



Northwestern

ANUW

ASSOCIATION OF
NORTHWESTERN UNIVERSITY
WOMEN

FALL 2017 NEWSLETTER





Dear ANUW members,

Happy November and a warm welcome to our new members! It is a great honor and privilege to serve as president as we celebrate ANUW's 29th year on campus. I am inspired by this amazing group of over 500 women and profoundly grateful for your involvement with our organization. We're coming off an exciting FY17 and the Board is energized to build on the momentum from last year.

Throughout the coming year, we are striving to:

- **Explore relevant topics** by discussing and supporting issues women face today through our communications and programming.
- **Increase our visibility and viability** by growing membership, increasing our brand recognition, strengthening partnerships with other staff organizations and the Women's Center, and developing Board leadership.
- **Invest (more) in professional development** by piloting an ANUW leadership development program, Emerging Leaders, in collaboration with L&OD this winter, and building off the momentum of a record-setting year in our Mentoring program.

All of this in addition to bolstering your favorite programming on both campuses!

We kicked off the year with over 200 members at our annual Fall Breakfast, featuring our dynamic keynote speaker, Dr. Lesley-Ann Brown-Henderson, Executive Director of Campus Inclusion and Community, who shared her inspiring and touching journey as a professional and a mother. It was wonderful to see so many familiar faces and have so many new members join us!

We would love your feedback as to how ANUW can best support your professional goals at Northwestern, and I invite you to contact me or any Board member to share your thoughts or ideas. I look forward to hearing from you and seeing you at our upcoming events!

Cheers to continued success in FY18!

Jennifer Klink '16 MS, ANUW President
Senior Associate Director, ARD



Fall Breakfast *Recap*

by Chelsea Mattson
Alumni Relations and Development

The ANUW Fall breakfast started off with more than three hundred proud NU women gathering together around many large circular tables to eat breakfast together.

Keynote speaker, Dr. Lesley-Ann Brown-Henderson is the Executive Director of Campus Inclusion and Community. She gave an intellectually and emotionally compelling presentation on her work at Northwestern University and her approach to work-life balance.

She began her presentation discussing the logistics and mission of her office, Campus Inclusion and Community, which aims 'to work collaboratively with the university community to cultivate inclusive learning environments through intentional engagement with difference.' The department is still relatively new to campus, only created in Fall 2012 after a need for intentional interactions across lines of differences was identified, with Dr. Brown-Henderson beginning as the Director.

She explained her most important life principles which include 'reckoning, resiliency, patience, working through fear, lifeline of community, trusting self, slowing down, and putting first things first.' She explained how each principle related to her life. Following each principle came an anecdote that made each relatable in showing her struggles, and triumphs, in traversing the twisting road of balance and control over her personal and professional life.

Dr. Brown-Henderson did a superb job at grasping the attention of all women in the room, spanning all differences in background, culture, age, and experience.



Member Feature: Val Sherman

On balancing work with an athletic lifestyle

by Veronica Benduski

Alumni Relations and Development

Outside her full-time job, **Val Sherman, Associate Director of Gift Planning Administration at Alumni Relations and Development (ARD)** is not only a knitting guru and an active Palatine community member, but also an athlete. She finished her second triathlon, and international distance race in Lake Zurich, just a few months ago. As many of us know, balancing an athletic lifestyle with work and personal obligations can prove an extraordinary challenge, especially when training for a race.

What was your journey to triathlon racing?

“I ran/walked my first 5K and didn’t run again for years,” Val shared. “But in 2015, I started running more consistently, recognizing I would be slow at first, then increasing my distance, increasing my speed.” There were two secret ingredients to Val’s return to running: “Having a buddy to be accountable with” and “strength training.” Lifting weights became a core part of Val’s training when she realized that stronger muscles made the miles easier and more enjoyable. She increased her distance from 5K to 10K, to half-marathon, and ultimately triathlons, reveling in the electric atmosphere of race days. “The energy is so great. You run faster on race day because you have other people running with you.”

