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MSU Women’s Resource Center • 49 Abbot Road • 332 Union Building • East Lansing, MI 48824
Phone: 517.353.1635 • Fax: 517.432.3846 • E-mail: wrc@msu.edu • Website: wrc.msu.edu

THE MICHIGAN STATE UNIVERSITY COLLEGE OF OSTEOPATHIC MEDICINE

Presents

Slavery to Freedom: An American Odyssey

THE FOURTEENTH ANNUAL VISITING FACULTY LECTURE SERIES

THURSDAYS, FEBRUARY 6, 13, 27, 2014

The award-winning series “Slavery to Freedom: an American Odyssey” highlights persons who have become icons of the American struggle for civil rights. The intent of the MSU Visiting Faculty Lecture Series is to provide opportunities for interaction with multicultural scholars from education, business, industry and government who spend time on a visiting-appointment basis at Michigan State University. The MSU College of Osteopathic Medicine is extremely pleased to host these notable scholars who, in addition to making these presentations, will also be dedicating time to teaching MSU students on campus. Special Thanks to William G. Anderson, D.O., whose invaluable participation enhances the excellence of these programs. All presentations will be at 5:00PM at Michigan State University followed by a reception.

Thursday, February 6: Rochelle Riley—Detroit Free Press columnist, blogger, author and advocate. 5:00PM, Kellogg Center, Big Ten A.

Using print, blogs, radio, TV, and public speaking, Rochelle Riley is known for her strong advocacy, particularly for improved race relations and enhancing children’s lives. She is a columnist for the Detroit Free Press, a blogger at www.rochelleriley.com, and makes frequent appearances on broadcast media, including National Public Radio, WDET and WDIV’s “Flashpoint” – providing incisive commentary on social, political and cultural issues. She has worked at The Dallas Morning News, the Washington Post, and the Louisville Courier-Journal, where she was instrumental in spurring an $80 million campaign to build the Muhammad Ali Center. She has won hundreds of honors for her work, including the 2009 Pulitzer Prize for Local Reporting. Riley is the author of three collections, From the Heart, Life Lessons, and Raising a Parent: Lessons My Daughter Taught Me While We Grew Up Together. She recently completed her first novel. She received her journalism degree from the University of North Carolina at Chapel Hill, and was a Knight-Wallace Fellow at the University of Michigan.

Thursday, February 13: Frederick D. Haynes, III—Senior pastor, Friendship-West Baptist Church, Dallas; author, radio show host, and social activist. 5:00PM, Kellogg Center, Auditorium.

Frederick D. Haynes, III has, in 28 years, grown Friendship-West Baptist Church from a congregation of 500 to 12,000 members. With a passion for people and community, he has been an activist against racial, economic and social injustice from the local to the national levels. Marrying theology with a call to action, he also works for organizations championing social change, including serving as the trustee/chair for the Samuel Dewitt Proctor Conference; director, National Action Network; director, Conference of National Black Churches, and a board of trustees member at Paul Quinn College in Dallas, where he was also an adjunct professor. He is the author of Healing Our Broken Village and Soul Fitness, a daily devotional, and he hosts a weekly radio show, “Freddy Haynes Unscripted.” He received the B.A. from Bishop College, the M.Div. from Southwestern Baptist Theological Seminary, the D.Min. from the Graduate Theological Foundation, and pursued graduate studies at Oxford University.

Thursday, February 27: John Seigenthaler—Journalist and editor, The Tennessean; assistant and adviser to Attorney General Robert F. Kennedy, government liaison to Freedom Riders. 5:00PM, Kellogg Center, Auditorium.

