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Mnágazine

International Voices - Guthanna Idirnáisiúnta



"We can all truly embrace equity.

It is not just something we say. It's not just something we write about. It's something we need to know, value, and embrace." -International Women's Day Campaign

Editor's Note



The fourth issue of the *Mn* magazine - *International Voices*, created by the 2023 European Women's Studies class, is here! As a class, we have been thrilled to contribute a variety of empowering pieces to celebrate women from all over! Throughout this magazine you will be able to enjoy new poetry, interviews, puzzles and more. These pieces were each uniquely picked by the contributors allowing a variety of interactive and meaningful content to educate others about inspirational women. We hope you enjoy and Happy International Women's Day!

I would like to give a special thanks to our main editor Kayla Henderson. She dedicated a great amount of her time and creativity to make this happen! Thank you Kayla!

-Ruby Wright

Contributors

Emma Kilmartin, Kayla Henderson, Caoimhe Ryan, Elizabeth Hunt, Ruby Wright, Mide Dineen, Katie Biggins, Sarah O'Malley, Holli Gavin, Lisa Davitt, Sarah Loftus, Megan Tierney, Katherine Corbett, Anna Tierney, Jasmine Peyton, Mathilde Meiche, Grace O'Halloran, Jasmine Akwenuke

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Influential Women online

By Katie Biggens, Sarah Loftus and Megan Tierney



Suzanne Jackson is a prominent Irish entrepreneur, blogger, and social media influencer who has had a significant impact on the beauty industry in Ireland and beyond.

Her journey to success began in 2013 when she started her blog, So Sue Me, which quickly gained a large following due to her engaging content and relatable personality. Jackson soon realized that her followers were particularly interested in her beauty tips and product recommendations, which led her to launch her own beauty brand, SoSu by SJ, in 2015.

Since its launch, SoSu by SJ has become one of the most successful Irish beauty brands, with a range of products that includes tanning products, makeup, and skincare. The brand is known for its affordability, accessibility, and high-quality products, which have resonated with consumers in Ireland and beyond.

Suzanne Jackson's success as an entrepreneur and influencer is due to several factors. One of the most significant factors is her strong social media presence. Jackson has over one million followers on Instagram, where she posts regularly about her brand, her personal life, and her charitable work. Her engaging content and relatable personality have helped her to connect with her followers and build a loyal fan base.

**BOSS
BABE**

Another key factor in Jackson's success is her entrepreneurial skills. She recognized a gap in the Irish beauty market for affordable, high-quality beauty products and created her brand to fill that gap.

She has since expanded her brand to include a range of products that cater to a diverse range of customers, from beauty novices to experienced makeup artists.

In addition to her business success, Suzanne Jackson is also known for her philanthropy. She is involved in several charitable organizations, including the Irish Cancer Society, and has used her platform to raise awareness of important social issues.

Overall, Suzanne Jackson's influence is significant because she has demonstrated that with hard work, determination, and a strong social media presence, it is possible to build a successful business and become an influential figure in the beauty industry. Her success has inspired many young entrepreneurs, particularly women, to pursue their dreams and build successful businesses of their own.



Countess Markievicz



By Grace O'Halloran

Countess Markievicz is a renowned Irish revolutionary figure known for her leadership in the Easter Rising and struggles for Irish freedom.



Markievicz devoted herself to fighting for Irish freedom, women's rights and the poor. During her long political career, Markievicz displayed an idiosyncratic combination of pragmatism and idealism.

In 1916 rising she became a fully-fledged officer in the Irish citizen army and had fought in St. Stephens green during the uprising, eventually surrendering and then sentenced to death.

However, because she was women, she was spared the death penalty and was given a life sentence. A year later she was given amnesty and was released from Aylesbury Gaol in England. In 1918, Markievicz was elected to the house of commons.

As an Irish nationalist and due to the abstentionist policy of her party in refusing to swear allegiance to the monarch, she never took her seat in parliament.