What foods fuel you? One of the toughest challenges when training for any race can be meal planning, especially on a busy work schedule. How soon after a workout do you need to eat? What do you need to eat to rebuild muscle? Val did her research to find the answers. She found *The Women’s Guide to Triathlons*, full of valuable advice. “This book recommended getting protein and starchy carbohydrates within 30 minutes or an hour of your work out. If you do that, it helps you with your absorption

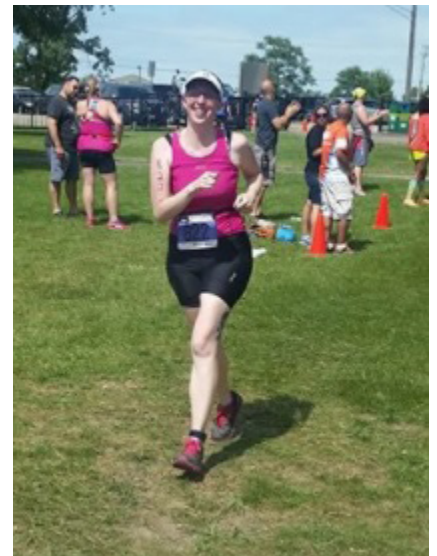
throughout the rest of the day and it specifically helps you rebuild the glycogen in your muscle stores.” Val’s go-to post-run lunch is squash with a bit of cinnamon and cayenne pepper in a coffee mug that she heats up at work.

What is your snacking philosophy? Val recommends “making healthy snacks available for yourself immediately after the workout,” such as nuts, an apple with almond butter, pita bread and hummus, and yogurt with homemade jam, granola, or other mix-ins. She recommends keeping a stash of fruit leathers or lemon Larabars on hand – “they’re great for gym bags!” And she always tries to maintain a healthy relationship with sugar, saying, “I let myself indulge in one sweet a day.”

What’s your next race? “I’m training with a team that races in support of the Lukemia and Lymphoma society,” a great way for Val to bring together a cause she cares about with her training goals.

Her takeaway for working female athletes?

No matter what kind of exercise you do, “you have to like it! Don’t just take the advice and ‘run’ with it—if you’re not a morning runner, don’t do it. If you’re not an afternoon runner, don’t do it. Find what works best for you and your schedule...find something you enjoy!”



Organization Feature: YourLife Wellness

by Veronica Benduski

Alumni Relations and Development



Wellness means more than going to the gym a few times a week; it encompasses physical, financial, and emotional well-being. Northwestern's renewed commitment to a healthy workforce instigated the launch of **YourLife Wellness** in 2016. Thanks to **Wellness Coordinator**

and ANUW Member Evelyn Cordero,

Northwestern faculty and staff now have the opportunity to take free lunchtime fitness classes, have personalized meetings about benefits, and discuss nutrition challenges in a group setting.

Evelyn came to Northwestern and YourLife in October 2016 from the Feinberg School of Medicine. At Feinberg, she was a Research Assistant in Dr. David Victorson's lab, focusing on "mindfulness based stress reduction (MBSR)... a formal form of meditation we used when working with cancer patients and survivors." Bringing together her degrees in Community Health and Wellness and Health Communications, Evelyn has spearheaded an immense amount of new programming at Northwestern around physical, financial, and emotional wellness for faculty and staff. "We support our employees so that they can care for themselves," says Evelyn.

When asked what she enjoys most about her job, Evelyn immediately knew the answer: helping people. "Our programming is so diverse... it gives me an opportunity to focus on different realms of well-being," she explained. Evelyn values her ability to help others through the creativity of her role. She gets to wear different hats as she organizes everything from "open house potlucks"

for the ENERGY Nutrition Resource Group to popular fitness classes on both campuses—"people really love Zumba," Evelyn said laughingly.

Evelyn's background working downtown puts her in a perfect position to strive for equitable programming on both campuses. One way in which Evelyn hopes to connect more with the Chicago campus is an exciting partnership with the Women's Center downtown, where YourLife will start drop-in mindfulness sessions every Tuesday beginning this fall.

This year, Evelyn is also looking to grow the **Wellness Champions Committee**, a group of over 30 staff and faculty members that meet once per month "to provide feedback on our programming and what's going on at the university...we are always looking for more champions, ideally from every part of the school... they are our backbone." ANUW members can reach out to Evelyn at evelyn.cordero@northwestern.edu if they would like to be Wellness Champions for their department.

