

12-1-2011

## Voices Raised, Issue 34

University of Dayton. Women's Center

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### Recommended Citation

University of Dayton. Women's Center, "Voices Raised, Issue 34" (2011). *Women's Center Newsletter*. Book 36.  
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# Voices Raised

Planning underway for Sweats to Suits 2012



2011 attendees "network" with keynote Vicki Giambrone.  
For more, see pages 2 & 6.

## Women's Center

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Monday - Friday  
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## 100 years of Engineering Excellence: Women's strides in a challenging field

As the university celebrates 100 years of striving for excellence through engineering, we are also acknowledging the involvement of women in this movement. So pull your hair back in a ponytail and get ready for some engineering cowgirls ready to challenge society's stereotypes.

UD's commitment to attracting women to engineering as a chosen career goes back decades. Founder of the Women in Engineering (WIE) summer camp, Carol Shaw, created a gathering of women to promote their growing demographic in engineering. Founded in 1973, the WIE program has seen roughly 2,800 high school girls

pass through. Female engineers already working in the field participate in the camp to show girls that there is a place for them too.

Laura Bistrek, UD's Women and Minority Engineering Program director, explains that we need to "start disassociating the word 'engineer' with 'nerdy male.' That's what it's going to take to impact change."

"Anyone has power to impact change", states Bistrek. Years ago, women were encouraged to take on roles which required qualities such as compassion and sympathy, as in nursing for example. However, as she emphasizes, there has been significant advancement

in public understanding about the engineering profession.

Bistrek explains that being a female engineer comes with added responsibility. Being female makes one more visible in the work field and may lead to a sense of being "selected" or targeted to represent women.

On the positive side, not only are women engineers typically good at math and science, they are also inclined to be creative and enjoy helping people and solving problems.

Companies that wish to diversify their work forces often actively seek out female engineers of different races and socioeconomic levels.

**Continued on P.7**

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# What's Going On?

## Sweats to Suits: March 13, 2012

When (April 2011) attendees of the first Sweats to Suits (S2S) program were asked if they would recommend it to other students, one student replied, "I brag about [Sweats to Suits] to my friends, family members, and colleagues. I can only hope that this event happens in the future!"

Backed by a plethora of positive sentiment from the student body, the Sweats to Suits planning committee is working hard to make that hope a reality for students as they continue in the organizing stages for UD's Sweats to Suits 2012. The planning committee consists of representatives from UD's Women's Center, Career Services, and the Schools of Engineering and Business Administration, as well as GE's Women's Network.

According to Women's Center director Lisa Rismiller, though there will be similarities, participants can expect a few changes to the program from last year's first S2S.

"We learned a lot from the pilot S2S this past April," Rismiller explains. "The 2012 S2S will be similar but it will be earlier in the year, some of the content will be different, and most of the presenters will change."

The committee is also working to build greater "networking" opportunities and exercises into the program. S2S hopes to offer promotional events in

February, and early March to build awareness about the March 13th conference.

While UD's Career Services already offers extensive assistance in helping students gain post-graduation employment, S2S has taken a different approach. It's two primary objectives are to help young women be as successful as possible in their first 3 to 5 years in the professional world and to give "mature" professional women an outlet for sharing their experiences and wisdom with young women about to enter the workforce full time. S2S began when representatives of the GE Women's Network approached the University of Dayton in the fall of 2010 with the idea for a women's leadership conference that would unite professionals with collegiate women. With the success of the 2011 event, the organizers' overall hope is to have all UD women attend S2S at least once before graduating.

According to junior Psychology major Brookelynn Smith, the experience definitely served its purpose. "I had no idea about the power of networking," Smith explains. "I've told all my friends about it and we all plan to attend this year!"

Students will be able to register for S2S 2012 through Hire-A-Flyer. Registration dates have yet to be announced, but will likely be in early February.

Lauren Porter  
-Junior

## Women's and Gender Studies goes to London

During the month of July, ten UD students joined three Women's and Gender Studies faculty members and their families for a study abroad program in London, entitled "Engaging Social (In)justice: Gender, Race, and Class in a Global City."

