

**CATCHING
UP WITH
SOCIAL WORK
STUDENTS**

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Table of Contents

SWSA News

Solidarity Statement for 2SLGTBQIA+ Community (Pg. 3)

Bake Sale (Pg. 4)

Holiday Hamper Drive (Pg. 4)

ASIST (Pg. 5)

Upcoming Events!

2023 Grad Committee (Pg. 6)

Period Drive (Pg. 6)

Volunteer Fair (Pg. 7)

V-Day Bake Sale/Candy Grams (Pg. 7)

Trivia Night (Pg. 7)

Student Submission

SWSA's Committee Coordinator Lindsay DeGagne's

Period Poverty Magazine (Pg. 9-26)

SWSA Team

Hear from the 2022/2023 SWSA Team! (Pg. 27-30)

Standing in solidarity with 2LGBTQIA+ Students

We stand in solidarity with the 2SLGBTQIA+ community and we are dedicated to continue to support and create safe spaces for the 2SLGBTQIA+ community.

Many of you may be aware of the club shooting that occurred on November 19, 2022 at Club Q in Colorado Springs. We are horrified by these actions and we grieve for the family and friends of the victims. We are standing with the survivors and the 2SLGBTQIA+ community.

Everyone should have the right to have a safe space where they can connect to their community. Everyone deserves to feel safe, regardless of their sexual orientation or gender identity/expression.

For any students who are feeling lost, angry, & upset after this (and any) act of violence, please feel free to reach out for support. You are not alone.



Grad Committee Bake Sale

This year we had the opportunity to have a bake sale for graduation fundraising. We would like to thank all the volunteers and individuals who bought some yummy treats and supported Social Work Students! We could not do it without you!!



Holiday Hamper Drive



This past December the Social Work Students Association ran a holiday hamper donation collection. We were able to collect enough food and gift donations as well as monetary donations to create two hampers overflowing with food and gifts and those hampers were given to two families working with the Family Enhancement Program at Métis Child, Family & Community Services. We want to extend a huge thank you to those who donated!

Applied Suicide Intervention Skills Training (ASIST)

January 14 and 15, 2023



ASIST is a two-day in person interactive workshop in suicide first-aid. This workshop teaches you how to recognize when someone might be having thoughts of suicide and how to support them and their immediate safety. We learned a lot in the workshop about our feelings and perceptions surrounding suicide, and how to support people who are having thoughts of suicide. Thank you to LivingWorks and everyone who came!

Upcoming Events:

2023 Grad Committee

If you are interested in joining the Committee to plan the 2023 BSW Grad Celebration, please email SWSA@umanitoba.ca to receive the link to attend the meetings!

Wednesday, February 1 @ 7pm

Friday, February 17 @ 6pm

Wednesday, March 1 @ 7pm

Friday, March 17 @ 6pm

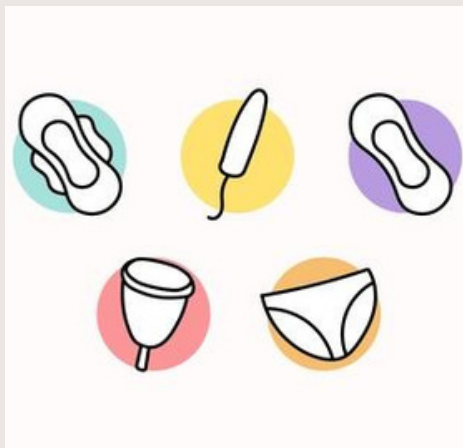
Wednesday, March 29 @ 7pm

*Dates in April/May to be determined.



Additionally, the position of Graduation Committee Chairperson is still vacant. If you are interested in filling the official position and obtaining a co-curricular record of your participation, please indicate your interest within your response.

Period Drive



The second week of March (06-10) SWSA is hosting a period drive! We are hoping to collect donations of menstrual products, or money to purchase products, and planning to donate them to Winnipeg women's shelters (exact recipients have yet to be determined). Period poverty is a pervasive issue menstruators face, and hosting and donating to drives like this are an easy way to alleviate this burden. Keep an eye on your emails and the SWSA Instagram during the month of February for more updates on this event.

