

WRC TODAY

Women's Resource Center Newsletter



5 Ways to Practice Self Love this Valentine's Day

Valentine's Day is almost here, and whether it is friends, family, significant others, or even pets, many use Valentine's Day as a day to show their love to others. This year, I hope we can also show some love to ourselves. Here are some small but meaningful things you can do for yourself this Valentine's Day:

1. Make a list of 10 things that you love about yourself

Go a step further and read that list to yourself in the mirror! This might feel a little uncomfortable, but actually hearing what you love about yourself can be powerful and uplifting.

2. Make a vision board

Fill your board with your favorite pictures of yourself, statements or things you are proud of yourself for, and anything else that will remind you of how awesome you are!

3. Power down your cell phone and watch a movie

We can be so wrapped up in our digital worlds that it can be hard to put the phone down when doing other things. Take some intentional time away from your phone (if you can), and watch your favorite movie.

4. Self-Care is Self-Love

Take a long shower or bath, listen to your favorite music, read a book for fun (not for school), drink a glass of water, go outside and get some fresh air, or maybe go to the gym. One of the best ways we can love ourselves is to take care of ourselves – which can look so different for everyone!

5. Practice saying 'no'

If you are invited to go do something that you don't want to do, free yourself of guilt and just say no! Stay home in your PJs if that's what you want to do. Don't pressure yourself into hanging out with friends or going to events if you truly would rather not. Your wants and needs should be a priority!

This list is only a starting point, and there are so many other ways we can go about showing ourselves love! Let us know how you show yourself love by posting on our Facebook page!



Caitlin Ortis *Current Events & Social Media Specialist*



V DAY

UNTIL THE VIOLENCE STOPS

The “**V**” in V-Day stands for **Victory**, **Valentine**, and **Vagina**. V-Day started with a play called *The Vagina Monologues* by Eve Ensler which addressed women’s sexuality and social stigma surrounding rape and abuse, creating new conversation about and with women. On Valentine’s Day, 1998, Eve and NYC women established V-Day benefit performances. Now one day in February V-Day events around the world work to end violence against women and girls. V-Day is a global activist movement to end violence against women and girls.

Assault Survivors Advocacy Program (ASAP) Tabling

University Center

Feb 12 & 13, 10 am - 2 pm

ASAP and Women’s Resource Center Tabling

McKee Breezeway

Feb 14, 10 am - 2 pm

Stop by to get a Vagina Pop and VDAY t-shirt! Donations are encouraged*

*All donations will be going to the Assault Survivors Advocacy Program



student voices

Welcome to the Student Voices section of the WRC Today! The Student Voices section of the WRC Today began in Spring, 2016. We collaborated with the Gender Studies program to feature written pieces by students to distribute in the newsletter. Student voices began as a space for students on campus to be able to discuss various topics relating to women's and gender issues, have their voices be heard, and to get various perspectives on these topics. When initially launched, the Student Voices section was not open for all students on campus to submit pieces.

While the purpose of Student Voices continues to be offering a space to heighten gender consciousness (being aware of what it means to have a gender identity and to navigate life from a place of gender), we decided to open up the section to allow all students on campus to submit not only written pieces, but also visual art, self-reflections, poetry and much more. If you want to join the Women's Resource Center in heightening gender awareness at the University of Northern Colorado, then submit your piece to us! Topics can vary anywhere from identity and intersectionality to injustice and gender.

If you are interested in submitting a reflection or piece (e.g. short story, poetry, visual art, etc.) to be featured in our monthly newsletter and online content, submit to, or for more information, contact Yvette Lucero-Nguyen at Yvette.LuceroNguyen@unco.edu.



Don't Get Me Wrong

By Nicole Rivera

Don't get me wrong this hate isn't vicious, it's confusing.
It is in the way I speak
The way I think
The way I question
It's this unavoidable tension

It's the way I seem
The way I dream
Its they way I use my voice
And how I state my choice

It's the fact that I sound like I'm arguing
Like I'm fighting who they have took part in creating

I'm fighting for the next generation
I'm fighting those who intervened in my creation
Who stripped us
And then condemned us

I'm fighting those who put me in a box and said:
That's your definition
Gave me a limitation
And said This is your restriction
I
I
I am on a mission

(Continued on next page)



Don't Get Me Wrong

By Nicole Rivera

To spread the truths because it does not start with genesis and end in revelation
I am trying to bring up an interjection
Rename a stolen nation
Rise an expectation
Dad you taught me bring change
Change means revelation

