

JULY-AUGUST
2018

**SPECIAL
POINTS OF
INTEREST:**

- 2018 LDW
- Technology Changes are HERE!
- Elections and Proposals
- 'I belong to NAKHE & here's why?'

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A Message from President Betty Block

Happy Fall Semester Everyone! I trust each of you had a fabulous summer and are hitting the ground running. I have some great news to share with you. Our WebMaster/Membership Coordinator, Donna Woolard, has been working with our Executive Director, Carrie Sampson-Moore, and me on our new webpage. She has done a fantastic job migrating information and adding new bells and whistles to <https://www.nakhe.org/>. On the homepage you will see the latest news and updates, upcoming events, and quick links to NAKHE business. We have a member center that contains your membership standing, profile, account, journal access, and the membership directory. If you haven't already, go in and create your password so that you can go into the member

center and make certain your information is up-to-date. Thank you, Donna, for a job well done!

Start making plans to attend the annual conference in Savannah, Georgia, January 9-12, 2019 at the Marriott Savannah Riverfront Hotel. The theme of the conference is Best Practices in Kinesiology: Showcasing our Successes. We would love for you to present at this conference and showcase your successful best practices. You have until September 10, 2018 to submit your proposal. Here is the link to the proposal page: <https://www.nakhe.org/cgi/page.cgi/2019-conference-proposal.html>

My most favorite part of the conference each year is connecting with professionals like

you who are doing such amazing things out in the field. I look forward to a wide variety of presentations!

A member service that I would like to highlight in this newsletter is OPERA, our jobs site. OPERA stands for Opportunities in Physical Education and Related Areas. It is NAKHE's Job posting service. If you have an open faculty or administration position, just send it in. Posting on OPERA is free to NAKHE members and institutions employing NAKHE members. Support your NAKHE colleagues by posting your job announcements today at this link: https://www.nakhe.org/cgi/page.cgi/jobpostings.html?cmd=employer&parent_id=4

All the best for a great semester!

Betty





Reflections from
Beth Hersman

Leadership Development Workshop (LDW) 2018

Coming to the LDW this year, I had prepared myself for sitting in a classroom and learning more about becoming a better leader... little did I know that was NOT the plan this time around! Most of us learn by doing, and I am no exception to that, so when I heard we were going to have the opportunity to take on some outdoor adventure experiences, I was excited to see how I did and how I could take what I learned and grow as a leader at my university. Geocaching and experiencing the Flagstaff adventure course were two great ways for me to learn about leadership in a non-traditional way- in each of these activities I was inexperienced and more than a little tentative to engage, wanting someone to tell me what to do the whole time, which is how I work at my university... I just plug along and do what I'm supposed to do, waiting for direction along the way. This LDW encouraged me to step outside of my comfort zone in so many ways- in the geocaching activity, I was in a group where none of us had ever done geocaching before, so we were forced to work together, support one another, offer suggestions on how to complete our task, but most importantly, we had to listen to one another and learn on the fly. I realize that this is not unlike leadership in Kinesiology-related fields- a lot of the time, we are put into leadership positions with little to no experience or prior preparation and are expected to be successful. I am fortunate enough to have a supportive group of friends at NAKHE who are also in similar positions at their respective universities, who are learning as they go too, and we are all comfortable enough with one another to share our thoughts and experiences, and as Steve Estes told us at the LDW this year, "What happens at the NAKHE LDW, stays at the LDW", this is a judgment free zone. Everyone who comes to the LDW is here because we want to be better leaders and any concerns or questions we have are welcomed with support and a lot of discussion and suggestions from others. When you

get a bunch of leaders together in one room, it is hard to get a word in edgewise, but we still managed to learn more about one another through shared experiences both at this LDW and from similar things we have gone through at our own universities when it came time to debrief our experiences. When we went to the Flagstaff adventure course, I was pumped to try something new- as a kid, I climbed trees all the time, but had never been on a high ropes course or zip line before... and then it started to rain... and then it poured. And THEN our guide gave us the obligatory 30 minute "how-to" talk IN THE POURING RAIN. Talk about a test of our leadership! You know the saying "when it rains, it pours"? This was literally true as we stood there, but then I realized that this saying can also be true in everyday life as well as in our positions at work. It is no secret that my university has had its share of trials over the past year and just when it seems that we are coming through the rain to the rainbow at the end of the storm... more thunder. As I started climbing up the ladder on the adventure course, I questioned my sanity for even trying to complete the demo part of the course, which was only 10 feet or so in the air. I had to learn to give up control and to reach WAY beyond my comfort zone, and sometimes that reach grabbed nothing but air. Leadership is like that- at times we have to be willing to try something new and to embrace the experience and to be willing to adapt when things do not go the way we expect. Leadership is not always about leading- sometimes you have to be willing to ask others for help when you need it. It's okay to feel vulnerable and to give up that control. One thing we will always have at NAKHE is the support of friend who are here to lift us up and to help us reach for the stars (or in this case, the rope swings). Leadership Development Workshop, and thank you to those who put a lot of hard work into making this a great learning experience (and for getting us up and moving while we learned)!



