



# Women's Resource Center NEWSLETTER

A Quarterly Newsletter

December 2011 – Volume 14:2



## Debra Travis to speak at ETSU

On February 16, 2012, **Debra Quayle Travis, M.F.A., M.F.T.**, is guest speaker for ***“Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict.”*** Location is the East Tennessee Room, D.P. Culp University Center, at 5:00 p.m.

Travis is a licensed psychotherapist, a Buddhist meditation teacher, and former college instructor of psychology, theater and public speaking. She holds a master of fine arts degree from Brandeis University and a master of counseling psychology from Pacifica Graduate Institute. She has more than 30 years of experience in Buddhist studies and has taught meditation to a diverse range of audiences. Travis is Program Director and a Resident Teacher at Tara Mandala Retreat Center, located in Pagosa Springs, Colo.

On the Buddhist path since 1982, Travis deepened her practice through a series of pilgrimages to India and Nepal, where she toured the sacred sites of the Buddha's life and completed extended retreats at Tushita Center in Dharamsala and the Root Institute in Bodhgaya, as well as studying at the Library for Tibetan Works and Archives, The Institute of Buddhist Dialects, and the Kagyu Institute for Buddhist Studies. In January of 2010, she returned to India to attend teachings with His Holiness the XIV Dalai Lama and to learn the ritual of P'howa from Ven. Choeje Ayang Rinpoche.

Travis' education and orientation are in Jungian depth psychology, Theravadan and Mahayana Buddhism and more recently in Vajrayana Buddhism. She has trained extensively with Marion Woodman and Lama Tsultrim Allione, both pioneers in bringing the sacred Feminine into Western depth psychology and Buddhism, respectively. She has integrated Buddhist philosophy into her work in many settings, including prisons, hospitals, colleges, residential treatment centers, and her clinical practice. Travis has written numerous articles, plays, and songs, and recently developed an online course called “The Art of Deep Creative Living.”

For more information, contact the Women's Resource Center at 423-439-5772 or Mary Ann

Littleton, associate professor in the Department of Community and Behavioral Health, at 423-439-5247.

Some article contents adapted from the *Tara Mandala* web site at <http://taramandala.org/>.



**Please note:** Debra Travis will be conducting a 2-day retreat, *Feeding Your Demons - Ancient Wisdom for Modern Times*, at Shakti in the Mountains, February 17-18, 2012. For more information, please contact Mary Ann Littleton at 423-439-5247.



## ***“HEAD 2 TOE”*** now in 9<sup>th</sup> year of giving back to the community

Since the inception of the annual ***“HEAD 2 TOE”*** project, more than 500 young women from the upper-east Tennessee and southwest Virginia region have been provided with the opportunity to purchase prom- and formal-wear at “rock-bottom” prices. An annual project that offers alternatives to high-ticket attire for prom-goers, ***“HEAD 2 TOE”*** makes a large selection of fashionable, like-new gowns available for young women to purchase at a price of \$25 each and oftentimes accessories can be purchased for just a few additional dollars. All proceeds from the sales of the items will benefit local charities that provide programs and services to girls and women in the Johnson City/Washington County area.

Serving as a drop-off site for ***“HEAD 2 TOE”*** donations, the Women's Resource Center is accepting donations through February 17, 2012. Items requested include prom or formal dresses, shoes, and/or accessories. The annual ***“HEAD 2 TOE”*** sale is held locally in February/March time frame of each year. So go through your closets at home and locate that like-new prom and formal-wear clothing taking up your valuable closet space and donate those items to a great community-based project.



## Murray conducting “holiday”- inspired workshop

Let your expressive holiday colors and ideas flow out into miniature works of art created on a 2 ½ inch x 3 ½ inch card/paper surface. Join **Pam Murray, B.A., M.B.A.**, local artist and creative coach on Tuesday, December 13, 2011, for **“A Holiday Creative Expressions” Workshop**.

Murray will guide participants through creating “holiday”-themed Artist Trading Cards! These small works of art provide endless possibilities for true self-expression and art exploration. This is a chance to make some unique holiday decorations, to make a small gift of art to frame, a holiday collage; use them in making your own handmade specialized “holiday” cards or just make them for the fun of it! Any kind of media may be used from paints to pencils to collage to fabric to shiny things and more . . . just let your imagination flow!