John Seigenthaler might best be known among civil rights activists for his negotiations as a representative of Attorney General Robert F. Kennedy for the Freedom Riders (during which he was hospitalized after an attack by Klansmen in Montgomery, AL), but at his core he is a journalist. A former president of the American Society of Newspaper Editors, he was an award-winning editor, publisher and CEO of The Tennessean newspaper for 43 years, was founding editorial director of USA TODAY for ten years, and served for two decades as a member of the Nieman Foundation Advisory Board. He founded the First Amendment Center in 1991 to create national discussion and debate about its rights and values. Seigenthaler holds numerous leadership positions in groups dedicated to social justice, human rights, liberty, security, and election reform. In 2002 the trustees of Vanderbilt University created the John Seigenthaler Center to house the Freedom Forum, the First Amendment Center and the Diversity Institute. A chair in First Amendment studies was endowed for $1.5 million in Seigenthaler’s name at Middle Tennessee State University. He is the author of a biography, James K. Polk.
Becoming More Shame Resilient in 2014

Do you love to be around babies and young children? Many people say they do, mostly because babies are so present and engaged with the world. This is because little ones don’t have a “shame story” like most of us older folks do. Without a shame story running through our heads, children are free to engage with the world around them in an open, relaxed, carefree manner most of the time. This allows them to learn and grow in incredible ways.

I often ask adult women, “How old were you when you started your shame story?” Sometimes, they don’t know what I mean, so I will say: “When was the last time your sense of self-worth was not attached to whether or not you had a significant other, how you look, pleasing your parents, or exceeding expectations in sports or academics?” When I clarify that our shame story is the running dialogue in our heads that either tells us we are not okay, or makes us wonder if we are good enough, smart enough, and/or pretty enough, well then they have an answer. The most common answer women give is age ten or eleven.

In response to the adolescent development challenges and increasing peer pressure, it is hard to make it out of middle school without getting lost in a cloud of shame. To counteract this shame we start over-achieving and may even get caught up in a pattern of perfectionism. While we effort to look shiny and polished on the outside, inside we may be chronically feeling not good enough. This is a primary source of anxiety and depression, and can be the start of what’s known as the impostor phenomenon in high achieving women. This pattern also contributes to our participation in unhealthy dieting, addiction, and low self-esteem. This cycle can last for many years because we become so accustomed to the pattern, we don’t see how it is culturally created and reinforced through strict gender roles and the shaming messages women receive through daily exposure to multiple media sources.

In order to break free from your shame story you first have to realize that you have one. As you start to wake up to how the emotion of shame functions in your life you begin to see how you were set up to feel shame by a culture that has strict rules about gender identity and gender expression. Developing a critical awareness of the messages you are exposed to each and every day, and beginning to see the cultural shame machine in motion, are important first steps in becoming more shame resilient.

If you would like to learn more about the impact of shame and how to increase your resilience to this powerful emotion you can:

- Begin to explore the work of shame researcher Dr. Brene Brown, author of the book “I thought it was just me, but it isn’t”
-Attend the Practicing Critical Awareness Film Series taking place on campus this semester – (see details on page 6)
- Attend a Shame Resilience Course offered through the MSU Health4U Program
- If you are graduate student employee, faculty or staff member, make an appointment to talk with an MSU Employee Assistance Program counselor.

Shame resilience skill building can help you begin to recognize when you are shame triggered and prepare you to respond differently than you may have in the past. This year, take advantage of the multiple learning opportunities being offered on campus.

Submitted by:
Lisa Laughman, ACSW
Emotional Wellness Consultant, MSU H4U Program
Counselor, Employee Assistance Program
www.health4U.msu.edu

Engaging ALL in providing access to resources for the ADVANCEMENT of women –
Gender Matters!

Women’s Networking Association

The mission of the Women’s Networking Association (WNA) is to connect women across campus through meaningful and empowering relationships. Providing an opportunity for women to network and support one another is an essential step for building women’s leadership at Michigan State University and in the Greater Lansing community.

SPRING SEMESTER @ A GLANCE

“Communication Skills for Women”

Wednesday, February 19, 2014: 8:30AM—10:00AM OR 3:30PM—5:00PM, N476 North Business College Complex. Communication is key in the workplace and your personal life. This seminar will provide successful communication skills necessary for navigating even the toughest scenarios. Presented by Jill Vondrasek, Communications Manager, MSU College of Nursing.

“Evening of Networking”

Wednesday, March 19, 2014: Time/Location—TBA

Join the Women’s Networking Association for an evening of networking, hors d’oeuvres and some of Lansing’s most successful and inspiring women. Details to be announced . . .