Upcoming Events:

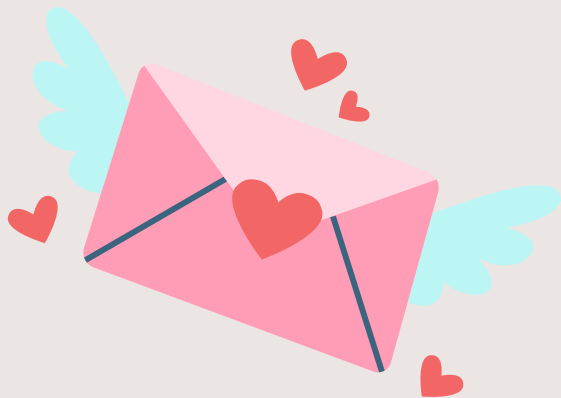
Volunteer Fair

Not sure where to go for practicum? Want an amazing volunteer opportunity? Come join us on Wednesday, February 8th, for our SWSA Volunteer Fair! The organizations joining us will be IRCOM, A & O, LDAM, MOSAIC, KIDS Initiative, CanU, Artbeat Studio, and more! This will take place at the Drake Centre in room 333, from 10:30 am - 1:30 pm. See you there!



Valentine's Day Candy Grams

SWSA is up to some exciting things this semester! From some Valentine's Day treats to a fun grad celebration in the Spring, this term is packed with lots of great opportunities that SWSA hopes will bring some cheer to our incredible student body. Please make sure to regularly check your UM email to stay up-to-date on all these important events, and more!



Trivia Night

Come one, come all - time to give your brain a break from readings upon readings and use it for fun!! Ride solo or bring a group to compete for a chance to win SWSA's trivia night title and other fun surprises! BYOS (bring your own snacks) or enjoy some yummy goodies that will be provided. Trivia night will be held on: Monday, February 6th, 2022, at 6:30 PM - but feel free to come a little earlier, mingle, snack, get cozy and relax!!



STUDENT SUBMISSIONS:

Thank you to Lindsay DeGagne for submitting
the period poverty magazine!

**If you would like to submit something to
the Spring E-Magazine, please email
swsa@umanitoba.ca**



TABLE OF CONTENTS



Note from the editor P.4

UNDERSTANDING THE CONTENT P.5

Why care? P.6

FREE MENSTRUAL PRODUCT LOCATIONS P.7

Fighting against period poverty P. 10

OUR SHARED EXPERIENCE P.12

Crossword P. 16

UPCOMING EVENT P. 17

References P. 18

Based on the current political situation in Winnipeg, this issue will focus on period poverty, and the experience of women, girls, trans and non binary menstruators, and how we can approach and advocate within with these topics.

Editor's Note



Existence in a capitalist patriarchal society as a menstruator means we face simultaneous oppression for experiencing of menses while having it commodified. The society we live in is not structured for menstruators, women, and gender minorities. Until we are able to sufficiently deconstruct our capitalist economy and heteropatriarchal society, we must adapt and engage in advocacy. As such a majority of this issue pertains to period poverty, the experience of it, why it is important, and how to fight it. I encourage all readers, both menstruators and non-menstruators, to critically reflect on their interactions in society, and how they may be perpetuating harmful stereotypes regarding menstruation, or contributing to menstrual patriarchy, whereby companies seek to profit off of the menstruation. This magazine issue should function as a call to action for all readers.

The relation of period poverty and menstrual capitalism is clear, capitalism is an economic model where competition for capital permeates daily life; poverty is a byproduct of capitalism. Period poverty is a lack of access to products, hygiene, information, and clean spaces. Thus, period poverty is the consequence of interactions between menstruators and the capitalist system which we live, that simultaneously shames and capitalizes off of menses. As societal citizens, we have the responsibility to help meet our fellow citizens needs, inclusive of those associated with menstruation. This editor argues that ignorance of period poverty is rooted in the patriarchy which permeates all social structures and functions to limit women and gender minorities.

