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## ~Area 10 News~

~ Fall 2008 ~

ME~NH~VT~MA~CT~RI

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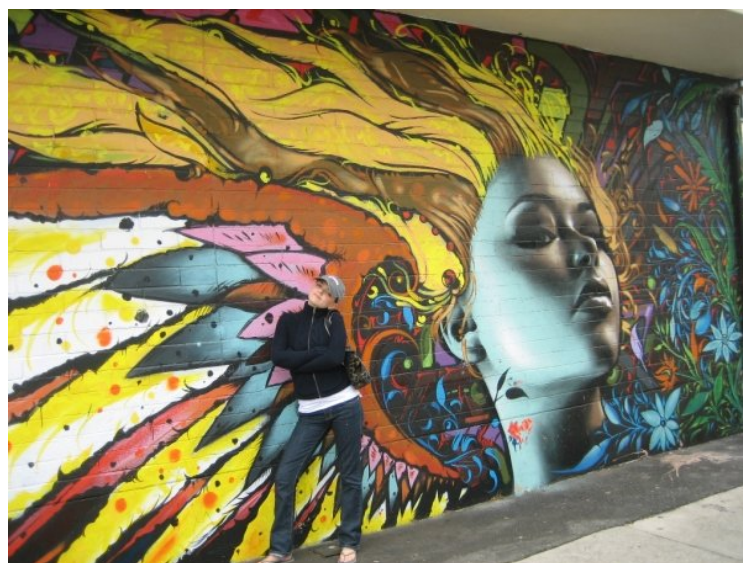
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### Area 10 Peer Educators!

Welcome back from what I hope was an incredible and relaxing summer for you all. Above is a picture of an awesome mural that Leah, the Area 2 SAC, and I found on a building in San Francisco after The Social Norms Conference. How beautiful is that?

As you know peer educators are always active and working and BACCHUS is no different. This summer has been great for the organization with the addition of a full-time CPE trainer and many other successes on our Sign for Safety initiative and many of our other campaigns. The Student Advisory Committee has been busy at work getting ready for the General Assembly in Ohio this November- hope everyone is getting excited, this GA is shaping up to be a great experience. Though I will be sad to leave this position, I am excited to meet more of you before my term is over and make some more exciting A10 memories.

### Quick Links

[General Assembly Info](#)

[Area 10 Website](#)

[FriendsDriveSober.org](#)

[SmarterSex.org](#)

[TobaccoFreeU.org](#)



Happy reading everyone and as usual send me any questions or comments that you have to: [area10sac@bacchusnetwork.org](mailto:area10sac@bacchusnetwork.org).

I want to hear from you!

Courtney Cydylo  
Area 10 SAC

Use the "Forward email" link at the bottom of the page to share this newsletter with other peer educators and advisors in Area 10!

Or if you have received this email from a friend, click on "Join our Mailing List" above for periodic updates on Area 10 activities!

No spam...we promise!

## Calling All Super Peer Educators!



Take a look in the mirror- you could be looking at Area 10's next potential **Student Advisory Committee member!** Maybe you have a friend in your peer educator group that would be great for the job- who knows, do a little thinking and I am sure you can find a great student leader who is motivated, hard working and dedicated to the BACCHUS cause on your campus.

Along with the travel opportunities and amazing people you meet, you can become an integral part of the leadership of the BACCHUS Network, working closely with other like-minded student leaders and advisors, as well as the national staff.

On a personal note, being a part of the BACCHUS network has helped me in so many ways in terms of my personal and professional growth. I have met so many wonderful people that are involved with this illustrious, history-making organization and it is my personal recommendation to anyone who may be interested in the position to fully understand the function of an SAC member so, as to be able to decide whether or not they are ready to commit to such an important position.

If you have any questions, check out the [BACCHUS website](#) and please [email me](#) because I would be happy to answer any questions that you may have.

## Let's Go to Ohio for GA!



Anyone who is anyone knows that the **BACCHUS General Assembly** is an amazing time with friends old and new.

So get ready to have a crazy time in Columbus, Ohio on November 13-16th with BACCHUS!

To Learn More, Visit:  
[General Assembly Info!](#)

### Consultant's Corner

*Does the Area 10 Conference offer valuable support for your peer education efforts?*



If you answered "yes", then my next question is this: **Will you consider hosting the conference on your campus?** If attending the conference is valuable to your efforts, then hosting helps you share your enthusiasm with an equally interested audience.

Here's the honest truth:

***The Area 10 Conference can not happen next semester if we do not secure a host campus this semester.***

**It's that simple.**

My campus hosted last year and I have been involved with area conference planning for ten years before that. I will honestly tell you it's not a small task. Yet it was a powerful experience for my peer educators and the attendees and one that I would not trade for the world.