“LinkedIn Tutorial”

Wednesday, April 16, 2014: 8:30AM—10:00AM OR 3:30PM—5:00PM, A138 James B. Henry Center for Executive Development, (3535 Forest Road, Lansing, MI—FREE onsite parking available). LinkedIn is a critical part of professional networking today. This “hands on” training will teach everything you need to know about LinkedIn—whether you are an experienced user or just getting started. Presented by Bethany Rigg, Associate Director, MSU MBA Career Services Center.

RSVP to wrc@msu.edu or (517) 353-1635 (with “Networking” in the subject line)
February is . . .

PBS CELEBRATES BLACK HISTORY MONTH WITH NEW PROGRAMS AND A DIGITAL CAMPAIGN THAT UNITS MORE THAN A CENTURY OF HISTORY AND CULTURE

Arlington, VA—January 16, 2014. In commemoration of Black History Month and as part of its year-round commitment to provide diverse programming and resources for all Americans, PBS today announced new shows and online content celebrating the African American experience past, present and future. From an AMERICAN MASTERS profile of Pulitzer Prize-winning author Alice Walker, to an INDEPENDENT LENS documentary about the secret spy agency created to maintain segregation in 1950’s Mississippi, Black History Month on PBS will provide programs that educate, inform and inspire viewers to learn more about the rich culture of our nation.

The lineup begins on February 3 at 10:00PM with “American Promise,” a powerful coming-of-age documentary from POV that follows the journey of two young African-American males from kindergarten through high school graduation as they attend a prestigious Manhattan private school. Confronting challenges from typical childhood growing pains to cultural identification within a predominantly white environment, the young men and their parents push toward success and discover their own individuality in the process.

POV “American Promise”  
Monday, February 3, 2014, 10:00PM—12:00AM ET  
“American Promise” spans 13 years as Joe Brewster and Michèlle Stephenson, middle-class African-American parents in Brooklyn, New York, turn their cameras on their son, Idris, and his best friend, Seun, who make their way through Manhattan’s Dalton School, one of the most prestigious private schools in the country. Chronicling the boys’ divergent paths from kindergarten through high school graduation, this provocative, intimate documentary presents complicated truths about America’s struggle to come of age on issues of race, class and opportunity. Winner, U.S. Documentary Special Jury Award, 2013 Sundance Film Festival.

AMERICAN MASTERS “Alice Walker: Beauty in Truth”  
Friday, February 7, 2014, 9:00PM—10:30PM ET  
Most famous for her seminal novel The Color Purple, writer/activist Alice Walker celebrates her 70th birthday. Born February 9, 1944, into a family of sharecroppers in rural Georgia, she came of age during the violent racism and seismic social changes of mid-20th-century America. Her mother, poverty and participation in the Civil Rights Movement were the formative influences on her consciousness, becoming the inherent themes in her writing. The first African-American woman to win a Pulitzer Prize for Fiction, Walker continues to shine a light on global human rights issues. Her dramatic life is told with poetry and lyricism, and includes interviews with Steven Spielberg, Danny Glover, Quincy Jones, Howard Zinn, Gloria Steinem, Sapphire, and Walker herself.

INDEPENDENT LENS “Spies of Mississippi”  
Monday, February 10, 2014, 10:00PM—11:00PM ET  
View the story of a secret spy agency formed during the 1950s and 60s by the state of Mississippi to preserve segregation and maintain white supremacy. Over a decade, the Mississippi State Sovereignty Commission employed a network of investigators and informants, including African Americans, to help infiltrate the NAACP, Congress of Racial Equality (CORE) and Student Nonviolent Coordinating Committee (SNCC). They were granted broad powers to investigate private citizens and organizations, keep secret files, make arrests and compel testimony. The program tracks the commission’s hidden role in important chapters of the Civil Rights Movement, including the integration of the University of Mississippi, the trial of Medgar Evers and the KKK murders of three civil rights workers in 1964.

JAZZ AND THE PHILHARMONIC  
Friday, February 28, 2014, 9:00PM—10:30PM ET  
JAZZ AND THE PHILHARMONIC is a unique, generational and wholly American concert experience that highlights two of the greatest musical art forms the world has ever seen, classical and jazz. With performances by artists such as Chick Corea, Bobby McFerrin, Terence Blanchard and Elizabeth Joy Roe, this special emphasizes the works of legendary past composers such as Bach and Mozart with these contemporary artists. Songs are performed with the Henry Mancini Institute Orchestra from the University of Miami Frost School of Music and National YoungArts Foundation alumni.

