The Women’s Center is 40!

Fall 2016 was full of many special events for the Women’s Center as we celebrated our 40th anniversary.

From our house on token row to our office in the Webb Center, the Women’s Center has provided a safe space for our Monarch community. Featured in this image on the left is Sandy Meadow, a former Women’s Center counselor alongside a student assistant. On the right is an article from an October 1976 edition of the Ledger-Star announcing the opening of the Old Dominion University Women’s Center. Carole Stoltz served as its first director.

Red Flags and Green Dots

For the past 8 years, ODU has come together every October to raise awareness about the impact of domestic and dating violence on our communities with The Red Flag Campaign. Featured in the photo below are Mandi, Angel, Yashi, and Raney all of whom are WC student staffers. The Women’s Center is grateful to both our partners and student staff as they spread the word on the importance of identifying relationship Red Flags in relationships and the steps to take to help a friend, classmate, or family member.

Alpha Phi and Lambda Chi showed up to a Green Dot Ambassadors event, “Start Talking” in a major way. Big Blue is also showing his support for the Green Dot initiative. With friends like these taking the lead for a violence-free campus, you know Monarchs make a difference!
Fear 2 Freedom

Every 2 minutes someone in the US is sexually assaulted. One in 6 women and 1 in 33 men in America will be the victim of sexual assault. As they seek hospital treatment, or a PERK (Physical Evidence Recovery Kit) exam, their clothes are kept as evidence which means women, men, or children leave the hospital in paper scrubs after having endured a traumatic event. Old Dominion University President Broderick & Mrs. Broderick, Mrs. Trible of CNU, YWCA South Hampton Roads, Dr. Young, La Wanza Lett-Brewington, ODU Swimming, ODU Football, Delta Zeta, Theta Chi Fraternity, and many other Monarch members showed solidarity during our F2F after-care kit building for victims of sexual assault, child abuse, or sex trafficking. Together with Fear 2 Freedom, the Women’s Center, and the entire Monarch community we aim to “Be the Change” and “Restore the Joy” and help preserve the dignity to survivors by providing some of their basic needs with these kits. For more information visit: www.Fear2Freedom.org.

Man of Quality and M-Power Connect with The Nasty Truth

In October, the M-Power Peer Education Network, Men of Quality, and the Nu Theta Chapter of Alpha Phi Alpha Fraternity Inc. presented “The Nasty Truth: Domestic Violence.” The event opened with introductions and a YouTube video full of domestic abuse victims and survivors quotes, and ended with a highly interactive open discussion. Topics ranged from abuse, drug use, to why one opts to stay in an abusive relationship. The Nasty Truth took place in the Future Monarch room and as the event concluded, it looks as if the future of our campus being safe looks mighty bright.

Man of Quality (MOQ) is the men’s volunteer arm of the Women’s Center. If you are not actively engaged consider one of our upcoming events: Walk a Mile in Her Shoes, Cuts and Chat, Breaking out of the Man Box, Fear 2 Freedom, Red Flag & White Ribbon campaigns, and #TheNastyTruth on std’s.

For more about Men of Quality, visit facebook.com/odumenofquality/ or contact odumanofquality@gmail.com.

The “Nasty Truth” video can be found on YouTube at: https://youtu.be/6dh188vUY

The Women’s Center Self-Defense ‘Hits’ the Right Tone

During our November session, we gathered food for the YWCA of South Hampton Roads. The January 2017 session was well attended, in part due to a media highlighted sexual assault event at a neighboring campus. Attendees ranged in age from middle school to beyond. In February, our monthly Norfolk Karate training will focus on Yoga and is open to all genders, ages, singles and couples. It will take place on 16 February from 7:30-9:30pm, come out and enjoy. Namaste.

All participants will be registered for a chance to win a colorful chakra relaxation mat.
Hellos & Goodbyes

The Women’s Center warmly welcomes our incoming student staff members!

