The Organization for Campus Women Symposium was sponsored by a UW-La Crosse Foundation Small Grant. On behalf of Chancellor Gow, release time has been granted to attend the OCW Symposium. Your participation in the optional lunch session may be during your lunch break, which will reduce the amount of release time you will need. Please talk with your supervisor to ensure office/work coverage.

**Workshop Session I**
**9:30 – 10:30 a.m.**
**A Deeper Exploration of Eating**
**Presenter: Matt Vogel**
Has the reductionist paradigm of nutrition created some unintended consequences when examining how we eat? Are we too focused on calorie counting, ingesting specific nutrients, and eating at certain times of the day? What does it mean to “eat healthy” anyway? In this session we will explore these and other questions about food, eating, and overall wellness. This interactive session will be facilitated from a non-judgmental, non-preachy perspective.

**Balancing Health Holistically**
**Presenter: Bee Lo**
Dr. Bee will be focusing on how organisms, foods, chemicals, environmental elements and anything and everything can cause imbalances and sickness to the human body chemically, emotionally, physically and spiritually. There are many natural ways to prevent and treat these imbalances.

**Fitting Exercise Into Your Busy Schedule**
**Presenter: Karen Skemp-Arlt**
Are your days a blur of work, household chores, errands, and time with family and friends? Finding time for physical activity can be a real challenge for busy people, yet can be done. Overcoming barriers to physical activity, steps to getting started on the road to a healthier lifestyle, and tips to stay motivated will be explored.

**Workshop Session II**
**10:45 – 11:45 a.m.**
**Therapeutic Massage and Wellness**
**Presenter: Jaralee Richter**
Massage has many health benefits and the techniques are easy to learn. In this session, you will learn some basic massage techniques as you practice doing a chair massage on your partner. Then, sit back and they will learn to give a massage on you! Wear comfortable clothing, and bring a partner or come willing to be paired up with a new friend...

**Breathe, Balance and Stretch**
**Presenter: Marge Troka**
As we race through our busy lives we strive to find balance, in our bodies, in our minds, in our environment, and in...
our lives. Join Marge Troka for a session on the benefits of deep breathing, balance and yoga stretching and learn how to incorporate them into your lives.

Optional Lunch Session
11:45 a.m. – 1:00 p.m.
Contemplative Practices in Everyday Life
Presenter: Keely Rees
339 Cartwright Center
Learn how to incorporate a practice into your home and work life that brings more peace, stillness, and joy in a world often full of racing and juggling. Discover practical and hands-on practices that elicit feelings of meaning and purpose to your work, family, and our world.

Symposium Registration & OCW Membership Information

- Please check only one workshop topic per session. Space is limited. The cost of the optional lunch is $10 per person. Membership dues for the Organization for Campus Women is $10 per person for the 2010-2011 academic year.
- Payment for the optional lunch and/or membership dues can be sent to Krista Shulka, 154 Center for the Arts, by Monday, March 22nd. Please make all checks payable to: UW-L Organization for Campus Women.

---

OCW Steering Committee Meeting Dates

You’re always welcome at our OCW steering committee meetings. Here’s a list of upcoming meeting dates and places:

- March 10, noon, Cartwright 342
- April 21, noon, Cartwright 342
- May 19, noon, Cartwright 342

Meeting minutes are available on our website at [http://www.uwlax.edu/ocw/meetingminutes/index.html](http://www.uwlax.edu/ocw/meetingminutes/index.html).

---

OCW Book Club
Brown Bag Lunch – Book Discussion

Facilitated by **Jaralee Richter**
Murphy's Mug in Murphy Library
Noon-1:00
March 23
*The Hunger Games*
by Suzanne Collins
(http://www.suzannecollinsbooks.com/the_hunger_games_69765.htm)

April 27
*Girls of Riyadh*
by Rajaa Alsanea
(http://www.complete-review.com/reviews/arab/alsanea.htm).

