Jenna Germain Wins Barnard Award

For the second consecutive year, an HPE major will be the recipient of the prestigious “CSU Barnard Award.” Jenna Germain (PE, 2008) a senior from Berlin, CT, was chosen as one of two ECSU students and is among only ten of 36,000 CSU undergraduates to be selected. Barnard Award winners are chosen for their academic excellence (Jenna will graduate summa cum laude with a GPA over 3.9 and she has published four articles in national professional journals) and their community involvement in work and volunteerism.

This is the ultimate academic recognition for a CSU student and carries a substantial scholarship award as well. Last year’s recipient was Adam Lachendro (PE, 2007) of Enfield, CT. Adam is now teaching health and physical education at Howard Cheney Technical High School in Manchester, CT. Jenna is currently working at her elementary school student teaching placement in Colchester, CT. She will be honored at a dinner on April 22nd at the Aquaturf Club in Southington.

Outstanding Students and Future Professionals

Matt Mitchell (2008, SLM) was awarded a generous scholarship by the Connecticut Parks and Recreation Association at the CRPA Annual Conference in November 2007. Congratulations, Matt!

The Connecticut Association for Health, Physical Education, Recreation and Dance awards two substantial scholarships each year to high school students who pursue careers in these related fields. This year, incoming ECSU students won both Benevento/CTAHPERD Scholarships: Stephanie Norell and Matthew Lance. To demonstrate their worthiness, they BOTH earned perfect 4.0 GPAs in the Fall 2007 semester. Matt is also in the University Honors Program. Almost as noteworthy: they went to elementary, middle and high school together in Stratford, CT.

Lindsay Raymond (2008, SLM), President of the Majors Club and also a participant in the New Orleans Katrina relief effort, and Jenna Germain (2008, PE), were selected by HPE as Eastern’s two Outstanding Future Professional candidates last fall. Both were honored at the CTAHERD conference in November 2007. At the conference, Jenna was selected as one of Connecticut’s two Outstanding Future Professionals in HPE by CTAHERD. As part of her honor, she will attend the EDA Convention in Newport, RI, in late February. Jenna was also selected to receive the Gibson-Laemel Scholarship from CTAHERD for her academic achievements. She will graduate summa cum laude (3.90).

Over the past year, Dr. Charlie Chatterton has been delivering sessions at state and regional conferences and ECSU students have been co-speakers with him. The students who have made professional presentations over the past year include Christina Amato (2008, SLM), Sean Jolie (2008, SLM), Ashley McFetridge (2008, SLM), and Lindsay Raymond (2008, SLM).
Registration for Fall 2008

Hard to believe, but next semester’s registration process will begin in a couple of weeks. Please watch your emails and the bulletin boards for dates and times of group advisement sessions. Plan to attend these meetings to get advisement and your PIN.

**NO** registration codes will be given out except at these meetings. Furthermore, please make note of all the course prerequisites. Information is always available in the Sports Center main office.

Alumni Notes

The fourth annual ECSU PE/SLM Reunion was held at the CTAHPERD Conference in Cromwell, CT, in November 2007. Approximately 75 former students now employed as teachers and recreation professionals stopped by to visit with each other and faculty members. As always, it was great to see everyone again and catch up on their professional and personal progress.

Alumni also correspond with the department on a regular basis.

**Tim Huhtala** (PE, 2007) is currently teaching middle school P.E. in the Washington, D.C. area. He writes, “I just wanted to thank you all once again for everything you did for me in my collegiate career. I learned a lot from you and I am very appreciative of that. I am actually hoping to try to use the Sport Ed model to teach a unit to see how it turns out.”

**Bill Bono** (SLM, 1999) works for the Capitol Regional Education Council at the River Street School in Windsor. His title is Developmental Recreation Specialist, a fancy name for Adapted Physical Educator. The school is for autistic and behaviorally disordered children (ages 5 - 21) from all over Connecticut and Western Massachusetts. Many are non-verbal and all have been removed from 2 - 3 public school settings. CREC provides occupational therapy, physical therapy, and speech, psychological and vocational services. Bill does the gross motor component. This is his second year and he says, “I love working with these kids.”

