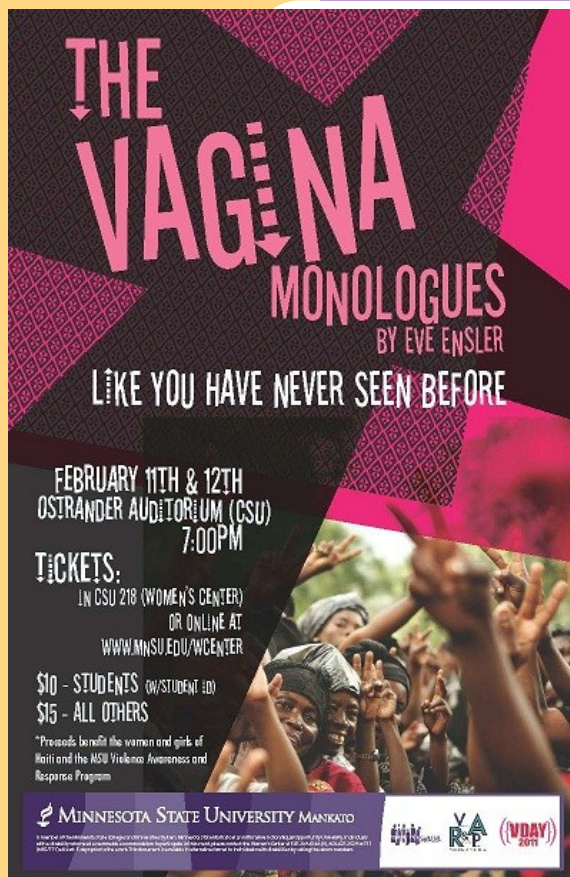


Women's Center News

VOLUME 3 ISSUE 5

FEBRUARY 2011



Hello Everyone!

February is shaping up to be a huge month for The Women's Center! We are looking forward to another fantastic production of *The Vagina Monologues*, which we present every February in partnership with V-Day, the global campaign to end violence against women and girls. This year, the spotlight is on the women and girls of Haiti. When you buy a ticket to see the MSU-Mankato production of *The Vagina Monologues*, or purchase any of our TVM merchandise, the proceeds are donated to programs that provide services and aid to the women and girls in Haiti who are affected by sexual violence, as well as our own Violence Awareness and Response Program.

The Vagina Monologues performances are:
February 11th and 12th at 7:00 pm in the
Ostrander Auditorium (CSU)

Tickets are available online at <http://www.mnsu.edu/wcenter> or in person at The

Women's Center - CSU 218

\$10 for students with a MavCard and \$15 for all others

Sponsored by: Asian American Affairs, Coffee Hag, Department of Residential Life MSU, Mankato, MSU's Women's Center, Nontraditional Student Center, Pub 500, The Smitten Kitten and YWCA-Mankato

T-Shirts for *The Vagina Monologues* 2011 are only \$15! Pre-order a shirt today! You can place an order at the Women's Center (CSU 218) with cash or check, payable to MSU's Women's Center during office hours. The deadline to order t-shirts is Tuesday, February 8 at 4:30pm





The members of PEACE are still looking for new members and are very excited about the bookings that they have thus far!

PEACE is also having a bake sale this Thursday (Feb 3rd) from 11 to 12 in the CSU. Look for future fun events where you can meet the new members of peace! If you are interested in getting involved or booking please contact Megan Rae at megan.rae@mnsu.edu

The Spring 2011 Troupe is: Sara Gage, PJ Crowley, Beth Madsen, Molly Tucker, Mina Johnson, Jen Kopischke, Megan Kadlec and Zan Christ!!

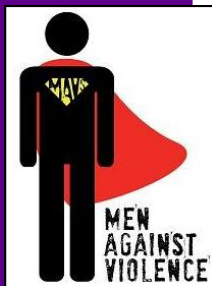


The women's mentoring program is still accepting applications for Mentees to participate in our wonderful one-on-one mentoring program. Please spread the word to women who are non-traditional women coming back to school. Stop by the Women's Center office at anytime to pick up applications. Please contact our RWMP Coordinator, **Heather Venem** at heather.venem@mnsu.edu if you have questions.

Spring 2011 Discussion Group Schedule (contact our RWDG Coordinator, **Natasha Kaiser** at Natasha.kaiser@mnsu.edu with questions)

All meetings are from 4 to 5 pm:

February 4th in CSU 256; February 18th in CSU 191; March 4th in CSU 256; March 18th in CSU 256; April 1st in CSU 256; April 15th in CSU 256 and April 29th in CSU 191



Join Men Against Violence (MAVs), the student-run group of men who are committed to ending violence on campus and in the community.

For more information, contact Brett Gray at brett.gray@mnsu.edu or stop by CSU 218.

MAVs meetings are held on Wednesdays at 8pm in Armstrong 219 for the Spring 2011 semester.



