The 2011-2012 Women’s Commission theme is THRIVE. We all want to thrive in our daily lives and experiences. According to the definition in Merriam-Webster’s Dictionary, thrive means to grow vigorously, to progress toward or realize a goal despite or because of circumstances. I believe THRIVE is a versatile word; it can stand for anything you may need or want to best fit in your life at the moment. In fact, each letter of THRIVE could stand for something to help you grow toward your goals. T could be for tenacity: pursuing what you want in life. H could stand for healthy choices, such as making better food choices, incorporating (more) exercise, or getting more sleep. R could mean reflection: reflecting on past experiences and learning from life lessons. I is imagination: what are your dreams, what do you hope to accomplish personally and professionally this year? V could be volunteer: often times when I volunteer, it makes a significant and positive difference in my life. E could mean enthusiasm: doing what you do with joy and a positive attitude can make all the difference. What does THRIVE mean to you?

On behalf of the Women’s Commission, we look forward to seeing you THRIVE in various aspects of your life and wish you a very, very prosperous new year!

President’s Message
Happy New Year!
By Donna Bess Myers

Women’s Commission Calendar of Events

**February 8, 2012**
**Posture & Good Health Through Exercise**
Young Hall
Dining Hall
12 p.m.–1 p.m.

**March 21, 2012**
**Cooking Yourself Thin!**
Allied Health Building
Multi-Purpose Room
12 p.m.–1 p.m.

**April 11, 2012**
**Live Completely: Thrive in your work, home, mind & body**
BSC
253 A & D
12 p.m.–1 p.m.

**April 25, 2012**
**Women of the Year Recognition Luncheon**
BSC
Wool Ballroom
11:30 p.m.–1 p.m.
Women of the Year Call for Nominations!

Since 1977, the Saint Louis University Women’s Commission has had the privilege of selecting five outstanding University Women to be honored at an annual Springtime Luncheon. Administrators, Faculty, Staff and Students, the five are recognized for their contributions, commitment and lives of service to the University and their community. They are selected from nominations submitted by colleagues, friends, supervisors, and others whose lives they have touched.

This year’s luncheon will be held on Wednesday, April 25, 2012, 11:30 a.m.–1 p.m., in the Busch Student Center, Wool Ballroom. Reservation forms will be available at a later date.

Everyone is invited and encouraged to find an outstanding woman whose life and work are an exemplar to be admired and imitated, and to submit a letter nominating her to be recognized as one of the five Women of the Year, an honor she will cherish.

Guidelines for Submitting Nomination:

1) The typed letter of Nomination should follow the criteria for selection listed below, and be approximately 1,000 words. Bullet points are fine.

2) The nomination form must be signed and attached to the letter of nomination.

3) To nominate more than one individual, it is necessary to submit separate letters.

4) The number of letters for a single individual is not necessarily a factor in the selection process.

Criteria for Selection (include in nomination letter):

1) Give evidence of her commitment to Saint Louis University’s philosophy, measured by the quality and diversity of her service, her work ethic, and integrity.

2) List how she has been recognized and honored for her professional and personal achievements (awards, honors, and distinctions received and significant contributions made).

3) Give evidence of her sensitivity to cultural and ethnic diversity, at all levels.

4) Give evidence how she is a “person for others” in the Ignatian tradition, both on campus and in the community around her.

5) Give evidence how she fosters the personal and professional development of women at SLU and within the community.

Letters of nomination should be sent, along with the nomination form, to the Office of the Women’s Commission, Attn: Awards Committee Chair, DuBourg Hall, Room 359, 221 North Grand Boulevard 63103 or sent via email with the information requested on the nomination form to wc@slu.edu. The due date is February 29, 2012.

Awards Committee Chair Mary S. Krieg may be contacted at 977-3838. Information is available also by calling the Commission Office at 977-2212 or visiting the website www.slu.edu/x39827.xml.

Posture & Good Health through Exercise

First WC Program of 2012!

On February 8, 2012, Ray Vollmer, MBS, CRT will present the “Back Visions” program which promotes posture and good health through exercise. The program is designed to teach participants about the best way to avoid back pain and injury. The program will give an overview of the risk factors associated with back injury, followed by a brief discussion of the anatomy of the human neck and back. Instruction of the basic elements of proper posture and safe body mechanics are also discussed. Attendees will enjoy discussions of the benefits of a healthy lifestyle, including regular exercise and weight management. Please join us for great discussion and to learn ways to improve your health!