It's important to know that the host campus does not work alone -- the Area 10 Leadership Team provides a huge amount of support in planning and on the day of the conference.

And if there are other BACCHUS-affiliated campuses near you ([check here](#) to find out), you could consider collaborating with one or more of them to co-host the conference and share the work load even further.

If you want to ensure that this valuable experience is available for all of us in Area 10 next semester (or beyond!), contact me at your earliest convenience. Thanks for considering this important opportunity!

**Lisa Currie**  
**Area 10 Consultant**  
[licurrie@wesleyan.edu](mailto:licurrie@wesleyan.edu)  
**860.685.2466**

## A Word from Our Trustee...

As we begin getting into the heart of the semester, it becomes easy to get overwhelmed. So many people begin reaching that critical point of overload. Perspective can be hard to find, but it is the key to creating a balance in your life and creating a difference on our campuses through our BACCHUS work.

If the peer educators in your program begin losing perspective, go back to the beginning. What are your goals? Self-care among peer educators is *always* among these goals; indeed, it's the sine non qua condition. Keeping that in mind, what do you specifically try to influence on your campus? How do you reach those goals?

Now gather the perspective you need to simplify your efforts and still reach your goals. If that means realizing you should do one less new, unproven program and focus on strengthening an old favorite, go for it. On the other hand, if that old favorite isn't helping you reach your goals, scrap it. You may consider taking out paperwork that was a great *idea* but isn't practical. Let go on the little things. Have the courage to see the difference between the little and the big. Focus on the big picture: having fulfilled, enthusiastic peer educators who make a difference.

Some questions you may ask to find perspective include:

1. Will I/we care whether we did or did not do this at the end of the semester? At the end of the school year? Will anyone else?
2. How does this fit into our big picture of what we want to accomplish? Does the amount of time we're spending on this correspond to its role in our mission?
3. What are we doing because we need to? (to fulfill our mission, campus requirements, etc.) What are we doing because we want to? What are we doing because we feel we have to?



In the words of Henry David Thoreau, "Go confidently in the direction of your dreams! Live the life you've imagined. As you simplify your life, the laws of the universe will be simpler."

With your new perspective on what matters for your program, rediscover that passion for peer education that drives you. Realize that the life you've imagined probably has a healthy dose of perspective and balance. Create a better way, a simpler way that reflects that which you value in peer education.

Tara Daniel  
Student Trustee

## BACCHUS Takes Over Facebook!



Did you know that BACCHUS has a Facebook global group available for its 35,000-plus peer educators?

Here are the top five reasons for you to join:

1. You are part of an immense network, so get the benefits of networking. Ask questions, communicate ideas, and meet fellow peer educators!
2. Stay up-to-date with everything going on at the national and area levels of BACCHUS.
3. You can't turn off being a peer educator--you know you're always educating--so go ahead and make it a part of your Facebook profile. Show your support and pride as part of a national network of students who know that being peer educators is important to them.
4. Facebooking is fun!
5. Get to know your area of peer educators so you can share ideas for area conferences, plan carpools to General Assembly, or block schedule speakers for lower fees!

You work too hard as a peer educator to ignore a resource for feeling better about what you do and improving what you do. Sign on, ask questions, and join discussions with students (and some advisors) from across the country. To join the group, search "The BACCHUS Network" as a global group. See you on Facebook!

## Need Help with CPE Training?

The new Certified Peer Educator Training Kit is now available for purchase from The BACCHUS Network!



The National Office staff have received positive results both from the CPE training kit and the trainings that we have conducted at Miami and Air Force. We are also conducting a CPE training as part of a pre-conference workshop at [General Assembly](#).

One new addition to CPE this year is that the National Office now has a full time staff person to work with CPE and to conduct trainings on your campuses.

If your campus is interested in hosting a training, contact Cody Siewert, CPE Training Coordinator, at [cody@bacchusnetwork.org](mailto:cody@bacchusnetwork.org) or call (303) 871-0901.

[Click here to purchase your CPE Kit!](#)

So- here's to the new semester and the excitement of another period where we can inform, positively influence, and help out our peers. Try not to stress the homework too much or overbook yourself. Dedicate a little time to yourself every day in order to get back some balance and stay refreshed, energetic and excited about every single day.

I will leave you with my favorite quote of all time: "I believe everything happens for a reason. People change so that you learn to let go. Things go wrong so that you appreciate them when they're right. You believe less so eventually you trust no one but yourself. And sometimes, good things fall apart so better things can fall together."

-Marilyn Monroe

**With lots of love-**

Courtney  
A10 SAC

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