BECOMING AN ARTIST  
Friday, February 28, 2014, 10:30PM—11:00PM ET  
Enjoy an inspiring tribute to the power of mentoring and the vital role it plays in passing on our artistic cultural heritage from one generation to the next. The documentary features acclaimed artists across the disciplines, including Mikhail Baryshnikov, Robert Redford, Rosie Perez, Bill T. Jones, Frank Gehry, Brian Stokes Mitchell, John Guare and Kathleen Turner working with some of the nation’s most talented students selected by the National YoungArts Foundation. BECOMING AN ARTIST is a celebration of our cultural vitality and the need to ensure its continuance.

The following is a sample of the more than 30 programs available for online streaming on the BCC in February:

- Unforgivable Blackness: The Rise and Fall of Jack Johnson
- Bill T. Jones: A Good Man (American Masters)
- Cab Calloway: Sketches (American Masters)
- Dreams of Obama (Frontline)
- Endgame: AIDS in Black America (Frontline)
- Finding Your Roots with Henry Louis Gates, Jr.
- Freedom Riders (American Experience)
- Jimi Hendrix: Hear My Train A-Comin’ (American Masters)
- “Roots” Special on Miniseries (Pioneers of TV)

This article reproduced in part from pbs.org. To read this article in its entirety, including a complete listing of Black History Month programming, visit: http://www.pbs.org/about/news/archive/2014/black-history-month/.

For a complete listing of Project 60/50 programming on the campus of Michigan State University, please visit the Office for Inclusion and Intercultural Initiatives website at: http://inclusion.msu.edu/Project6050.
National Wear Red Day!

Friday, February 7, 2014

Heart disease kills more women than all cancers combined. How will you make a difference on National Wear Red Day®?

Join us in wearing red for “National Wear Red Day” and help bring awareness to this terrible disease.

For additional information including recipes, exercise and meal choices for a healthy heart and ways to get involved in your community, visit: https://www.goredforwomen.org.

Sources:
https://www.goredforwomen.org/index.aspx
https://www.facebook.com/GoRedforWomen

Interested in receiving monthly 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.

2014 MSU Vagina Monologues

Friday, January 31, 2014
8:00 PM—Pasant Theatre

Saturday, February 1, 2014
2:00 PM & 8:00 PM—Pasant Theatre

Wharton Center for Performing Arts

“The Vagina Monologues” is a series of monologues based on Eve Ensler's interviews with women on relationships, sex, violence against women and the perception of vaginas. MSU joins an international effort, through V-Day: Until the Violence Stops, to end violence against women and girls. Ninety percent of proceeds from the show go to benefit the Sparrow Hospital Sexual Assault Nurse Examiner Program, which responds to those impacted by sexual violence and works to create a community free of violence and oppression. The remaining 10% of proceeds will benefit V-Days efforts to help end violence against the women and girls of Haiti, which has intensified after the devastating effects of the earthquake that happened in January 2010.

For more information and to purchase tickets, visit: http://www.whartoncenter.com/events/detail/the-vagina-monologues

“When you bring consciousness to anything, things begin to shift.”
~Eve Ensler

THE CITY OF JOY IS A PROCESS TO HEAL AND LEARN.

A PLACE TO TURN PAIN TO POWER.

A PLATFORM FOR REVOLUTIONARY LEADERS AND CHANGE.

LEARN MORE ABOUT VDAY AND THE CITY OF JOY @ WWW.VDAY.ORG

THE ‘V’ IN VDAY STANDS FOR VICTORY, VALENTINE AND VAGINA

LEARN MORE

Michigan Women’s Commission

- Women in Business
- Women Veterans
- Women & Human Trafficking

For additional details, including resources and up to the minute information, check us out on Facebook @ facebook.com/miwomenscommission

Follow us on Twitter @MIwomenscomm

February 2014
The All-University Excellence in Diversity Recognition & Awards Program & Reception

The MSU Community is invited to attend

Monday, February 3, 2014 — 4:00—6:00PM
Kellogg Hotel & Conference Center—Big Ten A

Congratulations to the 2014 Winners!

