

You just might learn something. ●



Health Education Consultants, Inc.

By Dave Brangan, MS, CHES

Health Education Consultants, Inc. is a newly organized 501c(3) non-profit whose mission is prevent or delay obesity and diabetes in South Carolina's uninsured and medically underserved population. The organization also goes by the name Operation Lifesaver: Preventing or Delaying Obesity and Diabetes One Patient at a Time in South Carolina's Free Health Clinics. For now, the focus of our efforts are patients who attend the Free Health Clinics in South Carolina, however future plans are to include homeless shelters, community health centers and drug treatment centers.

Preliminary studies show that at least two-thirds of the patients attending the Free Clinics are obese, and have a chronic disease such as diabetes, hypertension, and elevated cholesterol or use tobacco. All patients receive an assessment from a professional health educator, identification of barriers to learning, attitude or willingness to learn, health literacy level, and patient-oriented goals. Patients received encouragement, support and positive reinforcement to achieve the personal health goals through individual instruction, group classes and follow-up phone calls.

Being a nonprofit organization, Health Education Consultants relies on grants, fundraisers and donations to help pay health educator salaries and to purchase education materials. Health Education Consultants is on Facebook under "Health Education Consultants." For further information you may contact Dave Brangan, MS, CHES, who is CEO of the organization at 803-727-8837. Donations may be made out to Health Education Consultants and mailed to PO Box 308, Irmo, South Carolina 29063. Email address is: healtheduc@comcast.net. ●

News from SCAAHE President, Kelli Kension



Greetings from the SCAAHE Leadership Team! We are looking forward to an exciting year focused on engaging health educators across South Carolina in discussions about the growing health education profession and the role of our professional association in enhancing the profession. We plan to engage members of SCAAHE, the Health Education Section of the SC Public Health Association, and representatives from higher education health education professional preparation programs in these conversations. In addition, we will continue to collaborate with SCAHPERD leaders, SCAPES, and SCDA to accomplish our joint mission of promoting health, physical activity and wellness.

While we are still building the larger SCAAHE Leadership Team (and contact me if you are interested!), I welcome returning and new members to our 2015 Executive Board: Regina Creech, Past-President; President-Elect, Erica Boykin Ayers; Treasurer, Richard Krejci; Secretary: Tiffany Mack; and Members-At-Large: Jacqlyn Baylis, Christen Jackson, and Coleman Tanner. Just this week, Beth Barry agreed to lead our advocacy efforts. Dave Brangan will be on “special assignment” expanding our SCAAHE Facebook presence – he did a fantastic job of documenting our successful conference with real time posting of photos. Thanks to this diverse and talented group of colleagues for their commitment to our profession and association. Please let me know if YOU are interested in joining this group – we have many open committee chair positions including awards, nominations, CHES/MCHES, and publicity!

If you did not attend the conference in November, you missed an outstanding selection of skill building workshops and numerous networking opportunities including a fun social! This year’s conference will be even better – plan to join us in Myrtle Beach November 13-16, 2015.

At the conference we honored colleagues and collaborators. Congratulations to the 2014 SCAAHE Award Winners:



Health Education Professional of the Year *Lori Phillips, MPH, MCHES*

In her current position as Director of the Division of Nutrition, Physical Activity and Obesity, Lori directs programmatic activities that address obesity prevention and control, using evidence-based approaches with emphasis on environmental strategies. She convenes and increases capacity of partners to develop state-level nutrition and physical activity initiatives and community-based activities across all settings, to promote and support environmental changes, evaluation, and health communication. She is an active SCAAHE member who has served in numerous leadership roles, most recently as chair of the CHES/MCHES committee.



Health Education Professional of the Year *C. Suzette McClellan, MPH, MCHES*

Suzette has worked diligently on the issues of community health improvement for 20 years. To achieve healthier communities, she has provided leadership in forging numerous community collaborations and partnerships primarily in the area of chronic disease prevention. Suzette has been a member of SCAAHE for over a decade and provided dedicated service. Her service on the NCHES Division Board of Professional Development was stellar. The Board provides oversight for designated continuing education providers, CHES recertification, and annual renewal procedures.



2014 SCAAHE Outstanding Contribution to Health Education Award *Representative B. R. Skelton*

This award recognizes professionals whom have demonstrated commitment to health and education. Rep Skelton’s sponsorship, service and support of beneficial health/education policies, legislation and/or statutes is indeed noteworthy.