**Rachel Albino** (PE, 2004). “Boy do I miss ECSU! Right now I am teaching in Northwest Region #7 in Winsted, CT, after teaching and coaching in Killingly for three years”

**Nate Rinas** (PE, 2007) has recently accepted a position at Northeast Elementary School in Vernon, CT. He is taking over for a teacher who is retiring after 35 years. “I have big shoes to fill, but I am up to the challenge,” says Nate.

**Lauren Proniewych** (PE, 2005) has had her Masters research thesis accepted for a poster presentation at the ACSM national conference in Indiana this May. ACSM will also publish the abstract in *Medicine & Science in Sports and Exercise*. The title of her research project is “The Effect of Pedometers as a Motivational Tool for Elementary Physical Education Students.” Lauren was one of Eastern’s all-time best “all-around” athletes and an outstanding student and while she attended: University Honors Program and nominee for the CTAHPERD Outstanding Future Professional Award. She currently is teaching elementary school physical education on Long Island and pursuing her Masters at Adelphi University.

**Tom Koch** (PE, 2006) has been playing professional baseball in an independent league for the past couple of years, and spends his winter months as a substitute teacher in his home state of Rhode Island.

**Tiffany (Reeve) Rauch** (PE, 2002) is teaching in New Haven three days a week and writing the city’s Physical Education curriculum on the other two days. She is planning to begin work on her Ph.D. next year.

**Holly Zimmerman Memorial Award**

Senior SLM majors **Christina Amato** and **Amy Lampe** have been selected as this year’s recipients of the Holly Zimmerman Award. This award, in memory of Holly Zimmerman, an ECSU student who passed away in the spring of her senior year in 1993, recognizes significant academic, athletic and community achievements, as well as outstanding personal attributes.
HIGH SCHOOL PRESENTATIONS

On December 12, 2007, Rachel Albino (2004, PE) invited Dr. Robert Horrocks and six ECSU PE/SLM majors to Winsted High School to make presentations to students in health classes. Courtney DiTarando (2008, PE) (not pictured), Chris Magnoli (2008, SLM), Meredith Merchant (2008, SLM), Chris Woodside (2008, SLM), Lindsay Raymond (2008, SLM), and Kelsey Watson (2010, PE) all took time from their busy schedules to gain valuable practical experience. A feature article and picture appeared in the local Reminder Newspaper highlighting their work and Eastern’s SLM and PE Majors.

Majors Club Ready for Spring 2008

With the PE/SLM Majors Club coming off a great fall semester, many events are in store for this spring. The club will be starting off the term with a fundraiser on Valentine’s Day that will include selling flowers and cards in both the Student Center and the Sports Center on February 14. Later in the semester, there will be a Vermont ski trip and an April road race. The PE/SLM Majors Club is looking forward to a great spring, not only on campus but out in the Willimantic Community as well. Meetings will be held on Mondays at 3:30 pm; Mr. Kane is the club advisor.

Club Officers

President - Lindsay Raymond
Vice President - Meredith Merchant
Secretary - Abby DelNegro
Treasurer - Carrie Robinson
Public Relations - Monica Rochon

Professional Development

SLM and PE major students must average 10 Professional Development Points for every semester beginning with the term a student first registered for a course in the major program. These points are required as a prerequisite for registration in upper level major seminars and internships.

There are almost unlimited ways to earn points, including PE/SLM Majors Club membership, attending a conference, internships in GER courses, volunteer work, coaching, and making professional presentations. For example, there are opportunities to volunteer at the Hole in the Wall Gang Camp and Camp Horizons on weekends and other times this semester. There are also volunteer opportunities for professional development points and field experiences in after school programs at the elementary schools in Willimantic. Contact Dr. Tummers if interested. Information is available in the hanging file in the department’s main office.

Professional Development Points Opportunity

Windham Invitational Special Olympics Meet
March 8, 2008
9 am - 5 pm
Windham High School
Charles Wynn, Director
(Dr. Wynn is an ECSU Chemistry Professor)
Where did they go? Student teaching!