**Individuals**

Emerging Progress

Joseph P. Grimm, Instructor
Journalism, College of Communication Arts and Sciences

Adam Kruse, Doctoral Student
Music, College of Music

Sustained Effort Toward Excellence in Diversity

Elahé Crockett, Associate Professor
Medicine, College of Human Medicine

**Teams**

Emerging Progress

INQUIRE Program Leadership Team
Lyman Briggs College

Sustained Effort Toward Excellence in Diversity

Multiple Identity Intersections Lab
Department of Psychology, College of Social Science

**Advancing Global Competency**

WorldTAP Program Team
Department of Psychology, College of Social Science

**Students Making a Difference Through Artistic Expression—Cash Awards**

- **Kristian Gore**, Senior, Written Work, International Relations—Anthropology, College of Social Science
- **Kanza Khan**, Senior, Written Work, International Relations—Muslim Studies, James Madison College
- **Mikaela Chambers**, Junior, Performance Work, Psychology, College of Social Science

Please join us immediately following the Awards Program for a Reception. Space is limited. Guests will be accommodated on a first-come, first-served basis.

For additional information, visit: http://inclusion.msu.edu

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**Obama Creates New Sexual Assault Task Force To Protect Students**

Jayne Schuiteman, Ph.D.

Recently President Barack Obama announced the creation of a new Task Force to protect students from sexual assault. In his comments, he provided statistics about assault on college and university campuses citing that 1 in 5 women experience sexual assault or attempted assault while they are in college, but only 12% ever report the crime. A report on sexual assault was released by the White House Council on Women and Girls and included additional information regarding rape. The report indicated that 22 million women and 1.6 million men have been raped in their lifetimes and that the repercussions for victims may last well into adulthood. Survivors of sexual assault are more likely to suffer from depression, substance abuse, and a wide range of physical ailments, including chronic pain (Lansing State Journal, 1/23/14).

In his comments, President Obama also said that men must be more involved in rape prevention. Senior Adviser Valerie Jarrett, chair of the Council on Women and Girls, said, “The President is committed to solving this problem, not just as President of the United States, but as a father of two girls.” Experts have long advocated for a cultural shift whereby sexual assault isn’t considered only a “women’s issue.” Men make up the vast majority of perpetrators and thus, it is men who must re-evaluate their own attitudes and behaviors. Additionally, men need to confront other men about their choices and hold them accountable. Law enforcement and the criminal justice system must also hold perpetrators more accountable. Currently, rape is considered one of the safest felonies to commit as only a very small percentage of assailants are reported, convicted, and sentenced to time in prison.

President Obama’s memorandum creating the task force indicated the following objectives are to be achieved within the next 90 days:

- Providing institutions with evidence-based best and promising practices for preventing and responding to sexual assault.
- Building the Federal Government’s existing enforcement efforts to ensure institutions comply fully with their legal obligations regarding rape and sexual assault.
- Increasing the transparency of the Federal Government’s enforcement activities concerning rape and sexual assault.
- Broadening the public’s awareness of individual institutions’ compliance with their legal obligation to address rape and sexual assault.
- Facilitating coordination among agencies engaged in addressing rape and sexual assault.

The Task Force is an important step in providing colleges and universities with the tools they need to combat the problem of sexual assault and rape. President Obama’s commitment to the issue, along with that of Vice President Joe Biden who has long expressed concern about violence against women, should provide the impetus to expand and improve services for prevention and response.

Source: LSJ.com
Medicine. reminded of the courage of the Pioneer Women and their strength and a vacation by yourself, or starting a small business, you may need to be change of course in your life, or something as simple as deciding to take

When do you want to make this voyage? Whether deciding to take a

What is your timeline? Who do you need to help you make the journey?

contact the MSU Women's Resource Center at 353-1635 or wrc@msu.edu.

MSUFCU and the MSU Women's Resource Center.

Tuesday, February 11, 2014: Retirement Income Strategies. 12:00N—1:00PM, MSU Federal Credit Union—Farm Lane Branch, 4825 E. Mt. Hope Road, East Lansing, MI. In this workshop, we will cover topics to give you better understanding of how to create a retirement income strategy. Presented by Jose Yanez. RSVP to MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSUFCU and the MSU Women's Resource Center.

