

Victoria Garrick: A Very Welcome Surprise By Betsy Danforth



(Photo above of Garrick with Gardiner School's volleyball players)

In an August conversation with my President's Commission on the Status of University Women (PCOSUW) Co-Chair, Leon Costello, I learned that Athletics was bringing mental health advocate, Victoria Garrick, to MSU to address student athletes and the Athletic staff. The PCOSUW and Women's Center decided to co-sponsor a more public event during Garrick's time here in Bozeman so that the greater population could learn from her. Thank goodness we jumped on this excellent opportunity!

As a starting University of Southern California volleyball player, Garrick experienced challenges that reached beyond those of many fellow athletes. As her schedule became more demanding, she found herself in a very dark place emotionally, and finally decided to reach out to mental health professionals. She is now a mental health advocate addressing body image, self-love, the influence of social media, and the importance of being our most authentic selves to audiences across the nation. I watched Garrick's TED Talk, "The Hidden Opponent," and was very impressed. But, when one meets Victoria in person, the experience is truly engaging.

After press for the event went out across the state (thanks to Carol Schmidt!), a coach from Gardiner contacted us to see if it was ok to bring her volleyball team members from middle and high school. Of course we said yes. The coaches and students made the journey all the way from Gardiner to hear Victoria! A mixed audience consisted of Bozeman locals, MSU staff and students, but honestly, the presence of 35+ young athletes really brought joy to Victoria, and as they sat front and center for the lecture and asked her dozens of thoughtful and intimate questions during Q & A, one could see the special spark between Garrick and these young athletes! Her relatability, and her status as an impressive and accomplished athlete made her a perfect role model for the girls, and they clearly hung on her every word!

Her message is quite simple: take care of yourself both physically and emotionally; if you are struggling, seek professional help; and finally-- and most importantly-- don't model yourself after images and idols on social media or let others influence the way you portray yourself. Instead, be your most authentic self, and let others get to know the real you! This is an enormous step towards happiness and a way to find friends and contacts who truly like you for yourself. Sounds so simple, but in this age of social media overload where we are bombarded with thousands of images each day, most of which we do not even consciously process, we need to intentionally and mindfully know ourselves and be true to that.

The books Victoria mentioned that helped in her journey with depression are: *Mindset* by Carol Dweck; *The Inner Game of Tennis* by W. Timothy Gallwey; *The Subtle Art of Not Giving a F*ck* by Mark Manson; and *Breaking Free from Emotional Eating* by Geena Roth. Her website: <https://www.victoriagarrick.com/> will give you a sense of her work and messaging, and her TED Talk can be found on YouTube.

Taking Up Space: An Interview with Artist Katie Meyer

The Women's Center staff noticed an unusual art installation in the Exit Gallery earlier this month, and though we each observed it individually, we collectively decided to attend the opening. Katie's work describing, depicting and representing her personal feelings, opinions, and thoughts about women "taking up space" in addition to the limitations our society often puts on women's bodies, our movements, our sexuality, etc., made for a powerful and thought-provoking art piece. We asked Katie if she would answer a few questions for our newsletter readers, and she agreed! Below are her replies and thoughts about art mediums, influences on her work, the reception of her work, and women's obligation to learn from the past and take up space!

Women's Center: *What interests you about mixed media art?*

Katie Meyer: When I make work, I am automatically endowing it with personal meaning, and mixed media is fascinating to me because it offers a whole new level to create meaning. For example, instead of a drawing of nylon, I can use nylons I have actually worn. Specifically within the realm of this project, using a mixture of materials and 3-D elements was vital to accurately convey the physical sense of my volume to the viewer.

WC: *Do you credit other artists for this inspiration?*

KM: Yes! The work of Louise Bourgeois, Ernesto Neto, Lynda Benglis's 1974 ad in *Artforum*, and the sculptural work of Dorothea Tanning, specifically *Hôtel du Pavot, Chambre 202*.

WC: *What was the most challenging part of creating and installing this piece?*

KM: Thinking about how I could convey my volume to the visitor most effectively: I played around with melting ice, filming performance videos, even considered covering my body with Elmer's glue! Sticking 18 gallons worth of birth control cases to a wall was also quite a feat, but I did it. Finally, I decided on the pink plastic balls that take up the same amount of cubic space that my body does.

WC: *How can "we" (as women-identified humans) think about/learn to take up more space in productive and inspired ways?*

KM: I would say don't be afraid: don't be afraid to be loud, don't be afraid to stand with your legs apart, ask for a raise, speak your needs, lift weights, hate make-up, eat as much as you want, or wear that giant red coat with the shoulder pads. And for God's sake, eat that second slice of cake: maintaining the same waist size is not a life accomplishment, and won't be mentioned in your obituary.

