

The Global Neighborhood

The Newsletter of the Alfred University Women's Leadership Center

Alfred University

Volume 1, Issue 3

February & March 2012

National Women's History Museum

As National Women's History Month is approaching, it is important to recognize the valuable contributions of all women: past, present, and future. The National Women's History Museum committee is attempting to do just that by carrying out plans to build a museum dedicated to women's history within the museum district of Washington D.C.. "The National Women's History Museum affirms the value of knowing Women's History, illuminates the role of women in transforming society and encourages all people, women and men, to participate in democratic dialogue about our future" (nwhm.org).

The NWHM website stores a massive collection of resources and interesting online exhibits regarding women's history. However, it is high time that the social, economic, political, and personal contributions that women have been making over the centuries be recognized in a building all its own. Currently, the

NWHM committee is in the process of designing the museum and gathering social and financial support for the institution. This museum will be the only one in Washington D.C. designed solely by women.

For more information about the National Women's History Museum, and to visit online exhibits, click [here](#).



Meryl Streep, Maya Angelou, Madeleine Albright, and other involved members of the NWHM grace the cover of the January 2012 Vogue magazine.

February:

- ◆ Black History Month
- ◆ International Mother Language Day (21st)
- ◆ Leap Day (29th)

March:

- ◆ Women's History Month
- ◆ International Women's Day (8th)
- ◆ American Red Cross Month
- ◆ National Read Across America Day (2nd)

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Alfred University's Annual Riley Lecture

The annual Riley Lecture, hosted by Alfred University's Department of Women's Studies, will be held on Monday April 2nd at 5:30 pm in the Powell Campus Center Knight Club.

This year's lecturer will be Dr. Hedia Khadar, a professor of French literature and civilization at the University of Tunis. She is very passionate about and involved in North African Mediterranean culture, with a special focus on women's literature. She has published books and numerous articles about African, North African, and Muslim women.

Though Dr. Khadar has yet to release the topic of her lecture, it is sure to be an interesting and valuable experience for all who attend.

The Elizabeth Hallenbeck Riley and Charles P. Riley Lectureship in Women's Studies is presented annually on the Alfred University campus. Charles Riley and Elizabeth Hallenbeck Riley were AU graduates, Charles in 1935 and Elizabeth in 1936. Their daughters, Pamela Riley Osborn '62, Patricia A. Riley '65, and Melissa Riley generously sponsored the lecture series in memory of their parents.



Spotlight on the Women's Leadership Academy:

Rebecca Windover

Rebecca is currently a junior working on a dual major in elementary education and general psychology. She is heavily involved on the Alfred University campus in the Sax-on Sidekicks program, as a Cash Course intern, as an Alumni Engagements Intern, as founder of the Play2Lead program, and as a student assistant swim coach. Rebecca is originally from Lowville, NY and her interests include soccer, recruiting and coaching, and women's sports, especially WNY Flash.

"I joined the Academy because I wanted to develop and improve on my leadership skills that would lay a foundation for my future career. I think that women's leadership is extremely important and that Alfred University provides us with a great opportunity to become the highest women leaders."

"I joined the Academy to connect with other girls who have the same values I do, but with different experiences and perspectives."

Lesley Nolasco

Lesley is planning to graduate in 2014 with a double major in political science and criminal justice, and minors in public law and anthropology. She is involved in the Political Science Club and Saxon Robotics, and works as a tutor and student employee at the Herrick Memorial Library. Lesley is originally from Los Angeles, CA and her interests include politics, graffiti art, biking, soccer, running, drawing, and reading.

"I joined the Academy because as a female of color I know what it's like to be afraid to step up and be a leader. I felt that by studying leadership I could change that ideology. I want to study leadership to use it in my everyday life, and career after college."

Kathryn V. Esham

Kathryn is a sophomore from Geneseo, NY. She is majoring in glass engineering, and is involved with AU as a member of the Student Activities Board, Outdoor Club, Pep Band, Honors Program, and the Society of Women Engineers. Kathryn's hobbies and interests include scrapbooking, sign language, biking, yoga, karate, and paper crafts.

Letter From the Director



It's February as I write this. A month of gloomy weather, usually, but also one that celebrates love. I'm not a big romantic, but St. Valentine's Day is a good excuse to be sentimental, and to eat more chocolate.

