Winter

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The

Women’s Center News

www.louisville.edu/womenscenter

KentuckyOne HealthTM Executive Speaks at

Women’s Empowerment Luncheon

by Phyllis M. Webb, M.Ed., Program Coordinator, UofL Women’s Center

The President and CEO of

KentuckyOne HealthTM was

the keynote speaker at the

UofL Women’s Center annual

Empowerment Luncheon this

past November. Ruth Brinkley

spoke on “Women Leaders:

Leveraging the Power of

Excellence and Influence” to a

crowd of over 150 staff, faculty,

students and community

members. She said she

“always finds strength, energy

and inspiration from talking to

women leaders and those who

support women leaders.”

Ms. Brinkley spoke of her

humble upbringing in a

small farming community in

Girrard, Georgia, where her

grandmother, who was an

educator, encouraged her

‘girls’ “to get an education,

be independent, self-

supportive and able to take

care of themselves.” She

was taught that regardless

of your circumstances, or

those of your friends and

family, you can succeed. Ms.

Brinkley says that she was

very fortunate in that it takes a

village, support, influence and

advocacy from other people.

Her grandmother instilled in

her at an early age that she

was going to go to college.

“The only question she had

Cathe Dykstra, Chief Possibility Officer and President & CE0, Family Scholar

House, is recipient of the 2013 Tachau Gender Equity Award sponsored by the

University’s Commission on the Status of Women (COSW). She is pictured with

Shirley Willihnganz, University Provost; Mimi Bell, Brenda D. Hart, & Valerie

Casey, members of COSW; Attorney David Tachau; Jeannie Guerro, COSW

member; and Jenny Sawyer, Director of UofL’s Admissions Office.

Ruth Brinkley as she speaks to the

audience at the Women s Center

Empowerment Luncheon.

(Luncheon photos by Tom Fougerousse, UofL photographer)

was where I was going to

college and what I wanted to

be when I grew up.”

Her grandmother wanted her

to be a nurse; however, at the

time she didn’t want to be a

nurse. She applied to several

universities but attended the

University of Chicago on a full

scholarship. Somewhere along

the way, she said she lost her

way, and found herself on

academic probation but didn’t

want to go back home.

She said as a student she

was given a second chance.

“People deserve second, third

and even fourth chances. We

don’t always have a straight

pathway.” Eventually, she

earned Bachelor and Master’s

degrees with honors in

nursing. She also started work

on her Ph.D.

A registered nurse with

over 35 years of healthcare

experience working in

private and public healthcare

organizations, she has served

as an executive with Catholic

Health Initiatives, president

and CE0 of Carondelet Health

Network, as well as president

and CE0 of Memorial Health

Care System in Tennessee.

Ms. Brinkley framed her

remarks on how can we, as

women, use what we have

to achieve excellence and

use that excellence in positive

ways, posing that query to the

luncheon guests. She says

we each have our gifts and

abilities but we have to strive for

excellence. We never want to

go into a board meeting without

having our votes; we have to

be strategic and we need an

advocate/sponsor to move up

the chain. “Hard work is only

50%...the rest is advocacy and

sponsorship.”

In 3,000 BC, Ms. Brinkley

stated, there were Egyptian

queens who governed

and, according to a survey

conducted by Prudential

Financial, today more

than one-half of women

are breadwinners in their

household. “I think that’s

leadership,” she declared.

Research also shows that as

a group, women have more

transformational qualities than

men. Transformational leaders

are inspirational, positive, great

role models, concerned about

followship, and empowering

others. They push followers to

be creative and take changes.”

She listed four components of

transformational leadership,

sometimes called the four I’s:

1.

Idealize influence. (The

leader is an ideal “role

model” for followers.)

2.

Inspirational motivation.

(Leaders inspire and

motivate followers.)

3.

Individualized

consideration. (Leaders

have a genuine

personalized interest in the

needs and feelings of their

followers. If you care about

them, they will help you.)

4.

Intellectual stimulation

(the ability of leaders to

challenge followers to be

innovative and creative).