Chisholm '72: Unbought and Unbossed film showing today! In honor of Black History Month, the African American Affairs program and the Women's Center are sponsoring a film documenting the inspiring career of Shirley Chisholm who was the first African American woman to serve in Congress and run for President of the United States. Join us **today (Tuesday, February 1st) at 6 pm in Ostrander Auditorium.**

Supported by SAF Funds

Running Women: How to Campaign for Student Senate

Did you know that only 6 of the last 30 presidents of the Minnesota State Student Association have been women? Are you a woman student who wants to make change? Have you thought about running for student senate? Want to learn more about how to run a campaign? Join us for a great evening of learning, conversation, and networking where you will learn how to organize a campaign and hear from women who have been involved in student government. Free to MSU students.

Supported by SAF Funds.

Friday, February 25th

3:00 to 9:00 pm (dinner provided)

CSU Heritage Room

RSVP required by Feb. 18th: Please visit the Women's Center, call 507.389.6146, or email kerry.diekmann@mnsu.edu for more information and to register.



The **Women of Action Committee** is off to a great start this semester, and it is not too late to be a part of this amazing group! Please join us at our upcoming meetings, and/or contact Kerry Diekmann at kerry.diekmann@mnsu.edu for more information.

Tuesday, Feb. 1st at 3 pm (AH 304)

Monday, Feb. 7th at 7 pm (CSU 191)

Tuesday, Feb. 15th at 3 pm (CSU 191)

Monday, Feb. 21st at 7 pm (CSU 191)

Tuesday, Mar. 1st at 3 pm (CSU 256)



Embrace will allow international women to explore topics pertinent to their academic and personal lives. Embrace will provide a space for women to connect across all cultures, identities, and experiences by providing opportunities to meet others, build friendships, have a support system, and embrace diversity.

Embrace

It is your group to discuss what matters to you.

Discussion group: Building a sense of community for international college women

Join us this semester

TUESDAYS @ 11:00am-12:00pm

THURSDAYS @ 3:00pm-4:00pm

February

8 – CSU 204

17 – CSU 285

22 – CSU 204

March

3 – AH 202

15 – CSU 204

17 – CSU 285

22 – CSU 204

31 – CSU 238

April

5 – CSU 238

14 – CSU 285

19 – CSU 285

28 – CSU 285

Contact Sahra Ali at sahra.ali@mnsu.edu



Farhiya's Health Corner!

By Farhiya Muse

We would like to introduce a new column to our newsletter. Farhiya Muse, our program intern, will be informing us each month with some health related news and facts. This month, the focus is on heart health:



Source: Google Images

Facts About Heart Disease For Women.

- ◆ Accounting for a third of all deaths in women, globally, each year 8.6 women die from heart disease.
- ◆ After suffering a heart attack, women are twice as likely as men to die within the first few weeks.
- ◆ Compared to 24% of men, 42% of women who have heart attacks die within 1 year period.
- ◆ Women's heart attacks are twice as likely as men's to be deadly under age 50.
- ◆ Killing six times as many women as breast cancer, 267,000 women die every year from heart attacks,
- ◆ Heart attacks occur among those women who have no history of chest pain which accounts for nearly two-thirds of the deaths.
- ◆ The most common type of heart disease within women is Coronary heart disease.
- ◆ "435,000 American women have heart attacks annually; 83,000 are under age 65; 35,000 are under 55. The average: 70.4."

(Women's Heart Foundation)
http://www.womensheart.org/content/HeartDisease/heart_disease_facts.asp



**Minnesota State University,
Mankato - Women's Center**

Centennial Student Union - 218
Minnesota State University, Mankato
Mankato, MN 56001
Phone: 507.389.6146
E-Mail: blythe.newburg@mnsu.edu

For anyone. Anytime.



Sahra Ali - Violence Awareness & Response Program
Intern

Sandra Bunde - Office Manager

Rachel Compart - Office Assistant

Kerry Diekmann - Program Coordinator

Natasha Kaiser - Returning Women's Discussion Group
Coordinator

Som Mongtin, M.Ed. - Violence Awareness & Response
Coordinator

Whitney Moore - Program Assistant

Farhiya Muse - Women's Center Program Intern

Blythe Newburg - Marketing Coordinator

Sarah Peterson - Graphic Artist

Savanna Peterson-Wahl - Office Assistant

Megan Rae - Peer Education Theatre Troupe Coordinator

Heather Venem - Returning Women's Mentoring
Program Intern

Dr. Wanda Viento - Director

**eliminating racism
empowering women**

ywca

The YWCA's Walking in Two Worlds International Festival of Fashion will be on February 21st at Red Sky Lounge in Mankato from 5:30-8:30. Proceeds support the Walking in Two Worlds program.

Celebrate Mankato's rich diverse community through fashion, conversation, artistic talents of local immigrants and appetizers from around the world!

Tickets are \$25 for YWCA members, \$35 for non members.
Win a trip to Belize!! Raffle tickets are \$50.