



SACK LUNCH SEMINARS

FALL 2009
wednesdays noon to 1pm
sponsored by the

MSU WOMEN'S CENTER



➔ **SEPTEMBER 16**
Women of the Iris Garden: Danforth Park Revisited
SUB 168

"Students for Danforth Park" will share the history of the movement by MSU women in 1929-1930 to create the Iris Garden (renamed Danforth Park in 1972) during the Depression Era. This panel discussion by Alta Howells, Alexey Kalinin, Kristen Orelup and Raquel Peterson will also focus on the present student movement to restore and revitalize a forgotten place on the MSU campus in honor of its founders.



➔ **SEPTEMBER 23**
Super-Hormones for Super-Health!
SUB 168

Join Robin Thompson, a naturopathic physician at Gallatin Valley Natural Medicine in Bozeman, to learn how natural, or "bio-identical," hormones can help you feel better, look better, and perform better. For those with a hormonal imbalance, natural hormones can help increase weight loss, heal metabolism, improve sleep, decrease menopausal and PMS symptoms, and increase cognitive ability. Learn why bio-identical hormones can be one of the key tools to improving women's health and well-being.

➔ **OCTOBER 7**
Promoting Peace Through Educating Girls in Pakistan
SUB 168

Learn how Greg Mortenson of Central Asia Institute has developed a model of promoting peace through education in one of the most focused-on conflict regions of the world. Come hear Genevieve Chabot's stories of her two years of work with the CAI in some of the most remote and religiously conservative regions of Northern Pakistan and how working within a model of empowering communities has changed women's lives. Hear a woman's perspective of navigating the male-dominant society to provide opportunities for girls and women. Also participate in a discussion on how and why the CAI model of community development is so successful and how this model could be used to promote peace and equality anywhere in the world.

➔ **OCTOBER 21**
Gender and Hindu Politics in 21st century India
SUB 168

This presentation, alternately titled: "Not Gandhi's Hinduism: Women and Violence in Politicized Hindu Politics in 21st century India," will focus on post-Independence political issues Hindu Indian women face, especially in light of the results of India's Spring 2009 elections. MSU History Professor Michelle Maskiell will provide an historical context for the gender issues enmeshed in current politics within the largest democracy in the world.

➔ **OCTOBER 28**
Forgotten Victims
SUB 168

In honor of National Domestic Violence Awareness Month, Erin Diehl, Victim Advocate for the Gallatin County Victim/Witness Assistance Program, and Krystal Redmond, Legal Advocate for the Network Against Sexual and Domestic Abuse, will present this talk on the ways their organizations can give victims a voice and help them navigate our complex criminal justice system. Erin will discuss how victim services advocates for victims of domestic violence, and Krystal will discuss services offered by the Network and the details of obtaining orders of protection and the purpose they serve.

➔ **NOVEMBER 4**
Don't Just Sit There... Take A Stretch!
SUB 168

Sitting in front of a computer working all day may be productive and great for your job, however, prolonged static postures are not good for your spine. Join Patty Inskip, Certified Yoga Instructor, to learn chair yoga. You can use these easy postures to stretch throughout your day to help keep joints, ligaments, muscles and tendons loose to help increase comfort, relaxation, and productivity!

➔ **NOVEMBER 18**
"Gratitude is the Mother of Virtues" (Marcus Tullius)
SUB 168

Gratitude is a powerful magnetic force that attracts to us the good we desire. Having a spirit of gratitude helps in healing, in bringing about our intended hopes and dreams, and is a pre-requisite for living a rich life. Jill Davis, creator of Imagine That! Coaching and instructor of English at MSU, will share radical gratitude exercises from her workshops and forthcoming book *Joyful Manifesting: Make it Happen!* Join us for some fun and leave with your personal cultivating gratitude plan in order to live more joyously.

