OCW Symposium: Women Working with Women

Mark your calendar for the annual OCW symposium!

Join women from across campus on March 27, 2007, from 11:30 am to 1:30 pm in Vahalla, Cartwright Center for an exciting and timely presentation on stress in the workplace given by Sarah Nelson, a certified Employee Consultant with Employee Assistance Program at Gundersen Lutheran.

Registration Form

Symposium Schedule

11:35 – 12 Noon: Check In, Luncheon Buffet
Soup, Salad, Sandwich buffet, $8 must be paid by March 8, 2007

Special Discount: If you pay your 2007/2008 OCW membership dues (new or renewal membership) at or before the OCW Symposium, you pay only $7 instead of the $10 regular membership dues.

An opportunity to talk with OCW members and information about OCW leadership and membership will be available.

12:00 Noon - 1:25 pm: Program & Discussion
Combat Stress in the Workplace: Does work sometimes feel like a war zone? Did you know that females in the military suffer less from combat stress and complications than their male counterparts? This program and discussion will focus on how women working with women can de-stress their work relationships and environment.

About the Presentation

Workgroups comprised of primarily women bring a unique perspective to the workplace. Many times women bring emotional and behavioral challenges into the work environment. Today's woman is under extreme stress finding balance between work and family. A recent Harvard study identified that the average woman between the ages of 25-45 is under as much stress as someone in combat on a daily basis. Increasing the understanding of key emotional responses and behaviors in personal and professional relationships is the goal of this presentation.

In addition to helping us understand our stress Sarah’s presentation will help us define healthier boundaries with our female colleagues, improve our working relationships with other women, and learn how to give ourselves permission for better self care.

About the Presenter

Sarah has been counseling employees and consulting with managers on employee related issues at Gundersen Lutheran for the last seven years. She is also a certified independent social worker and has been in the mental health profession for almost 20 years counseling individuals, couples and families. Sarah holds a Master's Degree in Counseling, and a Bachelors degree in Social Work from the University of Wisconsin - Eau Claire.

Registration Form

Note: Two (2) hours of release time have been granted by the Chancellor for classified staff to attend this event.

Back to Top

Holiday Social

38 people attended the December 7 OCW Holiday Social in Port O'Call,
Spring 2007 WWHEL Workshops - Roots of Happiness: Balancing Your Life & Work

The Wisconsin Women in Higher Education Leadership (WWHEL) presents the following regional workshops for spring 2007:

**Roots of Happiness: Balancing Your Life & Work**
Presented by: Dr. Linda DiRaimondo

This workshop will be presented five times around the state and you can choose the location that meets your schedule! The cost is only $35.00 (Lunch & workshop materials included).

Are you happy? In this day-long seminar we will examine and explore the authentic roots of peace, joy, and well-being. What truly brings us happiness in our daily living? As we discover both the internal and external forces that nourish us - physically, mentally, emotionally, and spiritually - we will look at how to cultivate this wisdom of wellness within our many roles at home, at work, and in our communities.

Dr. Linda DiRaimondo practices integrative psychiatry and psychotherapy in Madison, Wisconsin. She combines conventional medicine with holistic practices to address the health and well-being of mind, body, and spirit.

Participants can choose the workshops that meet their schedule and travel requirements:

- **Southeast** - March 9, 2007 - Cardinal Stritch University
- **Southwest** - March 16, 2007 - UW-Baraboo
- **Northeast** - March 23, 2007 - UW-Marinette
- **Northwest** - April 13, 2007 - Chippewa Valley Technical College
- **Central** - April 20, 2007 - UW-Marshfield

More Information: [http://www.wwhel.org](http://www.wwhel.org)

New Members Welcome

You still have time to join the Organization of Campus Women! The current membership is $10.00 for faculty and staff, $8 for LTEs, and $5 for graduate students. Please mail your registration fee to Jo Ann Kuester, 144 Graff Main Hall. [Here is the online registration form](#).

Food Drive Update

Because of your donations, the Organization for Campus Women (OCW) collected over 600 non-perishable food items for UW-L’s new food pantry; thank you for help!

To guarantee that the pantry shelves remain stocked, OCW is hosting a spring food drive with a goal of collecting 700 non-perishable items.

Please bring non-perishable items to one of the following locations by March 9:

- Information Counter, Cartwright Center
Across from the Murphy Library circulation desk
145 Graff Main Hall
1st Floor, Wilder Hall
2nd Floor, Wing Technology Center

Donations are also welcome at OCW's annual symposium on March 27 (additional details are coming soon!).

Located in Whitney Center, the food pantry is part of the "Helping Our Own" food assistance program that will aid students who have little funds left for food after paying for school expenses and housing.

For additional information about “Helping Our Own,” please contact the Involvement Center at 223 Cartwright Center, 785-6600 or, 223bcart@uwlax.edu.

OCW's Third Thursdays

Two Brown Bag Luncheons are scheduled for the spring semester:

**Thursday, March 15**
Brown Bag Lunch – Book Discussion
An informal conversation with other people who like to read.
12 pm – 1 pm
Port O’ Call Lounge – Cartwright Center, Gunning Addition

**Thursday, April 19**
Brown Bag Lunch – Work Life Balance
Speaker: Beth Hartung, Campus Climate
Presentation: 12:00 - 1:00 pm
Discussion & Reflection: 1:00 - 1:30 pm
Port O’ Call Lounge – Cartwright Center, Gunning Addition

All are welcome and feel free to bring your lunch. Watch for further information regarding each event!

