More Than Just a Women's Issue

Lauren Dietz

Sexual violence is not simply a "women’s issue."

It is most definitely everyone’s issue, and there are many reasons for this. I found an article on WordPress by @ithappenshere that listed five reasons men should be included in ending the issue of sexual violence in our culture. They are as follows:

1. Men are raped.
2. Men rape.
3. Rape confines men.
4. Men know survivors.
5. Men can stop rape.

All men hold the power to play a role in the sexual violence movement. They can do this by challenging rape culture and/or raising awareness about the effects of sexual violence on survivors. Men can participate in the anti-violence movement by refusing to remain silent any longer. If a friend, family member, classmate, or absolute stranger is abusing a female partner or even speaking to her (or about her) in a disrespectful way, say something! Don’t turn a blind eye or laugh along with your bud just so you don’t make the situation or your bromance “awkward.” Have the courage to stand up for what you believe is right and start chain-reactions that will cause others to reevaluate their thoughts and actions. Even if you yourself are not a survivor of sexual assault or relationship violence, you can be an ally to those survivors. Being an ally involves standing in solidarity with those individuals and showing them that they have a support network behind them that is ready to make changes to and break down this rape culture that we live in. Men can try to understand how their words and actions may be fueling sexism and perpetuating violence, and begin to change their behaviors. Men can also speak out against homophobia. Men who speak out about sexual violence and rape culture often have their sexual identities unfairly questioned—further driving men away from the movement. Support all forms of gender equality. Rape is a gendered issue that centers on power and control. Gender equality is a necessity if we are ever going to abolish the rape culture our society is upholding.

To get involved with on-campus and local organizations currently working to end rape culture and support victims of sexual assault, check out the following:

Sexual Assault & Relationship Violence Prevention Program:
http://studentlife.msu.edu/sarv

MSU Sexual Assault Crisis Intervention Team:
http://endrape.msu.edu/

No Excuse for Sexual Assault Campaign—MSU
https://www.facebook.com/NoexcuseMSU/

The Listening Ear:
http://theear.org/newear/volunteer/

The Firecracker Foundation:
http://thefirecrackerfoundation.org/

It’s On Us Campaign:
http://itsonus.org/

Source: https://ithappenshere.wordpress.com/
Nonviolence Skills Training Workshop
Lauren Dietz

On Friday, November 6, 2015, a group of MSU students gathered to participate in a Nonviolence Skills Training Workshop led by the Meta/Michigan Peace Team (MPT). The training workshop was held at Baker Hall on MSU’s campus, and provided eight hours of training in nonviolent peacemaking skills. With 16 MSU students—15 undergraduates and one graduate student—there was a group of diverse interests and areas of study, but all had attended with the common goal of improving their peacemaking capacities.

Throughout the eight hour day, participants heard stories of empowerment and MPT’s success in nonviolence implementation, ranging from one-on-one conflict situations to large scale peace team interventions. The group discussed the potential for domestic hate groups and violent situations, as well as what peacemaking would look like in international settings, such as in Palestine. Students learned effective strategies and forms of communication useful for a range of potentially violent scenarios. Interactive learning strategies were included in the training program, during which participants were placed on peace teams to enter a role play in which an unexpected violent scenario was present. These hands-on experiences were very impactful for participants and offered them a chance to put the skills they had learned into action.

The training was able to aid students in learning and practicing skills for nonviolent peacemaking and violence de-escalation. Participants heard influential stories of the transforming power of nonviolence for both oneself and for society, locally and internationally.

Many thanks to the Meta Peace Team and to the MSU Peace & Justice Studies Department for organizing this training. If you or a group are interested in either joining or hosting a nonviolence skills training workshop, please contact Mary Hanna at Meta Peace Team by phone (517-489-2607) or via email (MaryHanna.MPT@gmail.com).

BECOME A CARE VOLUNTEER

The Capital Area Response Effort (CARE) Team is looking for new volunteers for the upcoming training which will be taking place January 14-17, 2016.

The Capital Area Response Effort (CARE) is a post-arrest response team for survivors of domestic violence. The CARE staff and volunteers offer crisis intervention and community resources to those who have experienced a domestic assault in Lansing, Lansing Township, Meridian Township, East Lansing and on the campus of Michigan State University. Volunteers are asked to sign up for one shift every six weeks, and volunteers always go out on calls in pairs following the arrest of an assailant.

What does CARE have to offer you?
The CARE Program has many opportunities for volunteers. You can:
- Become more involved in your community
- Learn or enhance your crisis intervention techniques
- Build your knowledge of the legal system and other community resources
- Take a stand against domestic violence

Am I what CARE needs?
CARE volunteers are a diverse group of people with some key characteristics. A volunteer would tend to describe themselves as a people person, a good listener, a team player, reliable, and as someone who is interested in social justice.