Lindsay DeGagne
EDITOR-IN-CHIEF (EIC)

Real Period.
Magazine

Digestible language

PATRIARCHY

A societal structure which privileges male dominance and excludes women and gender minorities. This system invades all aspects of daily life.

MENSTRUATOR(S)

Menstruators are those who experience periods. We avoid the general term 'women' because not all women have periods, and not all those who menstruate are women..

PERIOD POVERTY

Includes lack of access to menstrual products, hygienic ways to use these products, and lack of information on menstruation.

Pervasive nature of poverty culminates into period being a responsibility.

PERIOD EQUITY

Period equity is the opposite of period poverty, it is entails affordable and accessible menstrual and hygienic products, safe spaces to use them, and education around its importance. Period equity is the goal of this issue.

WHY CARE ?

"Period poverty is not limited to only those in “poverty” and can affect menstruators from any background at any time." (Casola et al., 2022, p. 374)

Socioeconomic status plays a large role in experiencing period poverty- those with minority status are most likely to experience it (Cardoso et al., 2021)

STUDIES HAVE FOUND A STRONG ASSOCIATION BETWEEN POVERTY AND FOOD INSECURITY (BOYERS, 2022)

Approximately one quarter of the world’s population of women, adolescent girls, and menstruating individuals of reproductive age—an estimated 500 million—say that they do not have everything they require to effectively manage their menstruation (Sommer & Mason, 2021)

RESEARCH ON STUDENT MENSTRATORS HAS FOUND THAT MENSTRUAL PRODUCT INSECURITY IS COMMON, WITH MANY REPORTING AT LEAST 1 OCCURRENCE A YEAR WHERE THEY COULD NOT AFFORD NECESSARY PRODUCTS (BOYERS, 2022)

In schools where girls lack access to hygienic facilities, menstruation can contribute to absenteeism or leaving school completely (Cardoso et al., 2021)

EXPERIENCING PERIOD POVERTY AND MENSTRUAL STIGMA CAN HAVE A SEVERE IMPACT ON MENTAL HEALTH (CASOLA ET AL., 2021)

WHERE TO GO?

part 1

BELOW IS A LIST OF 8 FACILITIES WHICH ARE APART OF THE CITY OF WINNIPEG'S FREE MENSTRUAL PRODUCT PILOT PROGRAM. THESE FACILITIES WILL PROVIDE THESE PRODUCTS THROUGH SEPTEMBER OF 2023:

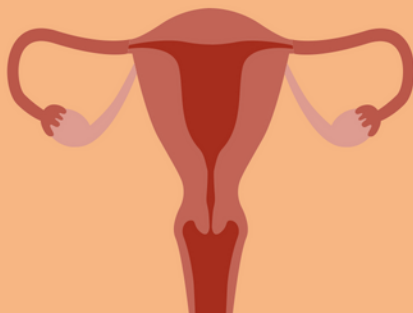
1. MILLENNIUM LIBRARY – 251 DONALD ST.

OPEN 10:00AM-8:00PM MON-THURS, 10:00AM-5:00PM FRI,
10:00AM-6:00PM SAT-SUN

2. FORT ROUGE LEISURE CENTRE – 625 OSBORNE ST.

OPEN 6AM-9PM MON-FRI, 8:30AM-8:30PM SAT, AND 9:00AM-8:30PM SUN

3. SEVEN OAKS POOL – 444 ADSUM DR.



OPEN 9:00AM-8:00PM MON-FRI,
9:00AM- 6:00PM SAT, AND
11:00AM-7:00PM SUN

WHERE TO GO?

