

Spring 2009

Greetings Region 1!

Change is something with which we all must deal from time to time. As a nation we are currently dealing with change both great and small, on the political and economic forefronts.

These changes are making for an exciting and sometimes frustrating – new year. When dealing with change it often helps to talk through your experience, to hear from others who are dealing with similar change, and to see that you are not alone in what you are facing. All of these opportunities – and so much more – are available at a NACADA Regional conference.

This year the theme of the Region 1 conference is Embracing Change. I'm very excited to travel to Saratoga Springs in March and join my colleagues for another wonderful Region 1 event. I get so much from a regional conference – and at a bargain price! I love the networking opportunities, appreciate the ideas and discussion generated by the concurrent sessions, enjoy the restaurants and shopping that is so often nearby our conference location and look forward to seeing old, and meeting new, friends.

This year I'm especially looking forward to Casey Self's keynote talk, working with Charlie Nutt to greet and engage new NACADA members, sample the dining in the Saratoga Springs area and celebrate the changes that I've witnessed over the past year – and anticipate changes to come. I hope that you have the opportunity to join us in March and experience a regional conference. It is definitely worth the investment.

Our new New York Area Liason West is Cindy Konovitz (2009-2011) University at Buffalo cfk@buffalo.edu. We welcome her to our steering committee as well as Lisa Moison, who will be working in the recently developed Communication/Membership position for Region 1. One of her responsibilities is to coordinate the Region 1 Newsletter. So, *thank you* Cindy for serving western New York and to Lisa for her great efforts in compiling the February *Notes from Region 1* ! [Read the newsletter](#) for details on the conference, the joys of volunteering, our keynote speaker and all the happenings in Region 1!

Susan Kolls