

**Women's Leadership Group (WLG) Meeting Minutes**  
**Tuesday, September 24, 2003**  
**HT2-125; 1-2pm**

Members in Attendance:

Pam Nelson, Amanda Dunnagan (and baby Katherine), Donna White, Jeanette Stewart, Phil Randolph, Trini Sandoval, George Martinez, Christine Moore, Roxie Helbert, Casey Furlong, Herminia Lopez, Carmen Rivenburg, Marla DeSoto, Marie Villarba, Louise Martin, Patricia Judd, Spring Turner

I. District WLG News

- The next District WLG event will be a **breakfast & wellness event held at Gateway Community College. The event will be held on October 9<sup>th</sup> from 7-9am in CHCE-1106. Price is \$6.** Interested people should contact Sara Blank by October 2<sup>nd</sup> to obtain tickets.
- WLG t-shirts are still available. Contact Emily Weinacker for more information and to get your t-shirt.
- GCC has one local mentee (Connie Greenwell) and 3 local mentors (Jean Ann Abel, Bil Morrill, and Mary Blackwell) participating in the District WLG Mentor Program.

II. Local GCC WLG Stuff

- **DUES are still due to Amanda Dunnagan ASAP. Dues for the 2003-2004 school year are a total of \$10, \$5 of which goes to the District WLG group, and \$5 of which remains at GCC. \$4 of the GCC portion of the dues goes directly into the WLG Scholarship Fund (\$1 is used for supplies). If you wish to give additional money as part of your dues, these additional funds will go directly to the Scholarship.**
- As part of the brainstorming (see below), a suggestion was made that **each of us bring a \$5 new, unwrapped toy to donate to the Faith House toy drive to the October 29<sup>th</sup> meeting.** Please try to remember to bring a toy to support this important GCC service project.
- George Martinez attended our meeting (and is a member), and he has offered us support in promoting our events and activities.
- It was suggested that we set up our own local GCC WLG web page. Pam will look into it.

The primary focus of this meeting was to brainstorm ideas for projects/ readings/ activities for the rest of the year. I have attempted to group the ideas into blocks/heading that make sense (at least to me). [Please remember this is a rough bullet list and not necessarily a grammatically beautiful piece of writing! - grin] We will be continuing to expand, develop and implement these ideas through the coming year. **If you are willing or able to help spear-head any of these ideas or if you have information or contacts that would be particularly useful in supporting any of these ideas, please let me (Pam) or Amanda know. Furthermore, if you have any ideas to add to this list, let us know that as well.**

When asked to narrow down to a choice for the next meeting, the group agreed that "C. Self-esteem and self-perception of Women" sounded good - particularly the **issue of how to keep a positive outlook. We will be discussing this topic at the next meeting.** If Christine (THANKS AGAIN!) finds resources or articles to read relating to this topic prior to the next meeting, we will do our best to distribute them electronically so that everyone can participate.

#### A. Campus Community

- Design and development of family-friendly workspaces
- Design and development of educationally superior workspaces (as per Frank's message)
- Defining the role of women in the workplace
- Determining how to set boundaries and of what type with students/ mentees/ coworkers)
- How to build a strong community of women at GCC (Aug meeting)
- Have a Women's Fair before the Women's Luncheon in March. This could include representatives from community women's groups and clubs as well as other items of interest to women. It was suggested that some of this could possibly take place as part of or in conjunction with the Wellness Fair, which will also be held in March.
- George also suggested that WLG do some outreach to local women's groups - encourage their participation and help women in the community to identify what GCC can do for them

- Speakers for the March luncheon were also suggested: Speaker from Today's Arizona Woman (George), local research scientists or newscaster (Casey), Elaine Maimon (Jeanette - From ASU West)
- Amanda suggested that we could begin planning many of these pieces for the March event NOW so that we can have less of a push for time in the Spring. Contacts and groups will be discussed at future meetings.

#### B. Safety of Women

- Safety in the workplace: How do we keep ourselves safe? How do we help ourselves feel safe?
- Safety of women in general (off site)
- Traveling in groups and safety of traveling alone.

#### C. Self-esteem and self-perception of Women

- How to have and keep a positive outlook
- How to deal with insecurity
- How to develop a "presence of self"/self-confidence
- Dealing with self-talk issues

#### D. Volunteerism/ Helping Others

- Looking for places to volunteer as an individual
- Finding the time to volunteer
- Collecting and donating pajamas for children @ shelters
- Go to garage sales, etc. (Marla) and buy clothes to be donated to the shelters
- Call out grandparents to see if they have clothes their grandchildren have outgrown that could go to the shelters
- Adopt-A-Family - potential to do this as our Holiday Event/ Project
- Contact GCC social work students (who must do a certain number of contact hours as part of their degree) and see if we can partner with them to help a particular family
- Contact City of Glendale office to obtain a list of local volunteer efforts
- Contact campus student groups who may have a required service component and partner with the group to complete the project as a team.
- Contact the Children's Center to evaluate service opportunities.

- Support child abuse centers & local food banks (Aug meeting)

#### E. Wellness/ Health/ Recreation

- Re-try yoga and yogurt
- Use of significant resources on campus to improve/evaluate personal health (trainers/ students/ fitness evaluations, etc.)
- Obtaining fitness evaluations from students (contact Olivia Templeton)
- Participation in/ support of Weight Watchers at Work
- Stress management techniques
- Setting up/evaluating ergonomically-superior workspaces (Dolly Martin is a contact to obtain evaluation of your current workspace)

#### F. Personal and Family Life

- Explore the value of journaling (and finding the time for journaling)
- Genealogy searches (Glendale Public Library may be a good contact for a presentation on this topic)
- How to: consignment, yard sales, garage sales, etc.
- Explore career vs. family balance (Aug meeting)
- Discuss how to live the simple life (Aug meeting)

#### G. Financial Concerns

- Discuss how to best and most economically make travel arrangements on the internet
- Retirement planning - financial, emotional and operational

#### H. Fundraising

- Spring has offered to contact an individual who set up and ran an on-campus book sale for another campus organization. He contributed 25% of the profits from the sales to the group (~\$200). The group suggested that we could have the sale during early March (Women's Month). We could try to incorporate WLG membership, interest and support of women as part of the sale. As more information becomes available, we will need volunteers to help staff the tables.

**UPCOMING GCC WLG MEETING DATES (Mark your calendars now!):**

**Wed. Oct 29th 7:30 am PS104**

**Tue. Nov 25th 1:00 pm HT2-125**

December Holiday Event TBA

Wed. Jan 28th 7:30 am PS104

**Tue. Feb 24th 1:00 pm HT2-125**

Wed. Mar 31 7:30 am PS104

**Tue. Apr 27th 1:00 pm Potluck, Location TBA**

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**Also GCC's Annual March Women,s Month Luncheon has been scheduled for Tuesday, March 9, 2004, in the Student Lounge. The time is TBA.**

**FUTURE WLG DISTRICT EVENT DATES (from their web page):**

- \* 10/09/03 - Gateway Membership/Wellness Event (see above)
- \* 10/12/03 - Komen Phoenix Race for the Cure
- \* 12/04/03 - Networking Event - Members Only
- \* 01/12/03 - WLG/NILD Tea - Members Only
- \* 02/21/03 - American Heart Walk
- \* 03/30/03 - Spring Luncheon @ MCC
- \* 06/21/03 - WLG Retreat