The following seniors are doing their practice teaching and are all in area schools doing both elementary and secondary placements this term:


This is the largest group of physical education student teachers ECSU has ever had at one time. No wonder the halls of the Sports Center are so quiet this term.

ECSU’s Day of Giving

Jason Budahazy (SLM, 2008) collected over 10,000 food items for the Willimantic Food Pantry and fed meals to more than 400 less-fortunate individuals and families on Eastern’s Day of Giving last November. There was a campus-wide food drive involving all the residence halls, clubs and organizations, and ECSU offices. And there were also off-campus canned food drives at Wal-Mart and Shaw’s.

Jason was supported by ECSU President Elsa Nuñez, and worked closely with Ken DeLisa (Institutional Advancement), Ryan Rose (Alumni Affairs), Ed Osborn (Public Relations) and Mike Ward (GM of Sodexo). He was also assisted by SGA President Sulthana Sayed, and George Hiepler (owner, ProForma) donated 60 embroidered t-shirts with an “Eastern’s Day of Giving” logo for the volunteer workers.

Jason says he worked on the project for two reasons: to help people who are in need, and enhance the image of the University. He said, “I was not always like this. I used to be a below average student who did not get involved. But my eyes have been opened over the course of my college career, and my life has turned around. I used to be a student who never attended class, and could have cared less about helping others. Now, I feel it is a necessity in my life to help and assist others. I tell people all of the time that one person can make an impact. One person can change the world! But it is so much easier to have a group of people coming together to really make a huge impact.”

He has formed his own committee called PHP (People Helping People). It is based around large-scale and also small-scale community service projects such as Eastern’s Day of Giving. “I am looking to get more and more students on board, and with that we can change the world!!!!”

Jason is in Cyprus right now studying Global/International Business, and starting in March, will be doing site visits to companies in Paris, London, China (Beijing, Shanghai, Hong Kong), India (Bangalore, Agra, New Delhi) and Dubai. He will return to the USA in May.

Jenna Germain’s Articles Published

Jenna Germain (PE, 2008) worked on an independent study with Neil Williams in Fall 2007. They co-authored three articles, and all of these were accepted for publication by national journals. Two of the articles were based on fitness activities from HPE 361 in Spring 2007, and these will be in the Great Activities Newsletter this year (5000 subscribers). The third is entitled, “Fitness in Disguise,” and has been accepted by JOPERD (Journal of Physical Education, Recreation, and Dance: 25,000 subscribers). Jenna is among a very few undergraduates to ever have had an article published by JOPERD in its 79 years as the premier physical education teaching journal.
Faculty Professional Development Activity

Just as we expect students to be active in their field of study, HPE faculty are also required to participate in professional development activity:

**Dr. Charlie Chatterton** and seven ECSU SLM students are traveling to New Orleans for five days in February. Lindsay Raymond, Meredith Merchant, Monica Rochon, Andrea Brown, Matthew Mitchell, Justin Brown and Ryan Rossi will be representing Eastern as our partnership with the University of New Orleans and our efforts to lend a helping hand continue. In February 2007, Dr. Chatterton’s group (which also included Lindsay, Meredith and Matt) raised funds in advance and donated them in person to the New Orleans Parks Department in the aftermath of Hurricane Katrina. They also worked on a Habitat for Humanity project and toured through some of the city’s most devastated areas. Our students received state-wide media attention for their generosity and humanitarian efforts. Almost three years after Katrina hit, much of New Orleans remains a disaster area, but Dr. Chatterton and his students are headed there again.

**Dr. Darren Robert** will make a presentation on March 28th in Atlanta at the Association for Childhood Education International (ACEI) on “Integrating Movement Into the Preschool Classroom.” On April 8th, **Dr. Robert** will present a half-day workshop at the AAHPERD convention in Texas on “Combating Childhood Obesity Through Movement Integration.”

