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

THE MICHIGAN STATE UNIVERSITY
COLLEGE OF OSTEOPATHIC MEDICINE
Presents: The Dr. William G. Anderson Lecture Series

SLAVERY TO FREEDOM
AN AMERICAN ODYSSEY

THE FIFTEENTH ANNUAL VISITING LECTURE SERIES
FEBRUARY 6th, 12th, 26th, 2015

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. For more than a decade, 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. Special thanks to William G. Anderson, D.O., whose invaluable participation enhances the excellence of these programs.

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

Having suffered more than 40 arrests, physical attacks and serious injuries, John Lewis is often called “one of the most courageous persons the Civil Rights Movement has ever produced.” He began participating in sit-ins at segregated lunch counters while a student at Fisk University, and in 1961, risked his life as a Freedom Rider to desegregate interstate transportation. By the age of 23, he was an architect of and keynote speaker at the historic March on Washington, and a founder and chairman of the Student Nonviolent Coordinating Committee. With Hosea Williams, he led the “Bloody Sunday” march across the Edmund Pettus Bridge in Selma, an event seminal to the passage of the Voting Rights Act of 1965. After his activism in the Civil Rights Movement, Lewis served as director for the Voter Education Project and was appointed by President Carter to direct more than 250,000 volunteers in ACTION. He was elected to the Atlanta City Council, and in 1986, he was elected to Congress. Currently, he is senior chief deputy whip for the Democratic Caucus, a member of the Ways and Means Committee, its Subcommittee on Income Security and Family Support, and is ranking member of the Subcommittee on Oversight. He is also a best-selling author and has received numerous awards, including the Medal of Freedom, the nation’s highest civilian honor, from President Obama and the only lifetime “Profile in Courage Award” ever granted by the John F. Kennedy Library Foundation.

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

Born in Harlem and raised in Jamaica, Harry Belafonte is legend for his artistic work as a singer, stage and screen actor, and producer. His RCA album “Calypso” made him the first in history to sell more than one million LPs, his first Broadway appearance in “John Murray Anderson’s Almanac” won him the Tony Award, and as the first black producer in television, he won an Emmy for his CBS production of “An Evening with Belafonte.” In cinema, “Carmen Jones” took top critical honors and attracted Oscar nominations. But he is equally known for his work for equality, peace and justice. A close friend of both Martin Luther King Jr. and Nelson Mandela, he was prominent in the struggle against apartheid and the freeing of Mandela from prison. He has served as the cultural advisor for the Peace Corps, and was named the UNICEF Goodwill Ambassador, and set in motion the wheels for “We Are the World.” He has received numerous awards, including the Kennedy Center Honors for excellence in the performing arts, the 1994 presidential National Medal of Arts, and those from a wide variety of cultural and religious groups. He holds honorary degrees from numerous colleges and universities.

Thursday, February 26th: Rev. Al Sharpton—Civil rights activist, president of National Action Network, author, radio and TV personality. 7:30PM, Wharton Center, Great Hall.

Known as an activist for justice “from the streets to the suites,” Al Sharpton was praised by President Barack Obama as “the voice of the voiceless and a champion for the downtrodden.” He heads the National Action Network, an advocacy organization in Harlem with more than 60 chapters nationwide. From his first sermon at age four, he has committed a lifetime to identifying, confronting and publicizing issues that need to be addressed, and then mobilizing thousands of people to create positive solutions: voter engagement, gun violence, jobs, corporate responsibility, immigration reform, health care reform, gay and lesbian rights and justice for individuals. Licensed as a Pentecostal minister at nine, he was appointed youth director of the Southern Christian Leadership Conference’s Operation Breadbasket in New York City at 13. By 16, he founded the National Youth Movement, organizing young people for voter registration, cultural awareness and job training. The author of The Rejected Stone: Al Sharpton and the Path to American Leadership, he is the host of the daily TV show “PoliticsNation” on MSNBC, a daily nationally syndicated radio show, “Keepin’ It Real,” two weekend radio shows, and weekly webcasts on the NAN site. Under his leadership NAN organized the National Action to Realize the Dream March in 2013, a 100-city vigil for Trayvon Martin, a New York march against stop and frisk policing and many more initiatives.
Mothers Under Attack
Lauren Dietz

