

OUT ON CAMPUS!

ACPA

Standing Committee For
Lesbian, Gay, Bisexual
and Transgender
Awareness

Fall 2005
Newsletter

Dear Standing Committee Membership –

Happy Fall Semester! I hope this edition of Out on Campus finds you having a wonderful & gay start to the year. The beginning of the academic year always makes me feel inspired – kind of a fresh start with our incoming students to do things better than the year before!

In that spirit, I want to both update you on Standing Committee current issues and also encourage you to make a difference on your campus & in the Association with GLBT issues.

In the standing committee, we are currently exploring the organization of our directorate body. As the Association is working on governance review, it seems appropriate to examine how the Standing Committee (SC) is currently organized, needs now/in the future, and membership feedback. Our goal is to best serve the needs of the association and our membership through our many SC activities, scholarly programming, and association-wide convention programs.

Hopefully many of you have responded to our membership survey – thank you to all who have provided feedback. Your input is so valuable and illustrates to the greater membership the impact our presence creates. If you didn't have a chance to fill this out, please go to the following link: <http://surveymonkey.com/s.asp?u=944771158838>

We look forward to communicating with you in the coming year & please let us know any feedback you have for our SC. Feel free to contact me at John.Fox@colorado.edu.

Thanks & have a wonderful Fall semester!

John 'Fox'

In This Issue

Fox Welcome Letter.....	Cover
Life Outside Institution.....	Page 2
Expiration Dates.....	Page 3
Tell Us What You Think.....	Page 3
Directorate Members.....	Page 4
Maintaining Balance.....	Page 4
Greetings.....	Page 5
LGBT Resource Centers.....	Page 5

There is Life Outside Your Institution

By Michele Richey, Co-Wellness Coordinator

As nomadic as this field is, most student affairs professionals are used to transition and change. However, that does not mean change is always easy. Finding your place at a new university and in a new city/town is always a bit of a challenge. Often the first few months in a new place are spent getting acclimated to the institution and working hard to prove yourself. More often than not, this is done at the sacrifice of finding new social networks and outlets outside of work. This is also the best way to burn out mentally and physically. Giving some priority to establishing a personal life outside of campus is important for every student affairs professional. For those who identify as gender or sexuality queer, this is sometimes easier said than done. Depending on the circumstances, there may be a question of how open one wants to be about their identity on campus and off. Sometimes location limits access to LGBT associated/friendly social outlets. Also many associate the words "queer" and "social" with "bar" and "club," which are not attractive options to many. All of these issues are valid, but they do not trump your need to find social outlets away from work to stay sane and healthy. Here are some helpful hints as to how to find some LGBT associated/friendly social outlets. A great place to start is by finding information on local pride festivities. Pride events are a great place to start looking for possible social networks because they often provide a list of sponsors and LGBT friendly organizations. InterPride, the International Association of Lesbian, Gay, Bisexual and Transgender Pride Coordinators, has a good web page with a global calendar listing pride events & festivals. Some event listings also have a link to their own webpage which is even more helpful. PlanetOut is also a good website to find pride events and organizations. While these lists are not complete, they are a good place to start. If there is no listing for a festival in a certain area, do not give up. Try Google and see if any information pops up. There are also a lot of great LGBT athletic leagues out there that are great for weekend activity, both to play and watch. OutSports is a great website which offers a section for local gay sports groups. It allows people to sort by sport and region. BGLAD, the Bi/Gay/Les-

bian Links Directory, also has a good listing of local sports groups. One of the most popular sports with LGBT leagues in almost every state is softball. The North American Gay Athletic Association (NAGAA) Softball Division offers a link to all of their member associations. There is even a Gay Softball World Series sponsored by the NAGAA held this year in San Diego which they claim as the largest annual sporting event in North America. There is pretty much a national LGBT organization for every sport. There is a National Gay Basketball Association, a Gay Golf Association, an International Gay and Lesbian Hockey Association, and International Gay Rugby Association and board (IGRAB for short), an International Gay and Lesbian Football (Soccer) Association, the International Gay and Lesbian Aquatics, the Gay and Lesbian Tennis Alliance, and the North American Gay Volleyball Association to name a few. All these organizations have websites with information and links to local league/team information. There is also the International Gay Rodeo Association which holds rodeos across the country. Roller derby is also a fun sport to watch and while there are no LGBT specific roller derby associations, it is my experience that the sport overall is LGBT friendly. For those interested in outdoor recreation, Gay Outdoors is a good website to access local information for hiking, skiing/snowboarding, running, paddling, cycling, climbing, and camping. If sports are not your thing, Queer film festivals are great fun, and a lot of states have one if not more yearly. PlanetOut and Out in Television and Film both offer great lists of LGBT film festivals across the country. Like with the pride festivals, many film festivals list sponsors and have lobby tables with local LGBT friendly resources. Local organizations solicit volunteers to help run the festivals, which is a good way to get involved in the community and see some free movies in the process. Another fun event growing in popularity in the LGBT community as a fun source of fundraising is bingo. While not every town hosts

Continued on Page 5 as **LIFE...**

Expiration Dates: When is it time to wash or throw away?