What is expected of a volunteer?
Complete a volunteer application
Provide two references
Participate in a short interview
Agree to a review of criminal history and driving records
Complete four days of training
Attend four in-service meetings per year

If you are interested in volunteering, please contact the CARE Office:
(517) 272-7436
lpdcare@yahoo.com
2500 S. Washington
Lansing, MI 48910

Interested in receiving weekly e-mails about upcoming programs and events? To join the WRC Listserv, send an e-mail with the subject line “WRC Listserv” to wrc@msu.edu. Be sure to indicate your name and e-mail address.

Join us on Facebook:
Search:
MSU Women’s Resource Center

Follow us on Twitter:
www.twitter.com/MSUWRC

Follow us on Tumblr: msu-wrc.tumblr.com

December 2015
Beat Those Winter Blues!

Don’t let the cold winter weather get you down. Use these tips to help you stay positive and motivated. When spring and summer roll around, you’ll be glad you did!

SUNSHINE

Natural light helps improve the mood, which in turn can help you fend off the winter blues. Open up the blinds to let the sunshine filter inside. Find a sunny spot inside and curl up with a good book set in a tropical location so you can soak up the sunlight. If the temperatures are warm enough outside, head out for a brighter view. A quick walk around the block gets your heart pumping and allows you to soak up some of the winter sunlight.

COLOR

Add colorful accents to your surroundings to help improve your mood. Warm colors such as red, yellow, and orange are thought to be stimulating and energy-boosting, ideal for beating the winter blues. Wearing bright colors during the winter months might also improve your mood and your outlook on life.

SOCIALIZATION

Getting out of the house to socialize can be a challenge when dealing with the winter blues. Schedule some outings with close friends and force yourself to follow through. Spending time with a friend helps to improve your mood. Meet up over coffee, head to a book store or enjoy dinner together.

EXERCISE

Exercise releases endorphins that boost your mood. Exercise also helps decrease stress and anxiety. Winter offers the opportunity for outdoor exercise for those who want to venture outside. If you prefer to stay warm, head to the gym or set up a workout area in your home. An added bonus of exercise is, that it often increases self-confidence, which can offer a positive outlook on life.

FREE

Pre-Finals Childcare!

The MSU Family Resource Center is again offering free pre-finals childcare to MSU students with children; allowing the much needed time they require to study for finals!

Saturday, December 5, 2015
Saturday, December 12, 2015
9:00 AM—4:00 PM

($10 deposit per child is required)
Available for children ages 2 weeks—9 years old

LUNCH IS PROVIDED!
(Please bring diapers & baby food if necessary)

SPACE IS LIMITED
RESERVATIONS REQUIRED

Go to Peoples Church Preschool (200 W. Grand River across from Campus) to complete paperwork and pay deposit. You may call first, 332-2885, to inquire about space availability, however you will not be able to reserve care on the phone.

For more information, contact:
MSU Family Resource Center
(517) 432-3745
www.frc.msu.edu

The mission of the MSU Student Food Bank is to provide supplemental food and necessities to MSU students and their families who are in need of this type of support.

Eligible students can receive canned vegetables, fruits and soup; pastas; cereal; rice and other items as they become available.**

DISTRIBUTION SCHEDULE
SPRING 2016
January 13 and 27, February 10 and 24,
March 16 and 30, April 13 and 27

Distributions are held on Wednesday evenings from 5:30PM to 7:30PM in the Olin Cafeteria (Olin Health Center, West Entrance) on the following dates:

Please verify distribution dates by calling and listening to the outgoing message at (517) 432-5136.

Email us with any questions or to inquiry about alternative food pick-up times: foodbank@msu.edu

**Currently enrolled MSU undergraduate and graduate students who do not have an on-campus meal plan are eligible to use the Food Bank. Don’t forget to bring your MSU Student ID to every distribution you attend, and proof of current enrollment (bill stub, schedule, etc.) to the first distribution of each semester you attend.

For more information, visit: https://www.msu.edu/~foodbank/.

WISHES YOU A SAFE & HAPPY WINTER BREAK!
Tuesday, December 1, 2015:  WORLD AIDS DAY.

Thursday, December 3, 2015:  Tax Changes and Planning, 12Noon—1:00PM, MSU Federal Credit Union—Farm Lane Branch, 4825 East Mt. Hope Road, East Lansing, MI. This seminar will provide information on planning for the upcoming tax season and the changes to anticipate when filling out your tax forms. Presented by Charles Amboy and Aaron Pahl, CPA’s Warmel & Comstock, PLLC. RSVP to pday@msufcu.org or call 517-664-7725. Co-sponsored by the MSU Federal Credit Union and MSU Women's Resource Center.

Friday, December 4, 2015:  Overcoming Perfectionism. 3:00PM—4:00PM, MSU Union Building, MOSAIC Multicultural Unity Center (2nd Floor). Learn the best tips and tricks for leadership success, whether you’re a seasoned leader or just getting started. Presented by Lisa Laughman, Emotional Wellness Consultant, Employee Assistance Program/Health4U. RSVP to wrc@msu.edu (with “Leadership” in the subject line) or call 517-353-1635. Co-sponsored with the Women’s Initiative for Leadership Development (WILD).