**Dr. Nanette Tummers** is the ECSU Dance Team advisor and will be traveling with the squad to Daytona, FL, for the Intercollegiate Dance Team National Championships in April 2008. The ECSU team is student-run and always places near the top of the competition in this prestigious national event.

**Dr. Tummers** also will be presenting at the EDA conference in Newport, RI, on February 28th. The title of that presentation is “Stress Management Tools for Our Schools.”

**Dr. Tummers** has been awarded a sabbatic leave for Fall 2008. The competition for these is very difficult, and she is the first HPE Department member to receive one since 1999. Her sabbatical project is titled: “ECSU Students Leading Stress Management Programs For Our Public Schools.” If you are interested in interning and helping to set up or be involved in leading these projects at Windham area schools, please see Dr. Tummers.

**Dr. Charlie Chatterton** has completed 12 marathons (each one is 26.2 miles) over the past two years as part of his Brake the Cycle of Poverty efforts. His goal is to complete 38 marathons in the upcoming years. He most recently finished events in Florida, New Hampshire, Cape Cod, Hartford, Philadelphia and New Orleans.

**Dr. Chatterton** attended several conferences in 2007, all related to the quality of life for our school children: Critical Issues in School Health (Farmington, CT); Action for Healthy Kids (Rosemont, IL); Safe Routes to School (Dearborn, MI); and the NCAA Faculty Athletics Representative Association Symposium (Baltimore). In addition, he was recently recognized for his contributions to the Connecticut State Department of Education Bureau of Health, Nutrition, Family Services, and Adult Education’s publication: *Guidelines for a Coordinated Approach to School Health.*

**Dr. Daniel Switchenko** has made several keynote speaking presentations this spring. He has been featured at high schools and colleges throughout New England and his topics have included: “Application of Exercise Science to Interscholastic Sports;” “Leadership;” and “The Effects of Substance Abuse Upon Academic and Athletic Performance.”
Malee Khow and Anthony Roberts, both of whom teach kung fu and tai chi at Eastern every semester, were team officials for the USA Wushu Kung Fu Federation that competed at the Ninth World Wushu Championships in Beijing, China, last November. Master Khow was the General Team Manager and Mr. Roberts was a Sanshou Judge.

Mr. Greg Kane will be making two presentations at the National American Society for Sport Management (NASSM) conference in Toronto, Canada, in May: “Picture This: Using Film to Identify Sport’s Theoretical Underpinnings,” and, “A Trend Analysis of the NASSM Conference Abstracts From 2002 to 2007.”

Mr. Kane was recently appointed to the Board of Directors for the E-Club and is also the HPE Department Senator for the spring term.

Alumni Return to ECSU as HPE Faculty

Several ECSU alumni are now working part-time in the HPE Department, teaching courses in the new GER/LAP. Among them are Rose (Otten) Paggioli (PE, 1990), Tim Jonasch (PE, 2002), Anne DiFranco (PE, 1999), Justin VanGelder (PE, 1999), Cindy (Baker) Kobus (PE, 1999), Jim Lackner (PE, 2003), Jodi Petrozak (PE, 2007), Paul Vallone (PE, 2006), Crispin Fresco-Hawes (PE, 1995), Bonnie Edmondson (1987), and Sara (Tourtellotte) Gustavesen (SLM, 2004). Ms. Gustavesen, a former SLM Major of the Year at ECSU and Outstanding Future Professional award-winner from CTAHPERD, is also teaching full-time in HPE Department for Spring 2008.

Teaching Preschool

Five of our PE Teacher Candidates (Bridget Durette, Kelsey Caliento, Will Moran, Jimmy Jagodzinski, and Kostas Efthimiou) are teaching preschool physical education to 3-, 4- and 5-year-old children in our own CFDRRC on Thursday mornings this semester. Earlier this month, the Norwich Bulletin spent an hour with this group to find out more about the daily lives of Eastern students. The Bulletin took lots of pictures and asked our candidates many questions. The result of the visit will be a supplement to the Sunday, March 2nd issue of the Norwich Bulletin titled “A Day in the Life of Eastern.” Check it out!