**Adwoa Sika**
is one of our new Office Assistants. She is a junior, double majoring in Chemistry & Biochemistry at Old Dominion University. Her hobbies include crocheting, playing the harmonica and flute, dancing, cooking and watching movies.

**Janhavi Iyer**
is a graduate assistant majoring in Electrical Engineering.

**Arianna Wakefield**
is majoring in Event Management & Marketing and serves as our Social Norms Intern. She is from the Virgin Islands and loves to travel.

We also say a sad goodbye to our recent graduates. We wish you the best in your grand adventure of Life.

**Caitlin Adair**
served as Lead Office Assistant in the Women’s Center for almost 2 years. She graduated as an English major in December.

**Hannah Carballo**
served as an Empowerment & Activism Intern and graduated with a Bachelors in Psychology and will begin her Masters in Social Work at VCU in the fall.

Happy Birthday

to our wonderful director La Wanza Lett-Brewington! Another year younger and another year wiser. On behalf of the students and staff of the Women’s Center we are grateful for your dedication to our mission, the manner in which you lead and inspire us all. Here’s wishing you many, many more!

Hidden Figures Are Now Being Clearly Seen

Margot Lee Shetterly was the featured speaker during the 33rd Annual Martin Luther King Jr. Observance on Jan. 11th. Shetterly is the author of “Hidden Figures: The American Dream and Untold Story of the Black Women Mathematicians Who Helped Wing the Space Race.” The Director of the Women’s Center presented Angela Reddix, with a Women of Achievement Award due to her demonstrated leadership, mentorship, and dedication to girls and women of the Hampton Roads region during this event. Shetterly provided insightful accounts on her research, passion, and process to document and tell their story. Audience members were allowed to ask questions and get an autographed copy of her book.
Onward & Upward Puts Domestic Assault Front and Center On-Stage

The Women’s Center and Tanya Rollins Shadley of TRS Productions brought her stage play to her alma mater. This flyer shows Tanya, Cletus Kassady a local comedian, and two other ODU alumni, Janea Daniels and Carlos Adams. Onward & Upward dealt with family, love, domestic violence, and self-worth. There were moments of joy, pain, singing, laughter, and struggles to find a new normal once the person who vowed to love you causes extreme harm. The Women’s Center and TRS Productions would like to say thank you to all who supported this production. Watch for upcoming productions at www.TRSProductions.org

The Vagina Monologues Return in 2017

The Women’s Center will be presenting its annual production of The Vagina Monologues the last weekend in February, from the 24th – 26th with all proceeds going to the YWCA of South Hampton Roads. The cast and crew of this year’s production will include ODU alumni, currently matriculating students, staff, faculty, and community members. Tickets are available for $10.00 at the Webb Info Desk. Friday evening will highlight Alumni of ODU, Saturday evening will center around community partners of the Women’s Center, and Sunday will highlight Greek, LGBTQ, and Athletes of ODU as well as members of public safety.

February
Women’s Center Calendar
For a full version of this semester’s calendar, stop by the office or visit our website.

7  Tunnel of Oppression
   North Café, 6:00–10:00pm

9  AfroBeats Zumba with ZumbaRita
   Webb Center, Hampton/Newport News Room, 12:30–2:30pm

15 Go Natural Day Photoshoot
    North Mall, 11:00am−2:00pm

16 Couples Yoga Workshop
    Norfolk Karate Academy, 7:30–9:30pm

16 Gender, Justice and LGBTQ Equality:
    Protecting and Advancing Human Rights in 2017 with Brian Simms
    North Café, 7:00pm

22 Women’s Climb Night – Mardi Gras
    Student Recreation Center, 4:00–7:00pm

24-26 The Vagina Monologues
    University Theatre
    Friday & Saturday: 7:00pm
    Sunday: 2:00pm

Our Mission

The Women’s Center offers programs and services designed to promote gender equity and address the unique challenges and opportunities female students encounter in the pursuit of higher education. Recognizing the critical role that both women and men play in promoting a safe environment free of gender bias, Women’s Center programs are designed to educate and inspire all students to achieve their personal, academic, and professional potential.