She was the first Irish woman to be elected to parliament and one of the first female politicians at the time. In 1926, she, along with fellow revolutionaries Eamonn de Valera, Sean Lemass, Gerry Boland, and Frank Aiken, branched off from Sinn Féin to form another party, Fianna Fáil, after extensive talks.



'Loud'

an extract by
Carol Ann Duffy



By Kayla Henderson

...Before, she'd been easily led,
one of the crowd, joined in with the national whoop
for the winning goal, the boos from the bent MP, the
cheer
for the royal kiss on the balcony. Not any more. Now
she could roar.

She practised alone at home, found
she could call abroad without using the phone, could
sing
like an orchestra in the bath, could yawn like thunder
watching TV. she switched to the News. It was all about
Muslims, Christians, Jews.

Then her scream was a huge bird
that flew away into the dark; each vast wing a shriek
awful to hear, the beak the sickening hiss of a thrown
spear,
She stayed up there all night, in the wind and rain,
wailing,
uttering lightning...

The female voice is a theme that Duffy explores in the poem. This poem, which is part of the *Feminine Gospels* anthology, is about the female experience. Duffy challenges the idea that women must be quiet and orderly.

The main character becomes 'loud,' defying this sexist construct. Duffy's poem highlights the strength of the female voice and expresses compassion for an unstable world.

The *Feminine Gospels* draws on the historical, the archetypal, the biblical and the fantastical to create various visions – and revisions – of female identity.

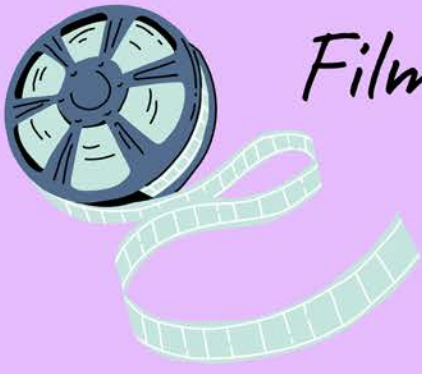
Simultaneously stripping women bare and revealing them in all their guises and disguises, these poems tell tall stories as though they were true confessions, and spin modern myths from real women seen in every aspect.

'Loud' recognises that a woman is in fact a force of nature and when she finds her voice, she is unstoppable.

The poem presents the argument that women have a right to this rage and encourages them to use their voice to demonstrate it.

Women deserve to be as loud as a firework or thunder and lightning. Women deserve to be listened to and understood.





Film review - Little Women

By Caoimhe Ryan

Girl
power

Little women (2019) is undoubtedly a timeless feminist masterpiece. This movie is based on the highly acclaimed novel of the same name which was written by author Louisa May Alcott in 1886. It is a pioneering treatise that has stood the test of time having had several movie, TV, and stage adaptations. Director Greta Gerwig presented the third movie adaptation of little women in 2019 which received outstanding reviews for its powerful portrayal of strong female characters.



The premise of the movie is sisterhood and coming of age in Victorian America. Most importantly, it is a film about women from a woman's perspective. This movie takes the audience on a journey delving into the sister's youth through a series of sporadic flashbacks in comparison to their later lives as young women. In these flashbacks we see the sisters battle through gentle poverty and the constant wrestle with the socio- economic limitations placed on women during the 19th century. Jo (played by Saoirse Ronan) is the protagonist and aspiring writer who sells her stories for pittance whilst simultaneously battling the gender roles expected of her, which is to become a loyal wife and mother

In contrast to Jo, we have thoughtful Meg (played by Emma Watson), whose only dream is to have a home and family of her own. Pugnacious Amy (played by Florence Pugh) is a realist and aspiring painter who views marriage as an economic proposition, stating that she will marry rich so that she can provide and support her family. Delicate Beth (played by Eliza Scanlan) is without vanity and sadly dies at an early age due to scarlet fever, which affects all her sisters differently. Although each sister has ambitions, only these ambitions are achieved once they fit the conventions of society. Jo can only publish her work if the leading female is married at the end of the novel, Meg achieves her dream of marriage and family however she chooses love her dream of a lavish lifestyle and Amy must give up her love of painting to settle down