She says that by 2034 women

will be in top leadership

positions due to their

transformational qualities.

Further, “In the final analysis,

you have to be good at what

you do. There’s no substitute.”

You have to work harder, stay

longer than others and go

further than others.

Ms. Brinkley concluded by

paraphrasing some quotes

from women leaders.

Essence Magazine Editor-at-

University Provost Shirley Willihnganz receives the Empowerment Award from the

Women’s Center. She is pictured with members of the Women 4 Women Student

Board: Emma Chapman, Sabrina Castille, A’Yanna Eley, Aaisha Hamid, Ashley

Wimsett and Ellen Stone; and Women’s Center staff Valerie Casey and Phyllis M.

Webb.

Eleanor Jordan, Executive Director of

the Kentucky Commission on Women,

is one of the recipients of the 2013

UofL Women’s Center Empowerment

Award.

Large, Mikki Taylor: “We live our

lives like it’s a dress rehearsal—

it’s not a dress rehearsal...it’s

real.”

Actual quote: “Many women

live like it’s a dress rehearsal.

Ladies, the curtain is up and

you’re on.”

Rosalyn Carter, mental health

advocate & author: “A leader

takes people where they want

to go.”

Actual quote: “A leader takes

people where they want to go.

A great leader takes people

where they don’t necessarily

want to go, but ought to be.”

Sheryl Sansburg, business

executive & author: “Wave Your

hand..ask for something you

want.”

Actual quote: We hold

ourselves back in ways both

big and small by lacking self-

confidence, by not raising our

hands and by pulling back

when we should be leaning in.”

Jean West, Host/Producer of

Jean West Medical Digest,

served as Mistress-of-

Ceremonies. She called Ms.

Brinkley “the most powerful

health care executive in the

state of Kentucky.”

Other remarks included those

by UofL graduate Lynn M.

Huether, President & CEO of

Class Act Federal Credit Union,

key sponsor of the luncheon.

She shared that she was

delighted to attend and be a

sponsor for the event again

this year. Obtaining her degree

after 10 years of night school at

UofL, she said she is “a living

example of what the University

of Louisville can do for young

women who really want to

make a difference in their lives

and others.”

The luncheon also included

awards and presentations of

the Mary K. Tachau Gender

Equity Award presented to

Cathe Dykstra, Chief Possibility

Officer and President & CEO

of the Family Scholar House;

and the M. Celeste Nichols

Professional Development

Award presented to graduate

students Cassandra C. Rausch,

Jessica P. Whitish, Amy J.

Lueck, Yvette Z. Szabo and

Margaret B. Barnett.

(See information elsewhere in

this issue about the graduate

students’ papers and upcoming

presentations.)

Local attorney David Tachau,

the son of Mary Bonsteel

Tachau, commented about

his mother’s legacy at UofL

and in the community with

her intellect, drive and

determination and as educator

and political activist.

The Women’s Center

presented two special

awards—the Women’s Center

Empowerment Awards—to

Eleanor Jordan, Executive

Director of the Kentucky

Commission on Women, and

Shirley Willihnganz, University

of Louisville Provost.

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(button)

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Educating, Advocating, and Building Diverse Communities

Message from the Interim Director

Welcome to

the winter

edition of the

newsletter.

The Women’s Center

Valerie M. Casey,

had a

Interim Director

tremendous

fall and we are so thankful for

our staff and sponsors, our

many new supporters, and our

interns and student workers.

We kicked off the semester by

sponsoring the Brown Cancer

Center’s mobile mammogram

unit on campus. Once again

it was a huge success with

over 20 appointment slots

filled for free cancer screenings

and mammograms. The

Student-Parent Association

(SPA), advised by Phyllis

Webb, elected officers this

fall. Members of the Student-

Parent Association collected

new and gently used children’s

clothing and small toys during

the annual Clothing Exchange

Project, and several student

parents met in the Red Barn on

campus to exchange clothing.

