January is National Stalking Awareness Month

“I get 40 texts every day.”

“My ex just won’t leave me alone.”

“I had to delete all of my social media accounts because I don’t feel safe.”

These are just a few things that we hear from people who are experiencing stalking on campus. January is National Stalking Awareness Month, a time to focus on a crime that affects 6.6 million victims each year. Stalking is a pattern of 2 or more unwanted contacts directed at a specific person that cause them to feel frightened, terrorized, intimidated or harassed.

What is stalking?

It is important to look at stalking from the victim’s perspective. From the outside, behaviors that seem harmless might be terrifying to a victim. Stalking can take many forms, including:

- Using social media to monitor, threaten or harass
- Unwanted contact (calls, texts, e-mails, gifts, etc.)
- Seeking information about the victim from their family and friends
- Following or showing up wherever the victim goes
- Monitoring phone calls or computer use
- Assaults, threats, vandalism or animal abuse
- Damage to home, car, or other property
- Using technology, like hidden cameras or GPS devices
- Threatening harm to the victim and their family, friends, or pets
- Other actions that control, track, or frighten

While stalking can occur from a stranger or acquaintance, most stalking occurs in the context of controlling or abusive behavior during or after a relationship, by someone known to the victim.

How Can I Help a Friend or Coworker?

If you know someone who is being stalked, you can help by doing the following:

- Listen.
- Show support.
- Don’t blame the victim for the crime.
- Remember that every situation is different, and allow the person being stalked to make choices about how to handle it.
- Do not give out any information about the victim, no matter what the stalker may say.
- Take steps to ensure your own safety.
- Find someone you can talk to about the situation.

Remember, if you or someone you know are being stalked, you don’t have to deal with this alone. MSU Safe Place offers safety planning, advocacy, counseling, safe shelter, information/referrals and other support to individuals who are experiencing stalking. All services are free and confidential. You can contact MSU Safe Place at (517) 355-1100 or by e-mail at noabuse@msu.edu.

MSU Safe Place will be posting information about stalking throughout the month of January on Facebook (www.facebook.com/MSUSafePlace) and Twitter (@MSUSafePlace). More information about MSU Safe Place and stalking can also be found at www.safeplace.msu.edu. For additional National Stalking Awareness Month resources, please visit http://stalkingawarenessmonth.org.

Submitted by Alyssa Bauman
Operations Coordinator, MSU Safe Place

MLK Endowed Scholarship

The Martin Luther King, Jr. Endowed Scholarship Program recognizes MSU students who are, through their stewardship, becoming society’s leaders by actively engaging in their communities in ways that fight injustice and promote equality for all on every possible level.

Students who demonstrate the following are encouraged to apply:

- demonstrated leadership
- commitment to the involvement with social change in communities
- financial need
- academic achievement
- one full year of full-time study at MSU
- current full-time status at MSU

Applications should include a two-page personal statement discussing your extracurricular activities, involvement with social change, and financial need. Recipients are chosen in the spring semester for the following year. The deadline is Friday, February 27, 2015. For an application and additional information, visit: http://inclusion.msu.edu.
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).

“Engaging Your Personal Leadership” - Wednesday, January 21, 2015. Choose one of two sessions (8:30AM—10:00AM OR 3:30PM—5:00PM), Eppley Center, E412. Personal leadership creates a pathway for your leadership and life and assists with working effectively within the ever-changing work environment. This session identifies practical ways to make a difference within an organization, regardless of one’s formal position within the hierarchy. Topics include: the definition of leadership; the importance of personal leadership; characteristics and behavioral competencies; giving and receiving feedback; building relationships; establishing goals; peer coaching; emotional intelligence; and work/life balance. Presented by Nicole Rovig, University Registrar.

