Show Your Heart Some Love
Maggie Chesbrough

“The first step is to call 911,” says Judy Nash, spokesperson for WomenHeart. In a recent interview with Nash, I was shocked with some of the information she introduced to me and alarmed with the fact that a lot of the knowledge I had learned about heart disease is out of date. Until now, I was under the assumption that heart failure and heart disease was something that I, being a healthy twenty year old student, didn’t have to worry about. We often hear or assume that only someone in his or her later years experience heart difficulties. I was completely unaware of the fact that children and teens are also at a risk.

Judy Nash is, in the simplest of terms, a miracle story. At the age of ten, she went to the emergency room due to an unrelated injury, where she discovered that she would need heart surgery within a week! From that day on, Nash has been living with heart valve disease and has had multiple surgeries to replace her heart valves. Today, she works to bring awareness about the risks, symptoms, and treatments for heart disease by representing WomenHeart, which is an organization that works specifically with women in identifying and educating others on the seriousness of heart disease. Recently, WomenHeart has converted their website and educational materials to better encompass all people by writing the materials in Spanish, as well as in English.

We need to become more aware of our own personal health. Heart disease, which acts as a blanket term for many difficulties experienced with the heart, is a serious issue. Until recently, most of the research on heart disease was biased towards men and neglected to include women in this research. WomenHeart, however, works to change that through education and research. For more information on heart disease, please visit www.womenheart.org, where you will find access to support groups, health care professionals, programs, educational events, and other resources that delve deeper into the symptoms and causes of heart disease. It’s time to show our hearts some love and protect our health – take action, before heart disease does.

Additionally, because February is Heart Awareness Month, the MSU Women’s Resource Center (WRC) will be hosting its annual Heart Healthy program featuring Judy Nash. The event is scheduled for Tuesday, February 23, 2016 from 12:10PM—12:50PM at the MSU Union Building, Lake Erie Room (3rd Floor). Commit today to attend, RSVP to the WRC via email (wrc@msu.edu) or telephone (517-353-1635).

Awards Convocation 2016
Tuesday, February 9, 3:30PM—4:30PM
Pasant Theatre, Wharton Center

Michigan State University President, Lou Anna K. Simon will recognize all 2015-2016 award recipients at the Pasant Theatre on Tuesday, February 9, 2016. Recipients will be honored for their contributions to our university’s ongoing excellence. The awards recognized will include: The William J. Beal Outstanding Faculty Awards, Teacher-Scholar Awards, Community Engagement Scholarship Awards, Distinguished Academic Staff Awards, and Excellence-In-Teaching Citations. The awards presentation will follow President Simon’s State of the University Address.

For additional information, please visit president.msu.edu.

Additionally, the Women’s Resource Center March Newsletter will feature interviews with all female-identified award recipients!
Women’s Networking Association  
*Spring Semester @ A Glance*  
FREE and open to all! RSVP required.
Please call (517) 353-1635 or email wrc@msu.edu (with “Networking” in the subject line).

Wednesday, January 27, 2016: Night On the Town with the Women’s Networking Association. 5:15PM—9:00PM.
Socialize and network with professional women at Michigan State University, enjoy dinner at Brody Hall, 2nd Floor (Room 221) and cheer on the MSU Women’s Basketball team vs. Purdue University during this evening on us. Space is limited. Registration is required by January 22, 2016 to the MSU Women’s Resource Center via email: wrc@msu.edu or via phone: 517-353-1635.

Wednesday, February 24, 2016: “Strategically Bold: Overcoming Limits and Barriers.” Choose one of two sessions (8:30AM—10:00AM OR 3:30PM—5:00PM), Chittenden Hall, Room 110. This seminar will teach participants to reprogram their thinking from complacency and coping to dynamic and daring! The strategies, which will be described and practiced, are a culmination of presenter, Regina Carey’s work as a learning specialist, educational consultant, and empowerment coach. From posture to purpose, participants will learn techniques for overcoming the “Imposter Syndrome” and gaining confidence and respect in the workplace.

