



Happy Fall!

As I start my year as President of MWPHE, I thought I'd share a few of the goals the Executive Board has discussed and implemented for the upcoming year.

In an effort to "Go Green", MWPHE will begin to send all newsletters and brochures electronically beginning Fall 2009.

The Board unanimously agreed to increase the Student Scholarship award amount from \$500 to \$750.

We are completely redesigning the MWPHE website to make it more dynamic and user friendly. Look for the unveiling this spring. We are developing workshops to mentor aspiring administrators.

I hope that you will enjoy the fall and spring conferences this year. As always, we welcome your ideas and comments regarding speakers and locations for these events.

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Inside this issue:

Highlights of Spring Conference	Page 2
Executive Board Elections	Page 4
Appointments and Promotions	Page 5
Strides Against Breast Cancer	Page 6

mWpHe

Women in Public Higher Education
Massachusetts
FALL 2008 NEWSLETTER

Fall Conference features Linda Glazer of the Playful Path

"Don't take life too seriously. You will never get out of it alive" - Elbert Hubbard

At Venus de Milo Restaurant, Swansea, Massachusetts

Friday, October 24, 2008

Humor Benefits

According to a study at the University of Maryland Medical Center, hearty laughter reduces stress by lowering blood pressure and releasing endorphins, which in turn helps employees be more productive, efficient, energetic and focused. It also boosts the immune system, which means healthier employees and fewer sick days.



support you. Make time to exercise. Give yourself quiet time to breathe, go for walks, do anything (that doesn't hurt yourself or others) to change the channel for a while. Listen to music.

3. Being alive isn't a choice; joy is. Practice it. To be fully present is an exercise we get to practice our whole lives.

If we don't discover and follow our passions, we're in danger of becoming dried-up old prunes before our time. If you love prunes, I guess this is OK but why not add some blueberries and have a fruit-salad feast instead?

Humor Skills

1. Take note of the big picture. Perspective is the key to enjoying life. When you are in a challenging situation, ask yourself 'How important will this be in 5 years?'
2. Keep a playful attitude in the workplace. Surround yourself with things that make you laugh and feel good - jokes / cartoons, flowers, photos, people who

Student Achievement Scholarship Awards

MWPHE awarded Student Achievement Scholarship Awards in all three college sectors to four extremely talented women who all overcame difficult barriers to become the rising success they are today.

April Amirault-Doherty from Northern Essex Community College and Carrie Anne Thistle from Massasoit Com-

munity College were the organization's two community college sector recipients. Melissa J. Bowering from Bridgewater State College was the state college recipient and Charisa Cottonham from the University of Massachusetts, Medical School represented the university sector. These women display strength, intelligence, grace, integrity and perseverance as students, mothers, workers

and women. MWPHE was honored to be a part of that and to help contribute to their education as they continue on to do great things and become leaders.