As part of this creative endeavor, we ask that each participant make at least one of their “holiday” creations as a card or small work of art to share with the **Niswonger Children's Hospital**, bringing some loving holiday cheer and fun from your heart to the children's hearts. The rest are yours to do with as you please.

This one-time session will be held in the Campus Center Building, room 208, at noon. **Reservations are required.** To reserve a space for **Murray's Women's Personal Enrichment Workshop** or should you need additional information, contact the Women's Resource Center at 423-439-5772.



## Women's Health Series

A *Women's Health Series* seminar is scheduled for February 2012 that discusses ridding the body of toxins using a holistic health approach.



**Jennifer Raichlin** (pictured left), certified wellness coach with Waterfalls of Wellness Healing Center in Bristol, Tenn., is guest speaker for **“Dynamite Detox: A Simple Approach to Wellness and Weight Loss.”** Scheduled for

Tuesday, February 7, 2012, at noon, location is Meeting Room 6, D.P. Culp University Center.

Raichlin's seminar is designed to provide the average individual with a practical and simple

understanding of how a personal “detox” program can improve health and wellness. Most people are not aware of the multiple toxins they come in contact with each day and how cumbersome it is for the body to try to remove those toxins. Many common health complaints including obesity can be a result of toxicity of the body. Assisting the body with a routine detox program can help easily eliminate some of the most common health issues. In this workshop the individual will learn about the concept of detox and after attending the seminar participants will have the necessary tools to decide if a “detox” program is right for them and how to begin.

For more information on the **Raichlin Women's Health Seminar**, contact the Women's Resource Center at 423-439-5772.

## Seminars on collaboration and conquering clutter scheduled

Collaboration is essential toward working successfully with others in the workplace or in life. Whether you are a natural collaborator or more comfortable working independently, there is always room for improvement. It's easy to talk about what collaboration is or is not. What's difficult is to change your practices (read behaviors) to improve your chances of an effective collaboration.



On Tuesday, January 24, 2012, **Susan Lachmann, M.A.** (pictured left), is guest speaker and facilitator for **“Sound Learning: Creative Communications SmartShop™”** for the *Women's Professional Enrichment Series*. Location

is the East Tennessee Room, D.P. Culp University Center, at noon.

**“Sound Learning: Creative Communications SmartShop™”** is designed to build skills and expand experience with divergent thinking and creative problem-solving. These interactive formats engage participants in building collaboration skills. Come to learn more about strategies to transform your intra- and interpersonal communications.

Lachmann, founder of *Sound Learning*, has over three decades been involved in leading workshops in both public and private sectors. Her presentations are founded in a wide range of professional experience in creative conflict resolution training (origins in Shaker practices); leadership presence training through Ariel Group in Boston and The Tuscany Project in Perugia, Italy; and over twenty years of experience in university administration, continuing education program development, and classroom teaching.

Do you want to get better organized? Do you need some strategies to conquer the clutter at home or at the office? Or are you just fascinated with the subject of

de-cluttering? If you identify with any of the preceding questions, then join us in February 2012 for a *Women's Personal Enrichment Seminar* on conquering clutter.



**Mary Pankiewicz, C.P.O., C.D.** (pictured left), local certified professional organizer who operates Clutter-free & Organized and Exceptional Productivity Now! in East Tennessee, is guest speaker for **"Conquer Clutter."** Scheduled for Tuesday, February 21, 2012, at noon,

location is the East Tennessee Room, D.P. Culp University Center.

**"Conquer Clutter"** is a quick and painless seminar on de-cluttering your home and/or office. Solutions will be given on how to eliminate the paper piles in your life. Learn organizing principles to use when tackling your closets, kitchen, garage, and office space. Tips on "preventing procrastination" will be covered.

Pankiewicz was certified by the National Study Group on Chronic Disorganization (NSGCD) as a certified professional organizer – chronic disorganization – in 2004. She is an ADD specialist and focuses on ADD in the workplace. In 2007, she became certified by the BCPO (Board of Certification of Professional Organizers). Pankiewicz continues to attend several conferences a year and take classes throughout the year to keep up-to-date and in the best position to help her clients.

