



# Northwestern

**ANUW**  
ASSOCIATION OF  
NORTHWESTERN UNIVERSITY  
WOMEN

## ANUW Fall Newsletter 2016



Dear ANUW members,

Happy fall and welcome to the new academic year! I am incredibly honored to be assuming the role of the 28th president of ANUW. My ANUW journey started as soon as I joined the Northwestern community almost five years ago. During that time, I have served on the programming committee, as a programming co-chair, as ANUW's vice president last year, and am thrilled to serve as your president this year.

Our board has been hard at work to make FY17 our best year yet! We have many professional development programs, networking opportunities, and social events planned – all focusing on our mission to connect, learn, and grow.

These programs would not be possible without our Executive Vice President Nim Chinniah. We want to thank Nim for his continued support of ANUW and our efforts to provide our membership with valuable programming.

We kicked off the year with our annual Fall Breakfast, featuring keynote speaker Laura Nirider, Clinical Assistant Professor of Law and Co-Director of the Center on Wrongful Convictions of Youth (read more about the breakfast in the winter newsletter). It was such an honor to have Laura speak at the Fall Breakfast and to see more than 200 ANUW members in attendance! Thank you to all the familiar faces as well as new members who attended this year! Happy FY17!

Ellie O'Brien, ANUW President  
Innovations Design Engineer, Department of Medical Education  
Northwestern Simulation

Read this issue to catch up on our spring and summer events, find out what's coming up for fall, and much, much more!



# Conversations with Nim Chinniah

by Kelly Coffey

Program of African Studies

On June 21, 2016 Executive Vice President Nim Chinniah spoke with the ANUW community for the second annual talk “Conversations with Executive Vice President Nim Chinniah.” In his role at Northwestern, he serves as the Chief Operating Officer of the University. He leads all business and finance operations which includes Investments, Financial Operations and Treasury, Facilities, Human Resources, Information Technology, University Police Department, Budget and Planning, Change Management, Internal Audit, Compliance, University Services, and Community Relations. He also staffs the Finance, Educational Properties, and Audit, Risk, and Compliance Committees of the Board.

This year’s talk was titled *Ambition and Momentum: Making Northwestern Even Better*. Chinniah’s talk to the women of ANUW addressed the University’s growth through the additions of several new buildings on campus and the opportunities that come with navigating growth. Following his talk, he did a question and answer session. Chinniah reminded the group of the importance of leadership, empowerment and the possibilities that innovation and change bring as we find ways to better understand our university roles and work smarter, not harder.





# “Pathways to Success” with Dr. Teresa Woodruff

by Gretchen Oehlschlager

Center for Interdisciplinary  
Exploration and Research in Astrophysics



On April 27th, about 75 ANUW members gathered at Norris for the annual spring “Pathways to Success” luncheon. Each year, this event focuses on the career story of a prominent woman leader at Northwestern. ANUW has welcomed deans, faculty members, and administrators to be a part of this tradition.

This year, we were fortunate to hear from Dr. Teresa Woodruff, who founded the discipline of oncofertility at Northwestern’s Feinberg School of Medicine.

Oncofertility was born at Northwestern in 2007. It is the preservation of fertility after cancer. Dr. Woodruff told the group that 43 children per day are diagnosed with cancer in the U.S. Many treatments leave them sterile or with fertility challenges. She talked about a historical divide between young male patients being encouraged to bank sperm before treatment, whereas the future fertility needs of girls and young women were often neglected. Dr. Woodruff and her colleagues provide resources and advocacy to young patients, from working with egg and embryo banks, to making connections for adoption and surrogacy.

In addition to educating the ANUW audience about oncofertility, Dr. Woodruff updated the group on the fight to include women in basic science research. Dr. Woodruff’s colleague, Melina Kibbe, gave last year’s ANUW Fall Breakfast talk. At that event, Dr. Kibbe described the long-standing exclusion of women from medical research studies and the huge impact of this on women’s medical care, from diagnoses and surgery to treatment with medications. Dr. Woodruff was thrilled to share that now all federally funded research studies must include women.