With faculty members from philosophy (that's me, Dr. Rebecca Whisnant), sociology (Dr. Leslie Picca), and art history (Dr. Judith Huacuja), we explored such questions as: Are there distinctively British ways of understanding race, class, sexuality, and/or gender? How have legacies of slavery and colonialism shaped contemporary British society? How have members of marginalized groups used art and performance to voice their experiences and challenge their oppression? And what are the methods and priorities of feminist activists in London in 2011?

We lived in an apartment building just off Edgware Road, an area colloquially known as "Little Beirut" due to its large population of immigrants from Lebanon, Egypt, and elsewhere in the Middle East. Walks down Edgware Road to nearby Hyde Park were an adventure in interesting sights, sounds, and smells (such as

that of the ubiquitous shisha, smoked by restaurant patrons sitting at outdoor tables).

Our students, pictured below, were a lively, curious, and cooperative group—not only engaged in the program materials and activities, but always ready to help entertain a restless preschooler (one of Leslie's three little girls) or lug a heavy stroller on the tube so that I could bring my then-five-month-old daughter with me on an excursion.

Here is a mere sampling of our activities:

-In our tour "East End Radicals," we learned about the legacy of anarchists, trade unionists, and other social justice activists and theorists in this historically important area of London.

-At the Foundling Museum, we learned about the desperately poor and stigmatized mothers who brought their "illegitimate"



Back row: Ellie Myers, Sam Maki, Morgan Hale, Charlie Hallinan, Crista Kling, Robin Warshaw. Front row: Julie Morgan, Keelie Gustin, Brittany Menzenwerth, Kate Akin.

Continued on P.7



# Profiles

## The women of 39 Evanston: working to make a difference

In the student neighborhoods there are six houses called Marianist Student Communities (MSC). MSCs are unique houses where students not only live together, but also eat together, pray together, and commit to be present to each other and to the UD community. The six ladies of 39 Evanston: Danielle Bare, Gretchen Berkemeier, Caitlin Cipolla-McCulloch, Kristen Crum, Meghann Wygonik, and Samantha Tsuleff, are members of one MSC.

There are many challenges and joys that come along with living in an MSC. By intentionally living as a community, we engage in great conversations that go beyond the normal surface level routine. Community life at 39 Evanston calls us to be the best versions of ourselves. It challenges us and helps us to positively grow into the people God is calling us to be. It also broadens our horizons and helps to build community within our part of the neighborhood and with people we might not have otherwise met. Living in a MSC, we commit every day to supporting each other and meeting each other where we are along our life journeys. We have created some deep relationships rooted in a shared bond of faith.

However, living in an intentional community isn't easy, it takes time, dedication, and love of *everyone* to make it work smoothly. It takes effort and a commitment to joyfully make sacrifices. There are times where it is very difficult to be committed and to pull one's weight in doing the chores or giving another community member the benefit of the doubt, but it is ultimately what we are committed to and it makes us better people because of it. It is also good practice for whatever our futures might hold.

Our specific community commits to eating meals together as often as possible, but we have set dinners on Monday nights and we try to invite others to join once a month. We also have breakfasts together on Wednesday mornings and we have a



Meghann Wygonik, Gretchen Berkemeier, Kristen Crum, Samantha Tsuleff, Caitlin Cipolla-McCulloch, Danielle Bare (left to right)

scheduled prayer once a week, on Thursdays. We had an event earlier this semester where we invited UD students over to our house for free desserts. We always welcome others into our home and our door is always open for anyone who needs to enter. Although we are living this unique lifestyle, we are still just normal UD students, committed to making a difference!

