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October is . . . Domestic Violence Awareness Month . . .

**Relationship Violence**

Submitted by Alyssa Baumann, MSU Safe Place

“Why do I need to learn about domestic violence?” “This doesn’t impact my life.” As educators about relationship violence, we know that many people assume that because they are not a victim or perpetrator of relationship violence, they do not need the information. In honor of October being Domestic Violence Awareness Month, we would like to challenge this assumption. As long as we live in a world where people are hurt or controlled in their intimate relationships, we are all affected by domestic violence.

With an approximate 25-33% of people experiencing relationship violence in their lifetimes, we all need to do our part in taking a stand against relationship violence.

So, what can you do about relationship violence? You can do a lot.

First, you can educate yourself about the issue. It’s hard to address a problem unless you know more about it. Many people mistakenly believe that domestic violence only includes physical violence, however, multiple types of abuse can be used and physical violence may or may not be one of them. Domestic violence is a pattern of power and control that one person exercises over another in an ongoing, intimate relationship. Multiple tactics are used to silence and blame the partner, get what the abuser wants, and keep the abused partner in the relationship. Abusive tactics can include physical abuse, emotional/verbal abuse, sexual abuse, isolation, threats, stalking, intimidation, sabotaging school or work efforts, and economic abuse.

As an individual, you can be an active bystander and take a stand against abusive behavior. Be a role model for healthy relationships. Confront jokes about physical, sexual or emotional violence. Don’t reinforce abusive behavior by laughing, minimizing, or ignoring an act of violence or a threat. Learn about domestic violence resources in your community and find out how you can get involved. Support educational events in your community related to relationship violence. Call the police if you see or hear violence in progress. Examine your own life for violence or oppressive behaviors. Try to live a violence-free life.

In addition to individually working to end relationship violence, we also need to come together as a community to send a message that abusive and controlling behavior is not acceptable. Further, we need to hold the person committing the violence responsible for their actions. One model for community action is illustrated below. Notice that each section of the wheel plays a specific role in working to hold batterers accountable for their behavior.

**October is . . . Breast Cancer Awareness Month**

In addition to individually working to end relationship violence, we also need to come together as a community to send a message that abusive and controlling behavior is not acceptable. Further, we need to hold the person committing the violence responsible for their actions. One model for community action is illustrated below. Notice that each section of the wheel plays a specific role in working to hold batterers accountable for their behavior.

MSU Safe Place, the campus relationship violence and stalking program, serves as a resource to the MSU community, both in supporting survivors of violence and in working to hold perpetrators of violence accountable for their actions. For information, support or if you’d like to find out how you can help in addressing relationship violence, contact us at (517) 355-1100 or noabuse@msu.edu. We’re also on Facebook (Michigan State University Safe Place) and Twitter (@MSUSafePlace).
If you or someone you know is in a violent situation, please refer the following resources:

**MSU Safe Place:** Call for support, information or referrals. 24-hour Help Line at 517-355-1100. Website: www.msu.edu/unit/safe, e-mail: noabuse@msu.edu.

**MSU Counseling Center:** 517-355-8270. Website: http://www.counseling.msu.edu/.


**The Listening Ear’s Crisis Hotline:** 24-hour Crisis Line 517-337-1717. Website: www.theear.org/.

**National Domestic Violence Hotline:** 1-(800)-799-SAFE

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

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**Domestic Violence Awareness Month**

**Candlelight Vigil:** Wednesday, October 3, 2012 at 6:30 PM - Michigan Women's Historical Center and Hall of Fame - 213 W. Malcolm X Street, (formerly Main Street), Lansing, MI 48933.

You are invited to attend this vigil to remember those we have lost as a result of abuse, celebrate those who have survived, connect with those who work to end violence, and raise public awareness about domestic violence.

- Stories from Survivors
- Candle Lighting Ceremony
- Reading of Names
- Silent Witness Silhouettes
- Posters from “Beating Hearts: Stories of Domestic Violence”
- “The Door: A Journey from Domestic Violence Victim to Survivor”

The Candlelight Vigil is a collaboration between EVE (End Violent Encounters), C.A.R.E. (Capital Area Response Effort), MSU Safe Place, SIREN and The Women’s Center of Greater Lansing. For more information, please contact Jillian Pastoor, Community Relations Coordinator, EVE (End Violent Encounters) at (517) 372-5976 x 11 or Alyssa Baumann, Volunteer & Advocacy Coordinator, MSU Safe Place at (517) 432-9570. The program will begin at 6:30 pm. Admission is free.