“Mentor Match Day” - Wednesday, January 28, 2015. 8:30AM—10:00AM only, MSU Union, Lake Erie Room (49 Abbot Road, East Lansing, MI—3rd Floor). As professional women, having a mentor is important for troubleshooting and navigating workplace dynamics. Serving as a mentor can also help develop new leadership skills. Contact Lydia Weiss (weisslyd@msu.edu) by January 21, 2015 if you are interested in being matched as a mentee or mentor for a semester long professional relationship. Facilitated by Kristin St. Marie, Eli Broad College of Business and Lydia Weiss, MSU Women’s Resource Center.

“Should Women ‘Man Up’ to Succeed in the Workplace?” - Wednesday, February 18, 2015. Choose one of two sessions (8:30AM—10:00AM OR 3:30PM—5:00PM), Eppley Center, E412. Based on her co-authored article “Should Women ‘Man Up’ for Male-Dominated Fields?” Dr. Ann Marie Ryan, MSU Psychology professor, will discuss identity management in the workplace. This workshop will offer insights into how to think about your self-presentation as a means of combating discrimination and stereotyping in your career.

Inspirational Woman of the Year Award Reception & Celebration - Wednesday, March 18, 2015. Networking and open reception begins at 4:00PM, award ceremony begins at 4:30PM at The University Club, Ballroom (3435 Forest Road, Lansing, MI). You are invited to this special event to honor three women at Michigan State University who have been awarded the Inspirational Woman of the Year Award, coordinated by the MSU Women’s Resource Center. RSVP no later than Wednesday, March 4, 2015.

“Managing Workplace Personalities” - Wednesday, April 15, 2015. Choose one of two sessions (8:30AM—10:00AM OR 3:30PM—5:00PM), Eppley Center, E412. Do you sometimes feel misunderstood at work? Is there a person in your office that you just don’t “get?” Maybe you’re an introvert in a sea of extraverts. Or, vice versa. Our natural personalities are the outward manifestation of our natural preferences, our energy. As women, they are often misinterpreted. Dr. Monica Marcelis Fochtman has been a certified administrator of the Myers-Briggs Type Indicator® (MBTI) for 11 years. In this session she will help debunk the myths about workplace personalities and offer tips and strategies for how to manage different personalities in the workplace.

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.

New Year, Same You?

Maggie Halloran

Each January you hear a myriad of groans coming from gym-regulars as their beloved parking sports are filled up with countless people attempting to make the New Year their “fittest year ever!” Well, for a week or so.

Of course there are those who are able to set life-changing health goals and stick with them, but for most of us those resolutions we wrote down get lost under piles of lists and bills and are as shortly forgotten as they were created. I know I’ve personally wrote down “stretch each night” for the past five or so years. This healthy habit has made an appearance in my nighttime routine only a handful of times, leaving me with the same tight hips and hamstrings that I had back in high school. Why is it so hard for us to stick with our resolutions? Often, it’s that our goals are too radical or different from our current habits that they never really become second-nature.

Using the example of increasing exercise or working towards healthier eating, too often we choose to set lofty goals such as to run every day or to go on a new diet. While these may seem like big steps in the right direction, the demands that they put on us to shift our lifestyle tends to be too dramatic and therefore unsustainable. To reach our end-goals, we have to break our plan down into smaller steps with tangible results. For instance: buy a reusable water bottle and make sure to fill it up in the morning, once in the afternoon, and again in the evening. While this may not achieve the same results as an extreme diet, it introduces a healthy habit into your life in a more achievable way.

Another tactic is to have either a person or an event holding you accountable. A goal to maintain running could be accomplished by signing up for a 5K with a friend. Having to pay a fee for the run and report back with your friend can serve as the extra motivator that you need to get moving on slower days.