Upcoming Events:

Workshops: Caring for the Caregiver (*November 16th, both campuses*), Building Resilience: Your Weapon Against Stress (*December 5th in Evanston, December 14th in Chicago*). [Details here.](#)

Salsa Social: Salsa lesson and open dancing and a raffle for faculty, staff, family, and friends. [Details here.](#)

YourLife/NUSAC Ice Skating Mixer: Enjoy skating, hot chocolate, and snacks at Norris skating rink (January 18th, 5-7pm and February 10th, 12:30 - 2:30pm).





ANUW
Mentoring Minute

Do you want to be a mentor or mentee in 2018? Be on the lookout for Info sessions in early 2018!

[Email us](#) if you have any questions

Hello ANUW!

Our record year for the ANUW Mentoring Program has come to a close! With 59 mentoring pairs, we had 118 participants this year to make this our biggest year by far. Thank you to all of our mentors and mentees. While the official mentoring cycle has ended, we hope that your mentoring relationship won't! We look forward to welcoming you and new members in 2018. Here is a recap of programs we hosted since July:

Summer Celebration Lunch

In late July, we held our annual Summer Celebration Lunch with Kelly Schaefer, Assistant VP of Student Engagement in Student Affairs, as our guest speaker. Kelly brought two of her staff members to speak about "Developing a Mentoring Relationship" and provided our members with wonderful information and advice.

Coffee Hour Social

In August, we held our first coffee hour social and welcomed many of our members before work to network and chat. It went so well we are going to host one annually!

Listening Workshop

In September, we offered a listening workshop with Kellogg faculty member Bob Langewisch. Bob spoke about the challenges of listening and how we can improve our active listening skills; an important aspect of mentoring!

End of the Year Event

We ended our year of mentoring full of food, drinks, and conversation. Two mentoring pairs – mentor **Tracey Gibson-Jackson** and mentee **Anna Chapman**, and mentor **Amber Polivka** and mentee **Jill Smith** – shared insight into their relationships throughout the program. Anna shared, "The mentoring program made me realize how valuable it is to make time for myself before the week, or even months, get away from me. Meeting with my mentor helped me be more aware of my work and personal life and not push things off until 'the perfect moment' (hint: there never is a perfect moment for anything!)." Amber shared words of encouragement for anyone considering being a mentor, "Think about the year you stopped attending school and started your professional career," she said, "Are you at the same job? Are you in the same city? What does your family look like now? Thinking this way, I realized I had over a decade of professional experience - and that life did not stop while I was accumulating it. There were times when I would have benefited from the ability to talk through issues with a confidant. There are situations you have been in... that you can directly connect with someone else's and offer insight, guidance, and a sympathetic ear."



Lola McToy & Catherine Catellani



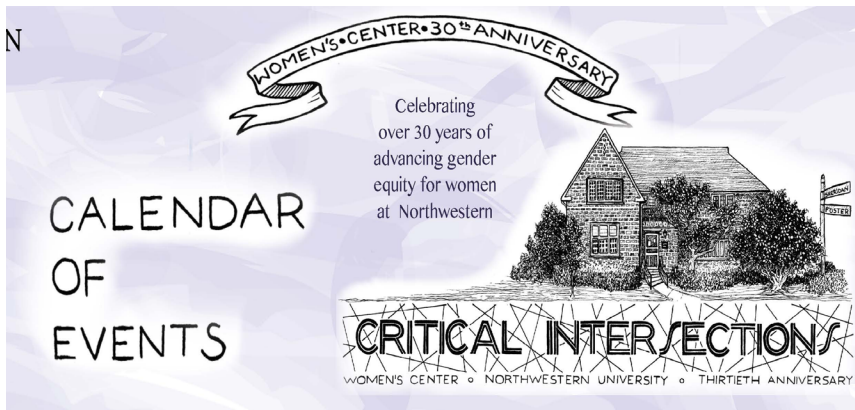
Shayna Thomason, Carol Henes, Swapna Dave, Maureen Knight-Burrell, Emily Anderson, Jackie Kalan



Jill Smith, Amber Polivka, Anna Chapman, & Tracey Gibson-Jackson

Your 2017 Mentoring Program Committee:

Emily Anderson, Swapna Dave, Vanessa Gamboa, Carol Henes, Jackie Kalan, Maureen Knight-Burrell (co-chair), Lauren Pahnke, Elena Susan, Shayna Thomason (co-chair)