**Domestic Violence Awareness Month** is a time for communities to unite to remember those who have lost their lives as a result of abuse, celebrate those who have survived, connect with those who work to end violence and raise awareness about domestic violence in our communities.

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*Smart Women Vote!*  
*Emily Nichols*

The 2012 Presidential Election is just around the corner, and due to the huge emphasis on women’s issues this past year, it is especially important for all women to be informed. Women in Michigan gained the right to vote on November 5, 1918, after a long and hard fought suffrage battle, and it was one of the first three states, along with Illinois and Wisconsin, to ratify the 19th Amendment. However, even though women have had the right to vote for almost 94 years, many still choose not to participate. In fact, thirteen million eligible women did not vote during the 2008 Presidential election. In this upcoming election if the same number of women choose not to vote, there could be some important and drastic decisions made that specifically affect women in our country. A quick overview of some of the important issues facing women includes:

**Ending Health Insurance Discrimination:** Currently, many health insurance companies charge women more than men for the same coverage. Depending on the outcome of the election, this discrepancy in payment could continue.

**Women’s Health and Birth Control:** Due to recent changes in health care, insurance plans are beginning to fully cover birth control copays or deductibles as part of women’s preventive care, saving women hundreds of dollars every year. The election will determine if this will continue, or if employers will be given the authority to limit women’s access to common forms of birth control.

**The Right to Choose vs. The Right to Life:** Abortion laws have been a hot topic issue the past few presidential elections, and this year has been no different. Whether you are pro-choice or pro-life, this issue predominately affects women and their bodies; therefore, it is especially important for women to pay attention to this subject.

**Access to Health Care:** Recent changes in health care have mandated health insurance companies to recommend preventative care treatments such as mammograms and cancer screenings. Additionally, based on the results of the election, federal funding for organizations that provide these treatments may be eliminated.

Regardless of whether you are Democrat or Republican or Independent, it is important that women figure out where they stand on each one of these issues. As women, it is our right to have a say in what happens to our bodies and to be provided the same opportunities as men in regards to health care access. Women make up over half of the population in this country, so this election we should make sure our voices are loud enough so that everyone can hear.


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When voting, it’s important to know the ballot proposals and your stand, before you go to the polls! For Michigan ballot proposals, visit:  


October 2012
**Love Your Body Day**  
*Wednesday, October 17, 2012*

Do you love what you see when you look in the mirror?

Hollywood and the fashion, cosmetics and diet industries work hard to make us believe that our bodies are unacceptable and need constant improvement.

Advertisements reduce us to body parts -- lips, legs, breasts -- airbrushed and touched up to meet impossible standards.

The media tell women and girls that cosmetic surgery is good for self-esteem.

Is it any wonder that 80% of U.S. women are dissatisfied with their appearance?

**Together, we can fight back.**

For more information on the “Love Your Body Day” campaign, visit: http://loveyourbody.nowfoundation.org/

Reprinted from http://loveyourbody.nowfoundation.org/

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**SMART WOMEN VOTE!**  
*(Deadline to register to vote for general elections is Tuesday, October 9, 2012)*

**Gwen’s Bagels for Breast Cancer Awareness**

Show your support by choosing Gwen's Bagels. Gwen's Bagels are baked by the MSU Bakers to celebrate survivors and the memory of breast cancer victims like baker Rita Lyon's mother Gwen, who died of breast cancer in 1972. Gwen's Bagels are pink and ribbon shaped with dried cranberries and each and every bagel is hand made and baked fresh daily by Rita.

Available for delivery from October 1—31, 2012

$6.50 per half dozen

(When ordering online at: www.msubakers.msu.edu you may choose an up-charge, $1—$10, to be donated to the American Cancer Society).

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**Join the MSU Women’s Resource Center Team!**

**Making Strides Against Breast Cancer Walk**

*Saturday, October 27, 2012*

Kick-Off: 9:30 AM—Lansing State Capitol

Contact the MSU Women’s Resource Center for more information @ (517) 353-1635

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**A Free Haircut & Style is a beautiful thing!**

This October, in honor of breast cancer awareness month, J.C. Penney's is giving away FREE haircuts and styles to all breast cancer survivors. In addition, they will give $1.00 for every free cut and style they give (up to $50,000 total) to the Breast Cancer Research Foundation®.