Samantha Tsuleff  
-Senior

## Memories and Musings from ... Mrs. Claus

A long time ago, the guy in the red suit and I began to visit UD for Christmas on Campus. In those early years, we were the main act, arriving in a horse drawn carriage in the center of Kennedy Union Plaza. The first time we arrived, I remember, we stepped out of the carriage, and there was a tremendous press from the crowd. In the midst of the roar, I overheard a child sitting on the shoulders of a UD student ask, Who's that lady with Santa Claus? As if that was not bad enough, the student answered, "It's his mother." His MOTHER? Do you have any idea how old I'd be if I were Santa's mother??? I wanted to yell back, I'm his wife, his partner, the one who helps him get dressed, organize the gifts and keeps the fire burning while he's flying around the globe. I am the one who checks the gift list and Buddy, you are getting coal this Christmas! Being the sidekick for one of the most loved characters in the

world has its challenges and someone older than Santa would certainly not be up to the job. And so goes the story of a day in the life of *Mrs. Claus*.

Actually, being Mrs. Claus is a bit of a mystery. Unlike Mr. Claus who everyone knows as Santa Claus, even my first name is unknown. In case you were wondering, it's Annabelle (Santa chuckles and I jingle).

Being Mrs. Claus has its benefits. For anyone young or old who has visited with my husband, you know he is bigger than life, full of mirth and laughter. Some small persons find all that "Ho, Ho, Ho" stuff a bit too much. They much prefer to sit quietly on my lap and snuggle up to someone without a beard. I love the intimacy of sharing the secrets and wonders of someone who knows with all their heart that Santa is real



Continued on P.7



# Health & Wellness

## Ask the Doc: Dining hall health foods?

Dr. B,

How can I maintain a healthy diet eating cafeteria food?  
-Catherine

Dear Catherine-

Eating away from home is always a challenge as your favorite foods may not be available, and the healthier choices may not be your favorites. However, it **is** possible to eat healthfully while living in a residence hall. Try to eat at least 5 daily servings of fruits and vegetables. More than 5 is even better. Or think 2 cups of fruit and 2-1/2 cups of veggies. Eat a variety of whole grains (whole wheat bread, oatmeal, rice, especially brown rice). Choose low-fat dairy products like skim or 1% milk, low-fat cottage cheese, low-fat yogurt, and reduced-fat cheeses. Choose meats that are lean such as chicken and lean red meat (lean ground beef or ground chuck, "loin" or "sirloin" cuts are usually good), or meats that are part of a wrap, casserole, or stir-fry. Vegetarians should make sure to get a variety of grains and beans, and can request special vegetarian products. Try to avoid gravies, white (cream-based) sauces and fried foods, and things with labels like "extreme", though having these occasionally is fine. Try not to think of any particular foods as "forbidden", just ones that you shouldn't make a major part of your regular diet.

Perusing a recent UD dining hall menu, here are a few health-conscious choices (marked with a red heart so you can easily spot the healthy choices):

### Soups:

- Bean with Ham Soup
- Hearty Homemade Chili
- Boston Clam Chowder
- Broccoli Rice Cheese Soup
- Wild Rice Mushroom Soup
- Vegetarian Vegetable Soup

### Vegetables/sides:

- Broccoli spears
- Oven-Roasted Vegetables with Herbs
- Baked Beans
- Sweet Fresh Baby Carrots
- Herb Garden Green Beans
- Corn on the Cob
- Whipped Potatoes

### Entrees:

- The Pasta Place (be careful about portions—a baseball-sized scoop of pasta is about a cup, around 200 calories without toppings)
- Barrett Pizza
- Lite Side Tuna Melt on Sourdough
- Bourbon Chicken Grinder
- Barbecued Pulled Chicken Sandwich
- Oven-Baked Pork Chop
- English Style Baked Tilapia
- Stuffed Pepper with Couscous Veg Filling
- Fire Roasted Southwest Style Cod

The salad bar can also be a great choice, just be careful with high calorie toppings like cheese, seeds, crunchy toppings, and dressings (light dressings are preferable).

BTW, you can plan your meals ahead of time by looking at the weekly Dining Services menu on-line on Porches under the UD Daily tab.

