MESSAGE FROM THE PRESIDENT

Dear ANUW members,

I would like to start by telling you all how honored I am to be able to serve as the President of ANUW for the next year. I have gained so much from my time on the Board through the many impressive, strong and inspiring women that I have had the opportunity to meet and work with.

As an organization ANUW has made some amazing progress over the past few years, evidenced by the size of our audience at the annual fall breakfast – almost twice the size of the audience two years ago. Not surprisingly, during the same two years in which our attendance at the fall breakfast almost doubled, our membership has nearly doubled as well, and as of this writing, we are on track to reach a record number of members this year.

This recent growth is due, in part, to the very engaged and motivated Board and Committee members, but the key to this recent success is you, the membership. You are the people who have been posting ANUW fliers, talking to co-workers about the organization and bringing your friends to events. All of your hard work and dedication to expanding the organization has helped tremendously with the advancement of ANUW. On behalf of the entire Board, I thank all of you for that effort.

Throughout the coming year, we will strive to make ANUW an organization that meets your professional and personal goals. In our membership survey last year an overwhelming majority of you stated that your reason for joining ANUW was networking. As a result, this year we are making sure to give you even more opportunities to network both formally and informally starting with our November event, Networking for the 21st Century (check www.northwestern.edu/anuw for more details!). This workshop is designed to give you basic networking skills that you can put to use at future ANUW events.

As I work with the Board to finalize programming for the rest of the year, I already see that 2011 is shaping up to be a fantastic year for ANUW. I look forward to seeing you throughout the months to come. At any time, please let me know how ANUW can help you this year and in future years.

Thank you all, once again, for your hard work, dedication and inspiration.
Emily Higgins
President of ANUW
In addressing ANUW for the last time as president at this year's Annual Fall Breakfast, I was reminded of the breadth and strength of our membership. I realized how many of you I've gotten to know over the last year. At every table I saw a woman (and often more than one woman) who has enriched my professional life in some way—we've shared information about our units, we've strategized on a common problem, we've helped each other manage our careers.

While everyone at the University is working to become more expert in their specific areas, a reminder that breadth is critically important in your learning and in your networking. Breadth engenders creativity, allowing you to think across fields and organizational functions. Breadth among your professional contacts could be directly responsible for your next career move (it has for me in the past). You might even find that breadth is a refreshing change from the depth we're naturally seeking every day in our jobs.

A few years ago, I accepted a leadership role in ANUW because I wanted to give back. But the truth is I've gotten more back from this organization than I could ever give. And that is the beauty of investing your time in a healthy, growing organization such as ANUW. If you haven't yet thought of serving on one of ANUW's committees, consider this your personal invitation. Lend us a hand, show us what you've got, and see what you get in return. I'll be looking for you!

With warm wishes for the upcoming holiday season,
Elizabeth Adams

ANUW Welcomes Its Newest Members

Part of ANUW's mission is to facilitate the networking of women across departments and campuses. Please take the time to reach out to a new member (you can find contact information in the online directory), introduce yourself, and perhaps schedule lunch to get to know someone in a different department.

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Committed to encouraging and supporting all women at Northwestern University who are interested in professional development.
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You may pay your dues with a VISA, Master Card or American Express credit card. Please access this URL to register online: http://www.northwestern.edu/anuw/membership/join.html

Instructions are provided on the web site.

If you prefer to not pay with a credit card, please remit your check for $15.00 made payable to Northwestern University. Sending cash through campus mail is not advisable. Send payment via Campus Mail to:

Helen Hutten, ANUW Treasurer
Chemistry of Life Processes Institute (CLP)
Northwestern University
2145 Sheridan Road
Evanston Campus

If you have not already done so, please renew your membership today!
Meet Cathy Grimsted, who served as ANUW’s president from 1992-1993. Cathy is the Associate Dean for Finance & Administration at the Weinberg College of Arts & Sciences. In this role, she oversees finance, budget planning, human resources, information technology, and web communications for the College.