**To Schedule an appointment, call:**

Lansing Mall—(517) 323-4000  
Meridian Mall—(517) 349-6912


Source: jcpenney.com
Prominent women know to have regular mammograms to check for breast cancer, but there are two types that are often missed by these routine check-ups and harder to identify and treat.

The first type is **Inflammatory Breast Cancer (IBC)**. This breast cancer is unique in that it does not produce a lump—a sign that can be caught by a simple self-exam in most cases. According to Health.com, the signs of IBC include swelling of the breast, sometimes up to a cup size in the span of a couple of days, the breast turning hot and red, and dimpling. "The skin may dimple and thicken in patches (much like the skin of an orange), or the nipple flattens or turns inward and the areola darkens," states Health.com. It is advised that if you have any of these symptoms to consult a doctor immediately.

CNN reports that IBC is a very rare form of cancer. On average, it affects 6,000 to 10,000 women each year and accounts for only one percent to five percent of all breast cancer cases. However, this type is found more often in younger women, especially those in child bearing years. This complicates things by often being misdiagnosed as mastitis—a benign and common form of breastfeeding complication. It is important to be aware of all possibilities and to consult a doctor if you have any concerns.

The second type of aggressive breast cancer is **Triple Negative Breast Cancer**. Triple negative accounts for approximately 15 percent of the 180,000 cancer diagnoses each year, and is particularly common in African American women, according to CNN. Unfortunately, oftentimes when breast cancer seems to be going into remission, this type recurs more aggressively. Experts are attempting to find the cause and treatment for this intense form of cancer.

Dr. Funmi Olopade, a professor of medicine at the University of Chicago, said "what makes it different from other types of breast cancer is that women with the disease lack three hormone receptors known to fuel most breast cancer tumors: estrogen, progesterone and HER2," reports CNN. This means that patients cannot be treated with hormone therapy.

Dr. Olopade suggests to talk to your doctor about performing a risk assessment for gene BRCA1—a gene that is thought to have a high link to triple negative breast cancer—as early as age 25.


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**Be Breast Cancer Aware in Men??**

Lydia Kauppi

When one thinks of breast cancer, one will inevitably think of breasts, and therefore women—which means breast cancer is highly thought of as a female problem. But even though it is much less common, breast cancer also occurs in men. This is because while there is certainly more breast tissue to be found on a female, the composition of male and female breasts are very similar. The structures in the breast are called lobules, ducts, and stroma. Until puberty, young boys and girls have a small amount of breast tissue consisting of a few ducts under the areola. Upon the arrival of puberty, a girl’s ovaries produce female hormones, which cause the lobules, or milk-producing glands, to grow. At the same time, male hormones restrict the growth of breast tissue, so they also have ducts but few if any lobules. Breast cancer is far less common in men for a few reasons; there is much less breast tissue in which malignant tumors can grow, men’s breast duct cells are less developed than those of a female, and their breast cells are not constantly exposed to female hormones, which promote growth.

Whether you are male or female, you should always be aware of what your breast tissue normally feels like and note any changes. The American Cancer society estimates that about 2,000 new cases of invasive breast cancer are diagnosed in men, resulting in approximately 450 annual deaths. Again, while this only accounts for about 1% of breast cancer cases and there are certainly more prevalent health problems for men to also monitor, the point is that being aware of your body in it’s natural state is key to identifying when there is a suspicious mass that needs attention.

What You Need to Know About Absentee Voting

Absentee voter ballots are available for all elections. They provide voters with a convenient method for casting a ballot when they are unable to attend the polls on election day.

As a registered voter, you may obtain an absentee voter ballot if you are:
- age 60 years old or older
- unable to vote without assistance at the polls
- expecting to be out of town on election day
- in jail awaiting arraignment or trial
- unable to attend the polls due to religious reasons
- appointed to work as an election inspector in a precinct outside of your precinct of residence

A person who registers to vote by mail must vote in person in the first election in which he or she participates. The restriction does not apply to overseas voters, voters who are handicapped or voters who are 60 years of age or older. (Voting in person on one governmental level clears the restriction on the other levels. For example, if a voter subject to the restriction votes in person at a school election, the voter would be free to obtain an absentee ballot for the first state election in which he or she wishes to participate.)