Remaining items were given

to Jefferson County Public

Schools Clothing Assistance

Program for distribution to

their students. In addition, as

part of the Clothing Exchange

Project, a special collection

of items were collected for

women homeless veterans in

the local area and donated to

the Kentucky Department of

Veteran’s Affairs for distribution.

 The Women’s Center was

also introduced to the Health

Sciences campus by cosponsoring

a cook-out for

UofL students, staff and faculty

in the medical school quad

with the LGBT Center during

Pride Week. We grilled food

and served over 700 students,

staff and faculty. This was a

wonderful partnership with

the LGBT Center and we look

forward to the event next year.

Several days later the Women’s

Center hosted a program at

the CTR Building on Jackson

Street for all of the HSC

workers from Physical Plant

totaling over 70 people. Our

speaker, Paula McCraney,

conducted an informative and

humorous interactive workshop

which was very well received

and energized the crowd.

The Women’s Center also

provided pink stress balls for

all the attendees to fit in with

the theme. A fall highlight was

the Women’s Empowerment

Luncheon in November which

was sponsored by Class Act

Federal Credit Union. Thank

you to our staff, committee

members, sponsors and

speakers for making this such

a huge success. Please look for

updates on all the awards and

special speakers elsewhere in

this newsletter.

Check out the rest of the

newsletter and the Women

Center student newsletter

to find information on even

more exciting programs.

From our Women 4 Women

Student Board: the fourth

annual Human Trafficking

Awareness Conference, a

repeat performance of the

International Women’s Day

Cultural Event and the third

statewide College Women’s

Leadership Conference will

take place. The Women’s

Center will also spearhead

the 9th annual Kentucky

Women’s Book Festival and the

Transformation Tea for Women

of Color and Their Allies and we

will co-sponsor several other

exciting programs including

the Pathways Women’s

Conference.

Visit our website http://louisville.

edu/womenscenter for updates

on all of our activities and our

list of events and resources.

We look forward to seeing

you at one of our upcoming

programs.

All the best,

Valerie

Interim Director

Supporting the Academic Success of Pregnant and Parenting Students

“Supporting the Academic Success of Pregnant and Parenting Students: Under the Title IX of

the Education Amendments of 1972” is a revised (June 2013) pamphlet published by the U.S.

Department of Education Office for Civil Rights. The first section provides background on school

retention problems associated with pregnant and parenting students. The next two sections, “Title

IX Requirements Regarding Pregnant and Parenting Students” and “Frequently Asked Questions

Pertaining to Title IX Requirements Regarding Pregnant and Parenting Students,” provide

information on the law’s specific requirements regarding pregnancy and parenthood. The final

two sections, “Strategies to Assist Educators in Supporting Pregnant and Parenting Students”

and “Programs Designed to Support Pregnant and Parenting Students,” include strategies that

educators can use and programs that schools can develop to address the educational needs of

students who become pregnant or have children.

To get a copy for your review, go to: http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf

(Source: U.S. Depar tment of Education, Of fice for Civil Rights, Supporting the Academic Success of Pregnant and Parenting Students under

Title IX of the Education Amendments of 1972. Washington, D.C., 2013.)

Educating, Advocating, and Building Diverse Communities

Retired. Now What?

by Brenda D. Gunn, Former Director of Community Relations/2006 Retiree

Women’s Center Advisory Board Member

It is interesting that while working

we dream of retirement every

day, but many confess that after

retiring, they miss their job. After

further discussion, however,

what actually is missed is the

camaraderie with coworkers.

For many working people,

careers fill the largest percentage

of their waking time, and

coworkers become an important

part of their “work” community.

It is normal for a retired person

to feel a sense of loss and

displacement when a significant

portion of their identity goes

away.

Loss of work can leave a huge

void for many retired people,

especially men. Many UofL

retirees leave the city, but a

larger number remains. After

the cruises and other travel,

visits with out-of-town family

members, and other related

items on your bucket list, then

what?

Established by faculty and

staff in 1996, the University of

Louisville Association of Retired

Personnel (ULARP) offers a

solution for UofL retirees.