Whatever your goals are, try to think in terms of what you want to accomplish overall, and then break it down into how you’re going to accomplish this either each week or each day. Write these small steps down and share them with someone close to you so they can help hold you accountable. Realize you’re starting to slip and haven’t been sustaining your new habit? That’s perfectly alright. You don’t have to wait until next January to try again – you can start on any day and any attempt is better than none.
Dr. Martin Luther King, Jr., Celebration Events
~ “Crossing Borders, Breaking Barriers, Building Bridges” ~

11th Anniversary of the MLK Jr., Student Leadership Conference. Theme: “Crossing Borders, Breaking Barriers, Building Bridges”. Monday, January 19, 2015. MSU Union Bldg., 9:00AM—5:00PM. This event is FREE however registration is mandatory at: https://msuinclusion.wufoo.com/forms/mlk-student-conference-registration-2015/. Contact Ignacio Andrade at (517) 353-3922 or Andrade@msu.edu for additional information.

“Speak Like King”—Saturday, January 17, 2015. Featuring Mayhem Poets. MSU, International Center. 9:00PM—Doors open at 8:30PM. Sponsored by the University Activities Board (UAB).

“Jazz: Spirituals, Prayer & Protest”—Sunday, January 18, 2015. Fairchild Theater, MSU Auditorium. Shows at 5:00PM and 8:00PM featuring Grammy-winning jazz group Take 6. FREE but must enter with a ticket—available at Wharton Center Box Office. Contact Kathleen Adams at (517) 353-9958 or adamsk10@msu.edu for additional information.

MLK Commemorative March—Monday, January 19, 2015. 3:00PM, MSU Union Building—First Floor Lobby. Contact Ignacio Andrade at (517) 353-3922 or Andrade@msu.edu for additional information.


Visit the Office for Inclusion website at www.inclusion.msu.edu the week of January 12, 2015 for the complete Project 60/50 & MLK Calendar of Events for 2015! Questions should be directed to (517) 353-3922.

Save The Date!
A Conversation with the Assistant Vice President for Human Resources
Ms. Sharon Butler
Wednesday, January 28, 2015
3:00PM—4:30PM
Kellogg Center—Lincoln Room
RSVP to: wrc@msu.edu by 1-23-15

Save The Date!
THE MICHIGAN STATE UNIVERSITY
COLLEGE OF OSTEOPATHIC MEDICINE
presents
The Dr. William G. Anderson Lecture Series
Slavery to Freedom:
An American Odyssey
THE FIFTEENTH ANNUAL VISITING FACULTY LECTURE SERIES
FEBRUARY 6 THROUGH 26, 2015
The award-winning series “Slavery to Freedom: an American Odyssey” highlights persons who have become icons of the American struggle for civil rights. We are pleased to host these notable scholars who, in addition to making these public presentations, will also dedicate time to teaching MSU students on campus. All presentations will be held on the campus of Michigan State University.

Friday, February 6: John Lewis—U.S. Representative from Georgia’s Fifth District, civil rights leader, Freedom Rider, author. 12:00PM, Kellogg Hotel & Conference Center, Auditorium.

Thursday, February 12: Harry Belafonte—Activist, singer, songwriter, Broadway and screen actor, producer. 5:00PM, Kellogg Hotel & Conference Center, Big Ten A.

Thursday, February 26: Al Sharpton—Civil rights activist, president of National Action Network, author, radio and TV personality. 7:30PM, Wharton Center for Performing Arts.


COMING SOON!
Mid-Michigan Women’s EXPO!
Lansing Center—Lansing, MI
February 6—8, 2015
Fashion ■ Health & Wellness ■ Finances ■ Home & Garden ■ and much more!
For details, visit: http://www.kohlerexpo.com/Home.aspx
January 2015

EVENTS & RESOURCES

Thursday, January 1, 2015: HAPPY NEW YEAR! University Closed.

Friday, January 2, 2015: University Closed.

Monday, January 12, 2015: FIRST DAY OF CLASSES

Tuesday, January 13, 2015: Budgeting 101: Fine over 50. 12:00N—1:00PM, MSU Federal Credit Union—Farm Lane Branch, 4825 E. Mt. Hope Road, East Lansing, MI. Learn how to budget for things such as putting your kids through college, saving for retirement, newfound medical expense, and more. Presented by Greenpath Debt Solutions. RSVP to MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSU Federal Credit Union and the MSU Women's Resource Center.

