In these stressful times, when more emphasis than ever before is being placed on the importance of staying healthy and having a healthy balance between our work and our lives, this year’s OCW Spring Symposium has much to offer. The symposium will feature Ruth Lahmayer, host of "Healthy Eating" on WXOW Channel 19, and John Curtis, professor of health education at UW-L. Ruth Lahmayer will be giving us ideas on how to be busy and still eat healthy. John Curtis will be talking about the philosophy of "mindfulness" and how this can help reduce stress in our lives.

Please join us for this informative and enjoyable symposium. There is no charge for attendance. There is a $3 charge for lunch; OCW will cover remaining lunch cost for participants. The registration form and lunch payment should be sent to Human Resources, Room 144, Graff Main Hall, no later than March 29, 2002. See copy of registration form included in this issue.

**OCW Spring Picnic**  
May 8, 4:30 p.m.  
Gun Shelter, Myrick Park

Please join us for our annual OCW Spring Picnic on Wednesday, May 8 at 4:30 p.m. in the small shelter (Gun Club) at Myrick Park. Brats and salads will be provided by OCW. Friends and family members are welcome to attend too! For more information contact Sharie Brunk, 785-6950, brunk.shar@uwlnx.edu.

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Welcome, Women New to Campus as of July 2001

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<td>Joann Edwards</td>
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<td>Megan Giese</td>
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OCW welcomes women new to campus. For more information about OCW, please see the web page:

http://www.uwlax.edu/ocw/
3 Lunchbox/Soapbox Brownbag
   “How to Report Sexual Assault on Campus and in the Community”
   Noon, Women’s Resource Center, 306 Wimberly Hall
6 International Student Banquet
   8:00 p.m.-12:00 a.m. Valhalla, Cartwright Center
8-13 GAYLA Week
12 Women in Leadership Series
   “People Skills—How to Work in a Computer Management System”
   8:30 a.m., 259 Cartwright Center
15-21 Native American Awareness Week
   http://www.uwlax.edu/OMSSC/student%20orgs/nasa/nasa.htm
17 Lunchbox/Soapbox Brownbag
   “Ending Sexual Violence by Going to the Source” presented by Men United Against Sexual Assault (MUASA)
   Noon, Women’s Resource center, 306 Wimberly Hall
17 Lectures & Concerts’ Distinguished Lecturer – Sherman Alexie
   “Killing Indians: Myths, Lies & Exaggerations”
   7:30 p.m., Recreational Eagle Center
19 Cultural Exchange Day
   8:00 a.m.-3:00 p.m. Cartwright, Sponsored by OMSS
20 POW WOW
   1:00-9:00 p.m.; Mitchell Hall
21 POW WOW
   1:30-5:00 p.m.; Mitchell Hall
23 Women In Leadership Series
   “Aligning Personal and Professional Values”
   1:00 p.m., Great Hall, Cleary Alumni & Friends Center
SEXUAL ASSAULT AWARENESS MONTH

April is Sexual Assault Awareness Month. There are many ways we can stay informed and help our students at risk. Here are only a few:

CAMPUSS
Two of the Women’s Studies Department Lunchbox/Soapbox Noon Brown Bags in April focus on this subject:

- On April 3 at noon in the Women’s Resource Center, 306 Wimberly Hall, there will be a talk on “How to Report Sexual Assault on Campus and in the Community.” Three presenters will talk about services offered on campus and in the community as well as how to report sexual assault both officially and unofficially. They include Maureen Funk, Sexual Assault Services Coordinator at Gundersen Lutheran Medical Center, Nancy Scott, Director of Safe Path at Franciscan Skemp Healthcare Center, and Marcia Johnson Sage, Office of Student Life at UW-La Crosse.

- A second talk is scheduled for April 17 at noon in the Women’s Resource Center, 306 Wimberly Hall. “Ending Sexual Violence by Going to the Source” will be presented by Men United Against Sexual Assault (MUASA).