Wednesday, March 23, 2016: “WorkLife Balance: Fantasy or Reality?” Choose one of two sessions: 8:30AM—10:00AM, Chittenden Hall, Room 110, OR 3:30PM—5:00PM, MSU Union, Mosaic: Multicultural University Center (2nd floor). As professional women, life can blend into work and work can overlap with life, sometimes in ways that make us feel unbalanced. Join us for an honest discussion with the new Executive Director of the MSU WorkLife Office, Dr. Barbara Roberts. Leave with tips for success and a better understanding of how to strike a "balance" that will work for you.

Wednesday, April 27, 2016: “Communication & Conflict Resolution.” Choose one of two sessions 8:30AM—10:00AM, Chittenden Hall, Room 110 OR 3:30PM—5:00PM, MSU Union, Mosaic: Multicultural Unity Center (2nd floor). Have you ever experienced a breakdown in communication at work? At home? Both? Miscommunication and gender bias in communication can be major causes for conflict in the workplace. Dr. William Donohue, MSU Department of Communication, will provide tips and skills for successfully communicating and resolving conflicts at work to help you be a leader in positive and effective communication.

The mission of the Women’s Networking Association (WNA) is to connect professional 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.
How to Exercise Without Self-Hate: My Story
Maggie Chesbrough

When I made the decision on New Year’s day 2016 to focus more on my health and body by eating portion controlled foods and exercising more, I had no idea the kind of barriers that I would face. Unfortunately, we live in a world that depicts exercise, especially for women, as a means of losing weight and for those who are of a larger size, there couldn’t possibly be any other alternative. This kind of mindset is being sold and broadcasted across the world. My issue is not that companies are promoting and selling products for physical activity and exercise, my issue is that their method is essentially telling young women and girls that, in order to exercise your body, it must be out of a need for improvement. In other words, these women are internalizing this message that their bodies are not beautiful and acceptable just the way they are, and in turn, if you wish to be active, it must be for reasons stemming from self-hate or a desire to fit the image of a fit body.

In order to “fall in love with working out,” as we often hear, we must begin (and maybe for the first time) accepting our bodies the way they are. I still struggle with this because I grew up glorifying and loving my body for its potential, not its reality. By accepting only a future version of myself, I made exercising a chore which only made it seem like work. Rather than appreciating exercise for the movement of my body in that precise moment, my mind would be fluttered with impatient thoughts as I would wait day-by-day for visually appealing results. Although some days are easier than others, I have begun to accept my body and no longer exercise for the purpose of losing weight, but more for the enjoyment of breaking a sweat, relaxing and tensing my muscles, or taking deep breaths to try and slow my heart rate down. It’s the experience of exercising that, once outside influences are disregarded, we can start to enjoy the moment and the movement of our bodies. Our bodies need exercise, just like they need water and food. Placing the connotation that exercise must stem from self-hate, or a place of negativity, onto something that is necessary for our bodies to function is only creating people with more insecurities, pessimistic world views, and promoting unhealthy methods of achieving this goal as quickly as possible.

For me, exercise began when I got tired of hating my body and worked to make a physical change. However, now that I have been able to (for the most part) accept my body for the way it is, exercise has become a necessity, not for my desire to be visually appealing, but it has become an outlet that eases my anxiety and brings a smile to my face. I think that exercising is one of the few things that I do in my free time that is really meant just for me and my enjoyment. The weight loss and the physical changes follow my exercising schedule, but are no longer the sole reasons why I exercise. How can anything positive and good grow from a place of self-hate and negativity? It can’t and it won’t. Accepting yourself is easier said than done, but here are a few ways we can try to make it a friendlier world for all of us who are sick and tired of carrying this burden of self-hate to motivate us to exercise:

1) Do it for you, not for them. Change your mindset from needing exercise to fulfil a desire for the potential of bodily changes to needing exercise simply for the movement and enjoyment of exercising.
2) We need to break down the idea that only athletes, with an athletic body type, can exercise without being questioned about why they are exercising.
3) Exercise for the way it makes you feel, not for a number on a scale.
4) Recognize the flow of energy and positivity you experience after working out. Exercising releases dopamine and serotonin, which is not only great for your brain, but will be a leading contributor to your sunny disposition!
5) By following the first few steps, we then need to understand that ALL body types can exercise for the pure joy of exercising and that just because someone appears overweight, does not mean that they aren’t healthy.

