

New England Chapter of the American College of Sports Medicine

MAX!



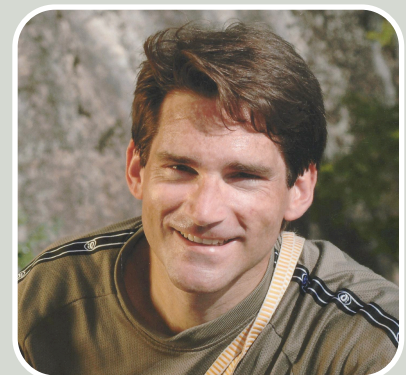
Fall Issue
2010

REFLECTIONS ON A SUCCESSFUL YEAR

In August of 2009 John Castellani, Dino Costanzo, Pete Ronai, Maria Urso, Jaci Van Heest, and I attended a strategic planning session at the University of Connecticut facilitated by Heather Turner, Director of ACSM Regional Chapters Services. The meeting focused on assessing the state of our chapter and planning goals and objectives for our future. Three primary goals were identified as priorities for the chapter over the next five years: first, to provide exceptional service to NEACSM stakeholders; second, to ensure effective leadership succession; and third, to develop long-term organizational partnerships. We also identified a number of objectives and specific action items to achieve these goals. Some of the objectives include expansion of our membership, outreach to university

communities, creation of a succession plan, and establishment of strategic financial and programmatic partnerships. Over the past year, through the work of our executive committee, we have made progress on a number of our objectives such as increasing funding of the Camaione Fund for student scholarship and activities, creating a marketing plan, identifying program partners, and increasing outreach to new members. Initiatives already underway include activities such as conducting surveys to determine how to better serve our members and how to recruit members to serve in leadership, consistent with our effort to build effective organizational succession. If you are interested in learning more about the strategic plan, please visit the chapter website at www.NEACSM.org. |

would also like to take this opportunity to personally thank our Executive Committee for their efforts and help with implementation of the strategic plan. Laurie Milliken- President Elect, Jaci VanHeest- Past President, Maria Urso, Wayne Westcott, Danielle Day, (continued on page 2)



Robert Kenefick, Ph.D.
President NEACSM
USARIEM, Natick, Massachusetts

KEYNOTE SPEAKERS



Clarkson Keynote Lecture
Rena Wing, PhD

“Strategies to Improve the Long-Term Maintenance of Weight Loss”

Professor of Psychiatry and Human Behavior, Alpert School of Medicine at Brown University; Director, Weight Control and Diabetes Research Center, The Miriam Hospital, Providence, RI



Knuttgen Keynote Lecture
George Bray, MD

“Effect of Dietary Protein on Weight Gain During Overfeeding”

Boyd Professor, Pennington Biomedical Research Center, Louisiana State University

Confronting the Obesity Epidemic through Science and Practice, Annual Fall Conference 2010

The 2010 NEACSM Annual Meeting will occur on Thursday and Friday, Nov. 11 & 12. The program committee has assembled world-renowned speakers on the topic of obesity treatment and prevention. On Thursday, Rena Wing, PhD, will be our inaugural Clarkson lecturer speaking about long-term strategies for weight loss maintenance. Friday will feature George Bray, MD, as the Knuttgen lecturer speaking on the effects of dietary protein on weight gain

during overfeeding. The invited speakers include: Dr. Joe Donnelly, Dr. Amy Gorin, Dr. Sarah De Ferranti, Dr. Stella Volpe, Dr. Jill Kanaley and Dr. Timothy Lohman. They will be discussing basic and applied topics focused on the treatment and prevention of obesity. A highlighted symposium will be given by Col. Gaston Bathalon and colleagues from USARIEM focused on weight management in the military. This year’s meeting combines evidence-based recommendations for treating and managing the obese and overweight, with opportunities to network with the region’s most active researchers and practitioners.