Eight long years after Peggy Young was discriminated against and forced to take an unpaid leave from the United Parcel Service (UPS), her case finally climbed its way to the Supreme Court in December 2014. In 2006, Young had been in her 5th year driving for the United Parcel Service in Landover, Maryland. When she became pregnant, she was instructed by her doctor not to lift packages more than 20 pounds in weight. While Young’s job required her to be able to lift packages up to 70 pounds, she typically only dealt with small packages and envelopes and says she could have continued her regular work duties for months. UPS, however, denied her the continuation of her current work and refused to offer her alternative light duty. She was forced into immediate unpaid leave, losing healthcare coverage and all other benefits for the nine months of her pregnancy. Young later sued the United Parcel Service.

Her claim was that UPS had violated the Pregnancy Discrimination Act of 1978, which states that women affected by pregnancy, childbirth, or medical conditions should be treated the same as employees with similar abilities or inabilities to work. This act amended Title VII of the Civil Rights Act of 1964 to prohibit sex discrimination on the basis of pregnancy. At the same time Young approached UPS about obtaining lighter duty, UPS was already offering lighter duty—such as answering phones or working a desk job—to employees who were disabled, had suffered on-the-job injuries, or had lost their driver’s license. Employees could have lost their license for driving under the influence of drugs or alcohol and still would have received light duty over Young.

A woman should not be punished or forced to take an unpaid leave of absence as if her pregnancy is a disease. Not only did Young lose her primary source of income due to this discrimination, she was stripped of her healthcare coverage during a very critical period of both her and her child’s lives. Many pregnant women will work well into their final trimester because frankly, they really need the money. A lack of income and access to healthcare can put a very large burden on both mother and child. Not only can a low income affect the dietary requirements necessary for an unborn child to develop properly, it puts unnecessary stress on mother and child.

A related issue that could affect pregnant women and is closer to home is that of Michigan lawmakers considering the passing of a bill that would ban local governments from instituting mandatory wages, benefits, or leave time requirements (paid sick leave or family leave). The sponsor of this bill has admitted that he introduced the legislation in Lansing to obstruct activist organizations’ attempts to present paid sick leave legislation. Does every employee deserve the right to take time off work if he, she, or a loved one is sick? For additional information, visit engagemichigan.org.

Sources:
http://www.npr.org/2014/12/03/367835679/did-ups-discriminate-against-a-pregnant-worker-by-letting-her-go
**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).

“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, E-412. 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.

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**A Conversation with Assistant Vice President for Human Resources—Ms. Sharon Butler**  
Lydia Weiss

On Wednesday, January 28, 2015, the MSU Women's Resource Center and the Woman's Advisory Committee for Support Staff (WACSS), hosted the first ever "Conversation with the Assistant Vice President for Human Resources." This event provided a unique opportunity for MSU staff and faculty to directly interact with Assistant Vice President, Sharon Butler. 154 individuals attended this meaningful conversation and approximately 35 people submitted questions, which Butler answered candidly. Butler’s demeanor was straightforward and she was willing to hear feedback and new ideas.

Questions from the audience included concerns about graduate assistant stipends, performance evaluations, sick time accrual and Human Resource's new one-stop-shopping model at the "Solutions Center," among other topics. Butler employed her staff, present at the event, to keep notes regarding concerns and feedback. Some audience members after the event expressed hope that the questions that were raised would create positive changes in Human Resources. The MSU WRC and WACSS were proud to provide a space for the MSU community to create a dialogue between the Assistant Vice President and her campus constituents.

Stay tuned for details about the upcoming "Conversation with the Provost."