WC: *What have the reactions been to this piece? Are they mixed?*

KM: As often happens with my work, there was a range of reactions, from surprised delight to absolute disgust. This show actually received an overwhelmingly positive response, I think because so many people could connect to it personally. There was one mean comment left in my guest book, something about "thrifed feminist bullshit" but was written over with sweet words by many succeeding visitors.

WC: *Where can we (and the world) see more of your work?*

KM: For now you may find more of my work on my [instagram@inkkubator](https://www.instagram.com/inkkubator) or you can contact me at inktail752@gmail.com. Maybe one day I will get a website?

WC: *Do you think there is more or less acceptance of women "taking up space" than there was 20, 30, 50 years ago?*

KM: Yes of course: There was no space for women in the financial world 50 years ago, no space in an Ivy League school until 1969, on a jury until 1975, and in a military academy until 1976. But progress has been agonizingly slow: a woman could not accuse her husband of rape in all states until as late as 1993! And today, though we can spread our reach so much farther than our predecessors, now is not the time to get comfortable--we still cannot express anger without getting asked if it's "that time of the month," cannot get our tubes tied without being told we will regret not being a mother, are still over-sexualized in movies and advertisements, and are still paid .75 to the man's dollar (and for many women of color it's a mere .50!). And let us not forget that there are still many places across the globe where women don't have space at all. We are making steps forward, but we have to fight for every inch we get.

WGSS, YES! : Classes to Consider

By Michelle Lopez

As the time for registration approaches, the reality of how many electives there are may become daunting. Thankfully, the Women's, Gender and Sexuality Studies (WGSS) program has some great electives. One is not required to be a WGSS minor in order to take the courses, however, you might be interested in declaring once the semester is through. This multi-disciplinary program within the College of Letters and Science works with various departments and colleges to offer courses that tackle topics from a feminist and/or queer perspective. I've been lucky enough to take many important and thought-provoking classes during my time at MSU, but the WGSS courses have stuck with me the most. I declared this minor at the beginning of my second year at MSU because of my interest in feminist scholarship. I could also see myself applying the skills and knowledge obtained from WGSS courses to my future career. As a sociology major, most of the classes I took were within that department, and luckily, overlapped with WGSS. If I were not graduating in December, there are plenty of others I would add to my degree! The following is a list of a few WGSS classes I have taken and some personal thoughts.

Intro to Feminist Theory (WGSS-201) Feminist theory can be considered the 101 course of the WGSS minor. It takes students for a walk along the timeline of feminist theory, and challenges our assumptions of what feminism is, was and can become. The course dissects various forms of feminism, the creators of various theories, and their progress as well as shortcomings. Unlike most courses, this class involves much discussion and reading, all of which you won't want to miss! The course may not be offered in the spring, however, but is usually offered online in the summer or can be an addition to your fall schedule.

Victims and Society (SOCI-425) Victimology is a criminology focused course taken by all Sociology majors and focuses on the various states and forms of victimization that occur in our society and globally. This class also focuses on police interaction and resources involving various forms of victimization. The course was emotionally challenging because of the kinds of topics discussed throughout; however the grace and sensitivity with which Dr. Knight leads the class makes it manageable and incredibly valuable.

The Study of Men and Masculinity (WGSS-454) Men are often not considered in the conversation around the damaging effects of oppressive patriarchy and socially constructed ideas of masculinity. Indeed, this system can be harmful for men and other masculine bodies. This class will emphasize men's mental health and development and the ways in which the socialization of masculinity affects individuals as well as society as a whole.

If these courses don't resonate with you, others are available as well: RLST 321, Religion and Gender; PSYX 335, Psychology of Gender; HSTA 402, Gender in America; WGSS 301, Gender and War. Be sure to look up other options as well as courses are constantly being added!

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The Changing Climate's Effect on Bozeman's Homeless

By Caroline Stahl

As most Bozemanites know, Montana's seasons are unpredictable, and this one promises to be especially harsh! Winter seemed to arrive extra early in mid-September, as snow blanketed the ground and temperatures dropped into the low teens.

The Warming Center, an emergency shelter run by the Human Resource Development Council (HRDC), temporarily opened for the nights of October 9th and 10th, almost a month before its scheduled seasonal night shelter opening on November 1st.

Bozeman is a changing city in more ways than one. As more and more people relocate to desirable areas of the American West, the cost of living skyrockets. Bozeman is currently facing a housing crisis as real estate prices continue to rise while wages remain constant. Luxury developments occupy real estate on the borders of downtown. More people find themselves having to relocate to homes in affordable locations outside of city limits (or in Belgrade or Livingston), or, devastatingly, find themselves unable to maintain permanent residency in Bozeman's current boomtown economy.

