



Welcome to the Start of a New Year:  
CT, ME, MA, NH, RI, VT  
February 2009

### Hello Area 10!

My name is Hannah Freedman and I am your newly elected Student Advisory Committee member! I just want to thank those of you who voted for me in Ohio and gave me such a great opportunity.

For those of you who I did not meet in Ohio, I am currently a Junior at Roger Williams University in Bristol, RI. I am a communications major with a minor in Political Science and I have been apart of the RWU Health and Wellness Educators for 2 years.



### Area 10 Conference ~ 2.28.09 @ ECSU

The Area 10 Leadership Team and our conference host, Eastern Connecticut State University, are very excited about the upcoming Area 10 Conference.

Our conference theme this year is "Shedding Light on Leadership: See Change".

We realize with the current economic situation, budgets are being affected. This conference offers a very affordable and regional opportunity to learn more about peer education and current methodologies for addressing health issues on campus. We hope you can join us since this conference simply can not occur without your active participation!



**Complete details about the conference can be found at the Area 10 Website:**  
**[www.bacchusnetwork.org/area10.asp](http://www.bacchusnetwork.org/area10.asp)**  
**Click on Area 10 Spring Conference Information**

#### Important Dates to Remember

##### **Registration**

Registrations will be accepted until noon on Friday, February 13, 2009.  
All fee payments are due by the start of the conference on Saturday, February 28, 2009.

##### **Program Proposals**

Program Proposals will be accepted until noon on Friday, February 6, 2009.

**Awards Nominations**

Awards Nominations will be accepted until noon on Friday, February 6, 2009.

**Scholarship Applications**

Scholarship Applications will be accepted until noon on Tuesday, February 3, 2009.

### Top 10 Reasons for Attending a 2009 Spring Area Conference...

10. It rejuvenates the energy level of the leaders in your peer group.
9. You learn about new program ideas from other schools.
8. You NETWORK with other peer educators and advisors who do what you do.
7. Driving in a college van for several hours is excellent team building.
6. You will see some new speakers and presenters to bring to campus.
5. You can watch someone from your campus be recognized as an area award winner (if you apply)!
4. You can get ideas for publicity and fundraising from other campus groups.
3. It's a bargain - the cost of spring area conferences is VERY ECONOMICAL.
2. It will help you plan out your Fall programming schedule.
1. You get to meet your area leadership team so you can rely on them for support throughout the year.

### Area 10 Leadership Team

The Area 10 Leadership Team is here to help support your peer education efforts. Whether it is a question about BACCHUS, the area conference or how to connect with resources that will support your efforts, please contact us as needed.

**Area Consultant**

Lisa Currie  
Wesleyan University  
[lcurrie@wesleyan.edu](mailto:lcurrie@wesleyan.edu)  
860.685.2466

**State Coordinator: Connecticut &**

### Stay Connected all year round Introducing the BACCHUS Blog

The BACCHUS Blog is a great way for members to stay connected before or after the General Assembly! The majority of peer education groups focus in specific areas of health education, so stay in touch by reading what the BACCHUS officials post.

Feel free to:

- comment on anything from sexual education to health and nutrition
- Read feature articles or search for articles on specific health categories
- Browse links to other BACCHUS resources
- Participate in questionnaires
- Get tips from BACCHUS
- Post your own comments and responses

You can check it out at: [BACCHUS BLOG](#)

**Other Important Websites:**

[BACCHUS Website](#)

[AREA 10 Website](#)

[Facebook BACCHUS Global Group](#)

[Join Our Mailing List](#)

**Sending Best Wishes to Courtney**

On Behalf of Area 10,  
I would just like to send thanks to Courtney

**Rhode Island**

Joleen Nevers  
University of Connecticut  
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**State Coordinator: Massachusetts**

Ryan Travia  
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**State Coordinator: Maine, New Hampshire & Vermont**

Tiffany Mathews  
Keene State College  
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**Student Advisory Committee (SAC) Member**

Hannah Freedman  
Roger Williams University  
[area10sac@bacchusnetwork.org](mailto:area10sac@bacchusnetwork.org)

Cydylo of Central Connecticut State University for doing such a wonderful job as SAC last year. I hope that as a new SAC I will be able to follow in her footsteps because they are large shoes to fill. We will miss her very much and wish her the best in luck in all the adventures that come her way.

Thanks Courtney!

**Inspiration**

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."

~ President Barack Obama

**Utilizing Your Leadership Team**

By Leah Groppo & Kattie Eggerman  
Student Trustees

Just like you are a resource for credible health information on your campus your Student Advisory Committee Representative, also known as a S.A.C., is resource for you in your affiliate role. All twelve S.A.C.'s were trained in Denver mid January. During the training they learned about their new role, The BACCHUS Network organization, and created their own SMART goals. SMART goals are specific, measurable, attainable, realistic, and timely.

**Specific**

The goal should be focused and target a detail within the larger picture

**Measurable**

The goal should include a quantitative number that evaluates improvement

**Attainable**

The goal should have an end result that can be reached

**Realistic**

The goal should be practical; it should push you but should be within your reach

**Timely**

The goal should include a deadline as to when you want to achieve it

You should think about creating your own SMART goals this quarter or semester and realize all you do! If you have any questions email your S.A.C. The S.A.C. is apart of your area team. Your area team volunteers are there because they believe in the importance of health education. They are comprised of the Area Consultant, State Coordinators, and the Student Advisory Committee Representative.

You don't need to have a question to send us an email we would love to hear about your successful events, unique parts of your program, or helpful tips to make your experience more meaningful. If they cannot answer your question then they can find an answer for you. We look forward to a great year!

You can contact Hannah Freedman, your Area 10 SAC, at [area10sac@bacchusnetwork.org](mailto:area10sac@bacchusnetwork.org)



## Area 10 at General Assembly in Ohio

33 peer educators and advisors from Area 10 were able to attend GA in November 2008. Here we all are at the Area 10 meeting!



We hope you will be in this picture next year when GA goes to Orlando!

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