Wednesday, February 12, 2014: Taking Charge: The Benefits of Massage. 12:00N—1:00PM, MSU Union—Tower Room (4th Floor). Join us and learn the benefits of massage and how it will help you take charge of your everyday life! Presented by Lucy Finkel, Creative Wellness. Sponsored by the MSU Women's Resource Center. RSVP to: wrc@msu.edu or 517-353-1635.

Wednesday, February 12, 2014: Leading from the Inside Out: Discover and Understand the Power of Your Story. 3:00PM—5:00PM, Mosaic Multicultural Unity Center, MSU Union (2nd Floor). This workshop will explore how to uncover our stories, unearth our values and unveil our uniqueness as well as offer an opportunity to connect with amazing leaders. Presented by Bernadette Johnson, Author & Owner of Inspired Action Motivates, LLC/ CORE Consulting and Julia Taylor-Young, PMP/CMP. Sponsored by the MSU Women's Resource Center. RSVP to: wrc@msu.edu or 517-353-1635. (See ad on page 7).

Wednesday, February 12, 2014: Income Tax Prep. 6:00PM—7:00PM, MSUFCU Headquarters, 3777 West Road, East Lansing, MI. This seminar serves as a how-to guide to getting your 2013 taxes prepared. Presented by Charles Amboy & Tom Belligrath. RSVP to MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSUFCU and MSU Women's Resource Center.

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Thursday, February 13, 2014: Slavery to Freedom Series—Rochelle Riley—Detroit Free Press columnist, blogger, author and advocate. 12:05PM—1:00PM, MSU Union Building—Tower Room (4th Floor). Heart disease is one of the leading health concerns for women. As such, it is imperative that people are knowledgeable about this disease and how it differs between gender and race. This program will address—Heart Disease in women. (See ad, page 4).


Friday, February 7, 2014: How’s Your Heart? 12:10—1:00PM, MSU Union Building—Tower Room (4th Floor). Heart disease is one of the leading health concerns for women. As such, it is imperative that people are knowledgeable about this disease and how it differs between gender and race. This program will address—Heart Disease Symptoms in Women; History and Treatment Options; Preventative Measures but no Guarantees; Eating Your Way to a Healthier Heart; Exercising Your Way to Better Heart Health and Strategies for Staying on Track. In addition, CPR procedures will be reviewed. Presenter: Judy Nash, WomenHeart Spokesperson. Bring your lunch or purchase lunch in the Union Food Court and join us for this FREE and worthwhile program! To RSVP, contact the MSU Women’s Resource Center at 353-1635 or wrc@msu.edu.

Friday, February 7, 2014: Pioneering Spirit: Mapping Your Journey To Leadership. 3:00PM—4:00PM, MSU Union Building—Tower Room (4th Floor). Where do you want to go? How do you map out your trail? What is your timeline? Who do you need to help you make the journey? When do you want to make this voyage? Whether deciding to take a change of course in your life, or something as simple as deciding to take a vacation by yourself, or starting a small business, you may need to be reminded of the courage of the Pioneer Women and their strength and stamina. Presented by Barbara Ball-McClure, College of Human Medicine. Co-sponsored by Women’s Initiative for Leadership Development and MSU Women’s Resource Center. RSVP to wrc@msu.edu or 517-353-1635.

Tuesday, February 11, 2014: Retirement Income Strategies. 12:00N—1:00PM, MSU Federal Credit Union—Farm Lane Branch, 4825 E. Mt. Hope Road, East Lansing, MI. In this workshop, we will cover topics to give you better understanding of how to create a retirement income strategy. Presented by Jose Yanez. RSVP to MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSUFCU and the MSU Women's Resource Center.
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Wednesday, February 19, 2014: Budgeting 101. 6:00PM—7:00PM, MSUFCU Headquarters, 3777 West Road, East Lansing, MI. Learn budgeting basics and how to reach your desired financial goals without creating new debt. Presented by GreenPath. RSVP to MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSUFCU and MSU Women’s Resource Center.


