The Secret World of Gender and Food

What does gender have to do with the burger you just ate or the latte you just drank? Find out about the behind-the-scenes processes of animal agriculture on Wednesday, September 17th from 6:00pm to 8:00pm. Katie Cantrall, a representative of the Factory Farming Awareness Coalition, will speak in Hagerty Lounge (De La Salle Hall) at the “Gender Politics of Our Food” event, which will also include a vegan, gluten-free meal. Cantrall will touch upon the impact Americans’ heavy consumption of animal products has on animals, the environment, the workers who raise the animals, and even our own health.

Calling All Moms!

Connect with other moms or mamas-to-be through the WRC’s new monthly program, “Mamas on Mondays.” Stop by the WRC from 12:00pm to 1:00pm on the last Monday of each month to share stories, concerns, insight, tips, and resources with other moms. Most importantly, enjoy a free lunch while you chat! RSVP by emailing ssobotta@stmarys-ca.edu with any dietary restrictions you may have, or just show up! The first meeting will take place on September 29th and professional staff from the WRC and Health & Wellness Center will be present.

Quick Calendar:

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<td>Body Positive</td>
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Celebrate Latinas!

Let us welcome you back to school at the annual Celebrating Latinas Luncheon! On September 24th, all students are welcome to visit the Intercultural Center from 1:00pm to 2:30pm to share some delicious food and forge new connections that could last through college and beyond.

According to SMC student and event facilitator Liliana Campos, this community time program focuses on “connecting students with alums and sharing insight on the transition from being a student to the working world.”

Speakers will share stories about the role of social justice in their lives, and helpful hints about life after college.

Keynote speaker Erica Ayala is a graduate of Saint Mary's and California State University who works with foster teens and founded the program “Invest in Me.” Ayala was recently honored by the HOPE Leadership Institute, an organization dedicated to professional Latinas across California.

As Campos says, this event will “not only empower our community, but also create a space where Latinas can reflect on the possibilities and potential we all have after graduating.”

Mark your calendars! You don’t want to miss out on the delicious taco bar!

Let’s get positive!

Body positivity is a commitment to trying to love the you that you are. Are you on board yet? You might not know that Saint Mary's College holds twice-monthly Body Positive meetings right here in the WRC! These meetings are a safe place for all women to share quality time, snack together, and discuss the attitudes we hold, both negative and positive, towards our bodies. This year, The Body Positive will meet every other Thursday, beginning on September 11th at 6pm.

The first Body Positive meeting will feature a discussion on representations of women in media, and is titled “From Meghan Trainor to Nicki Minaj—Women in Music Videos: Empowerment vs. Objectification.” Aside from the variety of fresh and yummy snacks, expect conversations about womanhood and self-image from a cultural, social, psychological, and personal point of view as you begin to discover what you love about yourself!

Keep in touch with the WRC!

Phone: (925) 631-4192
Facebook: Like us or friend us by searching our name or initials!
Twitter: Follow us at @smcwrc
Web: www.stmarys-ca.edu/wrc

24/7, Anonymous Campus Assault Resources and Empowerment (CARE) Line: (925) 878-9207