Saturday, January 17, 2015: Project 60/50 Gala. (by Invitation Only).

Monday, January 19, 2015: Dr. Martin Luther King, Jr. Day & Student Leadership Conference (see page 3 for details).

Tuesday, January 20, 2015: Working for Yourself. 12:00N—1:00PM, MSU Federal Credit Union—Farm Lane Branch, 4825 E. Mt. Hope Road, East Lansing, MI. Are you an experienced professional with marketable skill sets looking for a new career avenue? Think about taking your expertise and becoming an independent consultant, freelancer, contractor or service provider. Explore the basics of business ownership including steps to form your business, startup costs, pricing and the rewards and pitfalls of working from home. Presented by Laurie Lonsdorf, Small Business Development Center. RSVP to MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSU Federal Credit Union and the MSU Women’s Resource Center.

Wednesday, January 21, 2015: “Engaging Your Personal Leadership.” Choose one of two sessions (8:30AM—10:00AM OR 3:30PM—5:00PM), Eppley Center—Room E412. Personal leadership creates a pathway for your leadership and life, and helps with being able to work effectively within the ever-changing work environment. This session identifies practical ways to make a difference within an organization, regardless of one’s formal position within the hierarchy. Topics include: the definition of leadership; the importance of personal leadership; characteristics and behavioral competencies; giving and receiving feedback; building relationships; establishing goals; peer coaching; emotional intelligence; and work/life balance. Presented by Nicole Rovig, University Registrar. Hosted by the MSU Women’s Resource Center’s Women’s Networking Association.

Friday, January 23, 2015: First WILD Meeting of the Semester. 3:00PM—4:00PM, MSU Union Bldg., Lake Superior Room (3rd Floor). Join the Women’s Initiative for Leadership Development to network with student leaders and develop valuable leadership skills. Questions, contact co-chairs Connie Victor (cvictor12@yahoo.com), or Claire Li (ls11@msu.edu).

Wednesday, January 28, 2015: “Mentor Match Day”. 8:30AM—10:00AM, MSU Union Bldg., Lake Erie Room (3rd Floor). As professional women, having a mentor is important for troubleshooting and navigating workplace dynamics. Serving as a mentor can also help develop new leadership skills. Contact Lydia Weiss (weisslyd@msu.edu) by January 21, 2015 if you are interested in being matched as a mentee or mentor for a semester long professional relationship. Facilitated by Kristin St. Marie, Eli Broad College of Business and Lydia Weiss, MSU Women’s Resource Center. Hosted by the MSU Women’s Resource Center’s Women’s Networking Association.

Wednesday, January 28, 2015: Conversation with the Assistant Vice President for Human Resources—Sharon Butler. 3:00PM—4:30PM, Kellogg Hotel and Conference Center, Lincoln Room. RSVP by Friday, January 23, 2014 to the MSU Women’s Resource Center at wrc@msu.edu. For more information, visit: http://wrc.msu.edu. Hosted by the MSU Women’s Resource Center.

Announcing . . .

Nelson Mandela Museum/MSU Museum Graduate Curatorial Fellowship

The primary goals of the NMMMSUMGC Fellowship Program are to provide opportunities for a diverse group of graduate students to prepare for work in the 21st-century university, museum, and professional arenas in which graduate students not only must master their discipline but also to situate their work in a global context and to become experienced in community-engaged research and teaching.

The NMMMSUMGC program is for graduate MSU students with interests in scholarly and teaching careers based in museums and/or universities. The program welcomes applicants from any college but the focus is on museum-based research and education related to cultural heritage. Fellows will be encouraged and supported to disseminate project results on websites, at conferences, and/or in peer-reviewed journals.

For an application and additional information, visit: http://wrc.msu.edu (under the “News & Announcements” tab).

Applications must be submitted ON or BEFORE Friday, February 13, 2015.