---

**OCW Family Picnic**

**May 13, 2010**

4:30 - 6:30 pm

The OCW Social Committee is beginning to plan the OCW annual picnic, which will be held at the Gun Club Shelter in Myrick Park on Thursday, May 13, 2009. Friends and family members are welcome to attend too! More details will be coming out closer to the date. So, please mark May 13th on your calendars and watch for our emails!

---

**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. Please watch your email for a nomination survey. Prompt responses are most appreciated. Thank you!

---

**Organization for Campus Women Raises Money for Scholarships**

The Organization for Campus Women recently held a raffle to raise money for student scholarships. Antoiwana Williams is the lucky winner of the grand prize, a beautiful quilt that was homemade by Kathy Ring, Human Resources. The raffle drawing took place on December 3rd and OCW appreciates the support from faculty, staff and students in purchasing tickets. All of the $945.00 raised will go for student scholarships.
Upcoming Campus Events

Will Allen, founder of Growing Power, one of the first urban farms in the U.S., will speak at 7 p.m. Tuesday, April 13, at the auditorium in UW-L’s Graff Main Hall. Growing Power gained national attention in the award-winning film, Food Fight.

Growing Power is a national nonprofit organization and land trust supporting people from diverse backgrounds, and the environments in which they live, by helping to provide equal access to healthy, high-quality, safe and affordable food for people in all communities. Growing Power implements this mission by providing hands-on training, on-the-ground demonstration, outreach and technical assistance through the development of Community Food Systems that help people grow, process, market and distribute food in a sustainable manner.

Allen also appeared with First Lady Michelle Obama at the White House last month when she kicked off her childhood anti-obesity campaign. Learn more about Will Allen at http://growingpower.org/ and more about Allen at http://www.nytimes.com/2009/07/05/magazine/05allen-t.html.

2009/2010 UW-L Theatre Season

2010 Spring Cab Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/11</td>
<td>Porcupine</td>
<td>7:00pm</td>
<td>Cellar</td>
</tr>
<tr>
<td>3/4</td>
<td>Ronnie Jordan (comedian)</td>
<td>7:00pm</td>
<td>Cellar</td>
</tr>
<tr>
<td>3/25</td>
<td>Tim Mahoney (pop/rock)</td>
<td>7:00pm</td>
<td>Cellar</td>
</tr>
<tr>
<td>3/30</td>
<td>Deanna Latson (Lecture)*</td>
<td>7:00pm</td>
<td>Valhalla</td>
</tr>
<tr>
<td>4/1</td>
<td>Poker Night</td>
<td>7:00pm</td>
<td>Valhalla</td>
</tr>
<tr>
<td>4/6</td>
<td>Freddy Cole (jazz)*</td>
<td>7:00pm</td>
<td>Valhalla</td>
</tr>
<tr>
<td>4/8</td>
<td>Murderball movie showing</td>
<td>7:00pm</td>
<td>Cellar</td>
</tr>
<tr>
<td>4/15</td>
<td>InPulse (a capella)</td>
<td>7:00pm</td>
<td>Valhalla</td>
</tr>
<tr>
<td>4/20</td>
<td>Mark Zupan (lecture: Murderball)*</td>
<td>7:00pm</td>
<td>Graff</td>
</tr>
<tr>
<td>4/22</td>
<td>Cloudchase (acoustic duo)</td>
<td>7:00pm</td>
<td>Cellar</td>
</tr>
<tr>
<td>5/6</td>
<td>Justin Berkman (comedian)</td>
<td>7:00pm</td>
<td>Cellar</td>
</tr>
<tr>
<td>TBA</td>
<td>SPRING CONCERT: TBA*</td>
<td>TBA</td>
<td>TBA</td>
</tr>
</tbody>
</table>

Asterisk (*) indicates a ticketed event. Bold text indicates a "Cellar Thursdays" series event.

If you have any information that you would want to have included in our future newsletters, please contact: Donna Anderson, anderson.donn@uwlax.edu, Economics Dept, 785-6864. Past OCW Newsletters