The mission of ULARP is “to

serve UofL retirees by informing,

advocating and connecting; to

enrich their quality of life and

to benefit the University.” Many

retirees miss their connection to

what once was, so this is a way

to stay involved and be informed

about issues that affect them.

The ULARP Board of Directors

work on behalf of those currently

retired, and those who will

eventually join the ranks.

President Bill Forman, for

example, serves on the Human

Resources Advisory Committee.

Discussions often are about

insurance, of course, but also

the cost retirees will have to pay

for that insurance. He shares

that he has personally made

retiree health insurance and life

insurance his primary focus. In

his second year as president,

his “aspirations were to continue

in the direction that previous

president Larry Carr had taken

with his vision of increasing

the involvement of all Board

members.” Since ULARP has

such a small Board, members

find themselves working on

more than one committee to

assure the best outcome for

everyone. Forman adds he has

been “blessed with some very

talented people to govern this

board; outstanding committee

chairs, a very competent

executive committee, and very

willing Board members overall.”

Currently, ULARP has 216 total

paid members; 125 are women.

Twenty-one (21) people retired

between January and April

of 2013; 11 females and 10

males. One hundred one (101)

individuals retired between May

and August of 2013. Of this

group 54 are female and 47

male.

In addition to trying to find

activities and events that are of

interest to retirees, Forman says

other challenges have included

working with “folks who have

retired,” and asking them to do

the important work necessary to

be an effective Board. It is ironic,

but another challenge has been

losing Board members because

they were too busy with their

retirement to continue to work

on the Board.

ULARP is constantly recruiting in

an attempt to keep a full board

with a balance of faculty and

staff representatives.

So, if retired from the University

of Louisville, consider keeping

in touch with your friends and

coworkers through ULARP. It is

a great way to share, have fun,

and do some of the things you

could only dream about while

employed.

For more information about the

UofL retirement association,

check out the web site

at louisville.edu/retired. It

lists events and programs,

newsletters, benefits, and much

more.

Welcome new intern: Daphne Laurel Heflin

Graduate student Daphne Laurel Heflin is serving as a volunteer intern in the UofL

Women’s Center, joining other interns in late November. Her projects will include

the International Women’s Day, along with Aaisha Hamid and other projects when

needed. She says “I hope to gain knowledge about planning events that further

women’s empowerment and to continue increasing the literacy about women and

diversity.” Heflin, a member of Women 4 Women student group, is working on her

master’s in Women’s and Gender Studies.

Daphe L. Helflin, volunteer intern in the Women’s Center

Educating, Advocating, and Building Diverse Communities

Congratulations Nichols Award Recipients

By Phyllis M. Webb, M.Ed.

Congratulations to the

graduate students selected

to receive the 2013 Nichols

Professional Development

Award. The awards will aid in

their presentations to be made

in February and March, 2014.

In February, Cassandra C.

Rauch will chair the panel in

which she will be presenting

“Theoretical Explanations

of Criminal Behavior” at

the Annual Meeting of the

Academy of Criminal Justice

Sciences in Philadelphia, PA.

Amy J. Lueck will present

“Participatory Engagement

and the Construction of

Knowledge at Academic

Conferences” at the Writing

Research across Borders III

Conference, in February, at the

Universite’ Paris-Quest Naterre

La Defende in Paris, France.

Jessica P. Whitish will

present research on an oral

history project focusing on Dr.

Lucy Freibert, who taught the

first women’s literature course

and helped start the Women’s

& Gender Studies Department

at UofL. It will be presented

in March at the Southeast

Women’s Studies Association

Conference, in Wilmington,

NC.

In March, Yvette Z. Szabo will

present two abstract poster

presentations at the American

Psychosomatic Society Annual

Scientific Meeting, in San

Francisco, CA.

2014 Women’s History Month

“Celebrating Women of

Character, Courage &

Commitment” is the 2014

national theme announced

by the National Women’s

History Project (NWHP).