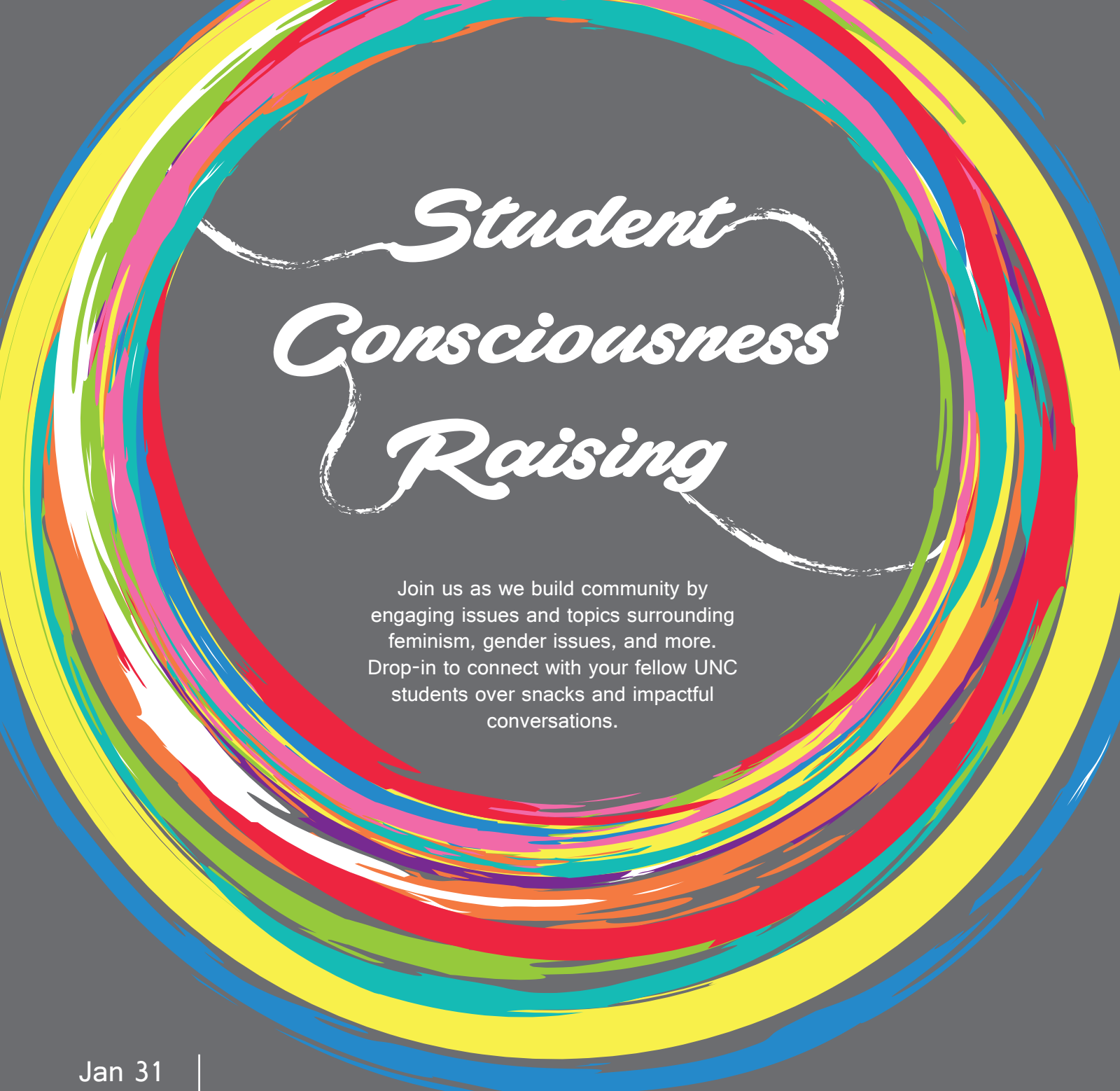
Bring love to the color brown
Take the roots that are so deep within the ground
our blood blends in with the soil
Make our love coil
We will not rot nor spoil

See our culture is not something that can be left to expire
Do an Aztec dance, around our burning fire
Watch it consume and grow higher and HIGHER
See I'm not changing Ma
I'm just fighting for our power.

-In Jesus name Amen



Nicole was born in Brighton, CO and is seeking a Bachelor's of Arts degree in Mexican-American Studies and a Bachelor's of science in Business Marketing. Nicole has always enjoyed poetry, but nothing sparked so much fire when she was able to find her voice through her Mexican-American identity. This peace represents navigating through the third space (Catholicism, spirituality, and identity) A space of accepting the ideals that were instilled in her as a child, and her newly found perspective.