For more information on the **Lachmann Women's Professional Enrichment Seminar** or the **Pankiewicz Women's Personal Enrichment Seminar**, contact the Women's Resource Center at 423-439-5772.

## Saluting the Women of ETSU

### Women's Studies Program recognizes 2011 Notable Women award winners



Grover and Tedesco

The ETSU Women's Studies Program recently recognized Dr. Marie Tedesco and Kathleen Higginson Grover as the 2011 recipients of the *Notable Women of*

*ETSU* awards.

Tedesco is the director of the Master of Arts program in liberal studies, offered through the ETSU Division of Cross-Disciplinary Studies, and Grover teaches English in the Department of Literature and Language.

The two award recipients were honored at the annual *Notable Women of ETSU Colloquium* on November 16 when the 10th anniversary of the Colloquium and the accomplishments of ETSU's women scholars over the past decade were also celebrated.

Congratulations, **Dr. Tedesco** and **Ms. Grover!**

Article contents adapted from the *ETSU Accent* at the East Tennessee State University web site at [http://www.etsu.edu/univrela/accents/archives/2011/15\\_November\\_21.pdf](http://www.etsu.edu/univrela/accents/archives/2011/15_November_21.pdf).

### Edwards receives one of nursing's most prestigious honors



Dr. Joellen Edwards, professor and associate dean for research in the College of Nursing, has been inducted into the American Academy of Nursing (AAN). Fellowship in the AAN is considered one of the most prestigious achievements in the profession.

Only 1,800 nurses have achieved AAN fellowship status, and Edwards is the first person to ever be inducted while a faculty member at ETSU. Dr. Wendy Nehring, dean of the college, is also an AAN fellow and earned the distinction prior to her arrival at ETSU in 2009.

Edwards was inducted during a ceremony held October 15 in Washington, D.C. She is one of only four Tennesseans in the 2011 fellowship class.

"I am very proud of Joellen and her many years of administrative and scholarly accomplishments, and this distinction is an appropriate and well-deserved means of recognition," said Nehring, one of two AAN fellows who nominated Edwards for consideration. "She has joined an elite group of nursing leaders across the world."

Edwards came to ETSU in 1989 and served as dean of nursing from 1994-2004. As associate dean for research, she mentors faculty in grant writing and publishing, teaches quantitative research methods in the Ph.D. in nursing degree program and leads evaluation processes for the college. She also has been a strong leader in the development of community-based health professions education at ETSU.

Congratulations, **Dr. Edwards!**

Article contents adapted from the *ETSU Accent* at the East Tennessee State University web site at [http://www.etsu.edu/univrela/accents/archives/2011/15\\_November\\_21.pdf](http://www.etsu.edu/univrela/accents/archives/2011/15_November_21.pdf).

---

---

## *ETSU Women's Resource Center*

### Program Schedule

For more information on the events listed contact the *WRC* at 423-439-5772.

#### DECEMBER 2011 – FEBRUARY 2012

##### *Main Campus Programs*

Tuesday, December 13

***“A Holiday Creative Expressions” Workshop – A Women’s Personal Enrichment Workshop.*** Pam Murray, B.A., M.B.A., local artist and creative coach, is conducting this one-session workshop. Join Murray as she guides participants through creating “holiday”-themed Artist Trading Cards! These small works of art provide endless possibilities for true self expression and art exploration. This is a chance to make a small gift of art to frame, a “holiday” collage, or to make some unique holiday decorations. **Reservations are required.** See article page 2.

**LOCATION & TIME:** Campus Center Building, room 208, noon.

Wednesday, December 21

**Book Review Group.** Participants will meet to discuss *Started Early, Took My Dog: A Novel* by Kate Atkinson. New readers welcome.

**LOCATION & TIME:** Women’s Resource Center, Campus Center Building, room 220, noon.

Wednesday, January 18

**Book Review Group.** Participants will meet to discuss *Wish You Well* by David Baldacci. New readers welcome.

**LOCATION & TIME:** Women’s Resource Center, Campus Center Building, room 220, noon.

Tuesday, January 24

***“Sound Learning: Creative Communications SmartShop™” – A Women’s Professional Enrichment Lunch Break Seminar.*** Susan Lachmann, M.A., of Sound Learning, Inc. located in Jonesborough, Tenn., is guest speaker. Lachmann’s interactive format is designed to build skills and expand experience with divergent thinking and creative problem-solving that aids in building successful collaboration skills. See article pages 2-3.

