It’s official, fall is here and it is my favorite time of the year. The air is crisp, leaves are beginning to fall, and it is time to break out warmer clothing. Fall marks the transition from summer into winter, and it also marks a transition of the Women’s Commission. Last year’s theme was Sustainability; we had programs geared toward addressing various aspects of our daily lives including community, spirituality, career, and health. This year we are transitioning to THRIVING. Simply put, women wear many hats and serve in various roles—professionally and personally. Therefore, this year’s programming series will address being the best YOU! Not just striving, but THRIVING. During the course of the year, once a month, over the lunch hour, you will have the opportunity to attend programs geared toward professional and personal development. So stay tuned for what should prove to be a year of education, enrichment, and empowerment. Feel free to bring your lunch, and light refreshments will be served. Bring a friend along to listen, learn and share ideas with others.

Also, in the spirit of transition, I am honored and privileged to serve on the Women’s Commission executive board as president for a second term with an amazing group of talented women who serve in various roles on the Frost and Medical campuses. Please join me in welcoming the board members of the 2011-2012 Women’s Commission.

We look forward to serving you and seeing you at the various events scheduled for this year. So, be sure to keep your eyes and ears open for upcoming Women’s Commission program announcements.

2011-2012 Women’s Commission Executive Board

President
Donna Bess Myers
(Student Support & Parent Services)

President Elect
Nancy Gulbert
(Public Health)

Past President
Gayle Rogan, PhD
(1818 ACC Program)

Secretary
TBD

Treasurer
Sue McGahan
(Doisy Health Services)

Programs
Kathy Lambert
(1818 ACC Program)

Arrangements
Connie Tillman
(Emergency Preparedness)

Awards
Mary Krieg
(Diversity & Affirmative Action)

Issues
Jessica Perolio
(Academic Support)

Communication
Miriam Hallazgo
(SLUCare Marketing)

Audra Frick
(College Public Service & Education)

Jamaica Harris
(Pre-Professional Health Studies)

Kathy Yepez
(Office of the Registrar)

Women’s Studies
Penny Weiss, PhD

Diversity & Affirmative Action
Jenn Scheessele

Ex Officio
Mary A. Bruemmer
Not surviving, but THRIVING

It's no secret that balancing families, work, health, and even the slightest sliver of “me-time” is more difficult than ever in these challenging times. For many of the women at SLU, the instinct is to put our heads down and trudge forward; we do what needs to get done.

It is with all the strong and courageous women of SLU in mind, that the Women’s Commission decided on the theme for the 2011-2012 academic year: THRIVING. Our hope is that our programming will inspire you to lift your chin and not just survive, but to actually THRIVE while aspiring to be the best you.

Welcome Reception

On September 6, 2011, the Women’s Commission held its first annual Welcome Reception. Paige Turner, Ph.D welcomed new women faculty and staff to Saint Louis University during her keynote address.

YWCA Leader Lunch 2011

Since 1984 the YWCA has recognized the commitment and contributions of working women from the St. Louis area at an event called the “Leader Lunch”. Saint Louis University recognizes our own women of achievement by participating in this event. This year’s Leader Lunch will be held Thursday, December 1, 2011.

SLU will participate in the program by selecting eight women across the University who have contributed to the growth and enrichment of both the university and the greater community. The SLU Leader Lunch honorees will be recognized in the Women’s Commission newsletter, Grand Connections and Newslink following the reception.

Women of the Year 2011

Women of Year 2011 (pictured left to right, first row) Cheryl Cavallo, Ph.D, Kathleen (Kathy) A. Day, Miriam Hallazgo, (second row) Jacqueline A. Jackson, and Samiksha Tarun

Upcoming Program

Our first goal is to help you tackle what is most pressing on many of our minds: finances. Ms. Colleen Beckemeyer, a certified financial planner, will be presenting “How to Thrive in this Economic Climate” on November 9th at 11:45am in the Busch Student Center, Room 256. Make sure to check out Newslink and/or the Women’s Commission webpage for further details and registration.