The program will take place in Young Hall which is located across the street from the Bannister House and one building west of the Moolah Theater. Ample parking located behind Young Hall in a flat parking lot. Parking also available in the parking garage behind the Moolah for $3.00 maximum fee.

Want to get involved with the Women’s Commission?

Check out our website at www.slu.edu/x39754.xml for information about the organization, events and happenings, and ways to get involved!
**Takeover Thursdays!**

TAKEOVER THURSDAYS is an ongoing event—each month, SLU students and faculty will TAKEOVER some campus-adjacent space to promote the visibility of Women’s Studies Program, Una, and the Rainbow Alliance on SLU’s campus. Help make the next event better! How, you ask? Forward! Forward this event to your friends, colleagues and student groups. Also, join and forward invitations to the facebook page: “SLU Takeover Thursdays”.

**Event Date:**
Thursday
March 1, 2012
4:30 p.m. – 6 p.m.

**Location:** To Be Determined

**Note:** Appetizers provided courtesy of Women’s Studies. Please supply your own drink.

*For more information, please contact the Women's Studies Program at [www.slu.edu/x52962.xml](http://www.slu.edu/x52962.xml).*

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**Fall WC Programs Deemed Successful**

The Women’s Commission has thrived in its programming efforts this past fall holding well-attended events such as the first annual Women’s Commission New Employee Welcome Reception in September where Paige Turner, Ph.D welcomed new women faculty and staff to SLU. Additionally, many women faculty and staff responded favorably to the Commission’s November program “How to Thrive in this Economic Climate” presented by Ms. Colleen Beckemeyer, certified financial planner. Several attendees commented on how “helpful and relevant” the information was and that they enjoyed the program. Lastly, women across the University attended the Women’s Commission’s Annual Holiday Craft program to celebrate the holiday season by creating a seasonal home decoration with direction and supplies provided by Vicki Riek Wroblewski.

The Women’s Commission would like to THANK YOU for making our fall programs successful and sincerely hope you will continue to join us for future programs and events.

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**Call for Nominations**

The Nominations Committee of the Women’s Commission is seeking nominations for the positions of Vice-President/President-Elect and Programs Committee Chair for the 2012-2013 Women’s Commission Executive Board. Vice-President/President Elect will serve in a support role to the President during 2012-2013, in preparation for assuming the role of President in 2013-2014. She should ideally be a woman who has some prior service experience with the Women’s Commission, either as a former committee chair or as an active programs participant. Programs Chair will lead a committee that designs the annual programming for the Women’s Commission and women at SLU, focusing on the WC’s motto of Education, Enrichment, and Empowerment.

Nominations Committee Chair Gayle Rogan ([roganeg@slu.edu](mailto:roganeg@slu.edu)) is accepting all nominations for both positions. Interested or curious parties may contact her for additional information, to make a nomination, or to volunteer.

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**University Women Honored at Leader Lunch**

The Women’s Commission honored women leaders from SLU at the community-wide Annual Leader Lunch sponsored by the St. Louis Area YWCA Dec. 1, 2011 at the Millennium Hotel St. Louis. The YWCA has been recognizing the commitment and contributions of working women across the St. Louis Area for 31 years. The tradition of hosting a table at the Leader Lunch, to recognize Saint Louis University women for their “leadership in the workplace,” was initiated in 1984 by the Commission. The women honored were:

| Kelly Dineen, J.D. | Judith Durham, Ph.D. |
| Law School | Chemistry |
| Susan Bloomfield, M.A. | Joya Uraizee, Ph.D. |
| Parks/Development | English |
| Carol Beckel, P.T. | Brigid Holloran-Schwart, M.D. |
| Physical Therapy | Obstetrics, Gynecology and Women’s Health |
| Angela Walmsley, Ph.D. | Sara van den Berg, Ph.D |
| Public Service | English |

Pictured sitting, from left, are Kelly Dineen, J.D.*, Angela Walmsley, Ph.D.*, Mary Krieg, Carol Beckel, P.T.*. Standing are, from left, E. Gayle Rogan, Ph.D., Joya Uraizee, Ph.D.*, Sara Van Den Berg, Ph.D.*, Judith Durham, Ph.D.*, and Donna Bess Myers. Not pictured: Susan Bloomfield, M.A.*, Brigid Holloran-Schwart, M.D.*

*Honorees