Sheila Petigny visits Macalester

Sheila Petigny is a teacher and practitioner of traditional healing arts who creates and facilitates therapeutic programs. She leads workshops in theater arts, movement, meditation and poetry in schools, prisons, and wellness and trauma recovery programs in Massachusetts, New York, and Minnesota. She founded Ancient Roots Healing Arts, a wellness practice grounded in indigenous wisdom and traditions. Through holistic bodywork and healing arts, her practice endeavors to affirm paths for healing by holding people up in the fullness of their potential and reflecting their own light back to them.

Sheila lead a Healing Arts Workshop in Professor Naimah Petigny’s fall 2018 course “Radical Practice: Black Feminist Approaches to Performance and/of the Everyday.” Through circle teachings, this workshop recalled the sense of wholeness in a community of goodwill and trust, as participants support one another in reclaiming their authentic voices. With expression through creative movement and writing, participants tapped into their own body wisdom, finding their personal truths within their internal landscape. In particular, this workshop focused on achieving balance of mind, body, spirit through the restorative practice of play. Through play and body movement, students explored and reflected on their authentic voices and the internal sovereignty of their whole selves.

My reflection of the LA trip for South East Asian Graduation Conference – Toan Doan 2019

This was my second time to LA, but this time around I was able to explore and enjoy the city much more. My host, whom I stayed with for the first couple of days, took me to a South East Asian Film Festival, where I met many Filipino and South East Asian artists and activists. At the conference, I was also networking with many scholars, both undergrad and graduate from different UC schools. Lovely enough, most of them were also artists or interested in the arts, which was no coincidence because the organizer is a Minnesotan artist/scholar herself. As my first academic conference, SEASGRAD was very exciting and refreshing. Since this was also their first annual conference, the agenda was intimate and experimental. For example, at the end of the conference, we had a chance to sit together as presenters and participants to reflect on the whole experience and map out "action" steps. Simultaneously, there was also a physical activity to reflect in non-intellectual mode.

Fall Events

September 18, Faculty, steering committee meeting.  
October 2, Meet and Greet.  
October 15, Faculty, steering committee meeting.  
October 16, Contributed to Watch Party Out North.  
October 31, Spring pre-registration lunch with students and faculty.

Spring Events

February 1, Co-sponsored Lydia X.Z. Brown.  
February 7, Open Door lunch in Old Main 3rd floor, with History and Classics.  
February 11, Faculty, steering committee meeting.  
March 1, Co-sponsored student event to Mixed Blood Theater-Roe.  
March 11, Faculty, steering committee meeting.  
March 21, Faculty/student lunch.  
April 8, WGSS Open House.  
April 30, Reception and Honor’s Projects presented by Seniors.

2019 WGSS Graduating Majors
Toan Doan, Caelin Eisenberg, Josephine Ireland, Halley Norman, Jeremy Chamberlin

2019 WGSS Graduating Minors
Myles Joseph Ambrose, Rachel Leah Crane, Emma James Lehman, Vivian Liu, Anna Joy Mickle, Lynn Stephanie Zemaqitis
Lydia X. Z. Brown
WGSS helped sponsor “Crippling Intersectionality: Neurodiversity & Disability Justice” with Lydia X. Z. Brown on February 1st

Lydia X. Z. Brown is a disability justice advocate, organizer, lawyer, and writer whose work focuses on violence against multiply-marginalized disabled people. They are currently a Justice Catalyst Fellow at the Bazelon Center for Mental Health Law in Maryland, defending the educational civil rights of students with psychosocial, intellectual, and developmental disabilities. They have also served as Chairperson of the Massachusetts Developmental Disabilities Council and as a Visiting Lecturer on critical disability theory, public policy, and intersectional social movements at Tufts University’s Experimental College.

Lydia’s talk at Macalester specifically focused on how even radical social movements exclude disabled people, erasing their labor and their very existence from the communities to which they belong. They explored how the cultural work, community building and leadership of disabled people offer necessary interventions for liberation work grounded in intersectional theory and practice.