This movie portrays the struggles of the sisters and how they overcame them. Other characters such as the rich yet pessimistic Aunt March (played by Meryl Streep) or the charming Laurie (played by Timothee Chalamet) try to steer the girls off their paths and intervene in their lives, both for good and bad reasons. However, each sister conveys strength, conviction, and compassion on their journeys through life, which is both fascinating and heartwarming to watch.





Friendship

By Elizabeth Hunt

It is 12: 04 am , Maia and Hedda are reminiscing on their 6 years of friendship over some coconut water and sushi rolls.

I ask them about the meaning of friendship and the conditions one must cultivate in order to maintain their long distance friendship over seas.

Tell me how you met, how long you have been friends?

Maia: when did we first meet?.....

Hedda: I think it was the espresso house

Maia: you said what is that song playing and ... We bonded over music..

Hedda: I don't know what year

Maia: maybe 2016

Hedda: I can't do Math.. i feel like it might of been warm

Maia: there might of been a heat wave



Where do you do your friendship best?

Maia: in the living room or your parents house

Hedda :Watching a film or eating a snack Maia: and then we stop watching the film and just chat

Maia: or cook and bake

Hedda: movie marathons!

Hedda: my mom said after one particular day, how was hanging out with Maia, and I said it was great we just watched a movie, she said I noticed you guys didnt speak or anything, We don't need to fill the silence with chat: we are comfortable just existing with each other without talking

Maia: we are just happy to be in each others presence

Maia : Our biology teacher called us a symbolic relationship.



How do you maintain your long distance friendship?

Maia: we don't text a lot but we just know we are okay if something big happens we let each other know

Hedda: we go through periods where we text all the time and some that we don't

Maia: and then we meet up and its like no time has passed

Hedda: We know at the end of the day we are besties



What was the moment you realised you wanted to be friends with each other forever?

Hedda: I don't think we had a moment

Maia: remember you came over and we baked

Hedda: in the first house you lived in?

Maia we made smoothie bowls and You made me laugh so much you made me spill out my tea and I said this is it

Maia: the fact that I can remember that moment 6 years later



What is a day in your friendship that you would like to relive?

Hedda: I know a day I know what I would not relive - Skiing

Maia: I really liked the trip tho, the car rides and the skis

Maia: for me it would of been the day the Lorde album came out and we sat by the lake, we went kayaking and we got lost

Hedda: was it an island Maia: it was a rock

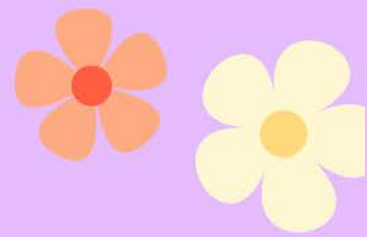
Hedda: we listened to Halsey on the bus ride

Maia: I forget about these things

Maia: we went swimming in the summer and you were afraid of the seaweed



Interviews to Inspire



By Emma Kilmartin

Name: Patsy



Hobbies: I love reading. I am very religious and enjoy saying my prayers every day and going to mass. I used to love walking my dog, but I am unable to do that anymore.

Advice you would give to young women: To know your potential in life and to not listen to negativity surrounding you. To enjoy each year and experiences the world throws at you because you won't get a second chance. To take lots of photo's because I enjoy looking back on the seldom few I have of my friends and family. To especially enjoy your youthful years and don't take your health for granted, because before you know it, you'll be a grandmother like me.



Name: Angela

Hobbies: I enjoy travelling with my friends and meeting up with them every week. I also enjoy going to mass every Sunday and meeting up with my grandchildren and great grandchildren every week for coffee or in the Phoenix Park.