Be sure to register online at NEACSM.org

(continued from page 1)

Jeff Anderson, Bill Kraemer, Holly Noun, Bob Axtell, John Castellani, Anne Lasinsky, Charlie Chatterton,

Sean Walsh, Rich Wood, Dain LaRoche, Heinrich Doll, Anthony Sgherza, Karen Croteau, Dino Costanzo, and Donna Murphy.

2nd Camaione Fund Silent Auction

The Camaione Board is hosting another Silent Auction to raise money and awareness for NEACSM student activities such as research awards, scholarships and the College Bowl. We rely on the generosity from individuals like you to support these and other student opportunities. So clean out your closets, as we are looking for items to “auction-off” during the fall meeting from 9:00 a.m. until 3:45 p.m. If you have an item that would appeal to our membership that you wish to donate, please contact Dr. Lara Carlson as soon as possible at lcarlson@une.edu or 207-602-2810. Forms with instructions can be found at the following link: <http://www.neacsm.org/camaionesilentauction.html>

We already have quite a list of items up for bid. Many are

**Camaione
Silent Auction
Thur. 11 Nov.**



autographed books sent specifically to the NEACSM from generous individuals like tennis star Andre Agassi, former President George H. W. Bush, former First Lady Laura Bush, Indy Driver Sarah Fisher, Olympic snowboarder Chris Klug, and “Awakenings” author Dr. Oliver Sacks. American professional skateboarder Tony Hawk has also submitted an autographed picture! Plus, if you’re heading to ACSM in Denver this June, we also have items that may interest you such as tickets to the Denver Botanical Gardens or the Denver Art Museum. And, if you up for an adventure while in Denver, we have tickets for indoor skydiving! Also, like last year, we have a select number of presentations provided through the generosity of some of our chapter’s leading experts available for your group or school.

7th Annual College Bowl Fall 2010

Test your sports medicine knowledge. The event takes place on Thursday, November 11th from 5:30 - 7:00 pm.

Organize your school’s team and register soon.

The winning team will represent NEACSM at the national event in Denver, CO.

For more information, contact: Peter Ronai at (203) 925-4201 or email: tprona@bpthosp.org

NEACSM EXECUTIVE COMMITTEE 2009

Presidents

Robert Kenefick, President
Laurie Milliken, President Elect
Jaci VanHeest, Past President

Members at Large

Jeffrey Anderson, Continuing Educ.
Holly Noun, Scholarship/Awards
William Kraemer, Special Projects
Maria Urso, Free Communications
Wayne Wescott, Marketing
Danielle Day, Membership

Finance Chair

Robert Axtell

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Dain LaRoche - NH
Heinrich Doll - RI
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Karen Crouteau - ME

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Dino Costanzo

Processing Coordinator

Donna Murphy

CONGRATULATIONS



ACSM and NEACSM

The American College of Sports Medicine promotes, and integrates scientific research, education and practical applications of sports medicine and exercise to maintain and enhance physical performance, fitness, health and quality of life.

NEACSM OFFICE

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Website: www.neacsm.org

Linda Pescatello, Ph.D., FACS M Awarded ACSM Citation Award

Dr. Linda Pescatello has been awarded the 2011 ACSM Citation Award. The citation award is given to an individual or group who has made significant and important contributions such as research and scholarship, clinical care, and/or administrative educational services to sports medicine and/or the exercise sciences. Dr. Pescatello stated, "I am both humbled and honored to receive the ACSM Citation Award, but more humbled than honored at this moment. One of the first things I did upon hearing I was an ACSM Citation Award recipient, that is after I told my family and friends, was to review the list of past ACSM Citation Award recipients. To read

through the list of past recipients I so highly regard for the contributions they have made to sports medicine and exercise science and now to have my name added to the list is a career dream that I am still having difficulty comprehending has come true". Previous NEACSM Citation Award recipients include: Howard G. Knuttgen (1980), Lyle J. Micheli (1993), Priscilla M. Clarkson (1997), and Patty Freedson (2009).

The NEACSM congratulates Dr. Pescatello on her award.

CHAPTER HISTORY LESSONS



DID YOU KNOW?

NEACSM's first president was Dr. Wayne Sinning.

