

# WOU PARENTS CLUB NEWSLETTER

WINTER 2009

## Why Join Parents Club?

The WOU Parents Club offers a variety of reasons to get involved! Your support through membership supports the program directly with:

- Scholarships! This year we offer (4) \$1000 scholarships for general WOU Students and (4) \$1000 scholarships for students of Parents Club members!
- Emergency funds for students in need. Students in dire financial straits can get emergency loans supplied by Parents Club funds.
- Family Weekend breakfast. Parents Club pays for the breakfast for students and families at this fall term program.

Parents Club members receive additional information throughout the year and are able to maintain connections with the university. We offer information to help you best support your student!

Another service we offer to members of the WOU Parents Club is advocacy and direct contact for issues or concerns you may have. Simply call or e-mail us with questions you or your student might have and we will be able to cut through and give accurate referrals and resources! With the WOU Parents Club, you always have someone who can help and respond to your needs!

Remember, we have different membership levels available:

**BASIC** Membership: \$32.00

**SILVER** Membership: \$45.00 with full membership and a \$13.00 scholarship donation.

**GOLD** Membership: \$90.00 with membership, 3 survival kits and a \$19.00 scholarship donation.

**PLATINUM** Membership: \$125.00 with membership, 3 survival kits, sweatshirt and \$27.00 scholarship donation.

**BUSINESS** Membership: \$250.00 with a 1/4 page ad in this newsletter (goes out to hundreds of parents), display space at Family Weekend, vendor table, Parents Club membership and donation of \$156 for scholarships.

Call (503) 838-8064 to join today!

### WE NEED HELP FROM PARENTS!

We are looking for parents to assist with calls to recruit other Parents Club members! If you have some time to donate, contact Jon Tucker at [tuckerj@wou.edu](mailto:tuckerj@wou.edu) and we will coordinate with you!

## Family Weekend Recap...and the Future!

Family Weekend wrapped up in early October. We had over 600 people participate in the program and we want to thank everyone who attended!

It all started with Family Feud on Friday where families and students competed to find the most popular answer.

In spite of threatening weather, a number of people took a unique tour of campus landmarks in the morning, followed by check-in and a continental

breakfast provided by the WOU Parents Club!

After that, there were info. sessions offered, Kids' camp and the Gourmet Burger BBQ. Because of threat of rain, we all packed inside the Werner University Center, ate lunch and enjoyed the music of WOU's own, "Whirled News."

WOU fans then went out to the football game where WOU sadly lost to Western Washington, but the fun continued with our

successful casino night and free family caricatures.

Some went to the WOU volleyball game and some went to the free family swim on campus.

All-in-all, it was a great weekend!

The future...we are combining Homecoming and Family Weekend this next fall 2009. Look for even more activities and a great sense of energy on campus. More to come as we get a date set!

### INSIDE THIS ISSUE:

<i>Letter from Parents Club President</i>	2
<i>WOU Wellness Center</i>	2
<i>Study Abroad</i>	3
<i>Special Offer from a Parents Club Parent</i>	3

**YOUR  
DONATIONS TO  
PARENTS CLUB  
GO DIRECTLY  
TO  
SCHOLARSHIPS  
AND PROGRAMS  
- THERE IS NO  
ADMINISTRATIVE  
FEE!**

### *Letter for Parents Club President John Vasquez*

Happy Winter WOU Parents

The first term is over, and I hope your student did well. For the freshmen parents I hope you did as well as your student. It was an adjustment for us not having our student home the first year, but we found it nice having her visit every now and then.

I would like to thank the parents who helped put together survival kits. We also had our first meeting December 6<sup>th</sup> with about 25 parents there. We did some brain-

storming on ways to raise money and to make the Parents Club more useful.

As you know, one of the goals of the Parents Club is to help with scholarships. Our membership dues helps raise the money and is tax-deductible. We are asking for your help by inviting other parents to join the Parents Club. We would like parents to be active but we understand that many would have to travel some distance at an expense. But those that can, we would like you to help with sur-

vival kits and other projects.

We are asking all parents to come up with ideas on ways to raise money and things parents could do to help improve the Parents Club. You can send them to Jon Tucker or Angie Barry.

The Parents Club also has a Facebook Group. You can find out what is going on there plus talk with other parents. I want to thank Rick Love for starting it.

Our next meeting is March 7<sup>th</sup> at 10am. We will put Survival kits together then have our meeting.

Hope all have a Happy New Year.

John Vazquez

**PARENTS CLUB WEBSITE:  
[WWW.WOU.EDU/STUDENT/PARENTS\\_CLUB](http://WWW.WOU.EDU/STUDENT/PARENTS_CLUB)**

### *WOU Wellness Center Helps Students*

**DID YOU KNOW?**  
  
WOU PARENTS  
  
GET A 10%  
  
DISCOUNT AT  
  
MONMOUTH  
  
BURGERVILLE?  
  
JUST MENTION THE  
  
WOU DISCOUNT  
  
WHEN ORDERING!

Know a student that is interested in health and wellness, or just wants to learn more about a particular area of wellness? We have just the place!

This September, WOU's Student Health & Counseling Center opened its newest addition, the SHCC Resource Center. Sponsored by the Student Health & Counseling Center's Health Education division, the Resource Center was created to provide a place where students could have easier access to health and wellness information/materials, and also become more easily connected to other wellness resources at Western Oregon University. An important tool for any student wanting to learn more about a particular area of wellness, improve their health habits or who just wants to know his/her local options, the Resource Center seeks to be inclusive of all WOU students and their individual needs.

