



United, Protected, Connected

Des Moines Education Association

# DMEA TEMPO

## DMEA Recommends Neiderbach, Roeder for School Board

The DMEA Governmental Affairs (GA) Committee recently completed interviews with the six candidates running for the two open school board seats. All six candidates gave strong interviews. Each candidate brings certain strengths to the position. However, based upon a variety of standards, including their chances of being elected, and the GA Committee's recommendations, the DMEA Executive Board recommends Jon Neiderbach and Phil Roeder for the two positions.

Jon Neiderbach is the current president of the DMPS school board. Jon is in his second term as a member of the board. Jon supports the following:

- Giving teachers better tools to involve parents.
- Enhancing the use of technology in the classroom.
- Challenging the state's finance system

to allow for increased funding for districts with diverse student populations.



Phil Roeder is making his first attempt at a school board seat. Phil is employed by the Crawford Law Firm in Des Moines. He has been actively involved in a number of national and state political campaigns, including that of Sen. Tom Harkin. Locally Phil was involved in the campaign to approve the local option sales tax for DMPS and has been active at Greenwood School.

The School Board election will be held on Tuesday, September 14<sup>th</sup>. If you have not registered to vote, you have until September 3<sup>rd</sup> to register. It is extremely important that we elect strong candidates that support DMEA on the issues. Please remember to vote!

### Special Election for DMEA Secretary

With the recent resignation of Jeremy Kunz to take a position with ISEA, the position of DMEA secretary is now open. A special election will be held to fill the remainder of Jeremy's term. Those people interested in running should contact the DMEA office for a Statement of

Candidacy form. The completed statements are due at the September 9<sup>th</sup> FR meeting. Candidates will be provided with a brief opportunity to speak at the meeting. Ballots and complete election information will be sent to each building later this month.

#### Inside this issue:

Message from the president	2
ISEA Summer Conference	2
Excellence in Education Award	3
Meet Our New Employee	3
Volunteer!!!	4

Change is the law of life. And those who look only to the past or present are certain to miss the future.

John F. Kennedy

## Wellness Corner



### These Boots Are Made for Walking

Improving your health is as easy as taking one step at a time. Health officials advocate that each person should take 10,000 steps per day.

As a nation we average less than 4000 steps per day. Our lack of activity is largely due to our lifestyle—more deskbound jobs, more commuting and more time online.

A brisk 30-minute walk is an easy way to fill your daily activity quota. It's enough to gain significant health benefits no matter what your age or weight. Recent studies show regular, brisk walking can produce these effects:

- Stroke: Risk is 30% lower if you walk briskly 2-3 hours per week.
- Heart Disease: Risk is 40% lower if you walk briskly four hours per week.
- Type 2 Diabetes: Risk is up to 30% lower if you walk briskly three hours per week.
- High Blood Pressure: It can be prevented or lowered with walking.
- Osteoporosis and bone fracture: They will occur less often.

If you can't fit in a structured exercise time, keep in mind that shorter periods of brisk walking can accumulate each day to achieve the desired health benefits. Even short walks can give you a physical and mental boost and help sustain your commitment to exercise.

## Greetings from DMEA President Alan Young

Well summer is supposed to be a time for a little rest and relaxation. I truly hope your summer has yielded rejuvenation and renewal. You know, as much as we value time with students, most do not realize how important our time away from students is. Many never realize that we keep thinking, reflecting, and learning about how we can better serve our students when we are apart from them. While, students are rarely far from our hearts and minds, most do not consider how important it is to get away from the "daily grind," to reflect and gain new perspective and insight.

If real, lasting improvement in education is to occur, it cannot happen without the deep, meaningful involvement and insights of those who work most closely with students. That's us. That's the DMEA. To refocus, revise, retool, and generate new ideas to improve student learning requires opportunities to stop and think. Some adjustments require such pause. So I indeed hope you found time for reflection and rejuvenation this summer.

Don't forget that the same principle applies to finding times of reflection and renewal throughout the year, week, and day. Adequate planning, growth, and collaboration time apart from our students is important. Remind those who continue to whittle away at this

invaluable time or who overwhelm you with far too many students to reach personally, how vital this time is. Cherish the time to reflect and reinvigorate and use it to keep in touch with your passion to make a difference.

For it is your passion and active caring that are vital to how students shape their perceptions of you, themselves, their experience, and their dreams. You have another chance to make a difference in the lives of students. Most are never afforded the opportunity you have to touch so many . . . to shape the future. Don't lose sight of that. Make a difference. DMEA is dedicated to helping you make that difference. But we can only do so with your active participation.

YOU are the DMEA. Only together can we collectively improve the culture and condition of our buildings and district and make the difference we seek. Help us work for systemic improvement that improves our conditions and school culture for both the staff and students. We can no longer wait for things to change. We must lead it. The kids are depending on us. I look forward to working with and for you as president of the DMEA and truly hope that your year begins with great hope and renewed vigor.

## DMEA Members Attend ISEA Summer Conference

Eleven DMEA members attended the ISEA Summer Conference held in August on the Buena Vista campus in Storm Lake. The attendees participated in a number of break out sessions that were designed to improve leadership

skills. In addition, participants were treated to keynote addresses by Ted Stilwill, former Director of the Department of Education, and Reg Weaver, president of the NEA.

## Nominate Great Teachers for Excellence in Education Award

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Teachers change lives. They educate. They nurture. And they inspired. Now you have a chance to help honor outstanding educators.

