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Area 10 Spring News

The Post A10 Conference 411

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May 2008

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Hey Hey Area 10!

Spring has sprung! And we all know that there is nothing prettier than a New England springtime- well, maybe only a New England Autumn. As a Peer Educator, spring is a hectic time- the impending doom of finals, the pressures of getting that perfect summertime glow, and of course the final touches on a year of hard peer educating can weigh heavily on our minds. So, in this newsletter, let's focus on you- your hardwork, your accomplishments and ultimately the fun that we all had peer educating this year!

Now, of course, for those of you that were there, everyone knows that the Area 10 Conference was the place to be at the beginning of April. For those of you that didn't make it- we missed you and wished you could have joined the festivities! So, let's recap. This year's A10 Conference "Beyond the Box: Creativity and Diversity in Peer Educating" had the biggest turn out ever for our area. We had present: 7 states (one of which wasn't even in our area), 24 campuses and approximately 180 peer educators and advisors. Kudos Area 10! Way to represent!

Here is a pic- taken by one Chance Dorland, Student Trustee, of the "Human Bingo" ice breaker. See anyone you know?



Look at all those good-looking A10 Peer Educators!!!

Area 10 Conference Host Wanted!

If you had a great time at the Area 10 Conference last month... consider submitting a bid to host next year!

We are seeking a host campus, preferably outside Connecticut, that is able to take on the logistics of planning. Don't worry - you won't be going at it alone. The Area 10 Leadership Team provides tons of support throughout the planning process.

To get your questions answered about what it really takes to host this conference, contact Lisa Currie, Area 10 Consultant, at lcurrie@wesleyan.edu or 860.685.2466.

You will be provided with detailed information on hosting expectations and the specifics on submitting a bid to host.

Consider this a great way to showcase your campus and peer education group and to make a significant contribution to peer education!

Words of Wisdom: Jessica Pettitt

If I could describe the Area 10 Conference's keynote speaker in one word, it would be: spunk. This woman has it in spades, coupled with her unmatched openness and her ability to turn a room upside down.

Pettitt embodied the conference theme of "Beyond the Box: Creativity and Diversity in Peer Education." It takes a special person to make you re-evaluate yourself in the way that Pettitt does. And, the best part is that she is not accusatory or judgemental in her delivery- she just states the facts: everyone has biases whether or not we are aware of them.

Pettitt points out that as a peer educator, we need to be aware of our own biases and do our best to combat them in order to become the best we can be. She goes further to say that doing this can and will help us in all areas of our life, not just in our peer education endeavors. So, with that being said, I submit to you a piece of advice that I wrote down during her speech that really got me thinking. It can mean so many things, but I think it is an important tid bit to remember...



"'This is dumb and stupid' is a form of institutionalized oppression."

And the Winner Is...

I would like to take this opportunity to recognize the efforts and commitment of the Area 10 Award Recipients. Again, congratulations on being an outstanding member of BACCHUS - your impact will not be forgotten!

Meagan O'Keefe	Bridgewater State College	Outstanding Peer Educator
Nancy Hood	Roger Williams University	Outstanding Advisor
"How to Fight the SHU Blues"	Sacred Heart University	Outstanding Program
Roger Williams University P.E.E. R.S	Roger Williams University	Outstanding Peer Education Group
Haley McCarthy	University of Connecticut	Outstanding Alumna



Outstanding Peer Educator Meagan O'Keefe (left) with SAC Courtney Cydlo



Outstanding Advisor Nancy Hood (left) with Donna Darmody



Outstanding Program winners from Sacred Heart University with Laura McAvey, MA State Coordinator (right)



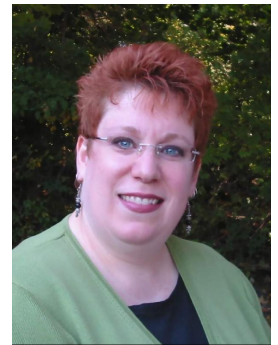
Outstanding Peer Education Group Roger Williams University P.E.E.R.S.



Outstanding Alumnus Haley McCarthy (right) with CT/RI State Coordinator Joleen Nevers

Consultant's Corner

While it may be hard to believe that yet another academic year is ending (or maybe already ended for some of you!), I hope that you will take a moment to reflect on your accomplishments personally and within your peer education group.



It can be easy to remain focused on the problems -- the high risk behaviors we see students continue to engage in, the programs we haven't had time to develop, or the peer educator training that didn't quite make it onto the calendar. What we *didn't* accomplish can weigh heavily on us.

Yet we accomplish so much! The challenge can be that we don't always see the results of our efforts immediately, so we don't think we've done anything. I often tell people that my title may be health educator, but I'm actually a farmer. I spend my days planting seeds, ones that hopefully will sprout and grow into healthy behavior change. Sometimes that change will happen several months or years down the road, long after I've had contact with the person. That fact doesn't make planting the seed any less important.

Be sure to count each and every one of those planted seeds as an accomplishment. Hopefully that will help shift the focus to where it should be -- onto all that we truly do to create healthier campuses!

Be well...
Lisa Currie
Area 10 Consultant

Ten Ways to Relax on the Go!

By Mike Moore



- 1. Take three deep breaths slowly. It really works to relax the body and mind.**
- 2. Relax the tongue. Usually the tongue is held tightly against the teeth. Free it up in the mouth so it can just rest there without tension.**
- 3. Take one minute vacations. In your mind visit places where you find peace and stillness. Picture yourself there soaking up the beauty and solitude.**
- 4. Relax your facial muscles. When we are tense we frown and squint which adds to the tension. Tell your facial muscles to relax and they will. Try to maintain this relaxed face throughout the day.**

5 .Move slowly. When you find yourself rushing for no reason, SLOW DOWN.

To Find the Last 5 Ways to Relax on the Go, visit <http://www.selfgrowth.com/articles/Moore14.html>

Alright guys, that's it for me for now. I hope that the Area 10 Conference was as enjoyable for you as it was for me. Thanks to the Area 10 team: Lisa Currie, Joleen Nevers, Ryan Travia, and Laura McAvey, as well as, Wesleyan's Peer Health Advocates for hosting and planning the conference- it is one that we will never forget!

So, stay relaxed during finals and try to get some time in the sun in between studying, programming and class.

Laterrrrr!!!

Your Friendly A10 SAC,
Courtney



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