WRC Staff: Jayne Schuiteman, Interim Director, Associate Professor and Personal Safety Coordinator; Lydia Weiss, Educational Program Coordinator; Audrey C. Smith, Office Manager; Evette Chavez, Editorial/Administrative Assistant; WRC Students: Megdelawit Abebe, Lauren Dietz, Kiana Elkins and Maggie Halloran, Department Aides.
Multicultural Business Programs is accepting team applications for the 14th Annual Black History Month Multicultural Heroes Hall of Fame Case Competition until Wednesday, January 21, 2015 at 4:00 PM.

Applications are available online at http://www.mbpbroad.msu.edu or at 417 Eppley Center. The grand prize for the competition is $2000.

Teams must consist of three MSU undergraduates. The competition is open to all MSU undergraduates enrolled in spring semester 2015.

Each team selects a multicultural hero from the list provided on the application. A team has 10 minutes to make their case including a biographical overview, how their hero has carried and passed the torch of justice, how their hero contributed to the struggle for human rights, the relationship between their hero and Dr. Martin Luther King, Jr., and why he/she should be inducted into the Hall of Fame. The winning team is selected by a panel of judges and will receive a $2000 grand prize.

The final round of the competition will take place on Wednesday, February 18, 2015 from 6:00PM—8:00PM in N100 Business College Complex with a reception following. Multicultural Business Programs and Altria Group Distribution Company sponsor the competition.

In the past thirteen years the Multicultural Heroes Case Competition has awarded over $32,000 in prizes and 369 students have participated. Last year Malik Hall, Applied Engineering freshman, Zheng Nie, Accounting sophomore, and Jiaren Xing, Supply Chain Management sophomore, won the competition with a powerful presentation about W.E.B. Du Bois, an American civil rights activist.
THE CARE PROGRAM IS SEEKING VOLUNTEERS!

The next training will be held the weekend of January 15-18, 2015.

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. The choices for on call shifts are:

- Thursday from 5:00PM—1:00AM
- Friday from 5:00PM—1:00AM
- Saturday from 8:00AM—1:00AM
- Sunday from 8:00AM—5:00PM

Volunteers always go out on calls in pairs, after an assailant has been arrested.

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?

In addition to being on call a minimum of one to two times every six weeks, volunteers are expected to:

- Complete a volunteer application
- Provide two references
- Participate in a short interview
- Have an insured and reliable vehicle
- Agree to a review of criminal history and driving records
- Attend four in-service meetings per year
- Volunteer for CARE for a minimum of one year

If you are interested in volunteering, please contact the CARE Office:

(517) 272-7436  ■  lpdcare@yahoo.com
2500 S. Washington Avenue, Lansing, MI 48910

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

Student Employee Of the Year Recognition Program 2015

Nominate your outstanding student employees by February 6, 2015

National Student Employee Week
April 12–18, 2015

MSU Student Employee of the Year Award Reception
April 15, 2015

For additional information including criteria and nomination form, contact: barnera@msu.edu or 884-0198.

Welcome Back! Students, Faculty & Staff

Courage in Action: Stories of Michigan Women in the Civil Rights Movement

The Michigan Women’s Historical Center & Hall of Fame

Discover the stories of Michigan Women’s Hall of Fame inductees Grace Lee Boggs, Nellie Cuellar, Waunetta Dominic, Rosa Slade Gragg, Viola Liuzzo, and Rosa Parks— all of whom worked towards improvements in civil rights. They came from different backgrounds and acted in different ways— some in their own communities, some on the national level— and their stories serve as inspiration for the next generation of civil rights leaders.

For more information, visit: www.michiganwomenshalloffame.org.
SCRIPT CALL

Tunnel of Oppression

Due: January 26, 2015
Email to: taylo962@msu.edu

Topics: organ trafficking, ISIS, sex trafficking, mental illness, racial profiling and police brutality, rape culture, excessive drug use and addiction, gun violence, body shaming, the patriarchy affect on men, trans gendered community/LGBT, and criticizing exclusive feminism.