**LOCATION & TIME:** D.P. Culp University Center, East Tennessee Room, noon.

Tuesday, February 7

***“Dynamite Detox: A Simple Approach to Wellness and Weight Loss” – A Women’s Health Series Lunch Break Seminar.*** Jennifer Raichlin, certified wellness coach with Waterfalls of Wellness Healing Center in Bristol, Tenn., is guest speaker. In her hour-long seminar, Raichlin will provide the average individual with a practical and simple understanding of how a personal “detox” program can improve health and wellness. See article page 2.

**LOCATION & TIME:** D.P. Culp University Center, Meeting Room 6, noon.

Wednesday, February 15

**Book Review Group.** Participants will meet to discuss *The Beach Trees* by Karen White. New readers welcome.

**LOCATION & TIME:** Women’s Resource Center, Campus Center Building, room 220, noon.

Thursday, February 16

***“Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict” – A Special Event Lecture.*** Debra Quayle Travis, M.F.A., M.F.T., is guest speaker. A licensed psychotherapist, college instructor of theater and public speaking, and Buddhist meditation teacher, Travis’ education and orientation are in Jungian depth psychology, Theravadan and Mahayana Buddhism. She has trained extensively with Marion Woodman and Lama Tsultrim Allione, both pioneers in bringing the sacred Feminine into Western depth psychology and Buddhism, respectively. See article page 1.

**LOCATION & TIME:** D.P. Culp University Center, East Tennessee Room, 5:00 p.m.

Tuesday, February 21

***“Conquer Clutter” – A Women’s Personal Enrichment Lunch Break Seminar.*** Mary Pankiewicz, C.P.O., local certified professional organizer who operates Clutter-free & Organized in Whitesburg, Tenn., is guest speaker. A quick and painless seminar on de-cluttering your home and/or office, Pankiewicz will discuss organizing principles for every area of your life, as well as how to tackle your closets, kitchen, garage, and office space. Learn why we procrastinate and much more. See article pages 2-3.

**LOCATION & TIME:** D.P. Culp University Center, East Tennessee Room, noon.

**ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC.**

---

---

## MORE NEWS and UPDATES

### In Memoriam



**Dr. Karen Cajka**, professor of British literature in the Department of Literature and Language and director of the Women's Studies Program at ETSU, passed away Thursday, November 17, 2011, at the Johnson City Medical Center.

In 2009, Karen won the university's Patricia E. Robertson Diversity Leadership Award. She was a graduate of the University of Pennsylvania and Northeastern University and held a Ph.D. from the University of Connecticut, where she taught before coming to ETSU.

Karen will be greatly missed by her campus family.

### Lactation suite opens for students, guests



A new lactation suite opened recently in the D.P. Culp University Center to provide a designated space for students and guests to breastfeed their children or to pump.

"In the past, we've had many mothers ask if we had a lactation suite somewhere on campus," said Laura Hensley, Culp Center coordinator of operations. "Last fall, another student sent an email once again bringing awareness to this issue. Our administration recommended we move forward in identifying a location, and ETSU's facilities team spent the past several months renovating that space.

"It is a very comfortable, private area that our mothers will find very accommodating."

Accessing the suite can be done using a swipe card, and authorization to use the facility will be given after students and guests complete a request form.

To complete a request form, visit the Culp Center office on the second floor or call 439-4286.



### Women's Resource Center NEWSLETTER

The ETSU Women's Resource Center Newsletter is published quarterly at East Tennessee State University, Johnson City, Tenn.

Mailing Address: P.O. Box 70272, Johnson City, TN 37614.

Phone: (423) 439-5772. Fax: (423) 439-5760.

E-mail address: [wrcetsu@etsu.edu](mailto:wrcetsu@etsu.edu).

Visit our web site at: <http://www.etsu.edu/wrcetsu/>.

**Harriet P. Masters**, director

**Nancy J. Riedel**, secretary

**Karli Garceau**, student assistant

East Tennessee State University is a Tennessee Board of Regents institution and is fully in accord with the belief that educational and employment opportunities should be available to all eligible persons without regard to age, gender, color, race, religion, national origin, disability, veteran status, or sexual orientation.