Field Trip!  

Senior Farewell  

“Life After WINS” Alumnae Panel  

Dates to Remember...  

ALL WINS  

WINS Newsletter  

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INVITATION TO “LIFE AFTER WINS” ALUMNAE PANEL  

Our annual “Life After WINS” Alumnae Panel for 2015 is on Thursday, March 19th from 4:00 to 6:00pm at the Academy’s auditorium. This marks our 6th annual gathering to share the stories of our alumnae who are now leaders and role models in so many fields. Please RSVP to Betty Payne at (215) 299-1064 or at Payne@ansp.org.

WINS I  

Field Trip! - Spring Recess trip to Delaware Aquatic Education Resource Center  

Tuesday, March 31st at 4:30pm to Friday April 3rd at 12:00pm  

Field Trip! - Lady Maryland  

Saturday, May 2nd 7:30am to 6:00pm  

Field Trip! - “Cape to Cape” overnight camping trip  

Saturday, May 16th from 7:30am to Sunday, May 17th at 4:00pm  

WINS II  

Field Trip! - College of Physicians  

Saturday, March 7th 9:45am to 1:00pm  

Field Trip! - Marine Mammal Stranding Network & Aqua NJ Facilities  

Saturday, April 11th 8:00am to 4:00pm  

Workshop: Intern Presentations  

Thursday, April 16th 4:30pm to 6:00pm  

Field Trip! - Stroud Water Research Center  

Saturday, May 9th 9:00am to 4:00pm  

Seasonal Trip!  

Senior Farewell  

“Life After WINS” Alumnae Panel  

Dates to Remember...  

ALL WINS  

DATEs to Remember...  

Sunday, May 17th at 4:00pm  

Saturday, May 16th from 7:30am to overnight camping trip  

Saturday, May 2nd 7:30am to 6:00pm  

Friday April 3rd to 12:00pm  

Tuesday, March 31st at 4:30pm to Resource Center  

Delaware Aquatic Education "Cape to Cape" Lady Maryland  

Spring Recess trip to WINS I  

Wednesday, May 27th 4:30pm to 6:30pm  

Thursday, March 19th 4:00pm to 6:00pm  

Saturday, April 11th 8:00am to 4:00pm  

Saturday, March 7th 9:45am to 1:00pm  

Stroud Water Research College of Physicians  

WINS II  

Field Trip! - College of Physicians  

Saturday, March 7th 9:45am to 1:00pm  

Field Trip! - Marine Mammal Stranding Network & Aqua NJ Facilities  

Saturday, April 11th 8:00am to 4:00pm  

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Thursday, April 16th 4:30pm to 6:00pm  

Field Trip! - Stroud Water Research Center  

Saturday, May 9th 9:00am to 4:00pm  

All activities are rain or shine!  

Please let Ms. Betsy know if you cannot make it to an activity beforehand.  

Senior Trip 2015  

We arrived at PEEC and I was flooded with flashbacks of when we were here as rising freshman. Everything from the texture of the building to the dampness of the grass was exactly as we left it, except for one thing: Us. PEEC was no longer a hideout; the place in WINS where we hid from our troubles. PEEC was now our safe haven, a place where we could figure out. PEEC was now our home with us to the sisters we found. WINS built and made us into true women of natural sciences.
December 29th started off a little rainy, a little dreary, but very promising. Upon arriving to Career Wardrobe we started with a sign in and then breakfast. It was great to be able to catch up with of several classes of WINS alumnae. We were all gearing up for what we hoped to be an informative and insightful day. Secretly we all had our fingers crossed that the day would not turn out boring or too drawn out. The program was so well formatted that the time ended up flying away.

The first session began with a fabulous speaker, Cheyenne Palma Dominguez from Femfessionals, about how to present ourselves while networking and ensuring that we understood how important it is to always put your best face forward, no matter the situation. The last thing you want to do when meeting new people, which she mentioned, women have a tendency of doing, is vent about problems or issues. This can appear as if the person cannot handle problems or difficulties at work or in life. The lesson to be learned is that you want people to perceive you as someone who can take care of business and can face forward, no matter the situation.

The highlight of the day for me was our second session, which brought me to the highlight for most of the ladies - our mini makeover and headshot to be used for LinkedIn. We all had the opportunity to have our hair and make-up done by professionals. My fellow alumnae were amazed at the transformation, especially of Betsy and myself. None of the WINS alumnae had seen us in make-up before. There were quite a few shrieks and ‘Oh my God’s’, none of the WINS alumnae had ever gone through such a process. We all had the opportunity to have our hair and make-up done by professionals. My fellow alumnae were amazed at the transformation, especially of Betsy and myself. None of the WINS alumnae had seen us in make-up before. There were quite a few shrieks and ‘Oh my God’s’, none of the WINS alumnae had ever gone through such a process.

What is even more interesting is that before this program, I had no idea that Mongolia even existed. Considering just that, this program is giving me the opportunity to learn more about another country. Not only that, but 5 out of the 15 girls will travel to Mongolia, I now can’t wait for the 5 Mongolian girls to come to Philadelphia and spend some time with us. I would really love to teach them about Philadelphia, and spend some time with us. My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, and a great deal of humor, and some style.”

The next topic was set up appropriately. I found it enlightening and a great way to catch up with old friends. I leave you with this quote from Maya Angelou to sum up the lessons learned from the day. “My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

The headshots were amazing the process was simple, the photographer and his assistant were marvelous. The editing process began immediately after the shots were taken and Wow! – we were thoroughly impressed.

To wrap the day up we had the opportunity to network with each other and some other friendly faces from the Academy and Career Wardrobe. It was a wonderfully informative experience and a great way to catch up with old friends. I leave you with this quote from Maya Angelou to sum up the lessons learned from the day.

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

During February, the CRCC participants got an invitation from Mrs. Tuva to celebrate the Mongolian Lunar New Year at her house and it was so much fun. We got the chance to try some of their traditional food such as a dish known as buz and it was mouthwatering! We also got to try on some of their traditional clothing and view some magazines, books, and pictures of Mongolia. We even got to Skype with one of the girls in Mongolia. At the end of the celebration, we exchanged gifts because it is a tradition for Mongolians to give presents to show their gratitude. Overall, the Mongolian Lunar New Year party was a lot of fun because I got to spend time with my friends and learn about a new celebration.

Throughout these 7 months, I learned a lot about Mongolia and their traditions. I made a great friend with a teenage girl 6,434 miles away from me. I would not have ever thought I would be doing something this breathtaking taking a year ago. It is just unbelievably that we get to do these astonishing things and also having the opportunity to travel to Mongolia, I can now not wait for the 5 Mongolian girls to come to Philadelphia and spend some time with us. I would really love to teach them a bit about Mongolia. I could not have done all these thrilling things without WINS; it has become my second family. I consider myself and the other girls so lucky to be in this amazing program.