Requesting an Absentee Voter Ballot

Your request for an absentee voter ballot must be in writing and can be submitted to your city or township clerk. (For assistance in obtaining the address of your city or township clerk, see http://www.Michigan.gov/vote). Your request must include one of the six statutory reasons stated above and your signature. You must request an absentee voter ballot by mailing the application, a letter, a postcard, or a pre-printed application form obtained from your local clerk's office. Requests to have an absentee voter ballot mailed to you must be received by your clerk no later than 2:00 p.m. the Saturday before the election.

Once your request is received by the local clerk, your signature on the request will be checked against your voter registration record before a ballot is issued. You must be a registered voter to receive an absentee ballot. Requests for absentee voter ballots are processed immediately. Absentee voter ballots may be issued to you at your home address or any address outside of your city or township of residence.

After receiving your absentee voter ballot, you have until 8:00 p.m. on election day to complete the ballot and return it to the clerk's office. Your ballot will not be counted unless your signature is on the return envelope and matches your signature on file. If you received assistance voting the ballot, then the signature of the person who helped you must also be on the return envelope. Only you, a family member or person residing in your household, a mail carrier, or election official is authorized to deliver your signed absentee voter ballot to your clerk's office.

If an emergency, such as a sudden illness or family death prevents you from reaching the polls on election day, you may request an emergency absentee voter ballot. Requests for an emergency ballot must be submitted after the deadline for regular absentee voter ballots has passed but before 4:00 p.m. on election day. The emergency must have occurred at a time which made it impossible for you to apply for a regular absentee voter ballot. Your local clerk will have more information about emergency absentee voter ballots.

Voting is one of the most cherished and fundamental rights in our country. If you are eligible to obtain an absentee voter ballot and cannot attend the polls on election day, use of the absentee voter ballot is strongly encouraged.

For an absentee ballot and additional information, visit: http://www.michigan.gov/sos/0,4670,7-127-1633-21037--,00.html

Don't know for sure if you are registered to vote and/or don't remember where to vote: Visit: http://www.michigan.gov/sos/0,4670,7-127-1633-49313--,00.html.

Source—Reprinted from http://www.michigan.gov/sos/0,4670,7-127-1633-21037--,00.html

Register and Vote - It's the American Way!

One of the greatest strengths of America is that all citizens are provided a voice through the voting booth. And every vote does count! Many an election has been won by a handful of votes or even just one vote.

But before you can vote in an election, you must be registered. Registering to vote is an easy process. In fact, Michigan was the first state in the nation to implement "motor/voter" registration, allowing residents to register to vote at any Secretary of State branch office. Today, over 88 percent of all eligible voters are registered.

To register, you must be a U.S. citizen, at least 18 years old by election day and a Michigan resident. Any Secretary of State branch office or county, city or township clerk's office can register you. In addition, specified agencies providing services through the the Department of Human Services, the Department of Community Health, the Michigan Jobs Commission, and military recruitment centers also provide voter registration services.

You may also register to vote by mail - forms are available at your local clerk's office or from the Secretary of State web site. If you register to vote by mail, and you have moved to a new voting jurisdiction or are registering for the very first time, you must vote in person in the first election in which you participate. The only exceptions are if you are 60 years old or older, disabled as defined by law or temporarily living overseas.

You also have the option of registering to vote when you renew your driver license by mail. Eligible drivers receive a voter registration application in the mail with their driver license renewal information.

As you can see, there are several options for you to choose from when registering to vote. But no matter where or how you register, you will vote in your assigned precinct in your hometown.

Help keep America strong - register to vote and then vote on election day. Tuesday, October 9, 2012—last day to register for November 6, 2012 election.

Source—Reprinted from http://www.michigan.gov/sos/0,4670,7-127-1633-27693--,00.html

October 2012
Calendar of Events

Tuesday, October 2, 2012: College Savings Comparison Program. 6:00PM—7:00PM, MSU Federal Credit Union, Farm Lane Branch—4825 E. Mt. Hope Road, East Lansing, MI. This session is geared toward parents and grandparents. Come out and learn about the Michigan Education Trust (MET) and the Michigan Education Savings Plan (MESP). Co-sponsored by the MSU Federal Credit Union and the MSU Women’s Resource Center. To RSVP, sign up at MSUFCU.org, pday@msufcu.org or 517-664-7725.