“Advancing gender equity through education and access to resources”

Gender Matters!

WRC Staff: Lydia Weiss, Interim Director; Audrey C. Smith, Office Manager, Cynthia Cotton, Professional Assistant, WRC Students: Megdelawit Abebe, Lauren Dietz, Kiana Elkins, and Maggie Chesbrough, Department Aides.
Finding an internship that suits your interests can be very stressful. As a student applying for internships, there are many horror stories from both interns and coordinators that can make the search quite scary. Some students have been stuck in internships where they were left doing work that was unstimulating or not useful for their career goals. On the other side, coordinators have shared stories about interns who were not a good fit for the organization.

Minimizing the chance of landing an internship that does not fit you is critical when searching for these opportunities. The first thing a student should do is determine exactly what she/he wants to gain from the experience and how it fits into his/her future goals. Take some time to engage in a little introspection: What are my passions? Do I want to work for a non-profit or for-profit company? Am I interested in working for a big or small organization? Understanding yourself is essential in starting your search.

To help with this step, writing down everything will aid in visualizing your thoughts. Breaking down all of your interests, skills and goals in a condensed version, like a bulleted list or vision board, can help make your understanding of what you want and what you want to do much simpler to digest, and therefore, much more useful when trying to find a workplace that fits you.

Once that is finished, you can begin the actual search. Using job search engines like Idealist.org or Internships.com to help find internships in your interest area is a good way to start. Asking for help from your advisor, checking out your college’s weekly newsletter or attending career fairs are also really great ways to find amazing internships. In addition, a quick Google search may also substantially add to your list of places to apply. The search engine has an option where you can also see similar places of interest under the “People also search for” feature.

When you start to narrow down your list of potential organizations, it is important to gain as much in-depth understanding of the company as possible. This can be done by checking their website, reading reviews from past employees and checking their reputation. At this time, you should also be researching the organizations’ mission statements and impact. What is it that they do exactly? Who is their target audience? Is their website visually pleasing and well put together? What kind of events do they host?

When these questions have been answered, you should be able to identify which organizations you want to apply for an internship. Check to see if they have any open internship opportunities. If there are none, it is worth inquiring about any volunteer options they offer. If there are open positions, companies will typically require a completed application, resume, cover letter and statement of interest. In some instances, they will ask for a letter of recommendation and/or a writing sample, which could be anything that you have written in the past—an essay, a short story or any body of work, as long as it fits their page limit requirements. After you apply, wait a couple of days before you confirm that your materials have been received.

If the organization is interested in interviewing you, they will contact you within approximately 2-4 weeks. During the wait, you should not stress about whether you will receive an interview; instead, simply remain patient and calm.

If the organization contacts you for an interview (whether it is in-person or over the telephone), it is important to remain open and honest. Companies are interested in learning more about you as a person and what you will bring to the table. If your interview is over the telephone, make sure you are seated in a quiet place for the interview so the person on the line does not hear any scuffling or interrupting noises. During your interview, make sure you ask the interviewer a few questions about the company and/or position that helps you standout. Also, remember to mail/email a thank you note within the next 24 hours.

When offered a position, CELEBRATE! Be proud of your accomplishments and trust that your work ethic and passion have contributed to the job offer. Recognize the hard work you put into the application/interview process and have confidence in yourself. After celebrating, understand that the substance of your accomplishment has yet to begin.

Now that you have secured your dream internship, and after working for a few weeks with the company, you are probably looking for ways to excel in the position. The number one, key factor for success is to ask questions! If you are not sure how to do an assignment, just ask! (...continued on page 5.)
If you need to have something clarified, just ask! Do not be afraid to ask your supervisor/manager questions; it indicates that you are attentive to the task at hand and that you are invested in the work you will be producing. It also shows that you care and want to do tasks the best way possible on the first try.