In brainstorming for an article for the Health and Wellness contribution to "Out On Campus", I came across an article in the October, 2005 issue of "Men's Health" that I found interesting and possibly helpful to others. I will share a few of their most helpful hints to stay healthy and well. This information could also be helpful to our students...

The first hint I will share is the towel expiration timeline, which is stated as 5 days or in humid living conditions, the expiration before the need to wash the towel is 2-3 days. David Early from global product marketing manager for Cotton, Inc. states that "Stink and Mildew set in after three to five uses."

The next hint to share was in regards to leftovers. There is a science beyond just opening the container and testing the smell... Catherine Donnelly, PH.D., a food microbiologist at the University of Vermont says that "Chinese food will keep for 4 days at 40 degrees Fahrenheit." The challenge to this comes from a study in the Journal of Food Protection that "found that 59 percent of refrigerators run above 41 degrees

Fahrenheit" and would reduce the four day shelf life of leftovers. If not sure of the temperature in your refrigerator it is recommended to purchase a refrigerator thermometer at a grocery store as a safety measure.

Running shoes should last approximately 4-5 months, or about 200 miles according to Lance D. Barry, D.P.M., a Georgia podiatrist. Around this point "the mid-sole in sneakers lose impact cushioning" and can cause injury.

Fresh raw eggs can last up to five weeks in a refrigerator, "thanks to a coating of mineral oil that fights off bacteria." Hard-boiled eggs only last a week because "the boiling strips away the protective coating."

The last tid-bit I will share is in regards to bed sheets and when they should be cleaned. The expiration is 7 to 10 days of use before needing to be stripped and "washed on hot (130 degrees Fahrenheit) to reduce allergy risk by killing dust mites that feed on your dead skin cells."

Tell us what you think!

Over the past 20 years, the SCLGBTA has worked hard to provide resources, programs, and activities for its members, the general ACPA membership and college campuses across the country. These include convention events such as roundtables, conference programs, socials, and the cabaret, as well as year road programs such as the Lambda Mentor Program and Road Show. In an effort to better assess the needs of our members and the effectiveness of our programs, we will be conducting a member survey beginning August 1. Be on the lookout for an email coming out soon and take a few minutes to tell us how we're doing and what else you would like to see us work on to better serve you. If you do not get the email inviting you to participate, please go to <http://surveymonkey.com/s.asp?u=944771158838> on or after August 1. Just a few minutes of your time will help us to improve and enhance our services to our members. If you have questions about the survey, please contact me at bjkraft@usfca.edu.

CONGRATULATIONS TO OUR NEW DIRECTORATE MEMBERS!

The following SCLGBTA members were elected and appointed to the Directorate at the 2005 Convention in Nashville:

Rob Anderson, Internet Resources Coordinator
Andrea Conner, Member at Large, Membership and Development
Dawn Dooley, Co-Wellness Coordinator
Daniel Fictum, Archivist/Historian
Brian Patrick Kurisky, Co-Newsletter Editor
Nicholas Lemus, Diversity Advocate
Rick Moreci, Development Coordinator
Jessica Pettit, Member at Large, Visibility and Recognition
Michelle Richey, Co-Wellness Coordinator
Patrick Romero-Aldaz, Member at Large, Health and Wellness
Kelli Sattler, Program Chair
Alex Thompson, Gender Advocate
Claire Williams, Development Coordinator
Jennifer Williams, Lambda Mentor Coordinator
Hannah Wu, Member at Large, Advocacy

Maintaining Balance and Wellness as a Student Affairs Professional

Stressed out...It's the beginning of the year and you are working long hours...October is here and you know that Life as a Student Affairs professional can start to look a bit more normal...I am in my fifth year as the Director of Residence Life at the University of Alaska Anchorage and August and September are always a blur, passing by so quickly, so much going on and so much that needs to be done. I stopped myself today to contemplate how I manage some sense of balance and wellness in my life and wondered how many other Student Affairs professionals must be struggling right now with this issue. I wanted to take a few minutes to talk about the wellness tips that work for me and add a little of what the professionals say on the topic.