If you have another oppression you have experienced or feel passionately about, feel free to write a script.

Find us on Facebook: Tunnel of Oppression MSU

Tunnel of Oppression is a theatrical play looking into the real life forms of oppression that exist in our world.
HOT OFF THE PRESS!

CONTEST!
Across Generations
VIDEOFEST

DEADLINE:
January 31, 2015
SUBMIT AT:
Project6050.msu.edu

PROJECT 60/50 ELDER RIGHTS TEAM brings you VideoFest in honor of conversation: bringing people together to talk about the milestones in their lives. The contest will provide a remarkable chance to bridge generations, build relationships and have fun as young people learn more about an elder in their life and elders share their stories.

Call for Entries! Across Generations: VideoFest
Document a conversation with an elder in your life! Children and young adults are invited to submit a 5 minute videotaped conversation with an important elder in their life (anyone 60+ years of age). All entrants and their elders will be recognized and invited to a special reception at the MSU Eli & Edythe Broad Art Museum on February 21. Please visit Project6050.msu.edu for more information.

Awards
One video from each category will be selected to receive:
• Film screening at the Feb 21 60/50 VideoFest Reception at Eli & Edythe Broad Art Museum!
• Screening at the East Lansing Film Festival!
• $60.50 Cash award!

Contest Guidelines
See 6050VideoFest.com

Who can Enter?
One winner will be selected from each category:
• Elementary (k-5)
• Middle School (6-8)
• High School (9-12)
• College

Project 60/50 Elder Rights Team is committed to bringing attention to the experiences, viewpoints, contributions, value and rights of all persons, including older adults. Project 60/50 marks the 60th anniversary of Brown vs. Board, which started the desegregation of schools, and the 50th anniversary of the Civil Rights Act of 1964, which outlawed discrimination based on race, color, religion, sex, or national origin. Project 60/50 is an ongoing community conversation on civil and human rights. Learn more at Inclusion.msu.edu

Partners MSU Office for Inclusion, Eli & Edythe Broad Museum, MSU College of Human Medicine, East Lansing Film Festival, Brimmer Family Design, MSU Creative Exploratory, Capital Imaging
Sponsors Crossairs - Williamston, Mich; MSU Family Resource Center

January 2015
The Center for Gender in Global Context invites submissions for the

Tracy Dobson Award for Undergraduate Student Feminist Activism

The Center for Gender in Global Context invites submissions for this award, named to honor Tracy Dobson’s tireless efforts to bring gender equity to MSU, launching MSU’s enhanced plan to recruit and retain women faculty and administrators. Her commitment to inform and inspire students to work for social justice led many to law school and to seek careers in public service through elected positions or the non-profit sector. Professor Dobson retired in 2011 from MSU’s Department of Fisheries and Wildlife. The award honors an MSU undergraduate who has distinguished him or herself through exemplary local, national, or international activism on behalf of gender equity and social justice. The award will recognize those who have achieved a leadership position on behalf of their chosen cause. Evidence of commitment to a feminist cause through the college career as well as dedication to a career in some aspect of gender equity and social justice is required. To apply: please submit CV/resume and a three-page description of the feminist cause you have been involved in and your role in it. Two letters of support—from a supervisor, co-worker, peer activist or MSU faculty or staff mentor—are also required in support of your application materials.

Submissions will be reviewed by a faculty committee, and the award will be presented at the annual GenCen Open House in January. The award winner will receive a $200.00 prize.

Submissions are to be made to the GenCen office via email at gencen@msu.edu (in Microsoft Word, in formats up to Word 2013). Letters of support may be submitted electronically via email to gencen@msu.edu or by mail in hard copy. Please indicate that you are submitting to the Dobson competition and be sure to include a contact phone number and email address.

SUBMISSION DEADLINE EXTENDED:
FRIDAY, JANUARY 16