Student Consciousness Raising

Join us as we build community by
engaging issues and topics surrounding
feminism, gender issues, and more.
Drop-in to connect with your fellow UNC
students over snacks and impactful
conversations.

Jan 31
Feb 14
Feb 28
Mar 21
Mar 28
Apr 11
Apr 25

5:00 - 6:30 PM

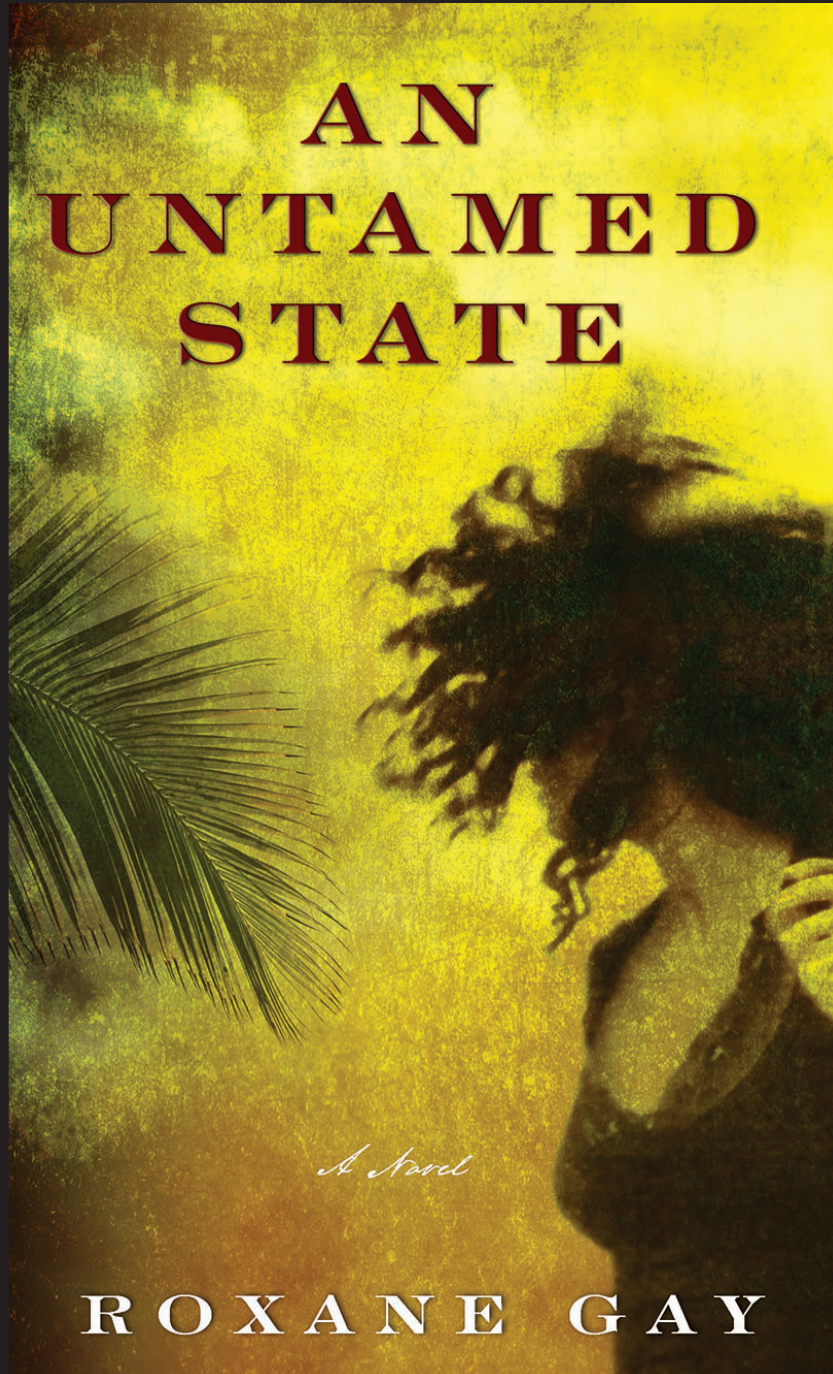
The Women's
Resource Center
@Scott-Willcoxon Hall

I Need
**Feminism
Because...**

Marcus Garvey Cultural Center Presents:

HARAMBEE BOOK CLUB

invites you to join in a conversation about...



TEA & LIGHT REFRESHMENTS DISCUSSION

Thursday, March 1 & 22

5:00 - 6:30 p.m.

