President’s Message

Spring Has Sprung!

By Donna Bess Myers

A
ter a very cold winter, we welcome the warmth of spring as a time to renew our commitment to serving others. This is also a time to celebrate exceptional Saint Louis University women who are committed to making their areas, departments, divisions, or communities better places for others. Each spring, the Women’s Commission recognizes outstanding SLU women who unselfishly give of their time and talents to assist others. With grace, these honorees have consistently demonstrated their willingness to go above and beyond what is asked of them.

The Women’s Commission is looking forward to ushering in the 2011 Women of the Year Luncheon on Wednesday, April 27. The Commission has the distinguished honor of recognizing five SLU women of excellence at this signature event. To find out who will be honored as this year’s Women of the Year, please visit the Women’s Commission website.

A special thanks to Awards Chair Lisa Suggs and the members of the committee for all of their hard work to finalize this year’s honoree list. In addition, thanks to all of the SLU community members, including deans, faculty, staff and students who nominated this year’s recipients. We also appreciate the efforts of those who were nominated. RSVP by e-mailing scolli13@slu.edu (online reservations coming soon) by April 20 for this special event; be sure to reserve your seat early, as tables fill up quickly!

I would like to extend my congratulations to the 2011 Women of the Year awardees, and I look forward to celebrating these remarkable women and their accomplishments with you on April 27.

Creating a Sustainable Home Life While Maintaining Your Sanity

12-1:30 p.m. March 23
Busch Student Center Room 253

PRACTICING good sustainability practices and stewardship of our resources and environment is definitely an art. Juggling the demands of being a good mother, spouse and employee is a difficult balancing act that sometimes makes it hard to employ good sustainability practices.

On March 23, we welcome professional organizer Carolyn Conboy, who will discuss ways we can learn to be better stewards of the resources in our homes. Ms. Conboy, an accountant by education, is a master at juggling. Not only does she now work as a professional organizer, but she is the mother of five children all under the age of 9 – including a set of triplets! Carolyn will share her experiences as well as lots of good practices and techniques at being good stewards in our everyday lives. Click here to RSVP.
Director of Graduate Business Programs Shares Tips on Work-Life Balance

During the Feb. 16 Women’s Commission lecture “Sustaining Your Career,” Kathy Day, assistant dean and director of graduate business programs at John Cook School of Business, shared a few personal stories, each about a challenging, stressful situation in which she drew support from key people in her life and responded with some type of action that moved her forward. After each story, Kathy posed some questions for the audience to reflect on and/or discuss with a peer.

Here is one of those stories, “The Trailblazer:” Kathy faced the challenge of being the first woman in the St. Louis office of a top CPA firm to experience being a pregnant CPA on client engagements, going on leave and finding childcare, and returning to work wishing she could be in two places at one time. Kathy says she received encouragement and support from her husband, whose mother had worked outside the home, and her mother, who became part of her childcare solution. Kathy’s response was to trust that her baby would be fine in the loving arms of her caregivers. Down the road, Kathy moved on to a position working for a client organization with a schedule that was more family-friendly.

Questions for Audience
- When have you felt like a trailblazer – promoting or doing something that has not been done before?
- From whom did you get help?
- How did you respond to the challenge? What action did you take that made a difference?

We and our loved ones all face tough challenges that shake us up and help us grow. A supportive network can help us navigate during these tough times. Taking positive action can propel us forward to a better place if we are open to new possibilities.

Helpful Resources
- Ways Working Moms Balance
- Balancing Work and Baby
- 40 Mom Tested Tips Balancing Work and Family
- 5 Strategies for Life Balance
- Work Life Balance

Five SLU Women to be Honored at April 27 Event

The 34th annual Women of the Year luncheon recognizing the contributions of women to the University will be held at noon on Wednesday, April 27 in the Wool Ballroom of Busch Student Center. The annual event is sponsored by the Women’s Commission in collaboration with the Office of Diversity and Affirmative Action.

In a tradition that began in 1977, the Awards Committee of the Commission selected five “Women of the Year” from nominating letters submitted by members of the University community. Honorees were selected for their personal commitment to the educational goals of the University and for their unselfish giving of time and effort to the service of others. They are recognized as leaders and role models.

The title of Women of the Year for 2011 will be awarded to:

Kathleen (Kathy) A. Day
Assistant Dean and Director
Graduate Business Programs
John Cook School of Business

Miriam Hallazgo
Director
SLUCare Marketing

Cheryl L. Cavallo, Ph.D.
Assistant Professor
Department of Physical Therapy
Doisy College of Health Sciences

Jacqueline A. Jackson
Manager
Public Safety and Security

Samiksha Tarun
Pre-Medical Scholar and Senior
College of Arts and Sciences

They will be honored at an informal reception at 11:30 a.m. prior to a luncheon and program at 12 p.m. Everyone in the University community is invited to attend, and individual reservations are $16, paid in advance. Checks should be made payable to Saint Louis University, and checks or cash should be sent to the Office of the Women’s Commission, Room 359, DuBourg Hall. Reservation forms are available online at the Women’s Commission website, as a PDF in this newsletter or may be requested by calling the Office of the Women’s Commission at 977-2212. Interdepartmental purchase orders cannot be accepted.

The deadline for reservations is April 20.
34th ANNUAL
WOMEN OF THE YEAR
RECOGNITION EVENT

Presented by
THE SAINT LOUIS UNIVERSITY WOMEN’S COMMISSION

In collaboration with
THE OFFICE OF DIVERSITY AND AFFIRMATIVE ACTION

Wednesday, April 27
in the
Wool Ballroom at Busch Student Center

Reception: 11:30 a.m.
Lunch and Program: 12 p.m.

Luncheon: $16 per person

Grilled chicken and spinach salad with strawberries, Mandarin oranges, candied walnuts, choice of poppy seed or raspberry vinaigrette dressing, rolls and butter, iced tea, coffee, seasonal berry parfait with chocolate mousse

Tables of eight may be reserved. Please print names below.
Vegetarian option offered. Special dietary options possible.

[Please indicate choice of entree below; (Chicken), (Veg)]

__________________________________________________________________________ (_______)
__________________________________________________________________________ (_______)
__________________________________________________________________________ (_______)
__________________________________________________________________________ (_______)

___ Number of Chicken  ___ Number of Vegetarian

Sent By ___________________________________________  E-mail _______________________________________

Phone ___________________________________________________

To submit registration, print this form and mail with checks (@ $16 per person) made payable to Saint Louis University to:

Women’s Commission
DuBourg Hall, Room 359
221 N. Grand Blvd.
St. Louis, MO 63103

DEADLINE FOR RESERVATIONS: APRIL 20, 2011