Founded in 1980, the NWHP

is an educational nonprofit

organization whose purpose

is to recognize and celebrate

the diverse and historic

accomplishments of women

by providing information and

educational material. (Source:

NWHP, http://www.nwhp.org)

In addition, the UofL

Women’s Center publishes

a calendar of events each

March listing Women’s

History Month ‘happenings’

on UofL campuses and local

communities. The calendar is

included in the spring issue

of the Women Center News

Margaret B. Barnett will also

present research in March,

“Creating and Maintaining

Trust in Hearing Healthcare

Services: Perspectives

of Adults with Hearing

Impairment” at the American

Student Academy of Audiology

(AAA) Audiology Now!

Conference, in Orlando, FL.

The 2013 Dr. M. Celeste Nichols Award winners Yvette Z. Szabo, Margaret

Barnett, Jessica P. Whitish, Cassandra Rauch and Amy Lueck are pictured with

Phyllis M. Webb, chair of the Nichols Committee, and Dr. V. Faye Jones, Chair

of UofL’s Commission on Diversity & Racial Equality (CODRE), one of the sponsors

of the Nichols Award. Other sponsors included the UofL Student Affairs

Division Dennis C. Golden Torchbearer Endowment and Program and the

Women’s Center.

and will be included on the 3. Email to the UofL Women’s

Women’s Center website, Center service account,

Facebook and also posted in womenctr@louisville.edu;

various areas of campus. or

4.

Complete the form and

Make plans now to have your

place it in campus mail

events included in the annual

(no postage required)

calendar. To do so, complete

and/or regular mail (add

one of the following:

necessary postage) to:

1.

Complete the Women’s Phyllis M. Webb, c/o

History Month events UofL Women’s Center,

form online at http:// #4 Administrative Annex

www.louisville.edu/ Building, University of

womenscenter; save a Louisville, Louisville, KY

40292.

copy before sending;

The deadline to receive

2.

Download, complete and

information is Friday, Feb. 7,

fax (with confidential cover

2014. For more information, call

page) to the attention of

(502) 852-8976.

Phyllis M. Webb to (502) 852-4389;

Upcoming events: Mark your calendar

Since our last issue of the newsletter, The

UofL Women’s Center and its interns and

students have been busy planning events

for the upcoming spring semester 2014.

Your participation and attendance are

encouraged.

Note: The Human Trafficking and

International Women’s Day events are

free and open to the public. The College

Women Leadership Conference is also free;

however, geared toward women students at

UofL and college women from other statewide

universities. For more details, call the

UofL Women’s Center at (502) 852-8976.

January: Human Trafficking Awareness

Conference

Human trafficking is defined by Polaris

Project as sex acts, or labor or services that

are induced through the use of force, fraud,

or coercion. Unfortunately, Louisville and

Kentuckiana are facing increasing rates of

human trafficking. In fact, there are more

slaves today than at any point in human

history, including the trans-Atlantic slave

trade, and many of them are children. For

more information about human trafficking,

visit: https://www.freethesleves.net/

SSLPage.aspx?pid=301

In response to this widespread atrocity,

the University of Louisville Women’s Center

and the Women 4 Women Student Board

are hosting the fourth annual conference

in January, which is Human Trafficking

Awareness Month. The event will be

Wednesday, Jan. 22, and will feature

experts on human trafficking

from the Ohio Valley who will

speak about the problem and

ongoing efforts to stop the

crisis. Speakers will include two

survivors from Thistle Farms in

Nashville, Tenn.; Rus Funk, the

Executive Director of Menswork;

and Carl Ralston, the President

and Founder of Remember Nhu.

Come out to this FREE event

in the UofL Student Activities

Center (SAC), starting at 5:30

p.m., and learn how to get

involved. In addition to hearing

from and talking with our speakers, we will

host a variety of non-profits who are always

looking for eager volunteers and supporters.

The event is free; however, registration is

encouraged at http://www.eventbrite.com/e/

human-trafficking-awareness-conferencetickets-

8454598933 so we will know how

many to expect.