Along with the unaffordable housing issue, the Warming Center's early opening reveals another harsh blow to Montana's way of life. Climate change promises to increase the frequency and intensity of winter storms, further blurring the lines between Bozeman's already inconsistent seasons. The likelihood of people finding themselves without a warm place to spend the numerous harsh nights is growing rapidly.

This displacement of citizens combined with hazardous weather conditions creates the perfect storm that will likely result in discomfort and danger for Bozeman's

homeless. Resources such as the Warming Center, the Fork and Spoon Kitchen, the Bozeman Food Bank, and the Streamline Bus system are vital to the sheltering, feeding, and protection of this population. However, awareness often does not extend into the greater Bozeman community. Homelessness has always been a hidden issue in American society. Most of us alienate individuals facing homelessness and push them to the fringes of society, burdening them with stigma. There have been some generous donors in our community, but as affluence in Bozeman rises, so does the propensity to remain purposefully ignorant of issues of poverty and injustice that plague every community. Because the Warming Center's operations rely solely on donations from Gallatin Valley citizens, raising awareness is vital.

In 2017, the Warming Center sheltered 287 individuals and still found themselves over capacity. Christ the King Lutheran Church became a second location for sheltering women and children. The need for shelter continues to grow today. According to the October 17th *Bozeman Daily Chronicle*, HRDC has recently bought a new home in South Bozeman with plans to make it an overflow housing location. Unfortunately, this announcement has been met with some protest from nearby neighbors who are concerned for their families' safety. Some question the proximity to a school, while others are concerned about a "revolving door" atmosphere. Meetings between local citizens, HRDC and other interested parties will continue, but the challenge highlights the (often false) perceptions about the homeless and their lifestyles

Support for the Warming Center comes in three forms: donations, volunteer work, and advocacy. Visit <https://thehrdc.org/waiting-for-the-warming-center/> to get involved and view a list of needed donations!

Resources, Practitioners, Services and Support for LGBTQ+ Community by Anna Campbell

As you may know, Bridgercare's annual Gratitude Report was recently released. In 2018, they provided a total of 10,535 client visits! Of those clients, 18% were teens, and 78 were trans individuals. Last year, Bridgercare expanded and developed their Healthcare Allies Training, increasing the number of service providers in the Gallatin Valley who are educated about quality LGBTQ+ care. To celebrate, here is a list of LGBTQ+ friendly service providers and resources in the Gallatin Valley:

- Bridgercare, <https://bridgercare.org/>
 - They “provide excellent, affordable reproductive and sexual healthcare and education in a safe, supportive, empowering atmosphere.” Payment is based on a sliding fee scale.
- Queer Straight Alliance (QSA) at MSU, www.montana.edu/qsa
 - QSA at MSU is the longest standing student organization, providing support and programming for LGBTQ+ Students for over 40 years. Mtgs on Mondays @ 7 p.m.
- AIDS Outreach Montana, <https://www.aidsoutreachmt.org/>
 - “Dedicated to empowering people and communities affected by HIV through testing, prevention, support and education in Gallatin, Park and Madison Counties.”
 - Free and Anonymous 15 minute HIV testing
- Bozeman LGBT Community and Friends, <https://www.facebook.com/bznlez/>
- The MSU VOICE Center, <http://www.montana.edu/oha/voice/> or look for them on Facebook
 - The MSU VOICE Center provides free and confidential services and information for all people impacted by sexual assault, relationship violence, stalking, and harassment; including friends, family, and loved ones of survivors. Advocates are available 24-hours a day to provide confidential support, information, and discuss different options.
- Erotique --Inclusive, safe, healthy and fun sex merchandise!

The following is a list of healthcare providers that are LGBTQ+ friendly Medical Providers

- Katherine Mistretta at Bozeman Creek Family Health, <https://www.bozemancreekfamilyhealth.com/>
- Rebecca Hintze (PA-C) and other providers at Community Health Partners
- Dr. Emily Ridgway at Ridgway Plastic Surgery
- Dr. Michael H. Spinelli at Bozeman Health Internal Medicine Clinic
- Pharmacies
 - Price Rite Pharmacy and Medical Supply 910 N 7th Ave, Bozeman MT
 - Costco 2505 Catron St, Bozeman, MT
- Chiropractic Care
 - Evolution of Balance – Dr. Steven Blair.
- Hair Removal
 - Jes Brown at Egzact Electrolysis, info@mthairremoval.com (406) 585-4635
- Hair Styling
 - Madysen Rose Designs at Blackwood Salon
- Dermatology
 - Wendy Peters at Pure Dermatology

WOMANifesto

MONTANA STATE UNIVERSITY WOMEN'S CENTER

Fall 2019

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