Friday, February 21, 2014: Rewriting the Rules: From Shame Game to Name Fame. 3:00PM—4:00PM, MSU Union Building, Tower Room (4th Floor). Shame is often used as a method to discipline employees or to produce increased/improved job performance. Additionally, shame is most often assigned to women, minorities, LGBT, and marginalized/disfranchised individuals. In this session we will define shame and uses of shame in the workplace, identify individual shame triggers, and discuss ways to “break the rules of the shame game.” Presented by Melissa Bankroff, MSU School of Hospitality Business. Co-sponsored by Women’s Initiative for Leadership Development and MSU Women’s Resource Center. RSVP to wrc@msu.edu or 517-353-1635.

Tuesday, February 25, 2014: “Practicing Critical Awareness—Media Literacy Series” Presents Tough Guise 2 (Part II). 12:05PM—12:55PM, Olin Health Center, Room 247. The second installment of screening the film Tough Guise 2, which examines masculinity and violence in United States culture. Understanding these concepts is critical for addressing masculine privilege. Co-sponsored by MSU Health4U, MSU Counseling Center Sexual Assault Program, MSU Safe Place, MSU Olin Health Education and the MSU Women’s Resource Center. RSVP to health4u@msu.edu.

Wednesday, February 26, 2014: Taking Charge: The Benefits of Chiropractic Care. 12:00N—1:00PM, MSU Union—Tower Room (4th Floor). Join us and learn the benefits of chiropractic care and how it can help you take charge of your health! Presented by Dr. Megan Patrick, Creative Wellness. Sponsored by the MSU Women’s Resource Center. RSVP to: wrc@msu.edu or 517-353-1635.

Thursday, February 27, 2014: Slavery to Freedom Series—John Seigenthaler—Journalist and editor, The Tennessean; assistant and adviser to Attorney General Robert F. Kennedy, government liaison to Freedom Riders. 5:00PM, Kellogg Center, Auditorium. (See page 1 for article).

The 28th annual National Girls & Women In Sports Day will take place on February 5, 2014.

National Girls & Women In Sports Day (NGWSD) is a special day for girls and women to celebrate their participation in sports and athletics. When Title IX was enacted in 1971, 1 in 27 girls in high school participated in athletics. One in three girls participate in athletics in high school now! With the addition of women’s boxing, the 2012 London Olympics became the first ever to have women competing in all the same sports as men for 302 total medal events; the US sent more female than male athletes to the London Olympics. There has been an explosion in the number of athletic opportunities open to women and girls of all ages and levels of ability.

"Passing the Torch, Blazing the Trail!" is the theme for the 2014 National Girls and Women in Sports Day (NGWSD). NGWSD presents a prime opportunity to communicate to others what Title IX has accomplished and how many girls and women it truly helps.

Source: http://www.northnet.org/stlawrenceaauw/sportday.htm
Save The Date!!
The 21st Annual Dia de la Mujer Conference

"An Educations Worth & the Journey There"
Wellness & Well Being

"El Valor de Educacion & El Viaje Ahi"
Salud y Bienestar

The DIA DE LA MUJER Conference is an annual meeting of Chicana/Latina women who come together from all parts of the community in Michigan and the Midwest to celebrate successes, share information, and discuss issues of concern to our people. It is a day of workshops, exhibits, and entertainment focusing on La Mujer—the personal, professional, political, and academic aspects. More importantly, it is an opportunity to meet with other women like ourselves who believe in the value of community building and positive interaction.

Saturday, March 22, 2014
8:00AM—5:00PM
Kellogg Hotel & Conference Center

Contact:
Maria Serrato
(989) 992-1008 or serratom@msu.edu

Office of Cultural and Academic Transitions (OCAT)

To register and/or for more information, visit: http://ddlm.ocat.msu.edu/

REMEMBER!
Mid-Michigan Women’s EXPO!
Lansing Center—Lansing, MI
February 7—9, 2014

Fashion ■ Health & Wellness ■ Finances ■ Home & Garden ■ and much more!

For details, visit: http://www.kohlerexpo.com/Home.aspx
Save The Date!

Mia McKenzie
Coming to MSU!