Advice you would give to young women: Enjoy life to the fullest and go and travel when you can. Have no regrets so give everything a go! Enjoy time with your family too and always make time for each other because as you grow older, people move away and it's nice to look back and have fond memories of time with your family. Don't care about what other people think and do what's right for you. Lastly, start saving as soon as

you can, and you will thank yourself later!



Name: Kitty

Hobbies: I enjoy reading and gardening. I also enjoy going for walks.

Advice you would give to young women: Stay in college and work hard in school. Being happy in life is very important. The most important years is your college years, so enjoy them while you can! Travel as much as you can as it will allow you to learn more about life and see the whole world while you can. Be happy in who you are and what you do, and most of all enjoy yourself when you can!

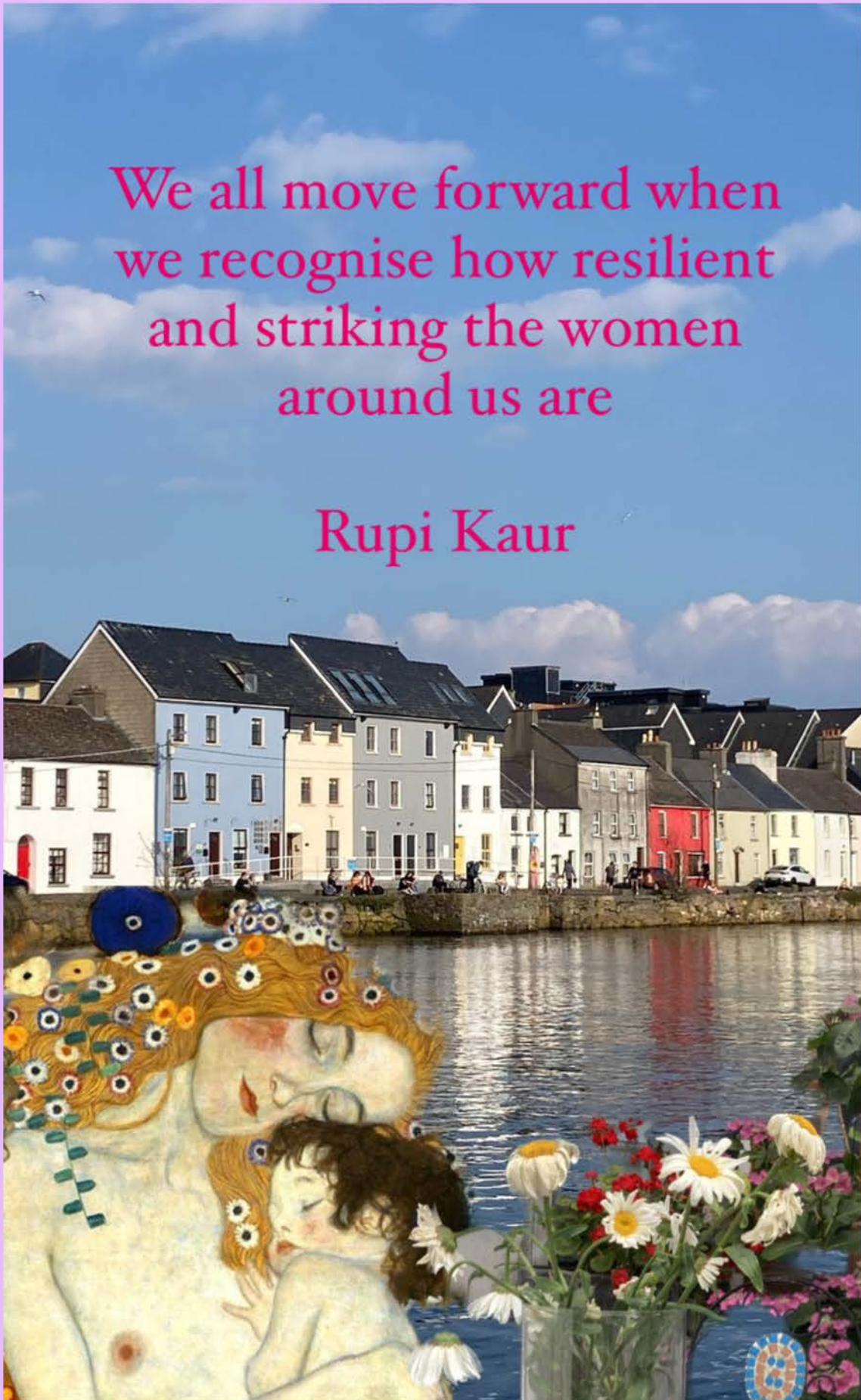


A Poem by Rupi Kaur

By Anna Tierny

We all move forward when
we recognise how resilient
and striking the women
around us are

Rupi Kaur



Women and Environmental sustainability



By Jasmine Peyton



Investing in care:

a) The global economy is reliant on unpaid and undervalued care work, which is predominantly performed by women. However, this job is not appreciated according to its worth, despite the fact that it is necessary, as we have witnessed more than ever during the COVID-19 pandemic. Instead, care labour is viewed as an unlimited resource that can be exploited without restriction or repercussion (much like the environment).

b) Governments should, instead, treat care work as a collective benefit, making it more accessible and supporting people who undertake it. This involves expanding care services and providing support for unpaid carers.

The commercial sector can play a part in promoting unpaid care work by offering paid family leave and flexible work schedules.

Not only does investing in care work acknowledge its significance, but it also helps to expand the economy, create jobs, and reduce carbon emissions.



c) Care is a naturally sustainable economic sector since it contributes to sustaining and enhancing human talents rather than depleting resources.

Changing from an economy focused on depletion to one on regeneration will be necessary for us to reduce emissions, and investing in care is a critical first step in that direction

Supporting women in power:

a) Women's leadership and representation tend to be key factors in better environmental outcomes, both nationally and locally. Countries with higher numbers of female lawmakers typically implement stricter climate change regulations, which reduce emissions. Women's involvement in resource management at the community level results in more equal and inclusive resource governance and greater conservation outcomes.

Additionally, community climate programmes that fully involve women tend to be more effective and resource-efficient. In general, women are more likely to take into account their families and communities when making decisions, which is essential to generating the kind of comprehensive solutions that result in effective climate action.

b) Indigenous women, in particular, have specialised expertise of agriculture, conservation, and resource management, making their voices essential in any decision-making processes

Health of women:

a) Evidence suggests that women will suffer the brunt of climate-related negative health effects. Women are typically more likely to suffer in disasters, which is partly because they have less access to resources and services.

The spread of diseases like malaria, dengue fever, and the Zika virus, which are associated with poor pregnancy and birth outcomes, is being accelerated by higher temperatures; additionally, extreme heat itself may be associated with an increase in stillbirths.

These findings support the hypothesis that climate change will have adverse effects on sexual and reproductive health. Climate change increases vulnerability to gender-based violence, as do other crises and catastrophes.

b) Climate disasters also frequently shift funding away from services supporting survivors of gender-based violence and women's health.

These services must be improved and expanded as the effects of climate change worsen in order to support the protection of women's health and safety.



Magdalene Laundries and Mother and

Baby Homes

By Katherine Corbett



Magdalene Laundries and Mother and Baby Homes were once homes to many women in Ireland. These places date from the 18th-century and the 1920s (respectively) up until the 1990's. Most people would be familiar with these homes, better described as institutions, as being homes to women who had children out of wedlock.

However, this was not always the case. Some of the women were sent here for other reasons, for example, not being accepted as the so called 'norm' of society, for dressing inappropriately or even for being involved with the opposite sex. Some of the women who were sent there because they were pregnant had often been raped, even by members of their own family.