DID YOU KNOW?

NEACSM is one of 12 regional chapters across the USA.

FOCUS ON THE MEMBERSHIP



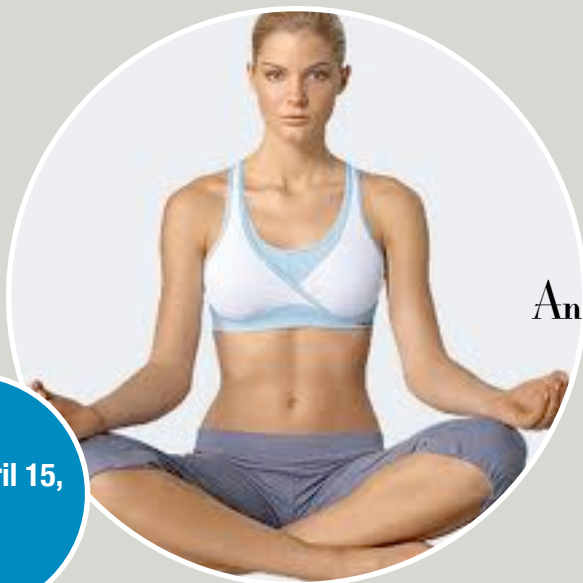
As the chapter continues to grow in size and diversity of membership, opportunities to meet others can become difficult. The 'Focus On The Membership' column will introduce student and professional members. Using James Lipton's Inside the Actors Studio questions, we will hear from the members in their own words.

This issue's professional member is Gregory Ledoux, MS, CES, HFS, CSCS, ACSM-CPT and student member is Robert Hyldahl, MS. Mr. Ledoux is an Assistant Professor of Exercise Science, Lyndon State College, Chief Exercise Physiologist, Lyndon State College – Corner Medical Center Alliance and a doctoral student. When asked "What would you say to someone who is considering joining NEACSM?" Greg stated, "If you are interested in the field and know exactly what you want to do, then this organization will help you stay current on

the newest research – before it hits the journals. If you are interested in the field and want to realize everything it has to offer, then this organization will provide you the opportunity to experience the depth and breadth of our future growth as a profession. Plus socializing with students and professionals from other institutions is the most enjoyable part of the NEACSM". Greg's enjoys racing snowmobiles via the East Coast Snocross tour for Lyndon State College Snocross Racing (LyndonRacing.com), Mountain Biking, Hiking, Bass Guitar, Live Music, Yoga, and Self-Reflection.

Robert Hyldahl is a doctoral student under the direction of Priscilla Clarkson, Ph.D. at UMASS-Amherst. He believes that the "most obvious benefit of being a student member of NEACSM is professional development. As a member of NEACSM, I have had the opportunity to present my research and mingle with

experts at NEACSM conferences. This has allowed networking at a local level that has both enhanced my learning experience and provided future opportunities for research collaborations and potential employment. NEACSM also has an excellent scholarship program for graduate students members. I have been fortunate enough to be a benefactor of these funds and would encourage all graduate student members to apply for these opportunities. Robert said he would tell a non-member to "Join!! And furthermore, be active! Take the opportunities to present at the local meetings and to apply for relevant scholarships. Not only will it enhance your CV, but you will make lots of great friends and future colleagues on the way".