In addition to asking questions, coordinators are looking for interns who not only produce quality work, but are willing and able to do any task (within reason). They appreciate workers who come into work ready and prepared, with fresh ideas, and an eagerness to engage. If you show passion about where you are working, they will love having you on their team. Your co-workers also understand that you are in a temporary position, as an internship is intended for you to learn and grow in your respective field, so it is okay to make mistakes along the way.

It is important for you to connect with your supervisor and the team members around you. Ask them how they are doing, casually join in conversations, truly become a unique friend with whom you are directly working and they will come to appreciate you for the many different values you can bring to the organization – it also lets them know if you fit in with the team on a professional level, which supports a healthy working environment.

Make your internship matter and contribute where it counts! Your help will benefit the organization and your internship experience will leave you with important lessons that can apply in many contexts.

Then, the internship period will come to an end. After spending several months working with them and understanding the dynamics of their business, take a little time to reflect: What have I learned from this experience? Is this where I see myself in the future? Is this the career that I truly want? If so, you are on the right track, good job! If not, take a deep breath, and engage in further introspection to determine your next steps. Whatever your findings, be sure to send a note of thanks to the company for the experience. Happy searching!!

RECAP: The Legacy Continues!

Megdi Abebe

Over 300 MSU students, faculty, staff and community members were in attendance at the MLK, Jr. Student Leadership Conference held on January 18, 2016 at the MSU Union Building. The conference began with a Community Service Project Fair, where information was shared about the needs in the community and offering students an opportunity to register for projects of interest. The conference continued with the viewing of clips from the film “Get on the Bus,” followed by a thought-provoking discussion led by a distinguished panel of individuals. After lunch, the Pecha Kucha presentations began. Ignacio Andrade, Office for Inclusion & Intercultural Initiatives, emceed this segment of the conference explaining the format and purpose of the Pecha Kucha style. There would be two winning presentations—the Judges’ Choice and the People’s Choice. After hearing several student presentations, it was time to consider each presentation and have the judges and audience vote. The winners were: Judges Choice—Broken Promises Fulfilled: The Constitution and University Mission Statements presented by Thaddeus Stegall; People’s Choice—50 Shades of Black: The Forgotten 49 presented by Boitshoko Molefi. All student presenters received a gift and the two overall winners received gift baskets, compliments of area businesses and campus units. The day’s events continued with the Commemorative March for Justice led by Alpha Phi Alpha, Inc. to the MSU Museum to see the very profound exhibit, Student Voices: MSU Student Protest. Closing out the day was a Commemorative Dinner at Hubbard Hall, which several conference participants attended.

“If not us, who? If not now, when?”

February 2016
What Can Be Done to End Human Trafficking?
Maggie Chesbrough

On January 15, 2016, the International Dream Center of Lansing and the Capital Area Anti-trafficking Alliance hosted a panel that discussed the “paradigm shifts in the understanding of human trafficking,” specifically looking at the progress made against human trafficking within the Lansing community. The luncheon was open to the public and provided powerful speakers, such as Jane White, the founder and CEO of the Michigan Human Trafficking Task Force, Todd Johnson, Sergeant in the Lansing Police Department, Kelly Carter, the Michigan Assistant Attorney General, and various other recognized speakers. They told stories of their experiences in befriending a woman who was trafficked and the legal terminology and treatment of trafficked victims, as well as how we should turn our attention from songs that promote the mistreatment of women and acts of sexual violence and create music that could be used to educate individuals on how to handle a situation where they suspect someone of being trafficked or the trafficker. The panel members for the Community Human Trafficking Awareness Luncheon were:

Jane White, Founder & CEO
Michigan Human Trafficking Task Force

Mark V. Sullivan, D. MA.
Associate Professor, MSU College of Music

Diane Baird, MSW
Lutheran Social Services of Michigan

Todd Johnson, Sergeant
Lansing Police Department

Saundra Lawson, Executive Director
Project Liberty

Kelly Carter, LL.D
Michigan Assistant Attorney General

Amber Kenny-Hinojosa, Detective
Ingham Sheriff’s Department

January might have been Human Trafficking Awareness Month, but the need to educate and spread awareness about such an unacknowledged topic requires much more attention. For more information on events which fight against human trafficking, subscribe to the Michigan State University’s Women’s Resource Center’s listserv and monthly newsletter. You will be updated on the latest events and given the resources and opportunity to become more involved in this fight against a system that promotes slavery. Let’s work to truly abolish slavery, not just in the United States, but worldwide.
Tuesday, February 2, 2016: Academic Women’s Forum: Dialogue & Connection. 3:30PM—5:00PM, MSU Union Building, Lake Ontario Room (3rd Floor). All faculty, academic staff, post-docs, librarians and graduate students who identify as women are cordially invited to participate in the MSU Academic Women’s Forum. The forum has been created to provide a safe-space to connect, build community and explore issues that are relevant to the success, support and empowerment of academic women at MSU. To RSVP, email health4u@msu.edu.

Tuesday, February 2, 2016: MSU Gospel Choir & Successful Black Women of MSU’s Water Drive for Flint, MI. Starting Tuesday February 2, 2016, 2:30PM-4:30PM through Friday, February 19, 2016, 12:00N-2:00PM, located at the MSU CATA Station. Help MSUGC and SBW raise monetary donations to contribute bottles of water to the city of Flint. For more information, visit successfulblackwomen.weebly.com.

Friday, February 5, 2016: How to be Assertive Without Seeming Aggressive. 3:00PM—4:00PM, MSU Union Building, Mosaic: Multicultural Unity Center Conference Room (2nd floor). It is becoming more common to see women in leadership roles around the world—as presidents, CEOs, heads of households, etc. It is an exciting time to harness our leadership potential, but it doesn't come without its challenges. Women in positions of power are still called the "b" word (bossy) instead of words like "strong leader", or "aggressive" rather than "assertive." This seminar will focus on overcoming negative attitudes about women in leadership positions, at a university and in the workplace. Presenter: Angela Levack Michael, Assistant Director, MSU Recreational Sports & Fitness Services. Hosted by the Women’s Initiative for Leadership Development. RSVP to the MSU Women’s Resource Center at wrc@msu.edu or 517-353-1635.

Monday, February 8, 2016: Relationship Violence & Sexual Misconduct: Moving MSU’s Prevention and Response Efforts Forward. 4:00PM-6:00PM, MSU Union Building, Ballroom (2nd Floor). An in-depth conversation to inform efforts on MSU’s campus in raising awareness and improving response to relationship violence and sexual misconduct. This conversation is being hosted by the university’s Sexual Violence Advisory Committee, with the goal of gathering input from students, faculty, and staff to aid the committee in providing recommendations to MSU’s new Title IX Coordinator. The conversation will include small group discussions about four critical questions, facilitated by small group moderators; the small group discussions will be followed by a moderated large group conversation. Contact the Title IX Coordinator at 517-343-3922 for more information.

Wednesday, February 10, 2016: Income Tax Prep. 12:00PM—1:00PM, MSU Federal Credit Union – Farm Lane Branch Community Room, 4825 E. Mt. Hope Road, East Lansing, MI. This seminar serves as a how-to guide to getting your 2015 taxes prepared before the tax deadline of Friday, April 15, 2016. Presented by CPAs Charles Amboy and Aaron Pahl, Warmels & Comstock, PLLC. To RSVP, sign up at MSUFCU.org or call 517-664-7725. Co-sponsored by the MSU Federal Credit Union and MSU Women's Resource Center.

Thursday, February 11, 2016: Slavery to Freedom Lecture Series with Edwin Black. 5:00PM, Big Ten Room BC, Kellogg Hotel and Conference Center. 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.

Thursday, February 11, 2016: Income Tax Prep. 6:00PM—7:00PM, MSU Federal Credit Union – Farm Lane Branch Community Room, 4825 E. Mt. Hope Road, East Lansing, MI. This seminar serves as a how-to guide to getting your 2015 taxes prepared before the tax deadline of Friday, April 15, 2016. Presented by CPAs Charles Amboy and Aaron Pahl, Warmels & Comstock, PLLC. To RSVP, sign up at MSUFCU.org or call 517-664-7725. Co-sponsored by the MSU Federal Credit Union and MSU Women’s Resource Center.