CALENDAR OF EVENTS

FALL & WINTER

October

10.20 Women's Center Open House & 30th Anniversary Kick Off Location: Evanston campus
12-2pm Lunch Served

10.27 "In the Brown and Red Water" Post Play Conversation
Josephine Louis Theater (Wirtz)
20 Arts Circle Drive
Following the 7:30pm performance

10.30 Women's Center Open House & 30th Anniversary Kick Off Location: Chicago campus
12-2pm, Lunch Served

November

11.13 "Transforming Rape Culture" with Mariame Kaba
Co-sponsor with CARE
Location: University Hall 122
6:30pm

February

2.8 "Vinegar Tom" Pre-show Reception
Evanston campus
6:30pm

2.28 Critical Intersections Symposium
Louis Room, Norris University Center
8:30am-1pm, Lunch Served

March

3.1 Women's Center 30th Anniversary Awards Dinner & Celebration
Guild Lounge
5:30-8pm

All month Critical Intersections Film Series
Location: TBD
Various times, Refreshments served

Women's Center Opens it's House for a New Year

by Veronica Benduski

Alumni Relations and Development

On Friday, October 20th, the **Northwestern University Women's Center** held an Open House to celebrate its 30 year anniversary and the joining of a new director, Dr. Sekile Nzinga-Johnson. Dr. Nzinga-Johnson came to the Women's Center after 15 years as a professor in the fields of Social Work, Gender & Women's Studies, and Psychology. She also practices social and activist work in areas such as Black women's and girls' health and mental health, healing from sexual trauma, teen parenting, and maternal and infant mortality.

The Women's Center looks forward to a year of exciting programming that promotes and serves their mission: "to enhance the academic achievement, career aspiration, and personal development of women at Northwestern and to help build an environment wherein women and men can work productively together."

Critical Intersections | Redefining Feminism

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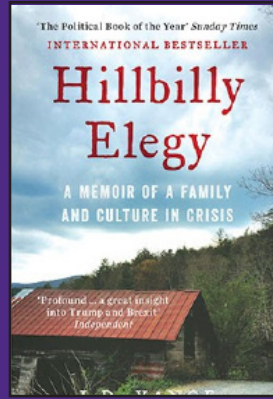
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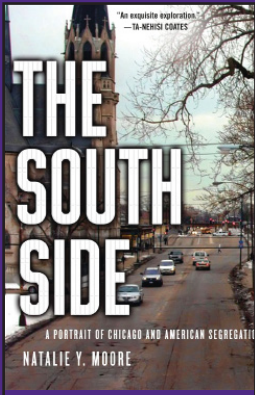
BOOK CLUB



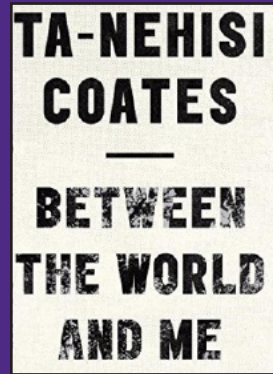
Modern Romance
by Aziz Ansari
November 16
Kellogg Global Hub
Room 1317
12:00pm-1:00pm



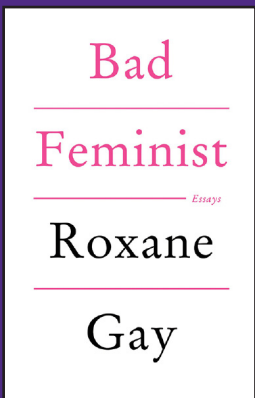
Hillbilly Elegy
by J.D. Vance
May 15
Location TBD
12:00pm-1:00pm



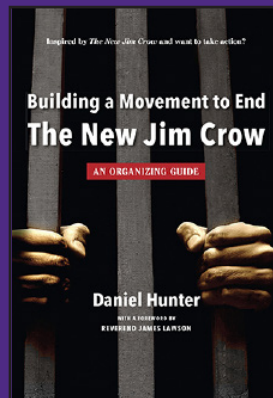
The South Side: A Portrait of Chicago and American Segregation
by Natalie Moore
January 18
Location TBD
12:00pm-1:00pm



Between the World and Me
by Ta-Nehisi Coates
July 19
Location TBD
12:00pm-1:00pm



Bad Feminist
by Roxane Gay
March 15
Location TBD
12:00pm-1:00pm



The New Jim Crow
by Michelle Alexander
September 13
Location TBD
12:00pm-1:00pm