(Above) the outdoor adventure begins with safety and smiles.

(to the left) These two need no introduction, but LDW would not be the same without Betty Block and Steve Estes



Donna Woolard
Webmaster and
Opera Editor

Technology Changes are HERE.....

NAKHE's New Website Has Launched

On Tuesday August 21st, we launched the new NAKHE website. The next day, current members were sent an email with directions for logging into the new site. After logging in, members were able to set up their passwords and update their profiles.

The new site's design is cleaner and simpler. But best of all, the new site is easier to navigate and registering for events is less complicated.

In the Member Center, you will find links to *Quest*, *The International Journal* and *Research Quarterly*. While logged in, you may access the membership directory, edit your profile, and review your donations and payments to NAKHE.

OPERA, our job posting service, has been revamped. It's now a job board. Members and visitors may scroll through current job openings at higher education institutions. Do you have an open faculty position? Posting on OPERA is free to NAKHE members! To post a position on the new job board, click on the "Submit a Job" button and fill out an online form.

If you have problems logging into the new site, submitting a conference proposal, or registering for an event, contact Webmaster Donna Woolard (admin@nakhe.org or woolard@campbell.edu). She will be happy to assist you!

[We'd love to know what you think of the new site! Participate in our online poll!](#)


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Timothy Baghurst
Facebook Guru

We want to share your success! At NAKHE, we love celebrating what our membership is accomplishing, and we like highlighting these achievements on social media. Earned tenure? Got promoted? Won an award? Achieved something in sports? Let us know by sending us a Facebook message and allow us to celebrate with you and our membership.

<https://www.facebook.com/nakhe2/>

NAKHE introduces new App

Hello NAKHE Members!

I hope you all have had a wonderful summer and are ready to get back to the classroom.

As we have all been seeing, our National Conference is literally just around the corner! I wanted to take a moment to discuss what the technology has been working on this summer in preparation for the conference. In early spring we were approved to begin looking for a different app company. We just recently began using an app for our phones a few years ago, however that company raised their prices and changed some of their regulations. That being said, we were on a mission, contacting multiple different app companies. After much research we chose the Whova App! For those of you that attended the Leadership Conference in AZ, they were able to use it! From what I gathered it was a hit! As with all things, it takes a bit getting used to, but I love what this app offers. I am so excited for you all to get the chance to use it at the National Conference! If you are interested in reading more about it please take a look at <https://whova.com/>. When you register for the conference you will later get an email to register for WHOVA. You are welcome to download the app beforehand, however you are unable to join the event until a few weeks before the conference. I will keep you all posted and if you have any questions or concerns, please don't hesitate to contact me at lsweet1@emich.edu.

Have a great semester and can't wait to see everyone in Savannah!!



Laura M Sweet, PhD, Technology
Chair
Health Promotion & Human
Performance
Eastern Michigan University

Please Donate to NAKHE

Are you enjoying your NAKHE membership?

Is NAKHE helping you grow professionally?

If so, please consider donating to NAKHE. Donations are used to finance worthwhile NAKHE projects like the Engaged Scholar Program and the Leadership Mentor Program. Able to give more? Consider sponsoring an event. You

can make a donation to Friends of NAKHE or sponsor an event at <https://nakhe.wildapricot.org/>

If you have any questions, please contact [Ron Feingold](#), the NAKHE Foundations Committee Chair.



Your contribution will help
NAKHE thrive and grow!

Nominations & Elections News

Final candidates for the positions of Vice President-Elect and Secretary are:



Candidate for Vice President-Elect

Dr E. Newton Jackson
University of North Florida



Candidate for Secretary

Dr Gayle Wells
Western Carolina University



Candidate for Vice President-Elect

Dr Jody Langdon
Georgia Southern University



Candidate for Secretary

Dr Emilia Zarco
Adelphi University

For more information on each candidate, please click on their names.