part 2

4. FREIGHT HOUSE RECREATION CENTRE/CENTRAL COMMUNITY CENTRE – 200 ISABEL ST.

OPEN 3:00PM-9:00PM MON-FRI, 12:00PM- 8:00PM SAT, AND 12:00PM-3:00PM SUN

5. ELMWOOD KILDONAN POOL – 909 CONCORDIA AVE.

OPEN 6:00AM-9:00PM MON-FRI, 12:00PM-5:00PM SAT, AND 10:00AM-5:00PM SUN

6. TURTLE ISLAND NEIGHBOURHOOD CENTRE – 510 KING ST.

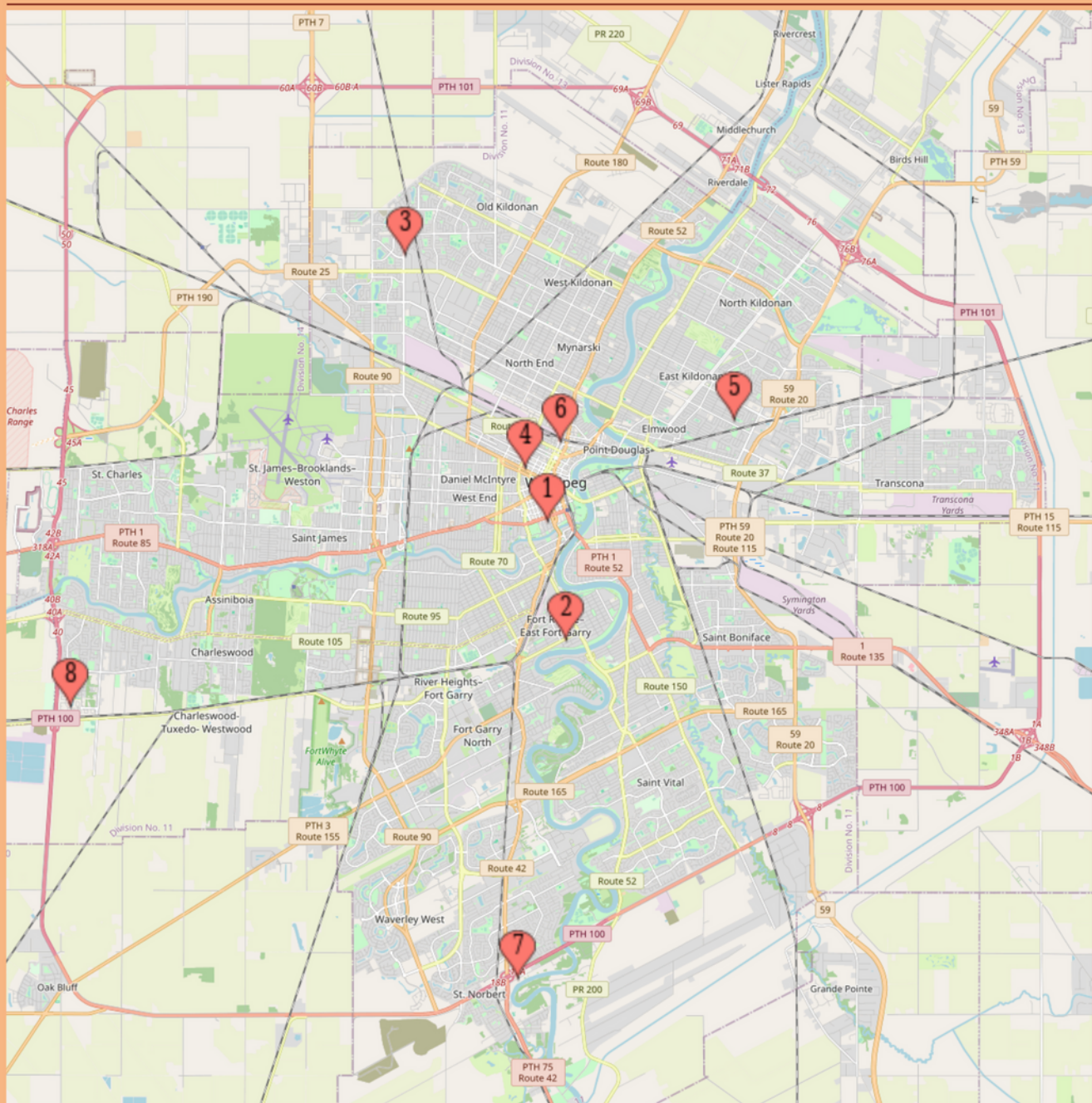
OPEN 9:00AM-8:00PM MON-FRI, 1:00PM-5:00PM SAT-SUN