Women's Resource Center

Only preregistered guests
invited to dinner.

Please sign up early and
read further details at:
depts.unco.edu/mgcc

Registration is limited.

*Books will be distributed the
week of January 8 & 12, 2018,
at the MGCC House*

An Untamed State is a novel of privilege in the face of crushing poverty, and of the lawless anger that corrupt governments produce. It is the story of a willful woman attempting to find her way back to the person she once was, and of how redemption is found in the most unexpected of places.

Please contact MGCC at 970-351-2351
or Briana.Compton@unco.edu for additional information or questions.

Any person requesting disability accommodations for these events please contact
970-351-2289 at least three business days in advance.



Marcus Garvey Cultural Center

The Marcus Garvey Cultural Center Presents...

BLACK HERITAGE MONTH 2018

African Americans In Times Of War

THURSDAY, FEBRUARY 1

Success Looks Like Me

5:00 - 6:00 PM
UC Columbine B
Alumni student panel

35th Anniv. Celebration

6:00 - 9:00 PM
UC Panorama Room
Registration required:
uncfoundation.org/mgcc-35

FRIDAY, FEBRUARY 2

Alumni Networking

7:00 - 9:00 PM
Marcus Garvey Cultural Center

SATURDAY, FEBRUARY 3

Alumni & Student Lunch & Mingle

12:00 - 1:30 PM
Judy Farr Alumni Center

UNC vs. Montana State Basketball Game

2:00 - 4:00 PM
Bank of Colorado Arena

MONDAY, FEBRUARY 5

Open House

3:00 - 5:00 PM
Marcus Garvey Cultural Center

WEDNESDAY, FEBRUARY 7

Playwright, Reginald Edmund

11:30 AM - 1:00 PM
UC Columbine A
For more information visit:
blacklivesblackwords.org

Brotherhood & Sisterhood Circles

6:00 - 8:00 PM
Marcus Garvey Cultural Center/Women's Resource Center
In collaboration with Black Women of Today, Black Student Union, & African Students United

THURSDAY, FEBRUARY 8

Movie Screening of "Marshall"

7:00 - 9:30 PM
Michener Library Lindou Auditorium
In collaboration with the International Film Series (IFS).

MONDAY, FEBRUARY 12

Movie Screening of "Yuri Kochiyama: Passion for Justice"

6:30 - 8:30 PM
Michener Library Lindou Auditorium
In collaboration with A/PASS & IFS

TUESDAY, FEBRUARY 13

Soul Food Night

7:00 - 9:00 PM
Marcus Garvey Cultural Center
*First-come, first-served
In collaboration with Black Student Union & Black Women of Today

THURSDAY, FEBRUARY 15

An Evening with Captain Gail Harris

5:30 - 7:00 PM
UC Panorama Room
In collaboration with Veterans Services & Black Student Union.

TUESDAY, FEBRUARY 20

Zumba

7:00 - 8:00 PM
South Hall Lounge

WEDNESDAY, FEBRUARY 21

Food for the Soul: Chicken & Waffles

12:30 - 1:30 PM
Marcus Garvey Cultural Center

THURSDAY, FEBRUARY 22

Karaoke: A Night on the Town

7:00 - 9:00 PM
South Hall Lounge

WEDNESDAY, FEBRUARY 28

Cultural Services Night - UNC Women's Basketball vs. Portland State

7:00 PM
Bank of Colorado Arena

Please contact us at (970) 351-2351
for additional information or questions.

Any person requesting disability accommodations for these events
please contact 970-351-2289 at least three business days in advance.



Find us on Snapchat
at [MGCCUNCO](#)



Marcus Garvey Cultural Center

Asian/Pacific American Student Services & University Libraries Presents...

I WANT THE WIDE AMERICAN EARTH EXHIBIT

An Asian Pacific American Story



Celebrating Asian Pacific American history across a multitude of widely diverse cultures and exploring how Asian Pacific Americans have shaped and been shaped by the course of our nation's history.

For more information email Alethea.Stovall@unco.edu or go to libguides.unco.edu/Wide-American-Earth



Asian/Pacific American Student Services
University Libraries
Student Senate

I Want the Wide American Earth: An Asian Pacific American Story was created by the Smithsonian Asian Pacific American Center and the Smithsonian Institution Traveling Exhibition Service (SITES). The exhibition is supported by a grant from the W.K. Kellogg Foundation.