Lydia recently graduated from Northeastern University School of Law as a Public Interest Law Scholar. While at Northeastern, they served as an active member of the Committee Against Institutional Racism (representing the Asian Pacific American Law Students Association), the Transgender Justice Task Force, and the Faculty Appointments Committee, and founding core collective member of the Disability Justice Caucus.

To our wonderful Student Employee, Meg. I will certainly miss you next fall. Your friendliness, organization and quick to figure out partial directions for work requests has made it a successful year. You are a ‘great’ person and will truly go far. I wish you the very best as you move along in your journey. Enjoy all of your adventures!

Thank you, Jeanette

I'm Meg, a Political Science major from Tacoma, Washington. I've worked as an office assistant in the WGSS department for just this year, but I've loved getting to know more about the classes in the department and the awesome things WGSS majors are working on.

Even though I’m not a WGSS major, I've always been very interested in how gender and sexuality interact with the issues I’ve studied in Political Science. In various classes, I’ve researched how women's involvement in Latin American revolutionary groups impacts the state of gender relations and women’s rights after political transitions, and how voters might view female presidential candidates differently from men. For my senior capstone project, I examined how the campaign advertising strategies of female Senate candidates have evolved over time, and what these changes might mean in the context of the 2018 “Year of the Women” midterm elections, with a record number of women running for office.

After graduating, I have plans to work with AmeriCorps at Habitat for Humanity Twin Cities, coordinating volunteers to help construct affordable housing. After my time with AmeriCorps, I may look at graduate school either to study more about public policy, political economy, or law. In terms of my long-term career goals, I would love to work in political campaigning to get more women elected to office, or in issue-based advocacy to promote the policies I care about.

I've really enjoyed working in the WGSS office this year, and seeing all the fascinating classes, areas of study, and events that the department has to offer. This year has definitely helped to broaden my horizons and learn more about gender and sexuality issues than I had previously encountered in my Political Science work, and I hope to continue to carry that awareness with me as I go out into the post-Macalester world! Thank you so much to the WGSS department and especially to our wonderful coordinator Jeanette Hughes for a great year!
Spotlight on 2019 WGSS Major Graduates

2019 Senior Capstone Titles

Toan Thanh Doan “Yearning for Post-Colonial Dance”. Toan Thanh Doan '19 (he/him, they/them) comes from Quang Ngai City, Vietnam. Toan became interested in Women, Gender, and Sexuality Studies after his first year course Minding the Body with Professors Joan Ostrove and Anastasia Kayiatos. His capstone project is about Post-colonial Dance in relation to indigeneity and contemporary. After graduation, Toan continues dancing with Ananya Dance Theater in Saint Paul, MN for one year, before moving back to Vietnam where he wants to engage in activism and performing arts.

Caelin Eisenberg “The Dirt Double Stigma: Exploring What It Means to Be Queer and Living with an STD/STI”

Jo Ireland “I’m Not a Girl, Not Yet a Woman': Women's Empowerment From Reclaiming Lolita to Producing the Sexy Baby”

Halley Norman “Are you for real?: Exploring Different Understandings of Ally Relationships”. Halley Norman is a double major in WGSS and Political Science, and while originally from Seattle, WA, she hopes to stay here in the Twin Cities after graduation. In the last few weeks, she has had the opportunity to present her capstone in WGSS, titled “Are you for real?: Exploring Different Understandings of the Alliant Relationship” and defend her honors thesis in Political Science, titled “Why We Hear About It, and Why We Don’t: Power Dynamics and Sexual Harassment Reporting in US State Legislative Bodies”. As a student, Halley has focused particularly on the intersections between gender and power, as well as on gender in politics and social movements. After graduation, she hopes to apply these studies through political and community engagement work, and particularly through promoting accessibility in political systems and ensuring people with historically marginalized identities are able to engage with and participate in these systems safely and with equitable access to opportunities and support. This May, she will be starting a position with the City of Minneapolis Office of Elections and Voter Services, working to increase participation by high school students and young voters in electoral processes.