Tuesday, February 16, 2016: Academic Women’s Forum: Responding to Microaggressions as Targets, Bystanders & Perpetrators. 3:30PM—5:00PM, MSU Union Building, Lake Ontario Room (3rd Floor). This session will equip participants with tools for responding to bias and microaggressions (i.e., brief exchanges, insults, comments or actions of discrimination based on a person’s identity characteristics). Develop skills for disrupting, confronting and/or coping with bias and microaggressions in the workplace. Presenter: Dr. NiCole Buchanan, Associate Professor, Psychology. To RSVP, email health4u@msu.edu.

Thursday, February 18, 2016: Slavery to Freedom Lecture Series with Cornel West. 5:00PM, Big Ten Room BC, Kellogg Hotel and Conference Center. 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.
Tuesday, February 23, 2016: “Heart Healthy.”  
12:10PM—12:50PM, MSU Union Building, Lake Erie Room (3rd 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 these issues. Presenter: Judy Nash, WomenHeart. To RSVP, email wrc@msu.edu or call 517-353-1635.

Wednesday, February 24, 2016: “Strategically Bold: Overcoming Limits and Barriers.” Choose one of two sessions (8:30AM—10:00AM OR 3:30PM—5:00PM), Chittenden Hall, Room 110. This seminar will teach participants to reprogram their thinking from complacency and coping to dynamic and daring! The strategies, which will be described and practiced, are a culmination of presenter, Regina Carey’s, work as a learning specialist, educational consultant, and empowerment coach. From posture to purpose, participants will learn techniques for overcoming the “Imposter Syndrome” and gaining confidence and respect in the workplace. Hosted by the Women’s Networking Association. To RSVP, email wrc@msu.edu or call 517-353-1635.

Thursday, February 25, 2016: Slavery to Freedom Lecture Series with Ernest Green. 5:00PM, Auditorium, Kellogg Hotel and Conference Center. 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.

Have you visited the MSU Museum lately?  
the science and culture museum at Michigan State University

Student Voices: MSU Student Protest

“Students at Michigan State University have long used protests to speak out on a range of issues and make their voices heard. In Student Voices, recent protests will provide a touchstone, linking the lives of today's students to those who have given their voices to social and political issues in the past.”

Exhibit runs from January 18, 2016 - May 1, 2016

In the spirit of good ol' 505 days

is hosting a

Women’s Only Private Party

414 East Michigan Avenue, Lansing  
(Across from the Lansing Center)  
Thursday, February 11, 2016  
Doors open at 7PM

This event is FREE. Come out and have fun with giant games, darts, pool and a DJ starting at 9:00PM who will lead you to the dance floor.

Please share with other women friends who like to have a good time in a safe space with other women.

For more information, contact Jaye at: swagartj@yahoo.com.

Did You Know?

Dr. Carter G. Woodson, a noted scholar and one of the first black people to get his Ph.D. from Harvard, felt like the achievements of black people were frequently ignored, so he created the “Negro History Week” in February of 1926. His contribution is considered to be the precursor to Black History Month.

Source: History.com
FEBRUARY 15, 2016
Excellence in Diversity Awards Ceremony & Reception

MARCH 16, 2016
Inspirational Woman of the Year Award Recognition Reception

MARCH 21, 2016
WACSS Spring Forum & Resource Fair

MARCH 29, 2016
Human Trafficking Awareness Event

MARCH 30, 2016
Health Fair

APRIL 2, 2016
Girls Get Going

APRIL 12, 2016
Sandra Kim Keynote Address

APRIL 21, 2016
Beauty for Ashes Gala

APRIL 23, 2016
PACMAC Spelling Bee

APRIL 28, 2016
Take Your Child to Work Day

MAY 2, 2016
Women Matter Luncheon

MAY 16, 2016
Jack Breslin Distinguished Staff Awards Reception

DID YOU KNOW?
The first Groundhog Day took place on February 2, 1887 in Punxsutawney, Pennsylvania. According to tradition, if the groundhog comes out of its hole on this day and see its shadow, there will be six more weeks of winter weather. No shadow would indicate an early spring. The tradition stemmed from German immigrants and their tradition of Candlemas Day—where they would distribute candles that would represent how long the winter would be.