On the cover of my new *Food Network Magazine*, there's an image of a most decadent chocolate dessert. In fact, the whole issue is about chocolate, which makes it an immediate favorite for me.

I don't know too many women who don't like chocolate. Whether you're a fan of white, milk, or dark doesn't matter to me... as long as you are a card carrying member of the ILC club (that's I Love Chocolate to the uninitiated). And that you always, and I do mean *always*, have chocolate within reach. Let's remind ourselves that chocolate, in reasonable quantities of course, is actually good for our heart health and our emotional well-being. Yep, there's real research that tells us this (as if we need research to confirm what generations of women have known all along).

Heart Health means two things to me: the physiological health of your heart and also your emotional/spiritual health. Coca-Cola started a big campaign a few years ago to raise awareness about women's heart health and a few other companies have jumped on the bandwagon. We know that heart disease is the #1 killer of women of all ages, and yet there isn't much attention placed on this fact. I saw a YouTube video last week with actress Elizabeth Banks portraying a woman experiencing a heart attack.... Did you know that our symptoms are importantly different from men's? It's worth knowing what to be aware for. Diet and exercise (yes, those evil but necessary twins) are essential, but you also need to watch your stress and know your genetic predisposition, too. If you haven't had a talk with your doctor about this, what's stopping you?

The other side of heart health—that emotional side—is also on my mind. In our last newsletter, I wrote about making the holidays what you want them to be and not what media tells us they should be. I am still going to sound that bell, but with a slightly different tone: take time to love yourself, to be careful with yourself, and to cherish yourself. Cherishing is a lost art, and maybe an old-fashioned notion. But I believe cherishing is vital to your heart. As women, we are the primary care-givers (cherishers, if you will). We're good at it, and most of the time, we enjoy doing it. But at the same time, you need to let others cherish you. Yes, this can be difficult. When we're always the givers, it's strange to be a taker. I know whenever I'm offered a cherishing act (a hug, a heartfelt thank you, unexpected praise) I shy away from it. Chalk it up to my Midwestern upbringing and hidin' my light under the barrel as my grandmother would say, but to be cherished by another feels... weird. But I need to accept it and enjoy it... for my heart health.

So, this February (oh heck... why not all the way into next month too?) eat that chocolate, and remember to let others cherish you. Enjoy both. It's good for you.

Julia

Save the Date:

• Women of Influence Speaker Series

- ♦ **Ms. Breea Willingham**.....**Tuesday February 7th, 5:30 JLC**
"Write on Sister: How Incarcerated Women Use Writing to Reclaim Their Power"
- ♦ **Ms. Jennifer Pharr Davis**..... **Thursday April 19th, 5:30 Nevins**
"Lessons From the Trail"
- **Caroline Jones & Marissa Ray**.....**February 29th, 6:30 JLC**
Women in Science (Featuring Student Research)
- **Rita Gross, Feminist Scholar of Buddhism**.....**Wednesday March 21st 6:00 JLC**
- **Women of the World Conference**.....**Saturday March 21st, 1:00 Olin**
Focused on the Experiences of Women Travelling, Working, and Living Abroad
- **Riley Lecture**.....**Monday April 2nd, 5:30 Knight Club**
Dr. Hedia Khadar

**Check out the Judson Leadership Center website for upcoming
Learn2Lead workshops!**



The Women's Leadership Center (WLC) at Alfred University was established in 2006 and is a part of the Judson Leadership Center. The WLC provides leadership education and skills development for AU's women.

Building on Alfred University's heritage as the first truly co-educational institution in the nation, the WLC offers women the opportunity to explore and fulfill their potential as leaders personally, professionally, and in their communities as they meet the challenges in a complex society.

For more information and resources, please visit:

<http://www.alfred.edu/leadership/wlc/>

Judson Leadership Center
Hours: 8:30– 4:30 (M-F)
Phone: 607.871.2971
Fax: 607.871.4970

"What's New In the Neighborhood"

(local and global blogs
written by women, for women)

<http://www.85broads.com/public/blogs>

<http://blog.futurewomenleaders.net/>

<http://jezebel.com/>

Look for the next issue of *The Global Neighborhood* coming in April!

For suggestions, please email:
leadership@alfred.edu.

This issue was created by Sarah Eggleston,
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