

# WO+manifesto

NEWSLETTER OF THE MSU WOMEN'S CENTER

October 2011

## Get Involved: The Many Benefits of Co-curricular Activities!

By Kelsey Joronen and Betsy Danforth

As students complete their college careers, the importance of resume building and involvement in co-curricular activities becomes crystal clear during the mad job search. Why not get involved right now? There are numerous (about 135 and counting) registered MSU student organizations that can most certainly use your talents and skills. The benefits of volunteering and working with a student group on campus are numerous. Use your talents and skills, make new friends with similar interests, find new interests, gain useful organizational skills and work experience, and, most importantly, HAVE FUN! Join Bobcats 4 Bozeman and help with community projects around our town; join the Philosophy Society and help coordinate the A-Z lectures on campus; join the Cycling Club and get out on rides with some new friends; join Engineers Without Borders and help bring clean drinking water to primary schools in Kenya; check out the Friends of Local Foods club and raise awareness about local foods and sustainability here in our community; or join the newly established Amnesty International organization and help raise awareness about the existence of human rights abuses around the world. The opportunities are endless!

It is commonly known that extra- or co-curricular activities engage students in ways that academics often do not. Students who actively pursue involvement in activities outside their studies tend to remain in school longer (helping retention rates), receive better grades, learn important life lessons, build character, learn useful lifelong skills, feel more connected to their university or college (making them more generous and active alumni), and build important personal and professional relationships. Co-curricular involvement, concluded Mary Rombokas (who conducted research on high school

extracurricular activities and students' continued involvement in college) enhances not only the social development of students, but also their intellectual development.

The department of Student Activities is responsible for the overall functioning of registered student organizations. If you are interested in researching the wide variety of MSU student organizations, check out their website at [www.montana.edu/studentactivities](http://www.montana.edu/studentactivities). As Director Patty McGowan points out, involvement with student activities provides an education outside the classroom through experiential learning. Skills students develop while engaging in co-curricular activities include time management, delegating, leadership, learning to follow policy and procedure, event planning, critical thinking, budgeting, and an awareness of social issues.

The Women's Center co-sponsors events with a variety of student organizations including: MSR- Men Stopping Rape, Students for Choice, TRIOTA -MSU's chapter of the National Women's and Gender Studies Honor Society, MASH- Montana Advocates for Sexual Health, SASA-Students Against Sexual Assault; QSA- Queer-Straight Alliance, and Amnesty International. These social justice and health promotion organizations raise awareness around sensitive topics or social issues that are often overlooked or ignored. Each works to highlight the need for social justice and progress, and hopes to raise students' sensitivity to many significant issues while celebrating cultural diversity.

Do you have the desire to support a good cause and feel connected to your campus community? Think about what matters to you, and figure out how you can make MSU and the world a better place. There are many opportunities for co-curricular involvement that facilitate positive change. So, be proactive, make new friends, have fun, and get involved!

# Sack Lunch Seminars

## October / November

### October 12

#### **Homicide and Domestic Violence**

**SUB 168**

By the mid 1990's, approximately fifteen hundred women were murdered each year by an intimate partner. Tragically, this number has continued to rise over the past fifteen years, and has impacted many people in our state and community. In honor of Domestic Violence Awareness Month, members from the MSU VOICE Center and HAVEN will explore the causes of homicide in domestic violence cases, and examine the warning signs that could potentially lead to relationship violence. (1,000 Champ Change points!)

### October 26

#### **Bosom Buddies**

**SUB 168**

October is Breast Cancer Awareness Month. We now know through research that mental health and support contribute greatly to healing and good health. Join us for this panel discussion offered by "Bosom Buddies," Bozeman's breast cancer survivor support group. Members will share their experiences with breast cancer, give helpful tips for those recently diagnosed, and discuss the wonderful support offered by this long-standing group. (Champ Change TBA)

