2011 Women’s Commission Awards Ceremony

DOING IT ALL

The Myth of Balance
We can stop believing the lies and begin to conquer the world the way we want to.
Communicate clearly and confidently, especially when you need to say "no". Stand up for what you believe, regardless of what others may think. Choose your battles wisely. Never make assumptions. Be with women who value who you are, support you and inspire you. Remember to Laugh! Laugh! Laugh!

Dawn Zitney, SHARPP
2011 Winner
Stephanie Thomas Staff Award
What people have said about the nominees:

- “She has served as an incredible role model for other female students at UNH, constantly leading by example and ‘walking the talk’.”
- “Her sense of civic duty is apparent, and UNH is better both for her presence and her contributions.”
To me, balance is understanding that there is no true balance and to learn to accept that truth. Every facet of my life needs to be addressed differently and on any given day, may need more attention. I am working to let the things go that I cannot change . . . and in the meantime, I play hard so that I can keep my sanity.

Amy Culp
For fast-acting relief, try slowing down.

~Lily Tomlin

Sara Cleaves, Office of Sustainability
I will be post feminist in a post patriarchy.

~Anonymous

Bie Aweh, Senior
Women’s Studies &
Political Science
2011 Award Winner
The highest reward for our work is not what we get for it, but what we become by it.

~Johan Raskin
...the overall work/life balance issue is one that women in a demanding and high-powered field will face. The solution must not be left on just the shoulders of women.

~Shirley Jackson, President Rensselaer Polytechnic Institute

Sean Moundas
Counseling Center
Few will have the greatness to bend history, but each of us can work to change a small portion of events, and in the sum of those acts, is the history of this generation.

~Robert Kennedy

Joanne Burke
Clinical Assistant Professor
Department of Molecular, Cellular & Biomedical Sciences
2011 Faculty Award Winner
Life will be out of balance sometimes, so practice being mindful in what you do: do the best you can and try to be gentle with yourself. Doing and being what you love in life helps to make you feel more balanced.

Kathleen Grace-Bishop, Health Services
My life feels balanced when I am around people I really enjoy. They are balanced and whole and understand me for who I am and what I need. I can hang out in my sweats and un-brushed hair, and I know that they won’t care because we’re in it for the company. I am lucky to have many of these folks in my life!

Amy Culp
Women’s Commission member
Life is ten percent what happens to you and 90 percent how you respond to it. ~ Lou Holtz

Lisa Ciccotelli
Office of Community Service & Learning
2011 Winner of the Joyce Gibbs Award
More quotes for the nominees:

She promotes a healthy, safe and vibrant community for all women regardless of shape, color, size, race, or religion.

If you come into contact with her, you can feel her positive energy.
Balance . . . wouldn't that be nice. ;-)

Olivia Cristaldi
UNH senior
Nothing ever is; everything is becoming.

~Heraclitus

Plan fun-time and me-time into your schedule. Decline activities that sap your time and energy.

R. Ellen Semran
LGBTQ & Safe Zones Coordinator
Office of Multicultural Student Affairs
Whenever my life gets crazy, all I need is a head butt from a purring cat to shift it back into balance.

Lori Wright, Co-chair
Women’s Commission
Office of Media Relations
When we realize that the liberation of women and the liberation of all oppressed groups means the liberation of all of us, only then will we fight collectively for equality and equity.

David Jacobsen
Senior
Women’s Studies
Be gentle with yourself. In the noisy confusion of life, keep peace with your soul.

~ Laura Joseph, Senior
From the nominations:

“She balances both her home/family life with her passion for her work. Although I am sure that this balance isn’t easy, she makes it look effortless.”

“. . . An inspirational nominee devoted to her community and sustainability education on campus.”
Whenever I feel as if it’s all about to unravel, I picture the day when my daughter Livi was two, and her greatest joy was crushing sand castles with her feet. This reminds me that balance is all about perspective.

Ruth Varner, Co-chair
Women’s Commission EOS and ESCI
If you want to go quickly, go alone.
If you want to go far, go together.

~African proverb

Wanda Mitchell, VP
Faculty Development and
Inclusive Excellence
Initiatives