Also, if you'd like to talk to one of the dietitians for more personalized advice, you can call Ms. Wylan Ganote at 94225 or e-mail her at

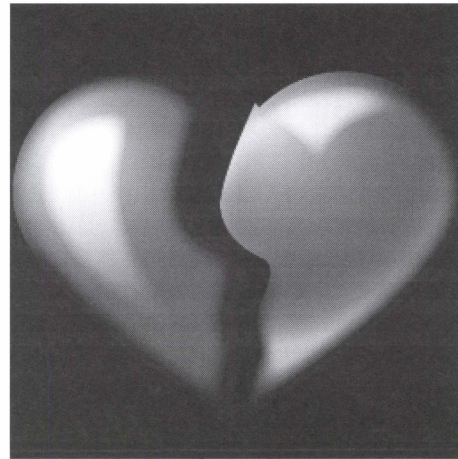
[wylan.ganote@notes.udayton.edu](mailto:wylan.ganote@notes.udayton.edu)

-Dr B



# Navigating the holidays after the death of a loved one

At some point we will all be confronted with the challenge of continuing our lives after losing a loved one. Understandably, many of us try to live each day without thinking about this difficult destiny. This avoidance can be adaptive as we all work to navigate the everyday stressors of life. However avoidance can become problematic when we are confronted by a loved one's death or by anniversaries of their death. In these circumstances, trying to avoid the pain of living without someone who made life feel fulfilling can become an overwhelming, exhausting, and frustrating war with ourselves. This can be especially true on holidays. Almost everything about the holiday season can become a reminder of our loss given that loved ones likely played a fundamental role in holiday traditions. Although our minds might tell us to quickly "get over" the loss, our bodies and emotions will often tell us that there is still grief to "get through." Meanwhile, our pain becomes prolonged and intensified as we criticize ourselves for continuing to feel hurt by the loss and to doubt our ability to endure our emotions. In wars waged with ourselves, we are certain to feel the hurts of defeat.



<http://www.veryicon.com>

However, we need not be an adversary to ourselves during the already challenging holiday seasons. We can end the war within by responding to our urge to avoid grief with non-judgmental acknowledgement of our grief as it arises. This kind of acceptance is the opposite of avoidance and it removes self-criticism as a barrier to discovering and responding to our needs. The continued acceptance of the impact of a loved one's death highlights the eternal presence of that loved one in our lives. Therefore, such acceptance becomes justification to begin responding to reminders of our loss with self-compassion and even appreciation. With time and self-care, the holidays can then become a time to reaffirm the presence of a lost loved one in our continued lives. The following tips might be helpful in this process over the holidays:

- Begin your day reflecting on 3 things that are going well in your life or 3 things that your lost loved one would be happy that you have in your life
- Schedule regular time each day just to grieve or remember your lost loved one (10 min. to 1 hr)
- Remind yourself that hardships are experiences that all people endure and therefore your struggles are routes to get closer to others and reaffirm current relational bonds
- Schedule regular time each day to be with and interact with people who care about you (1 hr or more)
- Create new holiday traditions in memory of your lost loved one
- As they arise, notice the examples of how your loved one's life has influenced your own life (i.e. phrases that you use, activities that you enjoy, your perspective on yourself or the world)
- Engage in your favorite activities at least once a day (i.e. exercise, movies, etc.)