SCHEDULE

FRIDAY, FEBRUARY 2

Opening Ceremony

3:30-6:00 pm on Main Floor of Michener Library

*Free parking after 5:00pm

MONDAY, FEBRUARY 12

"Yuri Kochiyama: Passion for Justice" Film Screening

6:30-8:30 pm in Michener, Lindou Auditorium

In partnership with Marcus Garvey Cultural Center & International Film Series

FRIDAY, FEBRUARY 16

Guest Lecturer Dr. Fong - "What Lunar New Year Actually Means: Traditions, Customs, & Superstitions"

- Exhibit Viewing: 5:00-6:00 pm in Mari Michener Gallery
- Talk: 6:00-7:00 pm in Michener, Lindou Auditorium

MONDAY, FEBRUARY 19

Guest Lecturer Dr. Fong - "Beyond the Old Gold Mountain: Chinese American Contributions to the USA"

3:30-5:00 pm in Michener, Lindou Auditorium

SATURDAY, FEBRUARY 24

Lunar New Year

Michener, Lindou Auditorium

- Children's Carnival: 3:30-5:00 pm
- Celebration: 5:00-7:00 pm

MONDAY, MARCH 5

Student Panel with Dr. Zia

3:00-5:00 pm in Michener, Lindou Auditorium

Free snacks and beverages

TUESDAY, MARCH 20

Stories of Internment Camp Survivors

3:00-4:30 pm in Michener, Lindou Auditorium

TUESDAY, MARCH 27

"Disney's Moana" Film Screening

6:30-8:30 pm in Michener, Lindou Auditorium

In partnership with Women's Resource Center & International Film Series

SATURDAY, APRIL 7

Hawaiian Lu'au

4:30-8:00 pm in UC Ballrooms

Is there someone on campus you would like to recognize?



The Outstanding Mentor Award

A mentor is someone who provides guidance, support, encouragement, opportunity and offers space for growth and self-discovery. The Outstanding Mentor Award is an opportunity to recognize individuals at UNC who go above and beyond to mentor women students at UNC. These individuals not only contribute to the success of students with whom they work, they foster an environment in which women have an opportunity to use their voices and see their potential at UNC and beyond.



The Inspiring Women's Awards

To be inspired is to feel moved, motivated and influenced in a way that speaks to one's own unique spirit, truths, goals, and commitments. The Inspiring Women's Awards is an opportunity to recognize and celebrate women students, staff, and faculty who have inspired others around them. To be inspirational cannot be defined in one simple way. There are endless ways in which we are inspired and inspire others within our campus community. This award allows us to honor women at UNC who make a difference every day in the lives of others by being who they are and doing what they do.

Nominations open November 28th - March 9th

To nominate someone, you can go to
www.unco.edu/womens-resource-center/events/annual-recognition-reception.aspx
or stop by the Women's Resource Center to pick up a nomination application.

The Women's Recognition Reception will be on **April 17 at 3:30-5:30 PM**



CULTURAL NIGHT WITH ATHLETICS



WEDS

PREGAME

TIP OFF

FEB

BUTLER HANCOCK

7PM

28 FREE *Chick-fil-A* & POSTER STATION

ENTER TO WIN

COZY BEAR

PACKAGE (BLANKET, BEANIE,
AND COFFEE MUG)

&

LEARN ABOUT

**CULTURAL
SERVICES ON
CAMPUS**



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LEARN ABOUT

**CULTURAL
SERVICES ON
CAMPUS**

NATIONAL EATING DISORDERS AWARENESS WEEK

EDUCATE.
INSPIRE.
ADVOCATE.

February 26 - March 2

FREE! Group Fit Classes
@ Campus Rec all week!

FEBRUARY

26

Mind Body Fair

University Center | 11 AM - 2 PM

FEBRUARY

27

FEBRUARY

&

28

Scale Smashing

2/28: Turner | 12 PM - 2 PM
2/28: Gunter | 12 PM - 2 PM

FEBRUARY

28

Keynote Speaker & Panel

Ross 1060 | 6 PM - 8 PM

MARCH

1

Symposium

University Center | 10 AM - 3 PM

Write a

"Positive
Post-It Note"

@ Campus Rec

SYMPOSIUM SCHEDULE | MARCH 1st

Time	Columbine A
10 AM	Mindful Eating and Nutrition
11 AM	Zumba
12 PM	How to Help a Friend- Feel free to bring your lunch along.
1 PM	Yoga- Bring your own mat or big beach towel
2 PM	Art Activity- "The Masks We Wear"

Get Screened!



EDCare
Nourishing Success



UNC
UNIVERSITY OF NORTHERN COLORADO

Campus Recreation
Counseling Center
Prevention Education & Advocacy Services
Women's Resource Center