### November 2

#### **Getting A.L.I.C.E. Out of Wonderland**

**SUB 168**

Here A.L.I.C.E. refers to women who are "Asset Limited, Income Constrained, and Employed." This Sack Lunch Seminar, presented by Diane Ehernberger, Treasurer, and Corky Bush, Vice President of Montana Women's Lobby, will address the serious financial challenges faced by many of today's working women in Montana, even those who have fulltime jobs. Diane and Corky will discuss this disturbing trend as well as possible solutions. (Champ Change TBA)

### November 9

#### **Native Women Warriors**

**Historical and Modern**

**SUB 168**

This Sack Lunch, presented by Veronica Maday, a graduate student at MSU who served in the U.S. Army for five years and is currently researching Native Women Warriors and Native Women Veterans for her master's thesis, will explore historical Native Women Warriors, gender roles, and their effect and influence in the many conflicts of the United States. Veronica will also examine Native Women veterans and soldiers in modern times and will look specifically at identity, challenges, and accomplishments. (Champ Change TBA)

### November 16

#### **Homeschooling Your Children in Bozeman**

**SUB 168**

Join us for this panel discussion, lead by Heleen Bloethe, about the benefits and challenges of homeschooling, and find out why more families are choosing this option. Several parents and their homeschooled children will share their ideas and methods, challenges and successes as educators and students learning in the home. (Champ Change TBA)

### November 30

#### **AIDS: 30 Years and Counting**

**SUB 168**

In honor of World AIDS Day, December 1st, Laura Mentch, Health Educator at bridgercare, will present this look at HIV/AIDS 30 years after doctors first observed symptoms of what we now know as HIV/AIDS. Join us for a look at this pandemic in the United States and around the world, and listen to voices of those living with HIV in our community today. (Champ Change TBA)

**Receive Champ Change for all Sack Lunch seminars now! Check out**

**[www.champchange.com](http://www.champchange.com) to find out how many points each seminar is worth. See you there!**

## October is Domestic Violence Awareness Month—Every Home a Safe Home

All events are free and open to the public.

\* **Wednesday October 12<sup>th</sup>: SUB 168 @ noon**--Women's Center Sack Lunch Seminar: Domestic Violence and Homicide, presented by the VOICE Center and HAVEN

\* **Tuesday, October 18<sup>th</sup>: HAVEN's 33<sup>rd</sup> birthday party, 5:00-7:00 p.m., Baxter Hotel.** Come meet HAVEN's new Executive Director and learn how you can help. Birthday presents from our wish list are requested (no need for wrapping) and refreshments will be served!

\* **Thursday, October 20<sup>th</sup>: 6:00 – 7:30 p.m., SUB Ballroom C.** The MSU VOICE Center and HAVEN offer this speak-out for anyone who has been affected by domestic violence immediately followed by a candlelight vigil. This evening of remembrance honors victims of domestic violence and celebrates the courage and strength of survivors.

\* **The Clothesline Project: MSU campus, October 17-21**-- This exhibit features t-shirts painted by victims of abuse and partner violence.

\* **Saturday, October 22<sup>nd</sup>: Chalk the Walk, Downtown Bozeman, 11:00 a.m.-1:00 p.m.**--HAVEN and community supporters will chalk the downtown sidewalks to share positive reflections on respect and healthy relationships. Join us and share your thoughts on love and support!

\* **Sunday, October 23<sup>rd</sup>: HAVEN Trivia Night! 5:00-7:00 p.m. @ 406 Brewing Company:** Back by popular demand—join us for a FUN evening of trivia featuring DJ Missy O'Malley! Donations suggested!

### QSA UPDATE:

MSU's Queer-Straight Alliance is a student-run organization devoted to developing community, fostering education, and empowering action. Members are diverse individuals who share the belief that Lesbian, Gay, Bisexual and Transgender people are equal members of the MSU community. There are lots of exciting QSA events happening this Fall, so be sure to mark them on your calendar!

#### Weekly meetings:

Where: Room 233 or 168 in the SUB

When: Every Monday at 7pm (excluding holidays and summer break).