OCW Steering Committee Recruitment

It’s that time of the year again! The Steering Committee for the Organization for Campus Women (OCW) is seeking nominations for several representative positions. A ballot will be circulating via e-mail shortly.

Please reply to the e-mail if you would be interested in placing your name on the ballot or if you would like to nominate a colleague.

Available positions are:

- Two Faculty Representatives:
  one for a 2-year term, one for a 3-year term

- Two Academic Staff Representatives:
  one for a 2-year term, one for a 3-year term

- One Classified Staff Representative:
  one for a 3-year term

Please contact Diane Dobbs at 785-8629 or JoAnn Kuster at 785-8626 if you are interested in any of the positions.
The Program Associate Professional Development (PAPD), 5-Year Anniversary Celebration will be held on Wednesday, March 7, 2007 from 11:30 am – 1:00 pm in the Port O’Call, Cartwright Center. Guest speakers include Chancellor Joe Gow, Provost Elizabeth Hitch and former Provost Ron Rada. Drop by anytime during the celebration for refreshments and to learn more about our success story as well as our vision for the future. If you have any questions about this event, please contact Krista Shulka, Program Associate Professional Development at 785-6701, shulka.kris@uw腋.edu.

OCW Picnic
Wednesday, May 16, 2007
3:30 - 7:30 pm

The OCW Program Committee is in the early stages of planning their annual picnic. The picnic will be held at the Gun Shelter at Myrick Park. Please mark May 16, 2007 on your calendar!

Upcoming Events

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>1</td>
<td>NEXSTAR – <em>Eileen Ivers &amp; Immigrant Soul</em> at 7:30 p.m, Viterbo. Star of the original <em>Riverdance</em>, seven-time all-Ireland fiddle champion and best-selling recording artist, Eileen Ivers has been called the Jimi Hendrix of the violin. Sponsored by The Courtyard Marriott. For additional information, please call 608-796-3100.</td>
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<tr>
<td>1-3</td>
<td>UW-L Theatre Arts Presents: In the Toland Theatre <em>The World Goes 'Round</em> directed by Walter Elder at 7:30 p.m. For additional information, please call 608-785-6701.</td>
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<td>2-3</td>
<td>Women’s Wellness Retreat 2007 at Stoney Creek Inn, Onalaska, WI. Speaker: Dr. Karen Wolfe, Australian physician and pioneer in the field of integrative medicine, will help you unlock your natural healing wisdom and live your heart’s desire. For additional information go to: <a href="http://www.franciscanskemp.org">www.franciscanskemp.org</a></td>
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<td>4</td>
<td>UW-L Theatre Arts Presents: In the Toland Theatre - <em>The World Goes 'Round</em> directed by Walter Elder at 2:00 p.m. For additional information, please call 608-785-6701 or 608-785-8522.</td>
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<td>6</td>
<td>Faculty Seminar on Teaching for Diversity - Meets in room 111 Wimberly Hall from 4:00 p.m. to 5:30 p.m. For more information go to the website: <a href="http://www.uw%E8%85%8B.edu/facultyseminar">www.uw腋.edu/facultyseminar</a> - Sponsored by the CLS and Affirmative Action Office.</td>
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<td>7</td>
<td>Luncbox/Soapbox at noon in Room 324 Wimberly Hall: <em>Guinevere Grows Up: Waif to Warrior</em> Presented by Carol Oyster, Professor of Psychology.</td>
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<td>7</td>
<td>CAB and Black Student Unity present Ko-Thi at 7 pm in Toland Theatre. Tickets can be purchased at Cartwright Center Information Counter, Monday-Friday from 8 am – 8 pm and at the door on March 7th. For additional information please call 608-785-8887 or 608-785-8892.</td>
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<td>16-18</td>
<td>La Crosse Community Theatre – <em>You Can’t Take It With You</em> – by Moss Hart and George S. Kaufman at 7:30 p.m. For additional information call 608-784-9292.</td>
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<td>22-23</td>
<td>UW-L Theatre Arts Presents: In the Toland Theatre Shelter <em>Repertory Dance</em> Choreography by Kim Neil Nofsinger at 7:30 p.m. &quot;Shimmering, astonishing dance.&quot; For additional information, please call 608-785-6701 or 608-785-8522.</td>
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<td>28</td>
<td>Luncbox/Soapbox at noon in Room 324 Wimberly Hall: <em>Lily</em> In 1976, Elizabeth Grace began a documentary portrait of her daughter Lily. Lily was born with Down Syndrome.</td>
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If you have any information that you would want to have included in our future newsletters, please contact: Bev Kratt, kratt.beve@uwlax.edu, 42 Cartwright, 785-8892.

Back to Top

Recommended Websites

OCW
http://www.uwlax.edu/ocw

College & University Work/Family Association (CUWFA)
http://www.cuwfa.org

Department of Women's, Gender, and Sexuality Studies
http://www.uwlax.edu/womensstudies

UW-L Employee Assistance
http://www.uwlax.edu/hr/print.phspp/employee_assistance_program.htm

UW-L Work-Life
http://www.uwlax.edu/work-life/

UW System Administration Status of Women
http://www.uwsa.edu/acadaff/status/home.htm

Wisconsin Women in Higher Education Leadership
http://www.wwhel.org

Back to Top

Past OCW Newsletters