My number one stress relief and topping my wellness chart is taking time everyday to walk my dog, a.k.a. my best friend "Healy". The exercise gives me time to clear my head and re-energizes me for the evening time. Healy gives me several outlets; companionship, undying devo-

tion, forgiving ear to take away the worries of the day and an exercise partner. I now realize I did a great thing three years ago when I passed a pet policy for my live-in professional staff. I have really noticed how their pets add so much to their personal wellness, in addition to many other positive benefits.

My number two stress relief is guarding my personal time and balancing out the time spent at work to a reasonable work load. I know you are saying that this is impossible this time of year. But some things have to give...It seems as if everything is a priority, but I have realized that yes some things can wait until tomorrow, and some things can wait until next week. Although I am always available for emergencies, 24-7 as the Director of Residence Life, everything that is not an emergency must be prioritized. It helps me to prioritize weekly and sometimes daily and guard my
Continued on Page 6 as **Wellness...**

LIFE, Continued from Page 2...

a gay bingo event, a quick Google search lists more than a dozen across the country under various names with hostess names as great as Glamazonia (Seattle, WA) and Kitty Litter (Cranston, RI). Finally, the best way to get connected to the LGBT community in your area is to look up the local LGBT services & community centers. While not every town will have one, LGBT community centers are more common than you think. A quick Google search or visit to the LGBT resource center/website at your institution, if you have one, can result in a list of local organizations. These organizations usually have great information, plentiful volunteer opportunities including many youth programs, and some run their own social groups and activities. Queer America has a great website that allows you to search by area to find local LGBT services and community centers. While the info in this article is not extensive, I hope it can give those of you moving this summer some ideas as to how to connect to the local LGBT community. Again, getting off campus and developing social networks is just as important in those first few months as it is finding where the personnel office is on your campus. It will help prevent burn-out and keep you connected to the non-student affairs world (oh yes, there is life outside of campus).

Greetings Standing Committee Members!

My name is Michael Mancini and I serve as the Outreach Coordinator on your directorate body. Let me first wish everyone a happy end of summer and best wishes for the coming semester.

As some of you may know for the past three years we have tried to support a local LGBT youth group. We do this by a silent auction at the convention carnival, and we will continue that tradition.

This year, however, we wanted to do a bit more, as well as give the standing committee a chance to make a specific impact on this youth group. As with any non-profit agency there is always a need for donations. First, check out their website: <http://www.indianayouthgroup.org/>. You can find out information on what the youth group does, and a bit of their history. There is also a page that has a wish list, if you care to donate to them. The Program Coordinator, Jill Thomas, will field all the questions in reference to dona-

tions and her contact information is on the website.

Beyond those individual donations we wanted to run a campaign to raise some good old American cash. Currently we have 659 standing committee members and if everyone gives \$5.00 that would be a total of \$3295.00. In my conversations with Jill, she indicates that they can do much with that money. Such as: new carpets, new furniture, as well as help fund their daily operating needs. I have worked out with Jill that she will keep a tally of how much people send in so that in each newsletter I can inform everyone of how close we are to our goal. If you care to donate please make checks payable to Indiana Youth Group and send them to:

Jill Thomas,
Program Coordinator
Indiana Youth Group
2943 E. 46th St.
Indianapolis, IN 46205

Also, please put in the memo "SCLGBTA".

Needless to say, if one should be behooved to donate more than \$5.00 that would be amazing (!) but I thought \$5 was a reasonable and affordable donation amount to solicit.

I know that it feels like we are consistently asked to give money to one organization or another, and while I respect that some personal budgets will not allow for this particular donation, I would hope that each of us can do our best to support this youth group.

Further, thank you for being a member of the Standing Committee for Lesbian, Gay, Bisexual, and Transgender Awareness. Your support has made this standing committee strong and our efforts possible.

If you should have any questions, comments, or concerns please contact me at mancini2@gmail.com.

Best,
Michael Mancini
Outreach Coordinator

P.S. Perfunctory call for volunteers: If anyone is interested in volunteer opportunities please e-mail me at mancini2@gmail.com. Please indicate--if you are aware--what opportunities you would be interested in. I will keep your name and as we come closer to convention I will contact you with opportunities.

Opportunities

SCLGBTA Membership,

Here are 2 research requests for your consideration. As a Standing Committee, we want to support folks contributing to the literature, both directly & indirectly related to GLBTQ issues.

Our Standing Committee will also be soliciting you for feedback on what types of things we send to you over this listserv as we recognize that listservs can be overwhelming.

Hope you are having a great Fall!