#### Fall Charity Drag Show

The Fall Charity Fundraising Drag Show on Saturday, October 8<sup>th</sup> will be raising money for QSA, AIDS Outreach and Pride Foundation. The show will be @ 7-9pm in the SUB Ballrooms (doors open @ 6:30) and will be followed by a dance. Buy your tickets now at <http://www.montana.edu/qsa/>

#### FILM SCREENINGS:

"Hedwig and the Angry Inch" will show at the procrastinator @ 7 p.m. October 13-18.

The Diversity Awareness Office and QSA will screen two additional films to commemorate National Coming Out Day (October 11<sup>th</sup>). Both will be shown on **Wednesday, October 12<sup>th</sup>**. The first is called "You Are Loved," and is a documentary chronicling the Montana PRIDE! Celebration, and will be shown at 7 p.m. This will be followed by "Living Two Spirit: Montana Gathering Reflections," a documentary chronicling a gathering of Native two spirits.

#### BUTTE COPPER CITY DRAG SOIREE:

Saturday October 22<sup>nd</sup>, the lovely community of Butte will be hosting the 1st Annual Copper City Drag Soiree. This show will join all of Montana's LGBT Organizations for a fun filled, entertaining, and wild night! The purpose of this gathering is to thank all the organizations in the Montana LGBT community, and to allow for an opportunity for those organizers to sit back, relax and enjoy themselves!

# Birth Control ROCKS!

By Hannah Arends

As an influx of bright young minds flood our lovely town and campus, an all too familiar concern plagues them. Opinions about sexual activity may vary, and obviously, abstinence is always an option, but many students are unaware of the resources available that can help them avoid unintended pregnancies and sexually transmitted infections.

The definition of contraception in condensed terms reads: "prevention of conception" (Second College Edition of the American Heritage Dictionary)-- a more detailed definition includes the intentional prevention of conception by artificial or natural means. In layman's terms, it means a person intentionally (and wisely, I might add) takes control of their sexuality by making choices to protect against unintended pregnancies and sexually transmitted infections, or STI's. Below are brief descriptions of some methods currently available:

**Condoms-** There are both male and female condoms available. These are usually made of Latex, but can also be made of lambskin (although it should be noted that these do NOT protect against HIV/AIDS)—this is a barrier method of contraception and protection.

**Hormonal options-** although historically, the only method of hormonal birth control was an oral contraceptive option, known as "the pill," there are now various forms of hormonal contraceptives. A prescription is needed for "the pill," and this method requires taking a pill every day. Also available is an injection administered by your doctor called **Dep—Provera**. Both the pill and Dep-Provera work by altering the body's rhythm by stopping ovulation and implantation--in other words by making your body think you are pregnant-- ingenious! The **NuvaRing** contains two types of hormones: estrogen and progestin, which work together to prevent your ovaries from producing mature eggs. The NuvaRing begins releasing hormones once it comes into contact with your vagina. The hormones are absorbed and distributed into your blood stream.

**Spermicide-** Is a chemical, called nonoxynol-9, which is placed against the cervix in the vagina to kill sperm—this method is often used with barrier methods such as diaphragms, condoms, and cervical caps.

**Diaphragms and Cervical Caps-** Barrier methods which are placed in the vagina to cover the cervix, thus blocking the cervical opening to avoid letting sperm enter. Be sure to use with spermicide!

**Intrauterine Device, or IUD,** is a small device (either plastic or metal) placed inside the uterus that prevents pregnancy by changing the environment of the womb.

**Emergency Contraceptive or "Plan B"**- In case your birth control method fails, Plan B is a series of two pills which can be taken up to 72 hours after unprotected sex as a preventative measure against pregnancy. EC works by either preventing the ovary from releasing an egg, or stopping the connection between sperm and egg.

**Here are some great (affordable) places to find these methods:**

**MSU Student Health Service-** Offers birth control, emergency contraception, sexual health exams, pregnancy tests, STI checks/ treatment, and confidential HIV testing.

**bridgercare-** Formally Bridger Clinic—is a wonderful community reproductive health clinic, and always welcomes new clients and, of course, donations. Offers sliding fee scale based reproductive health care for men and women, birth control, emergency contraception, sexual health exams, pregnancy tests, STI checks/ treatment, and anonymous HIV testing.