Shamell Brandon, Psy.D  
 -Psychology Resident, UD Counseling Center



# Voices Raised Sweats to Suits 2011

*"Great advice from knowledgeable and dynamic women."*

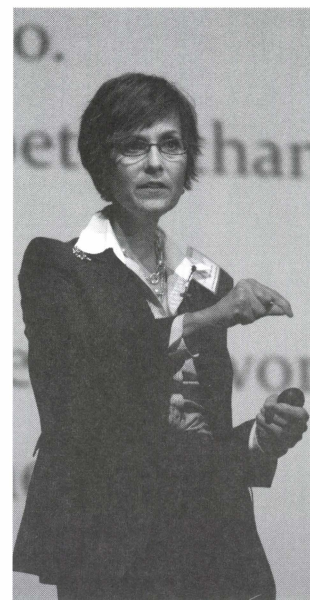
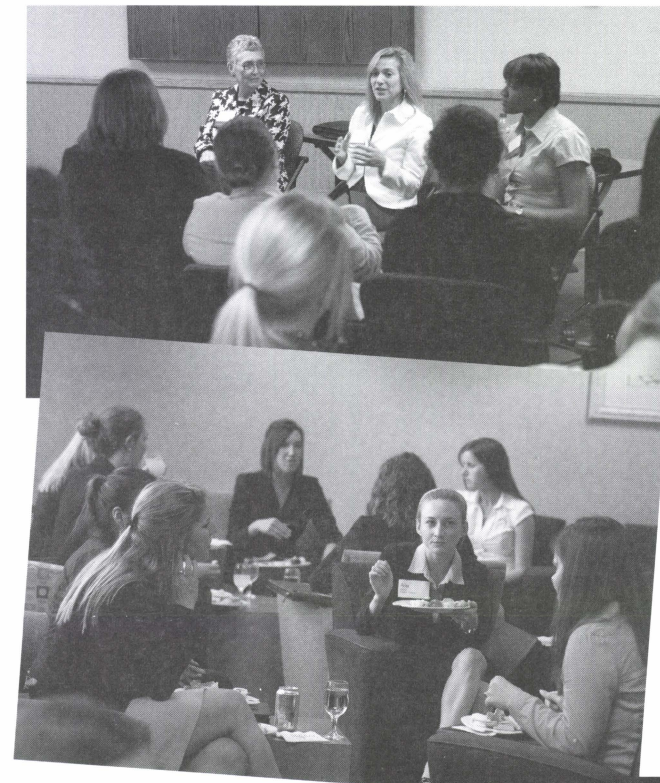
*"The speakers were excellent and encouraging. They gave a sense of how far and how much power smart women have."*



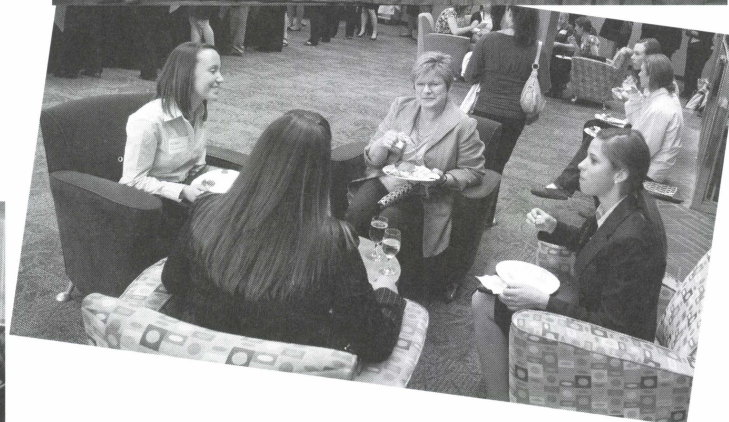
*"I learned a lot of valuable career advice and made some good connections."*



*"The networking dinner was one of the best parts of the evening because it gave you a chance to have some one-on-one interaction with the female professionals."*



*"Vickie Giambrone was an OUTSTANDING speaker!!! She not only captured the attention of the audience, but she was fun and hilarious. I learned the most from her due to her laughter, witty comments, and realistic experiences that she told us about."*



*"I LOVED all of the talks, the presentations, gifts, and the overall feeling of impending success once I left."*



# Women in Engineering

Continued from P. 1

Women looking for jobs post-graduation are seeing a significant increase in job opportunities than there were 20 years ago. This increase encourages younger girls to pursue engineering as a focus of their education.

"Taboos" against females in more male-dominated positions have greatly diminished, there is still a chance that women engineers may be the only ones in their workplace, or perhaps one of few. The difficulties women face in such a dominantly male-driven field depends on several factors. According to Laura Bistrek, much depends on the environment as well as the individual woman's characteristics. There will be hostile environments for women for the foreseeable future, but it is imperative to choose organizations that actively support diversity in the workplace. For example, "UD is very, very, *very*, welcoming and accepting of female engineering students" stated Bistrek.