Sincerely,
John ÔFoxÕ
SCLGBTA Chair

Research Opportunity #1

If you are lesbian, gay, or bisexual, we could use your help. We are conducting a study on strategies for counseling lesbian, gay, and bisexual clients. The study consists of reading a dialogue between a counselor and a client and responding to some questions about it. Participation will take 15-20 minutes, and all responses will be anonymous. It is hoped that this study will provide insight into how counselors may work more effectively with lesbian, gay, and bisexual clients. If you are interested in participating, please click the link below or type the URL into your web browser. This study has been approved by the Institutional Review Board at the University of Maryland.

Continued on Page 7 as **OPPORTUNITIES...**

WELLNESS, Continued from Page 4...

evening and weekend time, by limiting commitments during these times to a reasonable amount.

My number three stress relief is maintaining a healthy diet and regular sleep patterns. I have found it very helpful to eat three balanced meals a day, including lots of fruits and fresh vegetables. Missing breakfast seems to throw me off balance during the day. I also make it a point to get 6-8 hours of sleep a night. With the perpetual darkness in the winter time here in Alaska, it is crucial to have a routine amount of sleep to combat the long dark winter months.

What is the opinion of stress reduction from the research available on line? After reviewing numerous websites and articles, I wanted to give you an overview of what I found. Of course, I believe just being cognizant of your stress level, your stressors and ways you address stress in your life is invaluable. The one stress reduction method I thought rose to the top of the list was: Healthy Lifestyle (to include diet and regular sleep, and a varied exercise regime). The key to a varied exercise routine is to find activi-

ties that are fun, exciting, satisfying and therefore, easier to stick to. According to research, Cognitive Behavioral techniques are the most effective way to reduce stress. This includes identifying sources of stress and restructuring priorities and finding ways to manage and reduce stress. Some examples are: adding stress reducing activities, discussing feelings, keeping perspective and looking for the positive, and using humor. Lastly, research supports the use of relaxation techniques to reduce stress. This includes: deep breathing exercises, muscle relaxation, meditation, biofeedback and massage therapy. (Reuter-health, Sept. 2001) I think all of these research tips are a great reminder to take time to look at your stress level and what one thing you can do today to reduce your stress. Each week for the next few weeks, take time to do one thing for your own self care to reduce the stress in your life. Have a great fall semester.

-Dawn Dooley Co-Wellness Coordinator

Opportunities, Continued from Page 6...

Survey link: <http://nausikaa.cs.purdue.edu>

Thank you!

Penny Asay, M.A.

Counseling Psychology

University of Maryland, College Park

and

Ruth Fassinger, Ph.D

Counseling Psychology

University of Maryland, College Park

Research Opportunity #2

Study regarding the Job Satisfaction of Mid-level Managers in Student Affairs.

Dear Student Affairs Colleague:

My name is Jessie Grant and I am Doctoral Candidate in the Higher Education Leadership Program at Western Michigan University and a member of the ACPA. I am conducting my dissertation research study to explore job satisfaction among mid-level managers. Your name was given to me by the Standing Committee for Lesbian, Gay, Bisexual and Transgender Awareness, as part of a random sample.

You are cordially invited to participate in this study. Participation will involve completing an online survey. The survey consists of 66 questions on intrinsic and extrinsic factors associated with job satisfaction, demographic information, and intent to leave the field. This survey should take no longer than 15 minutes to complete, and will be completely confidential.

Your participation in this survey is completely voluntary. You may answer some questions and not others, or skip the survey altogether. Once on the web survey site, only the final submission will record your responses. You can choose to leave the survey at any time. Your final submission will indicate your permission to use your responses. The survey data will be used in the data analysis of my dissertation.

The HSIRB at Western Michigan University has approved this protocol from October 12, 2005 to October 12, 2006. If you receive this communication outside those dates, please do not take the survey. If you have questions or concerns with the process of the study please contact the Chair of the HSIRB (269-387-8293) or hsirb@wmich.edu or the Vice President of Research (269-387-8298).

If you have any questions about this survey and its content, please contact me, Jessie Grant at 269-387-5421 or jessie.grant@wmich.edu or my dissertation advisor, Andrea Beach at 269-387-1725 or andrea.beach@wmich.edu.

To complete the survey, just follow the link:

<http://www.zoomerang.com/survey.zgi?p=WEB224DFJ8SFZK>

Thank you for your participation.

Jessie L. Grant

Doctoral Candidate

Western Michigan University

and

Jessie L. Grant

Ph.D. Candidate

Western Michigan University



**Have a Great
Holiday Season!**