**Condom Jars-** are often placed around town and on campus. Yes, they contain free condoms, and can be found at the Women's Center, Cactus Records, Sacks, and Erotique. You have NO excuse to ever be without a condom!

Being knowledgeable and proactive about your reproductive health helps make sex more fun and worry-free. Just know what's out there and how to protect yourself!

## Thank You to Donors!

*Thank you all so much for your donations to our "Twenty-eight Dollars for 28 Years" campaign. I am truly overwhelmed by the generous support shown by all our friends. It warms our hearts to know that you are out there rooting for the Women's Center! With your generosity, we have raised over \$1,000 toward new library resources, programming, and educational efforts!*

\* Wendy Bianchini \* Sheri Blackwood \* Phyllis Bock \* Dorothy Bradley \* Corky Bush \* Katie Cady \* Christy Baldner Castronovo \* Kathy and Butch Damberger \* Jill Davis \* Mari Dominguez \* Dorothy Eck \* Joseph & Wendy Fedock \* Patricia and Geoff Gamble \* Karen Grigry \* Rolf and Jaynee Groseth \* Deborah Haynes \* Julie Hitchcock \* Glenniss Indreland \* Sheila and Mike Joronen \* Brad Kempf \* D'Arla King \* Julie Kipfer \* Colette and Steve Kirchhoff \* Edis Kittrell \* Matthew and Kristi Lavin \* Michelle Maskiell , Billy and Sage Smith \* Kristy McFetridge \* Carmen McSpadden \* Mary Murphy \* Nancy O'Neil \* Pat Oriet \* Shaun Phoenix \* Adele Pittendrigh \* Martha Rotella \* Lynda and Michael Sexson \* Becky Sheehan \* Jenny Swick \* JoAnne Troxel \* Julie Videon \* Clarice Walters \* Frances Weatherly \* Bill Wyckoff \*

### TRIOTA National Honors Society

TRIOTA is an honor society for students with an interest in women's and gender studies. You may know that the Women's and Gender Studies minor here at Montana State is still developing. We feel that adding an honor society at MSU will help bring attention to this program, as well as offer recognition to students studying in the minor. In order to join TRIOTA, students must hold a 3.0 cumulative GPA and should have completed at least two Women's and Gender Studies classes. The new chapter of TRIOTA was founded by students and will be student run. We hope to bring attention to gender issues and support and recognize students who excel in women's and gender studies. Please keep an eye out for upcoming TRIOTA events--we would appreciate your support!

#### Women's Center Staff

Director: Betsy Danforth  
Assistant: Krystal Fischer  
Assistant: Kelsey Joronen  
Volunteer: Annah Arrasmith  
Volunteer: Hannah Arends

#### October is...

- National Breast Cancer Awareness Month
- National Domestic Violence Awareness Month
- National Coming Out Month
- National Farm to School Month

Be sure to keep an eye out for special events and programs!

### Women's Center On-Line!

Check out new additions to our website @<http://www.montana.edu/wwwwomen/>  
AND, we are on Facebook! Show how much you "Like" us! @  
<http://www.facebook.com/pages/MSU-Womens-Center/55313816866>

## October is National Farm to School Month!

Help to ensure our children obtain the highest quality food at school, help foster local farm job growth, and create local economic development. Coming at a time when the Child Nutrition Act is up for the final vote, the confirmation of October as National Farm to School Month demonstrates a commitment to healthy children, land, and communities. Farm to School programs should be recognized as a proven effective

strategy that can provide immediate and long-term benefits to child health, small and medium-sized agricultural producer income, and community economic development! This win-win program is a no-brainer!



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***Support our local Gallatin Valley Farm to School program by checking out their website at [www.gvfarmtoschool.org](http://www.gvfarmtoschool.org) and purchasing items from local farmers and vendors!***

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**M** MONTANA  
STATE UNIVERSITY  
Women's Center  
372 Strand Union Building  
Bozeman, MT 59717-2100

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