Megan Kennedy  
-Junior

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## WGS goes to London

Continued from P. 2

babies to the Foundling Hospital, Britain's first home for abandoned children, and about the children's lives once there.

-Judith expertly guided us through an impressive range of art museums, including not only such standards as the Tate Britain and the National Gallery, but also exhibits at the Arab British Centre and the MICA Gallery (Modern Islamic and Contemporary Art).

-We took a guided Black History Walk through the "City" (Britain's version of Wall Street), learning about the submerged links between racism, trade, religion, slavery and politics that are still evident in the very streets and buildings of this oldest part of London.

-Britain's train system took us on day trips to Brighton (where we visited the magnificently ornate Royal Pavilion and learned about the art of Vanessa Bell) and Cambridge (where we viewed the country's largest exhibition of feminist art and "punted" down the river at sunset).

-In our weekly classroom meetings, we discussed issues ranging from the Church of England's exclusion of women bishops to the increasing use of the hostile term "chav" (and associated stereotypes) to describe poor and working-class British people. We also hosted guest speakers from activist organizations including Object, UK Feminista, and the London Feminist Network.

This first-ever UD Women's and Gender Studies program abroad was a smashing success, and we hope to repeat it in future years!

Rebecca Whisnant, Ph.D.  
-Director, Women's and Gender Studies

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## Mrs. Claus

Continued from P. 3

and wonderful. Sticky from candy canes and spilled hot chocolate, they are comfortable with me and know instinctively that my connection with their beloved Santa can be trusted. This woman in red is someone who seems vaguely like their own mother or grandmother; she doesn't laugh out loud but smiles and waits in eager anticipation to hear what they say.

The truth is that everyone contributes to the magic of Christmas. In my own quiet way, so do I. My role is to welcome the children, hold them and their hopes, and then sit back and watch the antics of jolly old St. Nick!

Annabelle C.  
-Santa's "sidekick"





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# *From the Director's Desk*

## All ages, learning from each other

April 14, 2011 was the inaugural Sweats to Suits (S2S) professional development conference at UD. A collaboration between UD's Women's Center, Career Services, Women in Engineering Program and School of Business, the GE Women's Network (at GE Capital and GE Aviation) and the local Women in Business Networking organization, S2S was intended to help women students successfully bridge "from campus to career" with information and skills needed to maximize their success in their first 3-5 years on the job. The "mature" women organizers thought speakers and exercises focused on financial health, work/life balance, networking and mentoring would provide the intended "bridge." Students ultimately agreed, and gave the resulting conference overwhelmingly high marks (see page 6). But what became obvious last spring, and even more so this fall as the same partners work to organize next spring's S2S event, is that there are significant differences in how women students and experienced women professionals define important workplace issues.

For example, for the March 13, 2012 S2S conference "work/life issues" are envisioned by the GE and UD women as encouraging young women professionals to

not become totally immersed in their new jobs to the exclusion of their personal interests and lives. But when we asked a "focus group" of students who attended S2S last spring what "work/life issues" they thought we should cover next spring, they expressed anxiety about relocating to a new city, finding housing, moving their households, building new social networks, etc.

Similarly, the working professionals thought "communicating across generations" would be a useful topic next year. What we had in mind was addressing generational differences in workstyles, seeking input and direction, interacting with older colleagues in social settings, etc. Students, too, thought that was a good topic, but for them it also meant appropriate use of social networking tools, communicating electronically vs. face to face, and e-mail and smartphone etiquette in the workplace. These apparent disconnects, while generating both "aha" moments and good-natured joking, really just reinforce the potential value of an event like S2S. The reality is, both "experienced" and young women have to learn about and adapt to each other in our workplaces. Just as we, the S2S organizers, are learning from the students we invite into our planning process, so too must we be "teachers AND learners" in true Marianist fashion once our students move into their professional lives.

*-Lisa Rismiller*