Wednesday, October 3, 2012: De-Stress at Your Desk. 12:00N—1:00PM, Lake Superior Room (3rd Floor) MSU Union Building. Speaker: Dr. Simone Raines, Creative Wellness. Come enjoy this interactive session and learn how to: Offset the effects of bad posture (neck flexor exercise, serratus anterior exercise); avoid bad posture (desk ergonomics, use of pillows and other supports, living/working “natural” in a man-made environment, eye exercises); manage daily stress (avoiding the mid-day slump, demystifying meditation, easy breathing exercises, employing color and creativity to brighten your workspace, snacks that boost energy). RSVP to the MSU WRC at: wrc@msu.edu or 517-353-1635.

Wednesday, October 3, 2012: Domestic Violence Awareness Month Candlelight Vigil. 6:30PM, Michigan Women’s Historical Center and Hall of Fame - 213 W. Malcolm X St., (formerly Main Street), Lansing, MI. Join us for an evening of healing, hope and action. For additional information, see ad on page 2.

Thursday, October 4, 2012: “Budgeting 101”. 12:00N—1:00PM, MSU Federal Credit Union, Farm Lane Branch—4825 E. Mt. Hope Road, East Lansing. Presented by Green Path Debt Solutions. Learn budgeting basics and how to reach your desired financial goals without creating new debt. Co-sponsored by MSUFCU and MSU Women’s Resource Center. To RSVP, sign up at MSUFCU.org, e-mail: pday@msufcu.org or phone (517) 664.7725. FREE and open to all!

Tuesday, October 9, 2012: Personal Image. 6:00—7:00PM, MSU Federal Credit Union, Farm Lane Branch—4825 E. Mt. Hope Road, East Lansing, MI. Speaker: Shelley Davis Mielock. Within a matter of seconds, others are making decisions about you based on your personal image. In this workshop, you will learn four secrets to taking control of your image. Co-sponsored by the MSU Federal Credit Union and the MSU Women’s Resource Center. To RSVP, sign up at MSUFCU.org, pday@msufcu.org or 517-664-7725.

Tuesday, October 9, 2012: LAST DAY TO REGISTER TO VOTE IN THE NOVEMBER 6, 2012 ELECTION! (See article, page 5).

Wednesday, October 10, 2012: 69th House Legislative District, Judge of the 30th Circuit Court and Judge of District 54B Forum. 6:30—8:45PM. Hannah Community Center Executive Conference Room. Co-sponsored by the Lansing Area League of Women voters, Capital Area Domestic and Sexual Violence Coordinating Council, Women’s Center of Greater Lansing and the MSU Women’s Resource Center. FREE and open to all!

Wednesday, October 17, 2012: “Mastering the Message”. 12:00N—1:00PM, Lake Superior Room (3rd Floor) MSU Union Building. Have you ever noticed how everything seems to boil down to communication? Your continued success often depends on your ability to communicate effectively and for a simple concept, communication skills can be skills can be tricky! Learn some simple skills to “Master your Message” assertively while cultivating cohesion and teamwork. You will be more productive, “heard” more accurately and fostering the spirit of collaboration at work and at home in no time! Speaker: Allison McClintick, Leader Development Organizational Trainer, Coach and Speaker. RSVP to the MSU WRC at: wrc@msu.edu or 517-353-1635.

Wednesday, October 17, 2012: Love Your Body Day! For more information, visit: http://loveyourbody.nowfoundation.org/.

Monday, October 22 , 2012: Making a STATEment: MSU Women in STEM. 3:00—9:00PM, Kellogg Hotel and Conference Center. ALL MSU alumnae (not just those working in the science, engineering, and technology fields) are welcome to attend. The conference is geared towards early to mid-career alumnae and will focus on professional development, leadership and entrepreneurship. Join us for this inaugural conference — an opportunity for you to: Engage and connect with other MSU alumnae working in science, technology, engineering, and math (STEM) professions; Expand your professional network; and Acquire tools and knowledge that can assist you in furthering your career objectives. Geared towards early to mid-career alumnae who currently work in government, corporate, entrepreneurial start-ups and small businesses, or non-profits, the conference program will include a keynote address, presentations, and breakout sessions that focus on three core areas: professional development; leadership; and entrepreneurship. Conference continues through Tuesday, October 24th. For conference details, visit: bit.ly/MSU-WOMEN-IN-STEM.

Tuesday, October 23, 2012: Making a STATEment: MSU Women in STEM. 8:00AM—4:30PM, Kellogg Hotel and Conference Center. Continued from Monday, October 22nd. For conference details, visit: bit.ly/MSU-WOMEN-IN-STEM.