Once confined, these women experienced very harsh conditions. They would have to normally wake up around 7am and have to go to mass or prayer followed by breakfast. They would then have to work until 12:30pm when dinner would be served. There was prayer at 12pm and 4pm. They would have to work until 6pm and have more prayer time. Tea breaks were part of their routine and there was a half day on a Thursday. There was no laundry work on a Sunday.



There were so many tragic stories from these Laundries and Baby Homes that are just shocking. A familiar story would be that of Philomena Lee. She was a woman who was in a Mother and Baby Home in Roscrea in County Tipperary. Her baby, called Anthony, was adopted by an American family and Philomena later went on the search for him. She sadly finds out, with the help of a well-known journalist, that her son had passed away from Aids. The most shocking discovery was that he was buried all the time at the convent that they had once been prisoners in and the nuns had lied to her that they had no idea where he was, when all of the time they knew.

This story was made into a film and also a book and became popular worldwide. These institutions will always have a huge impact on Irish history for many generations to come. What went on inside these homes was nothing but pure evil and justice should be done for all of these women and families now.





Body Positivity



By Mide Dineen

I have done my fair share of disliking what I see in the mirror, and unfortunately this is an issue I feel most girl struggle with at some stage or constantly battle with throughout their lives.

I have had my ups and downs with my body image and body positivity from dieting, to having food guilt, letting my body dictate my mood, and just overall basing my overall worth solely on my body image.

But I can honestly say in the past year and a bit I am making a conscious effort to change this negative mindset. And I am glad to be able to say I am the most comfortable and confident in my body that I have ever been !!! :). Which proves it is a mindset and mindsets can be altered through practice and awareness. So here is a list of things that helped me become more body positive, which I hope can help you too!



1. Positive affirmations:

This can be verbally saying them aloud to yourself while looking in the mirror once or twice a day or written. Mine were listing things you like about your body and other affirmations not body related.

2. Exercise:

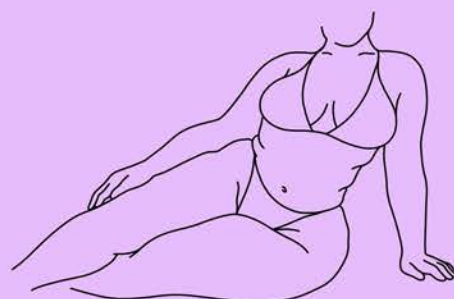
Exercise not for body image purposes, but with the intention of being connected to your body. Such as lifting weights to feel strong and running or cycling to feel fit and healthy. This reinforces all the good your body can do and how it is much more than just how it looks.

3. Following body positive accounts on Social Media:

A lot of people forget that you in fact control your social media feed. What you consume on social media impacts you more than you think especially as it is a platform that is renowned for people putting forward their best selves. Following body positive accounts provide helpful tips and tricks with helping body positivity.

Accounts I found helpful:

- @bodyposipanda
- @unfitfaye
- @saggysara
- @mikzazon
- @nicolezaajac
- @make_love_not_diets



4. Being more aware of negative body thoughts:

When you are having a bad body image day be more aware that these are just thoughts, and I can control my thoughts. By just reminding yourself of all the good your body does by keeping you alive and that your body is the least important thing about you.



Women in Sport



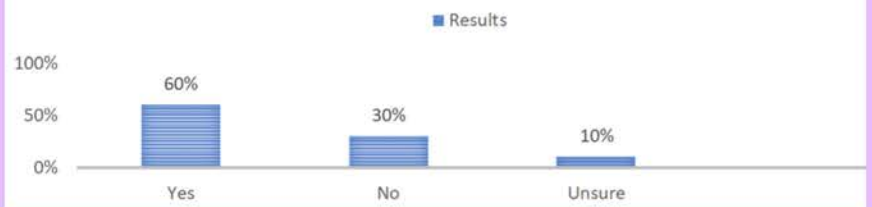
By Sarah O'Malley, Holli Gavin and Lisa Davitt

A short survey composed of 6 short questions regarding inequalities experienced by females playing sport was sent to two different senior LGFA clubs in Co. Mayo and one senior Camogie team in Co. Roscommon.