You can also visit the Office of Student Life Eagle Eye web page:

<http://www.uwlax.edu/StudentLife/main2.html>
<http://www.uwlax.edu/StudentLife/sa.html>

This web page is a mega source of information and statistics. Under Sexual Assault, there is extensive information on the link between sexual assault and drinking, legal definitions, what to do if you have been sexually assaulted, UW-L procedures for reporting sexual assault, and reasons for why college students are at risk for sexual assault.

Counseling and Testing has information on services for students at their website -- http://www.uwlax.edu/Counseling/index.html

COMMUNITY:
Franciscan Skemp Women and Children Services – Safe Path (608) 791-7804 — advocacy group for domestic abuse and sexual assault.
Gundersen Lutheran Sexual Assault Services – (608) 775-5950 or (800) 362-9567, ext. 5950.
First Call for Help – (608) 791-4344 — has compiled an extensive Human Services directory in the front of the CenturyTel phonebook.
SEXUAL ASSAULT AWARENESS MONTH (continued)

STATE AND REGIONAL:
The Wisconsin Coalition Against Sexual Assault (WCASA) formed in 1985 and located in Madison focuses on promoting social change to end sexual violence. Their website is http://www.wcasa.org. The organization conducts training sessions and awareness campaigns statewide and has a comprehensive library of resources and publications on all aspects of the prevention of sexual violence.

The State of Wisconsin Department of Justice Office of Crime Victim Services at http://www.doj.state.wi.us/cvs/links.asp also has many links to state and national support agencies as well as federal resources. The U.S. Department of Justice also has a Violence Against Women Office at http://www.ojp.usdoj.gov/vawo/welcome.html. Another resource is the Division of Violence Prevention at the Centers for Disease Control (CDC) at http://www.cdc.gov/ncipc/dvp/dvp.htm.

The Tri-County Council Sexual Assault Program, with offices located in the northern Wisconsin cities of Rhinelander, Eagle River and Crandon, has sexual assault links to additional resources and is located at:
http://www.tri-countycouncil.org/sexualassault/index.html

- Rape, Abuse & Incest National Network (RAINN)
  http://www.rainn.org/
- National Organization for Women
  http://www.now.org/

Other websites that may be of interest include:
- Sexual Assault Resources
  http://www.vachss.com/help_text/sexual_assault.html
- Feminist Majority Foundation
  http://www.feminist.org/911/1_supp.pngt.html
- Sexual Abuse Services and Support Year-round, Inc. (SASSY, Inc.)
  http://www.sassyinc.org/links.htm
- National Center for the Victims of Crimes
  http://www.ncvc.org/

If you know of other resources, please let us know so we can note them in subsequent newsletters.
2002 Organization for Campus Women Spring Symposium
Thursday, April 4, 2002, 11 a.m. – 2 p.m.
Valhalla Hall, Cartwright Center

Please complete the following registration form and return it to Human Resources, room 144 Graff Main Hall, no later than March 29, 2002.

11 – 11:45 a.m. – Eating Well
Ruth Lahmayer, a registered dietitian from Gundersen Lutheran and host of “Healthy Eating” segment on WXOW Channel 19, will speak about incorporating a healthy diet into a busy lifestyle.

12 – 1 p.m. – Lunch & Socializing
Menu:
- Sandwich bar
- Minestrone soup
- Salad bar
- Mint brownies

1 – 2 p.m. – Handling Life’s Stress
John Curtis, professor of health education at the University of Wisconsin-La Crosse, shares ideas for stress reduction and the philosophy of “mindfulness.”

Name:

Campus address:

E-mail address:

Phone:

Special diet needs or other accommodations?
- No
- Yes _________________________________________________

Please enclose payment of $3 for lunch. Make checks payable to the UW-L Organization for Campus Women (OCW). OCW will cover remaining lunch cost for participants.

Three hours of release time has been granted and offices should remain open.