February: International Women’s Day

Cultural Awareness Event

Even though International Women’s Day

(IWD) is celebrated in March, one of the

university’s events will take place on

Thursday, Feb. 27, a week prior to spring

break. There will be dance performances

and presentations about different cultural

topics. The event is to raise awareness

of some of the many underrepresented

cultures or religions on campus. Free

international food and entertainment. Come

out to the UofL George

Howe Red Barn, 11:30

a.m.-1 p.m., and enjoy the

many diverse cultures on

campus.

Paid parking for both

events will be available in

the Floyd Street parking

garage and also the

Speed Art Museum on

Third Street.

June: Kentucky College Women’s

Leadership Conference

The unique, student-led initiative endorsed

by Greater Louisville Incorporated, under

the umbrella of the University of Louisville

Women’s Center and Women4Women

Student Board, is the bi-annual Kentucky

College Women’s Leadership Conference.

The second conference will be held

Thursday, June 5 – Saturday, June 7, on

the University of Louisville Belknap campus.

This year’s theme is “Invite the Power of

WE, Evoke the Power in YOU.” Through

interactive workshops, networking sessions,

and keynote segments by multi-cultured

professional women and local businesses,

college women from throughout the

state will build personal and professional

development. Confirmed speakers include:

Valeisha Butterfield-Jones, Dawne Gee,

Peggy Noe Stevens, Kay Inman and many

more. more. To volunteer, sponsor, and/or

donate to the conference, email womenctr@

louisville.edu or uoflw4w@gmail.com You

don’t want to miss the opportunity and

impact of this spectacular event.

A list of additional Women Center events are

listed on its web site at http://www.louisville.

edu/womenscenter and also the center’s

Facebook Page.

Caregiving Workshop Series Launches in January 2014

Are you caring for a loved one?

or other relative, or friend. It

is designed to support those

Members of the UofL’s Great

caring for another by providing

Places to Work Initiatives’

access to important resources,

Work-Life Balance Committee

inspiring group support, and

for the Caregiving Series

promoting self-care.

have been busy the last few

months in planning a series For more details, visit: http://

of caregiving workshops for louisville.edu/hr/gethealthynow/

UofL staff and faculty. The community/caregiving/

series, also sponsored by Get --Submitted by Phyllis M. Webb, Caregiving

Series committee member, UofL Women’s

Healthy Now, is geared toward

Center; and Stephanie Weldy, Karen Nalley,

employees who are caring for Rachel I. Howard and Patricia Boone Benson

a child or grandchild, parent

UofL’s Women Center Global Trip to Spain

The UofL Women’s Center is hosting of a bull fighting arena, tours of each

a global trip to Spain May 19-May city, a tapas tour, a cooking class,

29, 2014. After the great success of and two dinners. We are very excited

our trip to Peru, we have decided about the trip to Spain and hope you

that our next global adventure will be will be able to join us on this journey.

a trip to Spain and visits will include For more information, questions,

Madrid, Toledo, Granada, Cordoba, or comments please email us at

and Seville. The trip is $3,900, which womenctr@louisville.edu or call us at

includes all flights and transportation (502) 852-8976.

costs, a flamenco dance show, a tour

Women Student-

Veterans Are Invited

UofL women student-veterans

from all branches of the military,

women serving on Active Duty,

Reserves, or the National

Guard are invited to take part

in the Women’s Center Veteran

Support Group. Meetings will be

announced soon for the spring

semester. For more information,

call the UofL Women’s Center at

(502) 852-8976 or email Phyllis M.

Webb at phyllis.webb@louisville.

edu.

Educating, Advocating,

and Building Diverse

Communities

The

Women’s Center News

A publication of the Women’s Center at the University of Louisville

Editorial Board: Valerie Casey, Brenda D. Gunn, Robin Harris,

Prafula P. Sheth, and Phyllis Webb. The Women’s Center News

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receive a hard copy of the newsletter or to sign up for email

announcements, write to: Women’s Center, University of

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email to womenctr@louisville.edu.

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