Feminist, Writer, Blogger,
Author and Editor-in-Chief of
Black Girl Dangerous/BGD

Wednesday, March 12, 2014
6:00—7:30 PM
MSU Union—Ballroom (2nd Floor)

Mia McKenzie is a writer and a smart, scrappy Philadelphia (now living in the bay area) with a deep love of vegan pomegranate ice cream and fake fur collars. She studied writing at the University of Pittsburgh. She is a black feminist and a freaking queer, facts that are often reflected in her stories, which are literary and lyrical and hella quirky, and which have won her some awards and grants. Mia is also winner of the 2013 Lambda Literary Award for debut fiction for her first novel, The Summer We Got Free.

For more information on Mia McKenzie, visit:
Source: http://miamckenzie.net/

“ If you are always trying to be normal you will never know how AMAZING you can be.”
~ Maya Angelou ~
SAVE THE DATE!

CRIES FOR FREEDOM:
A depiction of modern day slavery in the USA

Dance and Theatre
Wharton Center
Passant Theater

March 22, 2014 @ 7:30PM
FREE ADMISSION

Accepting donations for House of Promise—a nonprofit organization raising funds to build a rescue shelter for victims of sexual exploitation in Michigan.

Sponsored by: Modern Abolitionist Legal Society, SBA, MSU Women’s Resource Center, COGS & Diversity Services at Michigan State University College of Law.

Directed and Produced by Krystal Myge
**Art+Feminism Wikipedia Edit-a-thon**

**Saturday, February 1, 2014**  
12:00N—4:00PM  
Eli & Edythe Broad Art Museum @ Michigan State University  
Media Gallery—Lower Level

Wikipedia's content and community skews information towards a focus on men, creating significant gaps in an increasingly important repository of shared knowledge. We invite you to address this absence in an all-day, communal updating of Wikipedia's entries on contemporary art and feminism. There will be tutorials for the beginner Wikipedian, digital and print materials to reference, childcare for the little ones, and light refreshments provided. Attendees are encouraged to edit any entry of interest related to art, feminism, gender studies, and LGBTQ issues. All are welcome: women, woman-identified, queer, and their allies.

Multiple satellite edit-a-thons will also happen simultaneously across North America and online. Confirmed events will take place at:

**East Lansing, MI**  
Eli and Edythe Broad Art Museum at Michigan State University  
Media Gallery—Lower Level

**Bring your laptop, power cord, and a few friends!**

For more information about the event, please see the Tumblr and Wikipedia pages that have been created by the central organizing committee:

http://artandfeminism.tumblr.com/ &  
https://en.wikipedia.org/wiki/Wikipedia:Meetup/ArtAndFeminism

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**DONATE A BRA**

Bring a bra and help support girls who’ve been rescued out of sex slavery.

**DATE:** Monday, January 27, 2014 through Monday, February 3, 2014  
**TIME:** ALL DAY!!! 8:00AM—5:00PM  
**LOCATION:** Drop-Off Box @ the MSU Women’s Resource Center, 332 Union Building (3rd Floor).

Free the Girls is a national charity and was featured in the CNN Freedom Project. FTG partners with safe houses and after care facilities in third world countries and provides an opportunity for women rescued from sex trafficking. Used bras are collected to create an inventory for these women to earn a living selling second-hand clothing. While doing this, they can attend school, get healthy, and care for their families. FTG gives these women an opportunity to start a new life and not fall back into trafficking. **Sponsored by the MSU Chapter of Amnesty International.**

For additional information, visit:  
http://freethegirls.org/get-involved/help-collect-bras/
**MSU Safe Place Needs Your Votes!**

Help us win a $10,000 credit towards a fundraising event at the University Club of MSU! Each “vote” is cast with a $5 tax-deductible donation to the Capital Region Community Foundation. Every organization will receive the funds raised from votes*, plus - with your help - we’d like to win the Grand Prize!

**Online Voting Available:**
February 1 - March 24
www.universityclubofmsu.org/theclubwithaheart

**Final Voting & Reveal Reception**
March 25  
5:30 - 7:30pm
University Club of MSU

* The CRCF will receive a small percentage of the donations to cover processing fees.  
Sponsored by the MSU Federal Credit Union.