On September 16, 2017, the Margaret Sloss Women's Center in partnership with the Womyn of Colour student organization, took 64 students on an incredible journey. These womyn all agreed to give up their weekend to participate in the annual Womyn of Colour Retreat. The premise of the retreat has always been to create community among womyn of colour at Iowa State and to ensure that participants are connected to the faculty and staff.

This year's retreat was a huge success!! The weekend began...
Students were invited to connect with faculty and staff womyn of colour in a variety of departments and academic disciplines. A record number of 24-faculty/staff womyn or colour and over 40 attended the meet and greet. The event set the tone for the retreat because it energized students and allowed them to make meaningful connections with faculty and staff from across the university.

Students participating in this years retreat spent 2-days at the Sunstream Retreat Center explored their cultural identity, shared experiences, and discussed what it means to be womyn of colour at Iowa State University. Since the retreat started at back in 2011, there has been a steady increase in student participation and institutional support. This year in particular over 100 students registered for the retreat, with 64 students in attendance at 10 faculty/staff facilitators. Another important milestone of the retreat was the increase in graduate student participation (n=12). These graduate womyn who called themselves "The Wondergrads" engaged in robust discussion centered around succeeding in graduate school as a womyn of colour. While the retreat has primarily focused on undergraduate womyn of colour, this year graduate womyn of colour participating in the retreat collectively expressed an interest to develop their own support network after the retreat and have already made steps to build this network.

The growth and success of the retreat is also credited to the amazing faculty and staff facilitators who each year give their time and energy to building a successful curriculum. In addition, the students who participate each year, tell the stories of what the retreat has meant to them individually and their experience at Iowa State. Whether it was the bond fire and s’mores, reflecting on how to support self and others, dancing to salsa, bonding over Rhianna’s Fenty Beauty makeup line, or staying up late talking about what we did in high school, the retreat experience is one that I hope all womyn of colour at Iowa State get to experience.

The success of the retreat would not be possible without the financial support from the following departments: Womyn of Colour Network Student Organization, Dean of Students Office, WiSE program, College of Engineering, College of Agriculture and Life Science, College of Human Sciences, College of Liberal Arts and Sciences, College of Business, and College of Design.

**Student Spotlight: Ethan Buss**
My name is Ethan Buss, I'm a new student here at Iowa State. I am majoring in Aerospace Engineering and am from Lincoln, Nebraska. A few of my favorite things are cats, swimming, and tennis. This year I am looking forward to familiarizing myself with campus, and get involved with organizations here as well. So far I have become a member of the Inter-Residence Hall Association as the Secretary for my house in Helser Hall. I am excited to have the chance to get involved with the Margaret Sloss Women's Center this fall, as it provides me the opportunity to gain more experience with feminism. With that said, I am looking forward to a great adventure here at Iowa State and cannot wait for it to truly begin as the fall semester continues.

WE Lead

WE Lead: Women’s Empowerment and Leadership Conference
Saturday, November 4, 2017, from 9am - 4pm
Iowa State University Alumni Center
Free!

Register Here

This event is a collaboration with the Student Activities Center, Margaret Sloss Women’s Center, Women in Science and Engineering (WiSE), and the Carrie Chapman Catt Center for Women and Politics. There is no cost to attend. Registration will open Wednesday, September 13 2017.

WE Lead brings students together to network with each other, as well as female leaders at Iowa State and the Central Iowa community. Participants will have the opportunity to hone their leadership skills, engage in interactive discussions and networking sessions, and reflect on their own leadership qualities and what they have to offer in their respective roles at Iowa State and beyond.
Learn More.

National Coming Out Day: By Janae Due

October 11 is National Coming Out Day. Every year I "come out" to my friends and family, coworkers and peers. For me, coming out is a celebration of accepting who I am, regardless of judgment or idle curiosity. This year is different; I'm coming out to new people, new friends, my cohort. I moved from Wisconsin for grad school, so all of the people
I've already come out to aren't here in Iowa. It's like coming out for the first time all over again. National Coming Out Day is a time for visibility for those in the queer community. While I am privileged to feel safe enough to divulge my sexuality in a public newsletter, not everyone has the same opportunities. So let's remember that, while NCOD is supposed to be a day of celebration, some people may not feel safe enough to share their own experiences.