Source: History.com

EDUCATIONAL SERIES
Gender & Its Intersections Series

SANDRA KIM
Founder & Publisher

Everyday Feminism

Tuesday, April 12, 2016
6:30PM-8:00PM
Kellogg Hotel & Conference Center Auditorium
(219 S. Harrison Road, East Lansing, MI)

Sandra Kim is the Founder & Publisher of the world-famous virtual magazine, Everyday Feminism (www.everydayfeminism.com), whose mission is "to help people heal from and stand up to everyday violence, discrimination, and marginalization through applied intersectional feminism." She will be speaking at Michigan State University as part of the MSU Women's Resource Center's Gender & Its Intersections Series on "Building Inclusive Leadership to Develop Anti-Oppression Work Environments." Kim's talk will be a call to action to effectively and boldly do this work at an institution like MSU. FREE and open to all.

517-353-1835 wrc@msu.edu http://wrc.msu.edu
YOU can help in our community-wide effort at Michigan State University to collect bottled water (all sizes) for the residents of Flint, Michigan to use for drinking, cooking, bathing and other needs!

"FILL THE ROOM"
FLINT WATER CAMPAIGN
SPONSORED BY
SANKOFA GRADUATE STUDENT UNION
African American and African Studies
Michigan State University

Choose one of four ways to help:
• Drop off at Wells Hall C-632 Monday through Friday from 9am to 5:00pm--Let's "fill the room"!
• Drop off at The James Madison Senate Office on the 3rd floor of South Case Hall Monday through Friday from 9am to 5pm
• Someone from our team can schedule a time to pick up your water donation--email sankofagraduate@gmail.com to schedule a pick up
• Donate funds to our Paypal account: http://bit.ly/1QoQKix

We thank you for your support on this critical issue!
Relationship Violence & Sexual Misconduct: Moving MSU’s Prevention and Response Efforts Forward

Monday, February 8, 2016
4:00PM—6:00PM
MSU Union Building (Ballroom—2nd Floor)

Please join us in an in-depth conversation to inform efforts on MSU’s campus in raising awareness and improving response to relationship violence and sexual misconduct. This conversation is being hosted by the university’s Sexual Violence Advisory Committee, with the goal of gathering input from students, faculty, and staff to aid the committee in providing recommendations to MSU’s new Title IX Coordinator. The conversation will include small group discussions about four critical questions, facilitated by small group moderators; the small group discussions will be followed by a moderated large group conversation. Additional opportunities to provide input through office hours and focus groups will be offered by the Title IX Coordinator throughout the spring 2016 semester.

The four critical questions to be discussed include:

- Are there are areas on campus experiencing a particularly hostile environment and/or climate related to relationship violence and sexual misconduct?
- How is relationship violence and sexual violence affecting diverse communities on campus?
- How do you understand your rights in reporting and receiving services for relationship violence and sexual misconduct?
- What are your most innovative ideas to further augment the university’s efforts to increase awareness and improve response to relationship violence and sexual misconduct?

MSU students, faculty and staff are encouraged to attend!

Pizza and beverages provided!!!!

Hosted by MSU’s Sexual Violence Advisory Committee (SVAC)

No RSVP’s necessary

Accommodations for persons with disabilities may be requested by contacting the Office of Institutional Equity at 517-884-0610. Requests received will be honored whenever possible.
EVENTS & RESOURCES

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.
MSU Gospel Choir & Successful Black Women Water Drive for Flint

Help MSUGC & SBW raise monetary donations to contribute bottles of water to the city of Flint.

MEET US AT THE CATA STATION!
The water drive will go from February 2nd - February 19th.

Tuesday’s 2:30p-4:30p
Wednesday’s 12p-2p
Thursday’s 3p-5p
Friday’s 12p-2p

UAB hosts Sibs & Kids Weekend
February 4, 2016—February 5, 2016

For information or to register, visit uabevents.com