Elections Open Saturday, September 15

The election will run Saturday, September 15 through Monday, October 15. A message with a link will be emailed to all current NAKHE members. The email will come directly from a secure online voting website called "electionbuddy". electionbuddy uses SSL 256 bit encryption — the same as major banks. All votes are confidential and cannot be seen by others. So, please be on the lookout for an email from elections@electionbuddy.com and cast your vote! Your opinion matters!



Deadline to Submit Proposals Extended to September 10th

The deadline to submit presentation proposals for the 2019 Conference in historic Savannah, Georgia, has been extended to September 10, 2018. The online form to submit proposals is posted and ready for submission!

If you have any questions, please contact Lynda Ransdell, the conference planner, at lynda.ransdell@nau.edu



Engaged Scholar Program (ESP)

- Applications for the 2019 ESP are due 15 March 2019. Applications for the 2018 ESP are closed.
- Notification of financial awards and ESP dyad couplings will be made by 1 June 2018.
- Information on the ESP can be had by following this link: <http://www.nakhe.org/leadership-development#EngagedScholar>
- Additional information can be had by contacting Tyler Johnson at tylerjohnson6@boisestate.edu.
- Past ESP Award Winners:
 - Nhu Nguyen - Metropolitan University of Denver (2015) – Mentor: Lynda Ransdell (NorthernArizona University)
 - Takahiro Sato - Kent State University (2015) – Mentor: Sam Hodge (The Ohio State University)
 - Tyler Johnson - Boise State University (2015) – Mentor: Scott Kretchmar (Pennsylvania State University)
 - Susan Bertlesen - Metropolitan University of Denver (2016) – Mentor: Chuck Corbin (Arizona State University)
 - Jody Langdon - Georgia Southern University (2017) – Mentor: Brian Culp (Kennesaw State University)

I belong to NAKHE & here's why!

with Anthony Rosselli

Texas A&M University-Commerce

1. HOW DID YOU HEAR ABOUT

NAKHE? When I took the job at TAMUC, I was aware that our department was involved in NAKHE (Betty Block and Tara Tietjen-Smith both serving at high-levels of leadership within the organization). My first conference with NAKHE was in Orlando in 2017 and over half of our department went. I heard from my colleagues that it was a great organization to be a part of and a really fun and intimate conference. I was intrigued to learn more so I decided to submit a presentation and attend. I was not disappointed and found all of the hype to be true.

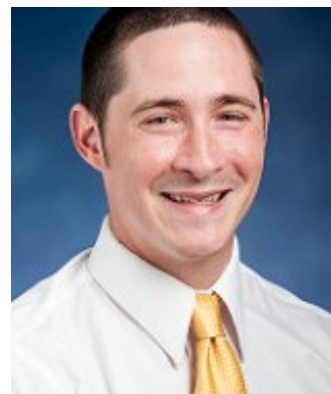
2. WHY DID YOU FIRST JOIN? I am a big fan of smaller, more intimate academic organizations. Many times we get caught up in the 'bigger is better' mentality and I prefer conferences where everyone feels welcome. This was what first drew me into NAKHE and helped me decide to join the organization. My first conference reinforced the picture my colleagues painted for me about NAKHE and I can say it was all true. From the first social to the closing sessions, you feel as though people truly want to get to know you.

3. WHY DO YOU COME BACK?

NAKHE really feels like a family. I enjoy attending the conference each year and I attended my first Leader Development Workshop this year in Flagstaff, AZ. That was a great experience and it further reinforced the family feel of NAKHE. I have found the conferences to be a great place of encouragement and interdisciplinary bonding. I have friends in all areas of Kinesiology and all levels of tenure within NAKHE. At how many organizations can you say you had dinner with a former president and a grad student (all from different disciplines and universities) all at the same table? That happens at NAKHE. Titles and accolades play the background to family and mentorship here

4. WHAT ARE YOUR EXPECTATIONS FROM MEMBERSHIP AND PARTICIPATION?

At NAKHE conferences, I can always expect to be welcomed and engaged with. You really have to work hard to feel alone at a NAKHE conference. It is an organization that truly desires and generates interaction and community among its new members. I know that I can go to any of my fellow NAKHE members



for advice, wise council, and mentorship. Regardless of discipline or position, I can count on my NAKHE colleagues to be there for each other. Furthermore, I know that I will have access to leaders in the field and high-quality research publications throughout the year. You really cannot go wrong by getting involved here. You feel as though you get so much value than the membership cost.

5. WHAT CAN YOU SAY TO OTHERS ABOUT WHY THEY SHOULD BECOME

INVOLVED: If you truly want to feel as though you belong to an academic organization, NAKHE is the place for you. As I keep saying, it is all about family here!

National Association for Kinesiology in Higher Education

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www.nakhe.org