Tuesday, October 23, 2012: She’s Got It: A Woman’s Guide to Saving and Investing. 11:30AM—1:00PM, Lake Superior Room, MSU Union Building (3rd floor). Learn how you can make your future flourish. Join us for a revealing trip through successful investing and saving strategies developed especially for you. Your money shouldn’t be sitting around doing nothing—and at this workshop, you won’t be either! FREE and lunch provided—limited to the first 50 registrants. To RSVP, register at: www.tiaa-cref.org/women or 1-800-732-8353. Sponsored by TIAA-CREF and the MSU Women’s Resource Center. (Program repeats on the 24th).

Tuesday, October 23, 2012: Sex(ism), Identity and Intimacy in a Pornographic Culture—A Special Presentation by Dr. Gail Dines. 7:00PM, RCAA Theater, Synder-Phillips Hall. From Internet pornography to MTV, popular culture bombards us with sexualized images of idealized women and men, and conveys powerful messages that help shape our sexuality. These pictures jump off the screen and into our culture and are now so common place that they seep into our gender identity, our body image and especially our intimate relationships. The result is not a more liberated, edgy sexuality, but a mass produced vision of sex that is profoundly sexist—a vision that limits our ability to create authentic, equal relationships that are free of violence and degradation. In this powerful multi-media presentation, Dr. Gail Dines uses examples from pornography, magazines, television shows, and movies to explore how masculinity and femininity are shaped by a consumer-driven image-based culture, and the ways public images spill over into our most private worlds. No RSVP necessary.
Wednesday, October 24, 2012: Follow-up discussion to October 23rd program, Sex(ism), Identity and Intimacy in a Pornographic Culture. 9:00AM—10:00AM, 201 International Center. Geared toward MSU students, however open to ALL. No RSVP necessary.

Wednesday, October 24, 2012: She’s Got It: A Woman’s Guide to Saving and Investing. 11:30AM—1:00PM, Lake Superior Room, MSU Union Building (3rd floor). Learn how you can make your future flourish. Join us for a revealing trip through successful investing and saving strategies developed especially for you. Your money shouldn’t be sitting around doing nothing—and at this workshop, you won’t be either! FREE and lunch provided—limited to the first 50 registrants. To RSVP, register at: www.tiaa-cref.org/women or 1-800-732-8353. Sponsored by TIAA-CREF and the MSU Women’s Resource Center.

Tuesday, October 23, 2012: “Understanding Your Credit Score”. 12:00N—1:00PM, MSUFCU Headquarters, 3777 West Road, East Lansing. Speaker: Laura Hosey, MSUFCU. Understand why your credit score is important and what factors may impact your score. To RSVP, sign up at MSUFCU.org, e-mail pday@msufcu.org or phone (517) 664.7725. Co-sponsored by MSUFCU and MSU Women’s Resource Center. FREE and open to all!

Thursday, October 25, 2012: Car Buying Workshop. 12:00N—1:00PM, MSUFCU Headquarters, 3777 West Road, East Lansing. Presented by Sherrill Freeborough, President of Freeborough Automotives (sfreeborough@drivefa.com). Co-sponsored by MSUFCU and the MSU Women’s Resource Center. To RSVP, sign up at MSUFCU.org, e-mail: pday@msufcu.org or phone (517) 664.7725. FREE and open to all!!

Saturday, October 27, 2012: Making Strides Against Breast Cancer Walk. Downtown Lansing, MI, kick-off at 9:30AM from the Capitol building. Visit: www.cancer.org/stridesonline for more details. Email: wrc@msu.edu if you are interested in joining the MSU Women’s Resource Center team!!

Wednesday, October 31, 2012: Happy Halloween!
CALL FOR PROGRAM PROPOSALS

2012 MSU Women’s Leadership Conference
“Attitude Is Everything—Lead With It”

Do you have a skill, interest or passion that would benefit the leaders of tomorrow? If so, please consider submitting a program proposal for the 2012 MSU Women’s Leadership Conference! We are looking for MSU faculty, staff, students, community leaders and MSU alumni to present a variety of workshops that will empower our undergraduate and graduate women students to pursue their leadership potential.