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**Giving Back . . .**

Join the Successful Black Women (SBW) of MSU as we make Valentine’s cards for the elderly. We invite you to create a Valentine’s card that will be given to someone living in a retirement/assisted living home. Materials/supplies will be provided. The goal is to make at least 250+ cards that will be distributed to individuals living in a retirement community by Meals-on-Wheels volunteers during the weekend of Valentine’s. We have until Wednesday, February 11th to reach our goal. Won’t you lend your time and creativity? Spartan faculty, staff, students and community, join us as we brighten the life of those who may be alone.

The Successful Black Women of MSU will be hosting Dorm Storms around campus so that you can meet the SBW Executive Board while you create your Valentine’s cards. For dates and locations, e-mail: SBW at successfulblackwomen@gmail.com. You may also stop by the MSU Women’s Resource Center (332 Union Building) between 8:30AM and 4:30PM, Monday-Friday through February 11th and create your card there.

We hope that you will join us in this simple act of kindness.

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**Check back often for additional pages of Wisdom, Words & Women**

Breaking news, events, programs and more . . .

http://wrc.msu.edu
EVENTS & RESOURCES

Tuesday, February 3, 2015: How’s Her Heart? 12:10PM—12:50PM, MSU Union Building, Lake Erie Room (3rd Floor). Join the MSU Women’s Resource Center for an informative presentation from Ms. Judy Nash, National Representative for WomenHeart—the National Coalition for Women with Heart Disease and learn the facts. RSVP to the WRC at wrc@msu.edu or (517) 353-1635.

Friday, February 6, 2015: Netflix and Caffeine Aren’t the Only Solutions. 3:00PM—4:00PM, MSU Union, Tower Room (4th Floor). Netflix and caffeine aren’t the only way to achieve (or struggle to achieve) work/life balance as a busy individual. Achieving work/life balance requires conscious effort and intentional practice. This session will engage participants to reflect on their current habits and identify strategies to advance and improve their time management skills. Undergraduate & graduate students are encouraged to attend! Presented by Leanne DeLosh, Graduate Assistant, MSU Department of Student Life & Lauren Koppel, Graduate Assistant, MSU University Activities Board. Hosted by the MSU Women’s Resource Center and Women’s Initiative for Leadership Development (WILD). RSVP to wrc@msu.edu or 517-353-1635.

Tuesday, February 10, 2015: Income Tax Prep. 12:00N—1:00PM, MSU Federal Credit Union – Farm Lane Branch, 4825 E. Mt. Hope Road, East Lansing, MI. This seminar serves as a how-to guide to getting your 2014 taxes prepared before the tax deadline of Wednesday, April 15th. Presented by Charles Amboy and Tom Bellgrah. To RSVP, sign up at MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSU Federal Credit Union and MSU Women’s Resource Center.

Wednesday, February 11, 2015: Income Tax Prep. 6:00PM—7:00PM, MSU Federal Credit Union – Farm Lane Branch, 4825 E. Mt. Hope Road, East Lansing, MI. This seminar serves as a how-to guide to getting your 2014 taxes prepared before the tax deadline of Wednesday, April 15. Presented by Charles Amboy and Tom Bellgrah. To RSVP, sign up at MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSU Federal Credit Union and MSU Women’s Resource Center.

Sunday, February 15, 2015: Mildred B. Erickson Fellowship Application Deadline. Applications for summer 2015 MUST be postmarked on or before the deadline date. For more information, see the ad on page 6.

Tuesday, February 17, 2015: Thriving by 35: Early Career Challenges. 12:00N—1:00PM, MSU Union Building, Lake Erie Room (3rd Floor). Are you a woman in the first five years of her career? The first moments in your career path can be critical and come with a host of challenges. Adjusting to a new department, getting ahold of your role in a fast-paced environment, and finding your balance between work and personal life can all cause stress. This workshop, presented by Andrea Ragan, Executive Director, Capital Area IT Council and recipient of Lansing’s “10 Over the Next 10” award, will provide tools for success as a young woman professional. RSVP to wrc@msu.edu or 517-353-1635.