As for other campus events, the Center's TGIF program is on Friday, October 13 from 1:30-4pm to celebrate Pride Week. Make Your Own Pride Flag is in 1064 Student Services. For updates on Pride Week events, check the Center's website.

Now that the anticipation is heightened, here goes. I am asexual, and I am proud. If y'all don't know what asexuality is, here's a great link.

Happy National Coming Out Day to those who are and aren't able to express your gender, sexual, or romantic orientations! Celebrate, laugh, cry. Hug a friend. I know I will.

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"Just eat!" I heard that so many times. As if it were that easy; to just eat and then my brain would be fixed. As if eating wouldn't spark a self-hate, midnight purging in my basement. Or as though eating wouldn't cause hours in front of the mirror, pinching the skin on my belly, wishing I could just cut it off. As if eating wouldn't cause me to be downstairs, taking turns between running and planking to tally up calories until I'd burned more than I'd eaten. That advice would haunt me. I'd start to bully myself further for not being able to eat- "Yeah, Hannah, just eat. Such a simple solution. Quit acting like this." And it took five years of this torture before people took me seriously enough to help me get help. And it took three years of help to get me to like myself. And it'll be an ongoing journey, with some help here and there, and that is so much better than where I was four years ago. And being here, on this campus, in a house that values feminism and women and self-love will make that journey a little bit easier.

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I LOVE horror, gory, and scary films that cause me to jump out of my seat and that haunt
Stephen King's movie adaption of *IT* kicked off the season of horror films coming to a theater near you such as *Jigsaw* and *Cult of Chucky*. As I create a list of movies I want to watch all month long, I want to share some of my favorites, because scaring is caring.

**Shutter:** 2004 Version with English subtitles. Content warning: suicide, sexual assault. This movie will give you chills and remind you that no one has to do everything, but everyone has to do something.

**The Witch:** I am so fascinated with the power and resilience of witches. This movie will keep you guessing to the very end. To be honest, I left the theater wondering if a spell was cast on me.

**The Conjuring:** Demons and spirits are no-nos for me, but I appreciate how this movie builds the suspense and recognizes the power of the women involved.

### Campus Conversation IV

We are sharing news about an upcoming event, **Campus Conversation IV**. This event is open to students, staff and faculty. It will feature a presentation by ISU Police - Officer Natasha Greene and Lieutenant Josh Hale - about current events and hate crimes. The event will conclude with small group discussions.

**When:** Tuesday, October 3, 2017
**Time:** 3:00 to 5:00 pm
**Where:** 198 Parks Library

### Hispanic (Latina/o, Latinx) Heritage Month

**7th Annual Latinx Leadership Retreat | October 20 - 21, 2017**

The Latinx Leadership Retreat is intended to help Latinx-identifying students at Iowa State find a sense of community on campus. This two day retreat will help improve your leadership and professional skills while you interact with other Latinx students and staff.

[RSVP is required to attend.](#)

Sunstream Retreat Center | Multi-Day

### Student Wellness

**Student Wellness** is currently recruiting for our **Peer Wellness Educator** program. The Peer Wellness Educator program is new to ISU and more information can be found here.
Do you know Iowa State University students with great leadership skills who are looking for a leadership opportunity next academic year? If so, please nominate students to apply to be a Peer Wellness Educator for 2018-2019! Applications are due October 12th, 2017.

Get Involved!

There are many opportunities for you to volunteer. Our volunteers have the opportunity to work in a supportive feminist environment that emphasizes the development of your interests and skills, and utilizes your talents. The MSWC believes your involvement should be valuable and rewarding for you. Participating in one of the many events, lectures and programs we coordinate throughout the year is another great way to get involved. Sign-up to get involved here.

Follow us on Social Media  Facebook  Instagram  Twitter