Dr. Woodruff went on to talk about her childhood and the initial spark of her interest in research. Though she had originally planned to be a first grade teacher like her mother and grandmother, science, and research specifically, caught her attention in high school and college and this interest continued to deepen. She went on to become a graduate student at Northwestern, and her “purple pride” came through clearly in her talk.

As far as advice to ANUW members, Dr. Woodruff noted that her best ideas have come out of talking with others. She also noted that she doesn’t view work/life balance as an “either/or.” She said, “It’s all life!”

Teresa K. Woodruff, PhD

- Thomas J. Watkins Memorial Professor and Vice Chair for Research, Department of Obstetrics and Gynecology;
- Professor, McCormick School of Engineering;
- Director, Women’s Health Research Institute;
- Director, Center for Reproductive Science





# Membership appreciation 2016

This year, ANUW members met over wine and cheese to celebrate the year at the Program of African Studies. Thank you to our ANUW community!

Special thanks to the ANUW Publicity Committee!  
Ann Anderson, Anita Chase, Meghan Whalen

# Mentoring Summer Celebration a hit!

by Christine Ganjani

IT Technology Support Services

The view of the Lakefill shimmering in the sunlight provided the perfect backdrop for the intimate group of mentees and mentors who gathered for the 2016 Summer Celebration at Norris on July 18 to hear Sherry Minton, manager of Northwestern IT Communications, ANUW Past President, and Mentoring Program co-founder, share her career journey.

Sherry was excited to begin her career with ESPN because of her love for sports. Being fresh out of college and in a male-dominated environment, the deck was stacked against her – and having a mentor was not in the picture. However, she worked hard and was quickly promoted, but hit the “glass ceiling”. She knew that any kind of further career advancement would come as a freelance producer, available to work for any network, anytime, anywhere. So she left her ESPN position with an opportunity to meet a coveted “bucket list” career goal to cover the Summer Olympics in Barcelona. She eventually moved to Chicago, where she worked for NBC, Advocate Healthcare, earned her Master’s Degree in Integrated Marketing Communications, and joined Northwestern in 2005. Although she has had a successful career, Sherry always wished she had a mentor to help her navigate her career path and better understand what was happening below the surface – how best to collaborate with colleagues, learn the cultural landscape, and knowing the right things to say. She felt so passionate about the need for a mentor that four years ago she volunteered to be on the exploratory committee to start the ANUW Mentoring Program at Northwestern. The rest is history.

“Having a mentor and being a mentee is not just about getting advice on how to find a new job. It’s about career development, having someone to confide in, benefiting from their wisdom, gaining a perspective on the inner-workings and unwritten rules in the working environment, learning how to navigate “office politics” and having a true confidant who has your best interest in mind.”

Thank you, Sherry, for sharing your story and for being the spark that built the ANUW Mentoring Program.



**Save the Date:  
The ANUW Mentoring  
Recognition and  
Appreciation  
November 18, 2016  
4:00 – 5:30 p.m.  
John Evans Center in Evanston**



# ANUW Board 2016-17

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# ANUW tours Northwestern's Shakespeare Garden

by Kelly Coffey  
Program of African Studies

August 10, 2016 ANUW members gathered behind the Tech building to get a tour of the Shakespeare garden. The garden, over 100 years old, was designed by Chicago Landscape Architect Jens Jensen. The garden's theme, established in 1915 by The Garden Club of Evanston, was chosen to show solidarity with England during the first world war as well as commemorate the anniversary of Shakespeare's death 300 years ago.

The plants in the garden - trees, shrubs and flowers - are all plants or plant names mentioned in Shakespeare's work. These plants include rosemary, lavender, thyme, hyssop, rue, lemon balm, columbine, old roses, oxeye daisy, anemone, daffodil, pansy, poppy, nasturtium and marigolds, parsley, holly, ivy, and mint.