CHECKING IN ON WGSS ALUM

Elizabeth Newman 2007

While the specific readings and topics I learned about in the WGSS major are a helpful foundation for working on women's issues now, more than anything, I use the critical thinking skills I gained. Being able to distill complex theory into basic ideas has proven immensely helpful as I approach big issues like the gender wage gap and sexual harassment in the workplace at the local and organizational level.

After graduating from Mac, I started down a path of political organizing. I first joined the 2008 Al Franken for US Senate Campaign and later worked on state legislation to pass medical marijuana. I moved to San Diego and worked on electoral and political organizing for the local labor council (AFL-CIO). I discovered an interest in local government and policy, but I felt I lacked the skills needed to advance in the field. I then went to get my Master of Public Policy at the University of Southern California Price School. I moved to the Bay Area and found the San Francisco Department on the Status of Women. I started as a fellow, working on a campaign to implement CEDAW, the UN women's human rights treaty, as a local measure in cities across the US. After 6 months, a position opened up and I was hired as the Workplace Policy and Legislative Director to focus on gender equity in the workplace and women's human rights in San Francisco.

I was recently promoted to oversee all of the policy and legislative efforts of the Department. We focus on addressing violence against women, advancing gender equity in the workplace, and implementing a women's human rights framework in City government. I help develop and implement legislation and policy to advance women, like the strongest lactation accommodation standards in the nation, and advocate for state legislation. I conduct and publish research on racial and gender equity within the City and County of San Francisco's workforce, appointees, and operations. Additionally, I partner with the private sector to promote best practices for gender equity in the workplace.
(Newman 2007 cont.) Any suggestions for current majors and minors and whatever else you would like to share?

Throughout my career, I have had a general direction in mind (to work to advance women's rights), but I have taken opportunities that might not have seemed to fit that path directly because they would expand my skills, network, or experience. It took a decade to reach my dream job, but I think every position I've had provided the foundation to succeed once I got here. Also, I have always learned about the job opportunities I ended up getting through former employers, friends' parents, or networking events. I have found it helpful to let as many people as possible know about my job search and interests and to grow my network and maintain professional relationships along the way.

I grew up in rural Colorado. It meant that there was little to do but also a lot of freedom. Although it is a conservative area, it is also fairly diverse in race, religion, and economic status. Going to school with the same 130 kids from age 8 to 18 meant that I saw the inherent equality in everyone but also the way economic and cultural factors contribute to inequitable outcomes. I felt this environment really nurtured my commitment to feminism and equality.

Nola Pastor 2014

Within the context of WGSS at Mac, I learned that you cannot separate the macro from the micro and that being finely attuned to emotional and relational life is essential to understanding our individual and collective experience and working towards a just and loving world. Theory set the stage for this learning, and experiences outside of the classroom drove it home. Interviewing students and staff about sexual violence prevention on campus for my Honors research; leading conversations with middle and high school teens about healthy relationships through my role with the Gender and Sexuality Resource Center sparked passions for educational and community-building work, specifically around interpersonal violence.

Mac prepared me to think deeply and critically, and I am very grateful to Dr. Corie Hammers, Dr. Sonita Sarker, and various visiting and affiliated WGSS faculty for their teaching and support. At the same time, my education gave me few tools to act from this thinking in challenging contexts. When I went into domestic violence advocacy with Latina survivors in the Twin Cities soon after graduating, I knew nothing about self-care, boundaries, or vicarious trauma. Although I had spent years studying interpersonal and systemic violence, I did not have a grasp on the psychology of toxic relationships that might have helped me navigate my own experiences with intimacy differently. I did not have the skills to navigate conflict with roommates; support my best friend as she coped with the trauma impacts of sexual assault; maintain a sense of self-worth and momentum while unemployed; feel comfortable being “out” as a bi person doing sexual violence prevention and LGBTQ+ inclusivity work in rural Wisconsin; challenge abusive nonprofit leadership models; speak up when colleagues, friends, or family said harmful things; or be kind to myself and seek help when experiencing severe anxiety attacks, self-harm, and disordered eating.