2014 SCAAHE President’s Award *Dave Brangan*

Dave, who was one of the original CHES in South Carolina, has years of dedicated service to Health Education and the SCAAHE Board, having served as Member at Large and chair of the Publicity, Membership, and Legislative Committees. He is a passionate health educator who is deeply committed to serving his community as well as his profession. More about Dave’s newest contribution SC, establishing the non-profit Health Education Consultants, Inc. is included in a separate article in this newsletter.

If you have any questions about SCAAHE, want to join the fun and talented SCAAHE Leadership Team, or just want to chat, please contact me by phone at 803-316-6726 or email Kenison@mailbox.sc.edu.

South Carolina Association
for the Advancement of
Health Education



News from SCDA President, Georgia Haygood



I would like to introduce myself to you as the newly-appointed president of SCDA for the 2014-2015 year. I am honored to be a part of such a wonderful organization whose mission is to provide on-going professional support to dance educators, dance studios and freelance artists of South Carolina. I have been a member of SCDA for three years.

One of my goals is to continue with the advocacy of dance through professional development, workshops and festival events. The past SCDancing Festival and annual conferences are events that have been a constant success for SCDA. This year we will resume with the creation, planning and implementation of these events. Location sites being considered for the 2016 SCDancing Festival are the Governors School, Winthrop University, Columbia College and USC. The annual conference will be in North Myrtle Beach, SC with our partnership organizations SCAHPERD. In an effort to providing more professional development opportunities for our dance educators, we recently collaborated with USC in bringing Clay Taliaferro to conduct a wonderful modern dance master class. An African dance workshop was also held at Columbia College. In March, the Gaillard auditorium has partnered with the Charlotte Ballet to do a one day professional development for local and regional dance educators in Charleston.

As we move forward in developing SCDA we would like to improve on the following areas that would assist with meeting the academic, physical and professional needs of our members. **Member-**

ship: In order for our organization to continue to be in compliance, we would like to increase our membership. Our goal is to increase membership by 20 members by the conference. **Professional Development:** Maintaining our professional knowledge of our craft is very important. It is our goal to provide dance educators, freelance artists, students and dance professionals more opportunities to develop their skills through workshops or professional development. The ideal scenario is to provide PD opportunities in the different regions of SC. **SC Dance Directory:** Engaging our community is very vital to its growth. Creating a South Carolina Dance Directory will allow our organization to network, and stay connected. **Jump Start for Heart:** This year we would like to add the initiative Jump start for heart events at all the schools in the Charleston area and open up involvement to the other regions as well. This one day event will encourage and promote dance as a healthy a viable means of improving health for school age children. The event will bring together health initiatives as well as movement and dance activities that will encourage students to have a healthy lifestyle.

I look forward to a wonderful and enriching year as the president of SCDA. If you have any suggestions or would like to assist in any of our events please feel free to notify our organization. ●



Message from SCAFP President, Michael Williams



My name is Michael Williams and I am the current President of the Future Professionals of South Carolina. I am currently a junior at South Carolina State University majoring in Sports Communications/Activity Management. My career goal is to become a general manager for a professional sports team. We, at South Carolina

State, look forward to another opportunity to take a leadership role in the Future Professionals SuperStars Competition. Last year was our first year taking on this leadership role and we look forward to enhancing the experience for everybody. We are in the process of working on new ideas and activities to make

SuperStars even more successful. If anyone has any ideas or games they would like to see included in SuperStars Competition you can contact me via email:

mwilli36@scsu.edu. Also, we would like to attract more schools this year and extend an invitation to anyone who would like to attend. Ideas as to how we can do this are welcome as well. We hope you plan on attending the 2015 SCAHPERD Conference and look forward to seeing you there! ●



ADDRESS OR EMAIL CHANGE

Throughout the year, members change their email or snail mail address. In order to serve you better, please make sure that the office knows about these changes. If your mailing address is different than your residence address, please inform Shannon at (803) 786-3384 or by email at scahperd@columbiasc.edu.

MEMBERS ONLY CORNER

As a SCAHPERD member, you have the ability to view current newsletters. Go to www.scahperd.org and click on the "Members Only" link at the bottom left of the home page and then enter "1948" as the password.

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For more information about FlagHouse programs, contact John Ruggiero at John.Ruggiero@FlagHouse.com

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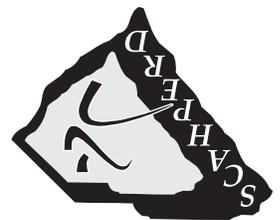
scahperd@columbiasc.edu
email

803-786-3386
tax

803-786-3384
phone

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