Tuesday, February 17, 2015: Budgeting 101. 6:00PM—7:00PM, MSU Federal Credit Union – Farm Lane Branch, 4825 E. Mt. Hope Road, East Lansing, MI. Learn budgeting basics and how to reach your desired financial goals without creating new debt. Presented by Greenpath Debt Solutions. To RSVP, sign up at MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSU Federal Credit Union and MSU Women’s Resource Center.

Wednesday, February 18, 2015: “Should Women ‘Man Up’ to Succeed in the Workplace?” Choose one of two sessions (8:30AM—10:00AM OR 3:30PM—5:00PM), Eppley Center, E-412. 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. Hosted by the MSU Women’s Resource Center’s Women’s Networking Association.

Announcing . . .

Nelson Mandela Museum/MSU Museum Graduate Curatorial Fellowship

The primary goals of the NMMSUMGC 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 NMMSUMGC 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.

Join us on Facebook: Search: MSU Women’s Resource Center
Follow us on Twitter: www.twitter.com/MSUWRC
Follow us on Tumblr: msu-wrc.tumblr.com

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 and Kiana Elkins, Department Aides.

February 2015
De-“Fine”ing Women: 2015 is Your Year!

- Determine your Path!
- Share your Ideas!
- Celebrate your Instincts!
- Manifest your Vision!

Come join Regina Carey, M.Ed. (MSU Community) for a Women’s Collective. The intention is to share our goals for the New Year, discuss strategies for helping us move forward, create Vision Boards, and to celebrate common struggles, emotions, and every day responsibilities.

This group will meet on the last Friday for the next 3 months (Jan/Feb/Mar) from 9:00AM-10:00AM. in the Okemos Library Events Room. See the link below for more details and to register. You can come to one or to all sessions! Looking forward to connecting with you!

Call or Text 517-927-7115 to register and/or inquire
Email: coachmecarey@gmail.com
Visit: http://www.reginacarey.com/events/

February, 2015
8:00PM—Pasant Theatre

Saturday, February 28, 2015
2:00PM & 8:00PM—Pasant Theatre

Wharton Center for Performing Arts

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

For more information and to purchase tickets, visit: http://www.whartoncenter.com/events/detail/the-vagina-monologues-1.

Celebrate Valentine’s Day with a loved one, friend, or family member by racing in the couples division or race solo on a fast course through campus. Sparty always make an appearance, and post race food, raffles, hat, and awards included. Runners and walkers welcome. Register online by February 1st to guarantee a hat.

COSTUME CONTEST: Be the most ridiculously “Valentinsey” person in the race to win!

Saturday, February 14, 2015
10:00AM—Start Time
MSU Auditorium

Register Online @ https://runsignup.com/Race/MI/EastLansing/HeartThrob5krun
Advancing gender equity through education and access to resources.

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.

Happy Valentines from the MSU Women's Resource Center

Scholarship Deadline

The Mildred B. Erickson Fellowship is accepting applications for Summer Semester 2015. Applications are available via website: wrc.msu.edu (click on the “Scholarships” tab and print the application. The application deadline is Sunday, February 15, 2015. Applications MUST BE returned to the MSU Women’s Resource Center (49 Abbot Road, 332 Union Bldg., East Lansing, MI 48824) with all required documents as noted on the application checklist. Mailed applications must be postmarked by the deadline. Hand-delivered applications can be returned by 5:00PM, Friday, February 13, 2015 or may be slid under the MSU Women’s Resource Center’s office door through Sunday, February 15, 2015.

Race for the Place is the largest annual fundraiser for MSU Safe Place and allows their program to continue to provide vital services to the members of the MSU and greater Lansing communities who experience relationship violence and stalking.

The Race for the Place 5K course takes place on the beautiful campus of Michigan State University. Race for the Place is a fun-filled family event, with events for kids of all ages, MSU varsity athletes participation and a visit from Sparty!