**How did you initially become involved with ANUW and how did you become President?**
I was working for the University Budget Director as a budget analyst in 1989 when a group of senior women administrators approached the University’s leadership for support in creating ANUW. From the beginning, I attended events in order to meet women from across campus and learn more about the University. At the same time, I was involved in the community through serving on the Students Publishing Company Board and the Human Resources Information Systems Task Force.

Two years later, I was working as Director of Finance & Planning for Kellogg, when the nominating committee approached me about serving as Vice President of ANUW. I was excited about the opportunity to contribute to the community of women at Northwestern and expand my perspective on the University, so I said yes.

**How have you benefited from your involvement with ANUW?**
Serving on the board of ANUW, as Vice President, President, and Past president over the period from 1991-1994 gave me a terrific opportunity to develop my leadership skills and expand my knowledge beyond the finance and budget functions. I worked with other ANUW members in the areas of programming, membership, publicity, and leadership development. I also spent time thinking about the needs and interests of women in many different functional areas, from development to human resources to admissions & financial aid. My experience with ANUW is part of what prepared me to move into a new role at Kellogg as Assistant Dean for Finance and Technology. In that role, I provided leadership for Kellogg Information Systems through the challenging “dot com” era, including setting priorities, managing people, and marketing our services to faculty, students, staff, and alumni.

**What advice would you give women interested in developing their careers at Northwestern?**
Share your knowledge with other people and always try to help other people be more successful at their work. Look for gaps – notice where your organization needs help and figure out how you can help to fill one of those gaps. Don’t be afraid to take on additional work. Be guided by what will make your department, school, or unit better at fulfilling its core mission. Give your own people opportunities to take on more work and to develop their skills. It will help them, and it will free you up to contribute in new ways.
Consider making time for community service – in order to make a difference, broaden your perspective, and prepare yourself for new professional opportunities. Beyond Northwestern, I have served on several non-profit boards, including the Girl Scouts of Chicago, The Night Ministry, and the PTA Council of my children’s school. Start with being a hands-on volunteer or joining a committee to see what makes sense for you.

**What have you most enjoyed about your involvement with ANUW?**
I enjoyed the opportunity to work closely with other people committed to making the University better and helping women develop their careers. Many of us, including Jean Shedd and Meg McDonald, have progressed in our careers around the University since then, but we still really enjoy working together.
ANUW Book Club

ANUW is starting a book club featuring the Center for Civic Engagement’s One Book, One Northwestern selection Mountains Beyond Mountains by Tracy Kidder. Books will be on sale at our November event for $11.50 or you can get the same discounted rate at the Norris Bookstore in Evanston. We will be having a book discussion in January. Stay tuned for details. For more information about One Book One Northwestern events, visit www.onebooknu.org/.

ANUW FALL EVENTS

Benefits Fair

ANUW was present at the annual Benefits Fair on both the Chicago and Evanston campuses. Several women stopped by our tables requesting information about our organization. In addition, we offered raffle prizes for those who visited with us. One raffle prize was a book titled “New Job, New You”, by Alexandra Levit. The book is a guide to reinventing yourself in a bright new career. Alexandra will be the featured speaker for our January Career Resolutions event.

Annual Fall Breakfast

ANUW members met at the Allen Center for ANUW's Annual Fall Breakfast on October 28th. Many members gathered to enjoy the company of other Northwestern women as well as the delicious food.

Outgoing president Elizabeth Adams welcomed all ANUW members and gave a recap of the previous year’s accomplishments. She then introduced the 2010-2011 president, Emily Higgins.
The featured speaker for this year's breakfast was Kelly Amonte Hiller, Head Lacrosse coach and five-time NCAA Championship winner. In her talk, "Building a Champion: How to build a Team and Stay on Top", she discussed how maintaining a positive attitude helped her turn every challenge into an opportunity. Hiller explained how she challenged her team to aim for the National Championship from the start. In order to aim for success, she asked the players to come to each game with no expectations. Instead, the focus became improving each aspect of the game.