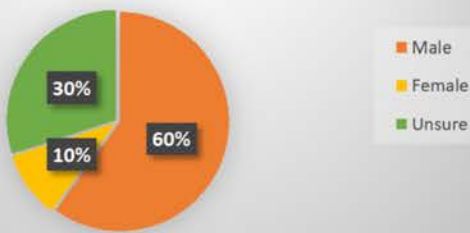
The goal was to determine if females feel they are treated differently in comparison to their male counterparts playing the same sport. The results to this survey are represented using the Bar, Pie and Line charts located below.



DO YOU BELIEVE YOU HAVE EXPERIENCED A LEVEL OF INEQUALITY AS A FEMALE INVOLVED IN SPORT?



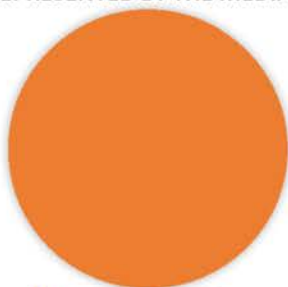
Growing up, was your sports hero male or female?



Do you think your local LGFA/Camogie team has received an equal amount of funding and equipment in comparison to your local GAA team?



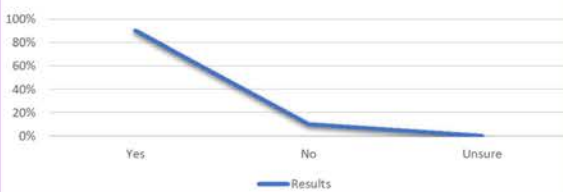
DO YOU BELIEVE WOMEN'S SPORT IS FAIRLY REPRESENTED BY THE MEDIA?



Throughout the duration of your time playing sport, from underage to senior, has your management team consisted predominantly of male individuals, female individuals or both male and female...



Do you think it is a good idea to amalgamate the LGFA, The Camogie Association and The GAA?





Influential Alaskan Women



By Ruby Wright

Word Search

- Elizabeth
- Peratrovich
- Libby
- Riddles
- Corneila
- Hatcher
- Mary
- Peltola
- Lisa
- Murkowski
- Brenda
- IttaLee
- Deedee
- Jonrowe

T	X	Y	W	H	C	X	F	X	F	Q	G	P	F
D	V	E	L	I	Z	A	B	E	T	H	C	Y	Z
R	D	R	U	E	M	U	R	K	O	W	S	K	I
I	C	P	C	G	M	M	A	R	Y	K	P	Q	M
D	O	M	E	B	P	J	I	H	S	R	E	D	B
D	R	D	N	R	H	A	P	T	M	T	L	P	I
L	N	E	S	H	A	S	R	V	T	P	T	I	X
E	E	E	L	N	T	T	S	S	P	A	O	C	Z
S	L	D	I	N	C	O	R	Q	G	E	L	Y	C
O	I	E	B	F	H	M	K	O	D	L	A	E	C
S	A	E	B	H	E	D	C	R	V	W	I	A	E
J	T	D	Y	B	R	E	N	D	A	I	W	S	D
F	F	R	V	J	O	N	R	O	W	E	C	H	A
M	U	T	C	K	O	B	A	R	K	V	P	H	N

- in 2022, Peltola was the first Alaska Native Woman to be elected into Congress
- Riddles was the first woman to win the historic Iditarod Trail Sled Dog Race in 1985
- Hatcher helped to petition the right to vote in Alaska in 1913, seven years before the U.S. ratified the 19th admendment.
- Petrovich is credited with getting the country's first anti-discrimination law passed by the State of Alaska in 1945