Members also learned about the history of the benches, fountain, and lighting designs added to the garden over the course of the century, and what goes into maintaining these historical accents. Who knows what additions the next century will bring.







# The lost art of the desk lunch

by Kelly Coffey

Program of African Studies

Taking time for a break and a proper lunch is a good way to refresh and recharge during a long work day. However, it's not always an option, especially for those action packed office days. If you find it's too rainy or cold to enjoy a home-made lunch on the lake, or you know you're not going to be able to make a run to your local sandwich shop, here's a few tips. Your lunch may not be lake side, or even in a break room, but maybe it can still feel like a break for a nice meal.

1. Consider a seasoning stash. For those with access to a communal kitchen, make sure you label your items with a name and a date. For those without a kitchen, designate a drawer, and remember to seal your seasoning in another container or bag to ensure they don't because unintended office potpourri. A little new seasoning goes a long way on leftovers! Suggestions: sea salt, pepper grinder, honey, basil flakes, parsley flakes, peanut butter, cayenne.
2. Super desk foods: hard boiled egg, avocado, apple, yogurt, almonds. Have these stocked in your fridge to grab and bring to work. These foods are great as snacks, and can be added to most other lunch items. Avocados for salads and sandwiches, yogurt to eat with granola or fruit, eggs for a salad or a snack on their own.
3. Keep a dish, bowl and silverware in your desk. Enjoy the dignity that comes with a real plate and cutlery. It may require extra effort – you'll have to wash them after a meal- but there's the advantage of a certain Zen that comes with washing dishes. Plus, it's more environmentally friendly.
4. Don't have forget that once a month, ANUW offers you the opportunity to leave your desk and meet new people. Bring the pepper grinder you hide in your desk and makes some friends!



<p>AMY SCHUMER</p> <p>THE GIRL WITH THE LOWER BACK TATTOO</p>	<p>JESSICA BENNETT</p> <p>FEMINIST FIGHT CLUB</p> <p>AN OFFICE SURVIVAL MANUAL (FOR A SEXIST WORKPLACE)*</p> <p>*BOOK IS 23 PERCENT MORE EXPENSIVE FOR MEN</p>	<p>The Heart Goes Last</p> <p>Margaret ATWOOD</p>	<p>Me BEFORE You</p> <p>... Jojo Moyes</p>	<p>Never Let Me Go</p> <p>Kazuo Ishiguro</p>
<p>January 26</p> <p><i>The Girl with the Lower Back Tattoo</i> by Amy Schumer</p>	<p>March 23</p> <p><i>Feminist Fight Club</i> by Jessica Bennett</p>	<p>May 25</p> <p><i>The Heart Goes Last</i> by Margaret Atwood</p>	<p>July 27</p> <p><i>Me Before You</i> by Jojo Moyes</p>	<p>September 28</p> <p><i>Never Let Me Go</i> by Kazuo Ishiguro</p>

# ANUW Book Club 2017

Read and discuss with the ANUW book club!  
 Meetings are held 5 times a year on the Evanston campus from 12-1pm at the John Evans Center, 1800 Sheridan Road.



## Eat with ANUW!

Get to know your fellow ANUW members at Eat with ANUW, held regularly on the Evanston and Chicago campuses. Bring your lunch and a friend and meet women from different colleges and departments, network, and create community. No presentations or agendas, just an opportunity to get to know one another.

Eat with ANUW takes place on the second Tuesday of each month on the Chicago campus and the first Wednesday of each month on the Evanston campus. For more information, contact the ANUW Programming Committee co-chairs, Sheri Carsello (sheric@northwestern.edu), and Shannon Reifsteck (s-reifsteck@kellogg.northwestern.edu). Hope to see you there!

- Megan Whalen, Northwestern University School of Law

## Upcoming events in 2016-17

- November: Block Gallery Tour
- December/January: Acing interviews
- February/March: ANUW Panels
- April: Pathways to Success
- May: Conversations with Nim Chinniah
- June/July: Membership Appreciation

Check your e-mail for monthly updates on location and dates.