The 10th annual MSU Women’s Leadership Conference is scheduled for Sunday, November 18, 2012 at the MSU Union. This year’s conference theme is “Attitude Is Everything—Lead With It”. The conference attracts over 250 people, and last year offered 20 educational workshops in addition to many other features. We are also excited to announce that Carlotta Walls LaNier is this year’s keynote speaker. Ms. LaNier, a former Spartan, was the youngest member of the Little Rock Nine, the nine courageous African-American students who integrated Arkansas’ Little Rock Central High School in 1957.

If you would like to submit a program proposal, there are two ways to do so; online at: http://goo.gl/bErdH or you can get a hard copy at: http://wrc.msu.edu or at the MSU Women’s Resource Center, 332 Union Building. The deadline to submit a proposal is Monday, October 15, 2012 and presenters will be selected and notified by Monday, October 29, 2012.

The MSU Women’s Leadership Conference is coordinated by the Women’s Initiative for Leadership Development (WILD), a committee of student and staff volunteers. The conference is sponsored by Residence Education and Housing Services, Department of Student Life, the University Activities Board and the MSU Women’s Resource Center.

We hope you’ll consider sharing your knowledge and experiences and being involved with the 2012 MSU Women’s Leadership Conference!

Community Reuse Days
October 8—13, 2012
M—F, 7:00 AM—3:00 PM
Saturday, 9:00 AM—1:00PM

FREE Collection of Reusable Items
FREE Paper Shredding
FREE e-waste Collection
~ FREE Drop Off ~
Usable Furniture
Sporting Goods, Bikes
Books, Magazines, DVDs, CDs
Scrap Metal & Appliances
Holiday Decorations
Knick Knacks & Trinkets
Kitchen Items
Coffee Makers, Vacuums, Toasters
Personal Computers
Keyboard & Mouses
TVs & Monitors
Phones
Laptops, Printers
And MUCH MORE . . .

MSU Surplus
517-355-1723

Community Reuse Days. Materials will be sold, recycled or given away.

Source: www.msusurplusstore.com

10th Annual
MSU Women’s Leadership Conference
Call for Student Keynote Speaker
“Attitude Is Everything—Lead With It”
Sunday, November 18, 2012

• Are you an involved leader on and/or off campus?
• Are you successful in your academic work?
• And, do you want to speak at the conference?

Applications and additional information are available online at: www.wrc.msu.edu or by e-mailing: womenleadersmsu@gmail.com

Applications due by 5:00PM, Friday, October 19, 2012 to womenleadersmsu@gmail.com

October 2012
Announcements! Continued

Save The Date!

Men's Health, Wellness, & Fitness EXPO!

Thursday, November 8, 2012
11:30 AM—1:30 PM
MSU Union—Main Lounge

What Women Want to Know—What Men Need to Know

For Women & Men who care about the Men in their lives.

- Information
- Prizes
- Presentations
- Giveaways
- Demonstrations
- And more . . .

Stay tuned for more information . . .
@ http://wrc.msu.edu

“Money Doesn’t Grow on Trees but it’s roots are in good decisions”

She’s Got It:
A Woman’s Guide to Saving and Investing

A TIAA-CREF Financial Essentials Workshop

Learn how you can make your future flourish.

Join us for a revealing trip through successful investing and saving strategies developed especially for you. Your money shouldn’t be sitting around doing nothing—and at this workshop, you won’t be either!

TIAA-CREF’s workshop leaders will show you the simple secrets to saving more:

- Learn the core concepts that guide all investing, get motivated, build a plan and take action
- Find ways to take on life challenges without damaging future financial well-being
- Discover more about yourself with the Financial Personality Type Quiz
- Break down what your real goals are and learn how to reach them via group activities

Join us on:
Tuesday, October 23, 2012
11:30AM—1:00PM
Union Bldg., Lake Superior Room (3rd Floor)

OR

Wednesday, October 24, 2012
11:30AM—1:00PM
Union Bldg., Lake Superior Room (3rd Floor)

FREE & LUNCH PROVIDED!!

Save your spot today!
RSVP by calling, 1-800-732-8353 or online at, www.tiaa-cref.org/women by Wednesday, October 10, 2012. Limited to the first 50 registrants!

Sponsored by TIAA-CREF Financial Services and the MSU Women’s Resource Center.

ColorBlind, an inspirational musical stage play that will fill your soul with lots of laughter as it takes you on a journey into the lives of two different families' worlds.

Thursday, October 4, 2012—7:30PM
Michigan Theatre—124 North Mechanic Street, Jackson, MI

Information and tickets at: www.colorblindstageplay.com

October 2012