- An Inupiaq from Barrow, she was the first Alaska Native woman elected to the Alaska State Legislature
- Jonrowe holds the fastest time ever recorded for a woman in the Iditarod Trail Sled Dog Race



BLACK FEMINIST

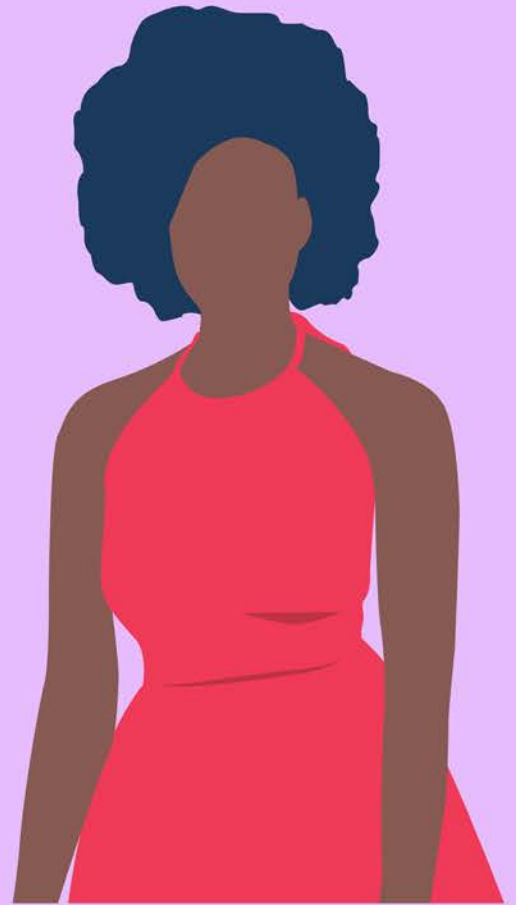
By Jasmine Akwenuke

Everyday Black feminists are transforming our world through radical organizing, arts, culture, education and more.

Bell Hooks (1952 -2021)

Bell Hooks was a feminist author, poet theorist and cultural critic. She raised a small, segregated town in rural Kentucky. She learned at an early age she needed to become a woman who “talked back” as black women need to speak out against racism and sexism. She accepted a scholarship to Stanford University in California where at age 19 she wrote her first book *Ain't I a Woman*. Bell Hooks was an intersectional feminist and she often examined the connections between race, gender and class.

“No black woman writer in this culture can write "too much". Indeed, no woman writer can write "too much"...No woman has ever written enough.” — Bell Hooks, *remembered rapture: the writer at work*



Patricia Hill Collins (1948-)

PHC is an American sociologist that specializes in race, class, and gender. Her 1990 book *Black Feminist Thought*, she explores the words and ideas of Black feminist intellectuals as well as everyday Black women who are not academics. She writes about the unique experience of living as a Black woman in America and how they respond to the intersecting oppressions of race, class, gender, nationalism, and sexuality. She also coined the term “matrix of domination” that refers to intersectionality. She is also the 100th president of the American Sociological Association and the first African American women to hold this position.

“Most activism is brought about by us ordinary people.” — Patricia Hill Collins

Ika Hügel-Marshall (1947-2022)

Ika Hügel-Marshall was an Afro-German author and activist who was a leading figure in the Afro-German women’s movement organization ADEFRA (Afro-Deutsche Frauen). Her autobiography *Invisible Woman: Growing up Black in Germany*, discusses racism in Germany and her experience growing up as a mixed-race woman after World War II. She was mentored by Audre Lorde who is also an exceptional woman that did a lot for work in Germany for Black and queer women.

“I look in the mirror and am happy, for there's nothing in the world I want to be but myself.” — Ika Hügel-Marshall, *Invisible Woman*

Questionnaire about Women

By Mathilde Meiche

A short questionnaire about womens daily life, history and rights. The purpose is for you to give your opinion and see your own knowledge about women and for us to gather your point of view on the subject.