7. MARGARET GRANT POOL – 685 DALHOUSIE DR.

OPEN 6:00AM-8:30PM MON-THURS, 6:00AM- 9:30PM FRI, 12:30PM-8:30PM SAT, AND 10:30AM-4:00PM SUN

8. WESTDALE COMMUNITY CENTRE – 550 DALE BLVD.

OPEN 12:30PM-7:00PM MON-SUN



“Beginning in October 2022, the City of Winnipeg is conducting a pilot project to provide free menstrual products at key facilities across the city. These complimentary menstrual products are being provided as part of a one-year pilot project launched to reduce stigma and barriers around menstruation and to make a much-needed basic necessity more easily available to Winnipeg residents.” (City of Winnipeg, 2022)

WHAT TO DO?

01

Donate Menstraul products

Pads of various absorbency levels, tampons of various absorbency levels, panty liners, (new)underwear, diva cups

02

Engage in conversations and challenge stereotypes

Engaging in conversations helps to destigmatize the shame associated with periods and normalize them.

03

Advocate and raise awareness

Advocacy is the most efficient way to get public officials attention. Send letters, organize events and period drives, post on social media...

04

Continue learning

Continuous education surrounding menstruation, poverty, period poverty, and menstrual capitalism better equips you to engage in the steps above.

WHERE TO DONATE?

(in Winnipeg)

ELIZABETH FRY SOCIETY

- 544 SELKIRK AVE

SILOAM MISSION

- 300 PRINCESS ST, ENTRANCE ON HENRY AVE

WINNIPEG LABOUR COUNCIL

- 504-275 BROADWAY (UNION CENTRE)

UNITED WAY WINNIPEG

- 580 MAIN STREET

WEST CENTRAL WOMEN'S RESOURCE CENTRE

- 640 ELLICE AVE

RESOURCE ASSISTANCE FOR YOUTH INC. (RAY)

- 125 SHERBROOK STREET

NORTH POINT DOUGLAS WOMEN'S CENTRE

- 221 AUSTIN ST N

NORTH END WOMEN'S CENTRE

- 394 SELKIRK AVE

VILLA ROSA INC.

- 784 WOLSELEY AVE

WINNIPEG MUTUAL AID SOCIETY

- FACEBOOK GROUP



uterUS

Menstruators share their experiences with periods, period products, and fear.

WHEN MONEY GETS TIGHT MY MOM AND I LOOK THROUGH FLYERS OR SPEND LOTS OF TIME IN THE MENSTRUAL PRODUCT ISLE TO FIND THE CHEAPEST PRODUCT.

"We don't consider it a luxury, we just buy whatever we can afford. Sometimes its hard to justify 1-2 hours wages for pads."

WE RARELY HAVE STOCK ENOUGH TO KEEP EXTRAS IN BAGS OR PURSES, SO WHEN MY PERIOD GOES TOO LONG OR COMES UNEXPECTEDLY, I'LL USE PADS AND TAMPONS LONGER THAN SUGGESTED OR MAKE A MAKESHIFT ONE OUT OF TOILET PAPER, I MEAN I CAN'T NOT HAVE SOMETHING TO STOP THE BLOOD BUT YOU MAKE DO.

uterUS

Real life period testimonials- part 2

WHEN I WAS IN GRADE 11 MY FRENCH CLASS WENT FOR A FIELD TRIP AT WINNIPEG HARVEST.

DURING THE TRIP I EXPERIENCED SOME OF THE WORST CRAMPS I'VE EVER HAD IN MY LIFE AND WE WERE STANDING SORTING THROUGH ONIONS AND POTATOES. THE PAIN WAS SO BAD I WAS READY TO THROW UP.

"And it was really heavy and they didn't have washrooms we could use while we were there."