Entry Fee
On or before March 31, 2015: $25.00
After March 31, and Race Day: $30.00
MSU students with valid ID or under age 18: $20.00
Group discount (up to 4 individuals) must register together in person or by mail: $60.00.

Kids Run 100-Yard Dash
The FREE Dash starts at approximately 1:45 p.m., after the 5K, and is open to kids 6 and younger. All participants receive a ribbon and special prizes.

Kids One-Mile Fun Run
The One-Mile Fun Run will start immediately following the 100-yard dash. Boy and girl top finishers will be awarded a first-place medal. This run is open to kids 12 and younger. All participants receive a medal and special prizes. $15 entry fee includes a short-sleeved t-shirt with pre-registration.

Volunteer Opportunities
Volunteers are needed between 9:00AM—3:00PM on Race Day. If you would like to volunteer for Race for the Place, contact Alyssa Baumann, Volunteer/Advocacy Coordinator, at baumann9@msu.edu or 432-9570.

For more information or to register, please visit: http://safeplace.msu.edu/race-for-the-place-5k or follow Race for the Place on Facebook.

The MSU Women’s Resource Center Presents...

**How’s Her Heart?**

- 267,000 women die each year from heart attacks, which kill six times as many women as breast cancer.
- 837 women die each year of congestive heart failure representing 62.6% of all heart failure deaths.
- The age-adjusted rate of heart disease for African–American women is 72% higher than for white women.
- The average age for women who have heart attacks is 70.4.

**Presenter:** Judy Nash, National Representative

WomenHeart—The National Coalition for Women with Heart Disease

Tuesday, February 3, 2015

MSU Union Building, Lake Erie Room (3rd Floor)

12:10PM—12:50PM

**RSVP to wrc@msu.edu or 517-353-1635 by 10AM day of event.**
HOT OFF THE PRESS!

How to be Sexy and Safe

Join Red Cedar Black Caucus, LBGT Resource Center, SARV, Olin Health Center and more for our HIV/AIDS informational.

We will be discussing and educating on ways to protect yourself, various facts about sex, STDs and being safe.

The event will be held Tuesday, February 3, 2015, Snyder/Phillips, RM 202, from 7:00PM – 9:00PM. Also, there will be Goody Bags for everyone who comes!
HOT OFF THE PRESS!

Netflix and Caffeine Aren’t the Only Solutions

Friday, February 6, 2015
MSU Union, Tower Room (4th Floor)
3:00PM—4:00PM

Netflix and caffeine aren’t the only way to achieve (or struggle to achieve) work/life balance as a busy person. Achieving work/life balance requires conscious effort and intentional practice. This session will engage participants to reflect on their current habits and identify strategies to advance and improve their time management skills.

Undergraduate & graduate students are encouraged to attend!

Presented by Leanne DeLosh, Graduate Assistant, MSU Department of Student Life & Lauren Koppel, Graduate Assistant, MSU University Activities Board. Hosted by the MSU Women’s Resource Center and Women’s Initiative for Leadership Development (WILD).

RSVP to wrc@msu.edu or 517-353-1635.
Save the Date!

2015 WACSS Forum & Resource Fair
Online registration available in February!

Monday, March 23, 2015

Celebrating and Empowering Women Support Staff at MSU

We invite you to attend the annual spring forum of the Women’s Advisory Committee for Support Staff (WACSS) and be a part of celebrating and empowering women support staff at MSU! This year’s event will have a new twist, be energizing, engaging, and highly motivational. You will also have an opportunity to network with your peers, hear from MSU leadership, and receive answers to your questions.

Mark your calendar for Monday, March 23, 2015 from 10:00 a.m. - 12:00 p.m. at the Kellogg Center.

Registration and a networking mixer will occur from 9:15-10:00 a.m. Registration information will be posted at www.wacss.msu.edu the second week of February.