If there is a teacher who changed your life or the life of your child, why not nominate him/her for the Excellence in Education Award. It's a recognition program sponsored by the Iowa State Education Association, KDSM Fox 17, and WHO News Radio 1040 to honor Iowa's everyday heroes—the countless teachers who go the extra mile and

make a difference each and every day for their students. Each nominated teacher will receive a certificate of thanks. The teacher who receives the prestigious Excellence in Education award will win a cash prize for themselves and one for their school.

If you wish to nominate a colleague or a teacher you admire, you can use the convenient online form on the ISEA web site ([www.isea.org](http://www.isea.org)). The deadline for nominations is September 17<sup>th</sup>.

## Meet DMEA's New Addition

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We're pleased to announce the addition of Doug Smith to the DMEA staff as our office secretary. Many of you know Doug from his work with the Clerical bargaining group.

Doug was a 1999 graduate of East High where he served as Student Body President. Since graduation Doug has worked as both a special education

associate and as a teacher clerk at Hiatt Middle School. In his spare time Doug attends night classes as part of the George Washington Carver Teacher Education Program. He has also been very busy working evenings as a Security Guard at the Iowa State Fair.

Please welcome Doug to the DMEA staff.

## Two DMEA Members Participate in UniServ Training

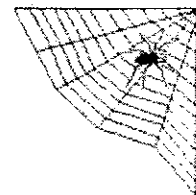
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Two very active DMEA members are currently participating in the UniServ PreEmployment Development Program. Jeremy Kunz, a teacher at Smouse and the former DMEA secretary, and Suzy Case-Card, a teacher at Goodrell, were among 12 association members chosen from a nationwide pool of applicants.

Jeremy and Suzy left for Washington, D. C. on July 9<sup>th</sup>. They spent the remainder of the month participating in day long training sessions to learn how to work as an NEA UniServ Director.

After returning from D. C., they began working as interns for ISEA. Jeremy is working in the East Central UniServ Office in Cedar Rapids and Suzy is working in the Southwest UniServ Unit Office in Red Oak. They will complete their internships in late August. At that time they will be fully certified to work as UniServ Directors in any state. The training is paid for by NEA with the expectation that those members who complete the course must actively pursue a UniServ job in any state.

## Caught in the Web



The Race to the White House is in full swing. As the election nears you might want to use the following web site's with students and for your own decisions.

### Choosing Champions: A Voter's Guide to Public Education Candidates

[http://www.publiceducation.org/voter\\_guide/home.asp](http://www.publiceducation.org/voter_guide/home.asp)

This guide contains information to help voters determine which candidates truly support public education. It includes sample questions and talking points.

### NPR Election Coverage

<http://www.npr.org/topics/topic.php?topicId=11>

This site provides a real "fair and balanced" look at the upcoming presidential election.

### Vote, Run, Lead

[http://www.voterunlead.org/take\\_our\\_girls.cfm](http://www.voterunlead.org/take_our_girls.cfm)

This site is directed at the 15 million women between the ages of 18-34 who did not vote in the last election. It contains 18 election activities for people under age 18.

### America Votes 2004

<http://www.cnn.com/ELECTION/2004/index.html>

You can find balance information on the upcoming election. Check out the "Campus Vibe" section to see headlines geared toward young people.

### Official Candidate Web

<http://www.johnkerry.com>  
<http://georgewbush.com>  
<http://www.votener.com>

I wouldn't recommend any of these sites as the sole source of information, but they can be used to compare advertising and issues.

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## Volunteer and Win!!!

ISEA is sponsoring a drawing for those members who volunteer to work for three hours for an ISEA recommended candidate. Prizes include Amazon gift certificates, weekend vacation packages, and a DVD player. To enter simply call the DMEA office (471-8040) to pick up an "I Helped" card. When you complete your volunteer work, submit the card to the DMEA office. You can submit multiple cards for each three hours worked.

### Recommended Senate Candidates

- Laura Sands-District 32
- Dick Dearden-District 34

### Recommended House Candidates

- Jo Oldson-District 61
- Bruce Hunter-District 62
- Dan Scannell-District 63
- Janet Peterson-District 64
- Wayne Ford-District 65
- Kevin McCarthy-District 67
- Dave Campbell-District 69
- Rob Tucker-District 70
- Rod Fee-District 73
- Mark Davitt-District 74

## And Now It's Time to Say Goodbye...

As some of you have already heard I recently accepted a job with ISEA and will be leaving DMEA effective September 15<sup>th</sup>.

I have truly enjoyed my time in Des Moines. I have met many great educators who have become friends and now colleagues. I have learned more about the workings of an urban school district than I ever imagined.

My new position will allow me to

remain in Des Moines. I will be working with several of the suburban districts and with some of the smaller districts west of Des Moines.

The DMEA Executive Board plans to begin an immediate search for my replacement. In the meantime, they will be looking at the possibility of an interim director. Since my new office is just down the hall, I will probably answer an occasional question as needed. Please keep in mind that your questions will be

answered and service will continue from the office during the transition.

I want to thank all of you for your tremendous support over the years. I also want to thank my tremendous office manager, Sharon Nelson, for all of her support and both DMEA presidents, Chris Miller and Alan Young, for the support offered during my time in Des Moines.

Randy Richardson

## DMEA Calendar



- September 2, 2004  
DMEA Executive Board  
4:15 p.m.
- September 7, 2004  
DMPS School Board Meeting  
Open Forum 5:45 p.m.  
Regular Session 6:00 p.m.
- September 9, 2004  
Faculty Rep. Assembly  
North High Cafeteria  
4:15 p.m.
- September 14, 2004  
School Board Election
- September 16, 2004  
DMEA Executive Board  
4:15 p.m.
- September 21, 2004  
DMPS School Board Meeting  
Open Forum 5:45 p.m.  
Regular Session 6:00 p.m.
- September 24, 2004  
In-Service Day-No Classes