I WAS LUCKY I DIDN'T BLEED THROUGH MY PANTS, BUT I WAS PANICKED I WOULD THE WHOLE TIME AND IT RUINED THE ENTIRE TRIP.

uterUS

Real life period testimonials- part 3

WHENEVER I GO TO THE GROCERY STORE, THERE ARE ALWAYS PACKS OF PADS OR TAMPONS THAT HAVE HOLES IN THEM- AS IF SOMEONE WAS FORCED TO STEAL A FEW TO GET THEM BY. AND HONESTLY I GET IT. TOILET PAPER IS FREE EVERYWHERE, AND I CAN HOLD THAT IN.



"There is no way to stop a period from happening"

Photo by Lindsay DeGagne, 2022

AND EVEN IF WE COULD AFFORD THE PRODUCTS, THERE ARE LOTS OF PLACES THAT DON'T HAVE THEM IN THEIR WASHROOMS FOR PURCHASE OR OTHERWISE. I GOT MY PERIOD AT THE ZOO AND HAD TO WALK AROUND FOR 2 HOURS WITH A TOILET PAPER PAD HOPING IT WOULDN'T DISINTEGRATE.

uterUS

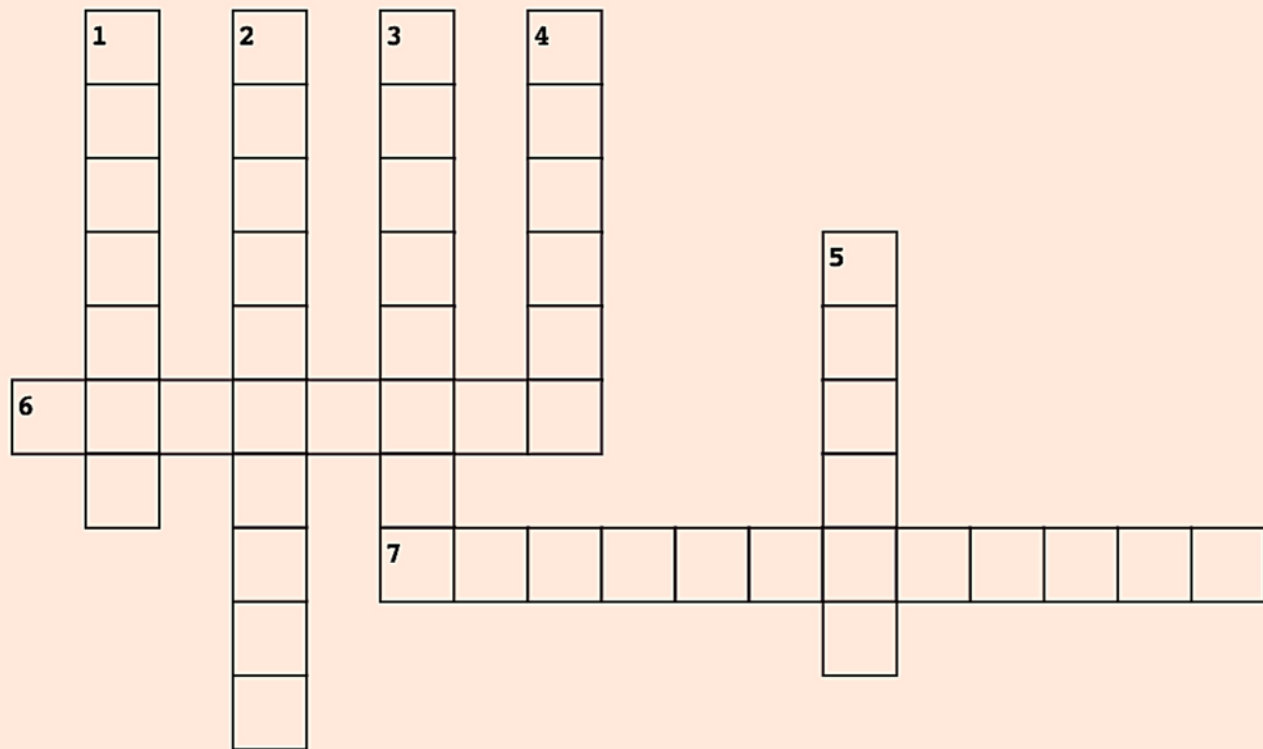
Real life period testimonials- part 4

WHEN I WAS YOUNGER I DID BALLET EXAMS THROUGH MY DANCE STUDIO, THEY WERE SUPER PROFESSIONAL MY TEACHER TOOK THEM REALLY SERIOUSLY WITH RIGID RULES WE HAD TO FOLLOW. SO ONE YEAR LIKE FIVE MINUTES INTO THE EXAM I GOT MY PERIOD, AND IT WASN'T SUPER REGULAR YET SO I DIDN'T KNOW I WAS GONNA GET IT,