The SHCC Resource Center now offers a variety of wellness materials to students, free of charge. New brochure, magazine,

DVD/Video and print media libraries give students access to hundreds of up-to-date health and wellness topics, including anything from nutrition and physical wellness, to topics like test anxiety, depression, sexual health, spirituality and more. The Resource Center also provides students with computers and a quiet workspace to work on class projects. Students can also receive assistance from staff to help with ideas for their health, psychology or PE projects. The center is a great place for students to gather materials for projects, or just learn more about their personal wellness interests.

When visiting the center, WOU students can also receive information on SHCC's "Campus Wellness Challenge" program, which offers monthly programs focusing on 6 different areas of wellness. With these programs, students also have free access to personal online wellness tools that allow them to monitor their nutrition and physical activity. More information on the CWC program is located at [www.wou.edu/wouportal](http://www.wou.edu/wouportal), and by

clicking on the Campus Wellness Challenge link.

The Resource Center is also a great place for students to combat the stresses associated with college life. Aside from our regular Winter term relaxation programs, our center will be offering Meditation workshops on Monday, Wednesday and Friday until March.

On Friday afternoons, the Resource center also hosts Sarah Weber, the SHCC's Registered Dietician from 12:00-1:00pm. Sarah is available to answer questions related to nutrition and eating habits, and can also see clients at the SHCC by appointment.

Our Resource center is conveniently located in the middle of Western's campus, adjacent to the Student Health & Counseling Center. If you or your student would like any information about our winter activities, Resource Center services or staff, please feel free to contact Carli Rohner, Assistant Program Coordinator at (503) 838-8791.

## *Study Abroad - An Experience Your Students Can't Miss!*

The International Experience: An Essential Component of Every Student's Education

There are many reasons why participating in a study abroad program or international internship is important to your son or daughter's overall education and personal growth. The opportunity to live in another culture, to meet people from around the world, to increase independence and self-confidence, and to improve foreign language skills are life changing experiences for students. Through an international experience your son or daughter will learn to communicate in and understand the culture of another country and will develop the cultural sensitivity and tolerance that are essential for success in today's

world and workplace.

WOU offers study abroad programs in twenty-five countries and 50 locations within those countries. International internships are available in 300 locations throughout the world and in most career areas. If your son or daughter isn't studying a foreign language, WOU has a number of programs and internships in English speaking countries.

Most forms of financial aid apply, and there are scholarships specifically for study abroad and international internships. WOU has short term as well as year long programs, and students can choose a program that fits their needs and their budget.

While abroad, your son or daughter remains a WOU student earning WOU credit and continues to move toward graduation. Most credits will apply to the major, minor, general education requirements, or electives. Early planning is essential so students can maximize the credits earned abroad and use them where they most need them in their academic program.

For more information: Study Abroad and International Exchanges, 503 838-8905, [studyabroad@wou.edu](mailto:studyabroad@wou.edu), [www.wou.edu/studyabroad](http://www.wou.edu/studyabroad)

**PARENTS CLUB IS  
ON FACEBOOK!**

**SIMPLY SEARCH  
FOR THE GROUP:**

**"WOU PARENTS  
CLUB"**

**AND JOIN US!**

## *10% Discount and Free Shipping - BeautiControl*

Your skin is your largest organ and protects your body. Let me show you how to care for and protect your skin in the best possible way and pamper yourself in the process!

Looking for that special gift for someone? How about for the person who has everything?

From now until March 1 you can receive a 10% discount on all orders placed directly through me either by phone or email and I will pay all shipping costs within the continental United States. That's a 10% discount on all orders and FREE shipping!

BeautiControl is the leading "at-home" spa company. We have innovative products with leading edge technology for your face, your hands, your body, your hair. We believe in a three step process for caring for your skin (M.R.P): maintenance, repair, and prevention and our products are designed to not only enhance your own natural beauty, but to

repair the damage that may have been caused by the sun or pollutants, and provide you with the means to maintain your natural beauty.

For the face:

\*Skinlogics skin care products are targeted to the age of your skin.

\*Special products:

- for the acne-prone skin
- for sensitive skin
- Just for men

\*Anti-aging solutions for a lifetime of beautiful skin

\*Makeup for a flawless finish

We also offer a full line of body lotions and oils, mineral rich spa products for cleansing, soaking, moisturizing, and my personal favorite, Herbal Serenity Show of Hands Instant Manicure, our number one spa product, which has Dead Sea salts to gently exfoliate while natural oils moisturize and help protect hands.

You can view all of our products by visiting my website:

[www.beutipage.com/spa4today](http://www.beutipage.com/spa4today)

If you'd prefer, you can order directly from my website and take advantage of the daily specials offered there, but you can only receive the 10% discount and free shipping by ordering directly through me.

Do you want to earn free products? Treat yourself and your friends to a complimentary hour of relaxation in the comfort of your own home and you can receive 50% off your skin care maintenance set, a comforting spa neckwrap, and free BeautiControl products based on your home spa results. Contact me for details.

Janel Weilert Libby  
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WOU PARENTS CLUB  
BUSINESS MEMBER!**

**WESTERN OREGON UNIVERSITY**

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***DONATE TO WOU PARENTS CLUB***

**In today's economy, help to our students financially is even more important than ever!**

**Your donations go directly to scholarships for students of Parents Club members and is tax-deductible!**

**Simply write a check and send it to us at the Parents Club - \$10, \$25, \$50 or whatever you can provide can make a big difference!**

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**PARENTS CLUB WEBSITE:**

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**WESTERN OREGON  
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