Friday April 15,
2011

Spring 2011 Conference

April 15, 2011

An Evidence Based Approach to Complimentary and Alternative Medicine

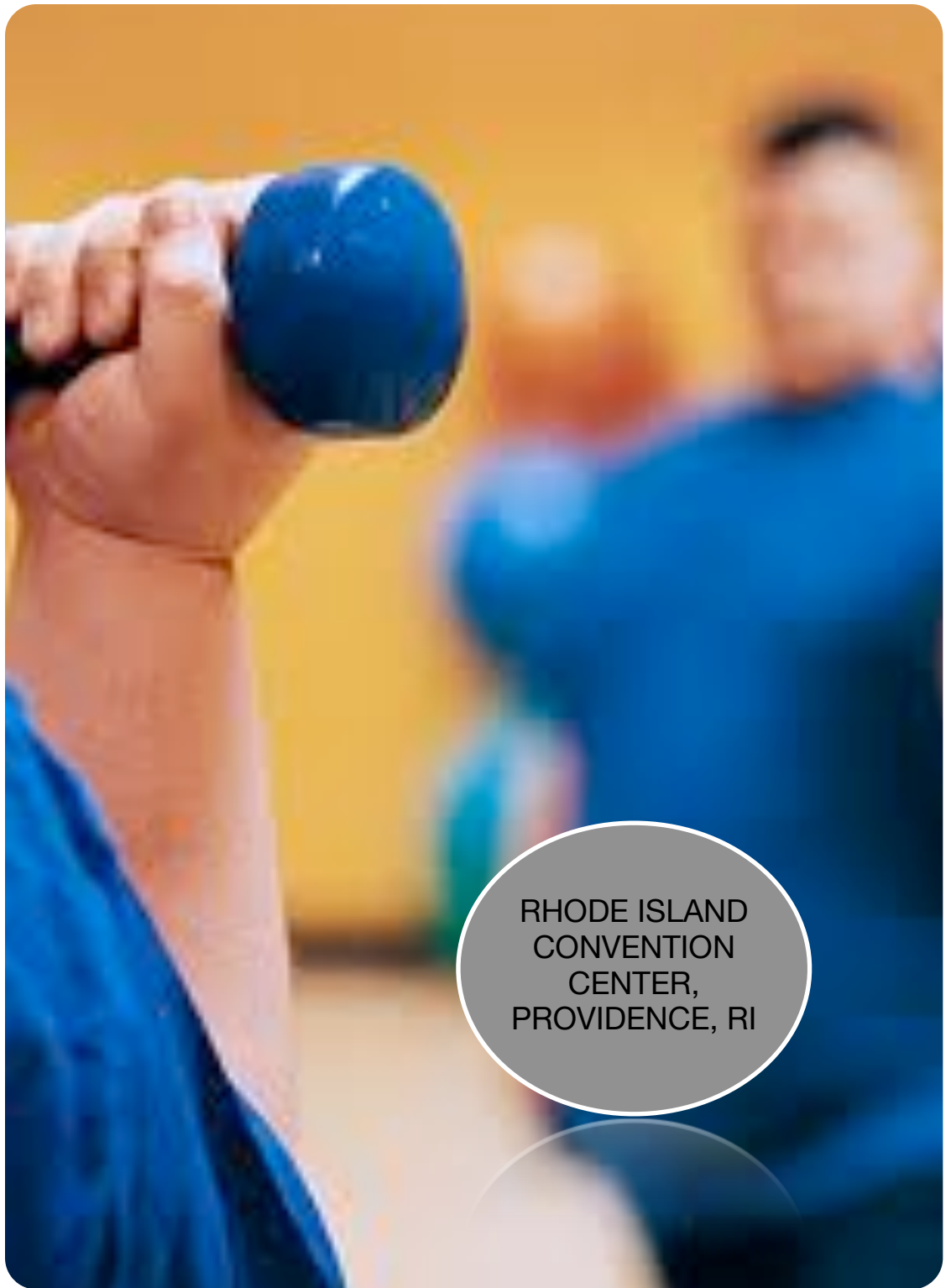
Boxborough, MA

Watch the Website for Additional Information

Nov 11-12

ANNUAL MEETING

DON'T MISS IT!



RHODE ISLAND
CONVENTION
CENTER,
PROVIDENCE, RI

STUDENT LUNCHEON

Thursday, November 11
12:30 - 1:30 pm Ballroom
D&E

Must have a reservation.
For more information,
contact: Donna Murphy at
(860) 224-5888

**PRESIDENT'S
RECEPTION and
STUDENT AWARDS
COLLEGE BOWL**

Thursday, November 11
5:30-7:00 p.m.

**NEACSM TOWN
MEETING**

Friday, November 12
8:00-8:30 a.m.