During the Q&A portion, Hiller fielded questions about her winning philosophy and how it could apply to the work setting. She also answered several other questions, including how to encourage young athletes.

Upcoming Events

Networking Event

Networking is something we all know we need to do… but how? Is networking just walking up to someone and striking up a conversation? In this digital age, how has networking changed and how can we achieve results through networking? Kate Dargis, Publicity Committee Chair for ANUW asked these questions of ANUW's November speaker David Fisher, founder of RockStar Consulting and author of Step-By-Step Networking and The Book of Habits. "We've all heard the adage 'It's not what you know, it's who you know'", Fisher notes. "Well, it's a cliché because it's true. I've found that developing strong business relationships with others is an important component of professional success. Your network can be great source of information and opportunities that wouldn't normally be available." If knowing people is important, how do we get outside our offices to meet those people who can help us in our careers? "To be a successful networker in the 21st century requires an understanding of the tools that technology provides. However, success in networking will still reside in the "old school" fundamentals: reaching out to people and taking the time to build mutually beneficial relationships with them."

What will we learn from Fisher on November 18th? "One of the goals of our seminar is to combine an understanding of how networking works with the practical application of networking. Many people know that they should be networking, but they don't know where to start. I want to help them feel confident in their abilities to reach out and grow their network."

David Fisher will speak to ANUW members on November 18th, 4:00-6:00pm at McCaw Pavilion, 240 E. Huron Avenue, Room 2-322 on the Chicago Campus. If you haven't done so already, please RSVP to anuw@u.northwestern.edu. Encourage your colleagues to join ANUW and come to this event!
November 18  
Networking for the 21st Century: Practical Tools to Improve Your Competence and Confidence  
Speaker: David Fisher, President of Rockstar Consulting  
McGaw, Room 2-322,  
4:00 p.m. to 6:00 p.m.  
Chicago Campus

December 7 and 9  
Annual Holiday Luncheon Co-sponsored with the Women's Center  
Dec. 7 at the Women's Center  
Chicago Campus Location: Abbott Hall, Room 1400  
11:00 a.m. to 2:00 p.m.  
Dec. 9 at the Women's Center  
Evanston Location: Parkes Hall, Room 122  
11:00 a.m. to 2:00 p.m.

January  
Career Resolutions  
Speaker: Alexandra Levit, workplace author and speaker  
Evanston Campus  
Location, TBD  
11:30 a.m. to 1:00 p.m.

February  
Focus on Women's Health with the Women's Health Registry.  
Time and Location, TBD

March 8  
International Women's Day  
Events and Times, TBD

March  
Conversation with Gene Sunshine  
Rebecca Crown Center, Hardin Hall  
Evanston Campus  
Time, TBD

April 21  
Pathways to Success featuring Sally Blount, Dean of the Kellogg School of Management  
Location, TBD  
11:30 a.m. to 1:00 p.m.

April 28  
Take Our Daughters & Sons to Work Day  
Events and Times, TBD

May  
Focus on Sustainability  
Location, Date, Time, TBD

June  
Social Outing  
Location, Date, Time, TBD

July  
Member Appreciation Event  
Location, Date, Time, TBD

Please mark your calendars for these exciting events we have planned in the coming fiscal year. We encourage you to periodically check our website for any updates.

http://www.northwestern.edu/anuw/events/index.html

We hope to see you there!
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Your ANUW Executive Board, 2010-2011

Emily Higgins - President
Beth Clifford Smith - Vice President
Elizabeth Adams - Past President
Jennifer Lombardo - Secretary
Helen Hutten - Treasurer

Members-At-Large:
Cara Tuttle Bell - Women's Center Liaison
Carol Michelini
Shericka Pringle-Jackson
Susen Taras

Committee Chairs:
Cathy Berardi - Membership Co-Chair, Evanston Campus
Claire Maurello - Membership Co-Chair, Chicago Campus
Margaret Mersch - Programming Committee Chair
Kate Dargis - Publicity Committee Chair
Santina Croniser - Web Site Editor
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