Saturday & Sunday, December 5-6, 2015:  MSU Annual Holiday Arts & Crafts Show. Saturday, 9:00AM—5:00PM & Sunday, 10:00AM—4:00PM, MSU Union. More than 170 artists will gather on the campus of MSU for the 52nd Annual Holiday Arts and Crafts Show hosted by the University Activities Board. Admission to the event is FREE! Enjoy the sights and sounds of the holiday season and shop for one-of-a-kind hand-crafted items, made by artists from across the nation! For more information, visit: www.uabevents.com.

Tuesday, December 8, 2015:  Academic Women's Forum: Systemic Changes. 3:30PM—5:00PM, MSU Union Building, Lake Ontario Room (3rd Floor). All woman-identified academics are invited to participate in the bi-weekly Academic Women's Forum. The forum has been created to provide safe-space for women-identified academics to come together, build community, and discuss issues that are relevant to their success at MSU. RSVP by emailing Health4U@msu.edu.

Tuesday, December 8, 2015:  Tax Changes and Planning. 6:00PM—7:00PM, MSU Federal Credit Union—Farm Lane Branch, 4825 East Mt. Hope Road, East Lansing, MI. This seminar will provide information on planning for the upcoming tax season and the changes to anticipate when filling out your tax forms. Presented by Charles Amboy and Aaron Pahl, CPA’s Warmel & Comstock, PLLC. RSVP to pday@msufcu.org or call 517-664-7725. Co-sponsored by the MSU Federal Credit Union and MSU Women's Resource Center.

Wednesday, December 9, 2015:  Panel and Evening of Networking. 4:30PM—6:30PM (Networking @ 4:30PM; Panel @ 5:15PM), James B. Henry Center for Executive Development, 3535 Forest Road, Lansing, MI 48910). This evening will provide an opportunity to network with Michigan State University and Lansing community leaders. You will also hear from female professionals and executives: Ms. Christine Carter, Business Manager, Office of the Executive Vice President for Administrative Services, Dr. Susan Haka, EY Endowed Professor of Accounting and former Senior Associate Dean, Eli Broad College of Business and Ms. Shelley Appelbaum, MSU Senior Associate Athletic Director, Intercollegiate Athletics. Hosted by the MSU Women’s Resource Center’s Women’s Networking Association. RSVP by Friday, December 4, 2015 to wrc@msu.edu (with “Networking” in the subject line) or call 517-353-1635.


Tuesday, December 24, 2015: University Closed.

Friday, December 25, 2015: University Closed.

Thursday, December 31, 2015: University Closed.

Friday, January 1, 2016: HAPPY NEW YEAR! University Closed.
Hot Off The Press!

BRIGHT and GAY CABARET

A Choral Concert by Sistrum, Lansing Women’s Chorus

December 18, 2015 8:00 pm
December 19, 2015 3:00 pm

Central United Methodist Church
215 N. Capitol Ave, Lansing

Tickets: $100 Table of 8
Single $12 adv $15 door
Info: www.sistrum.org

December 2015
Hot Off The Press!

Discover your Hero

The Black History Month
Multicultural Heroes Hall of Fame Case Competition

$2000 Grand Prize
“Passing the Torch of Justice”

Team application deadline January 20, 2016
Applications available at mbp.broad.msu.edu

Sponsored by
The Eli Broad College of Business
Multicultural Business Programs
Altria Group Distribution Company, Corporate Sponsor

December 2015
November 2015

Hot Off The Press!

MICHIGAN STATE UNIVERSITY
College of Osteopathic Medicine
presents
The Dr. William G. Anderson Lecture Series

Slavery to Freedom
An American Odyssey
The sixteenth annual Visiting Faculty Lecture Series

Edwin Black
Award-winning, New York Times bestselling author whose work explores issues related to such topics as human rights, genocide and hate, corporate corruption and historical investigation.
February 11, 2016, 5 p.m.
Big Ten Room, Kellogg Hotel and Conference Center

Cornel West
Thought-provoking speaker, social commentator and academic who has written more than 20 books, he’s best known for his classics Race Matters and Democracy Matters. Professor West’s work examines the crossroads of race, gender and class in American society.
February 18, 2016, 5 p.m.
Big Ten Room, Kellogg Hotel and Conference Center

Ernest Green
As one of the Little Rock Nine, he and eight classmates were the first to integrate Little Rock Arkansas’s Central High School in 1954, for which they later received the Congressional Gold Medal from President Clinton. He went on to earn his bachelor’s and master’s degrees at MSU and has held a career in both the public and private sectors, working to address inequities in labor and education.
February 25, 2016, 5 p.m.
Auditorium, Kellogg Hotel and Conference Center

The Dr. William G. Anderson Lecture Series: Slavery to Freedom, is designed to give members of the mid-Michigan community opportunities for interaction with multicultural leaders from education, business, industry, entertainment and government. This series has featured living icons of the American Civil Rights Movement.

The MSU College of Osteopathic Medicine is extremely pleased to host these notable individuals during their presentations at Michigan State University.

All presentations are free.