The framework I am working to carry forward, informed by my educational background as well as my lived experience of young adulthood, attempts to bridge the disjunctures I have encountered between academic feminist theory and intersectional feminist practice. I do my best to bring both a systems lens and embodied emotional awareness to everything I do. I strive to center relationships, ask hard questions about the role of power, seek alternative stories, embrace nuance, and facilitate (if only in small ways) opportunities for personal and community healing.

What does this look like in action? My current role involves violence prevention work at the University of Wisconsin-Madison. I try to take time at work to stretch and breathe, connect informally with the students I supervise and with coworkers, bring trauma-informed and transformative values to curriculum design and pedagogy, and zoom out to conceptualize violence prevention through an anti-oppression lens that highlights the experiences of marginalized communities. I also prioritize setting boundaries around my job and sourcing joy from other places. I love living in my hometown and am grateful to be able to spend regular time with my parents, brothers, and close friends from high school. I hang out with my cat, honor the seasons and moon cycles, take care of my body, go to therapy, and write a lot of poems.

Some days, I find that I am increasingly cynical about my own and others’ capacity to embody both an incisive critique of the status quo and a steadfast commitment to an interdependent and emotionally grounded ethic of care. In those moments, I try to hold onto the thread that connects my experiences with feminist studies, survivor advocacy, grassroots prevention, teen education, dialogue facilitation, navigations of higher ed, longstanding friendships, complicated family relationships, challenging romantic partnerships, and mental health and healing: that the everyday choices we make about how we show up for ourselves and each other are much more powerful than we think.
WGSS faculty: Sonita Sarker (faculty) and Corie Hammers (faculty). Steering committee consists of Corie Hammers (WGSS), Sonita Sarker (WGSS), Lin Aanonsen (Biology and WGSS Chair), Susanna Drake (Religious Studies), Xin Yang (Asian Languages and Cultures).

**2018/19 COURSE OFFERINGS**

**Course offerings Fall Semester 2018**
- Introduction to Women’s, Gender, and Sexuality Studies: Transnational Perspectives
- Gender and Sport
- Latin America Through Women’s Eyes (cross-listed with Political Science and Latin American Studies)
- Language and Gender in Japanese Society (cross-listed with Japanese, Asian Languages and Cultures, and Linguistics)
- Of Sex and Society: Women’s History and Feminist Thought (cross-listed with History)
- Feminist/Queer Theories and Methodologies
- Narrating Black Women’s Resistance (cross-listed with American Studies and History)
- The Psychology of Gender (cross-listed with Psychology)
- Race, Ethnicity, Class and Gender in American Photography (cross-listed with American Studies and Art/Art History)
- The Veil in Christianity, Judaism, and Islam (cross-listed with Religious Studies)
- Constructions of a Female Killer (cross-listed with Latin American Studies and Hispanic Studies)
- Radical Practice: Black Feminist Approaches to Performance and/or the Everyday

**Course offerings Spring Semester 2019**
- Introduction to WGSS – LGBT Studies
- Women, Health, and Reproduction (cross-listed with Biology)
- Women, Gender and Sexuality in Ancient Greece and Rome (cross-listed with Classics)
- Masculinities: From the Self-Made Man to the ‘New Man’ (cross-listed with Sociology)
- Religious Liberty and the Regulation of Gender and Sexuality in America (cross-listed with Religious Studies)
- Gender, Race, and US Popular Culture (cross-listed with American Studies)
- Feminist Reconstructions: Utopia, Masculinities, and Race (cross-listed with English)
- Women and the Bible (cross-listed with Religious Studies)
- Feminist Political Theory (cross-listed with Political Science)
- Muslim Women Writers (cross-listed with English, International Studies, and Religious Studies)
- The Psychology of Gender (cross-listed with Psychology)
- Bodies and Trauma
- 20th Century British Lit: Modern Women Writers (cross-listed with English)
- Women in African History (cross-listed with History)
- Advanced Feminist/Queer Theories and Methodologies (cross-listed with International Studies)
- Gender and Music (cross-listed with Music)
- Topics in African American Literature: Black Feminist Theory (cross-listed with American Studies and English)
- Senior Seminar: Linking Theory and Practice