"for the whole exam I had blood dripping down my leg which is VERY obvious in ballet tights, and I couldn't do anything about it"

BECAUSE WE WERE NOT ALLOWED LEAVE THE ROOM AT ANY POINT DURING THE EXAM- SO I DID THE WHOLE THING TOTALLY FREAKED OUT AND I KEPT MAKING MISTAKES BECAUSE ALL I COULD THINK ABOUT WAS THAT THE EXAMINER COULD SEE THE BLOOD.

CROSSWORD



Down

1. one possesses this when not experiencing period poverty
2. the sexist system that functions to oppress women and gender diverse peoples
3. movement aiming to end period poverty and oppression
4. cotton tube used to prevent blood leakage
5. female reproductive organ

Across

6. a material way you can contribute to the end of period poverty
7. monthly shedding of uterine lining

Answer key: 1. freedom 2. patriarchy 3. feminism 4. tampon 5. uterus 6. donate 7. menstruation

UPCOMING EVENT

**PERIOD
PRODUCT** *DRIVE*



 **SOCIAL WORK
STUDENTS
ASSOCIATION**

**WE'RE ACCEPTING DONATIONS
FROM MARCH 06-10!**

**Follow the SWSA Instagram account @uofm_swsa for updates
closer to March!**

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REAL PERIOD. MAGAZINE



Volume 1, Issue 1, November 2022



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Hear from the 2022/2023 SWSA Team!

Joanne San Juan - Senior Stick

Fun fact: I've always loved school, and University is full of so many wonderful experiences outside of the classroom as well! The friendships, the memories, and of course the knowledge are all key highlights you will take with you after your short time in the BSW is up.

Message to students: From the bottom of my heart, is to enjoy every moment. While we're all striving for our goals of RSW (or whatever professional endeavours you desire), never forget the journey it took for you to get there. Soak up every moment, every opportunity, and every success you make along the way. And most importantly, never forget why you started.



Ameera Andaya - Vice Stick

Fun fact: My favourite animal is a polar bear!

Message to students: This term, I hope that all students are able to take time for themselves and be kind to themselves. It's hard to adjust to school especially after a pandemic. I am hoping that SWSA is able to help students in any way that they can!



Kadie Borody - Secretary & Accessibility Representative

Fun fact: My dream vacation is to go to Australia and get to see my favourite animal, a kangaroo, in the wild!

Message to students: While in social work try to network with your peers by volunteering together, try fun activities, make study groups and more. The people in your program are amazing supports while in school and when you graduate that may become lasting friendships in the future! Lastly, don't procrastinate to hand in assignments at 11:59 pm!



Jordan Barnes - Treasurer

Fun fact: I have a degree in Philosophy - also from the U of M!

Message to students: It's important to strike a balance between pushing ourselves to achieve great things and taking care of ourselves to avoid burnout! That's easier said than done, but we should all try to find small moments to be kind to ourselves and relax throughout the term.



Hear from the 2022/2023 SWSA Team!

Lindsay DeGagne - Committee Coordinator

Fun Fact: I have a dog named Railin and love to read.

Message to students: Keep persevering! It is better to do something badly, than to do nothing at all



Kiara Down - Second Year Concentrated Representative

Fun fact: I spent 3 months living in Quebec as part of a French-Language exchange with a host family when I was 15.

Message to students: don't be afraid to ask questions or ask for help, we all need it sometimes. You got this!



Jeff Chalanchuk - Accessibility Representative

Fun fact: I am an avid sports fan and Collector. You would be hard pressed to not see me checking eBay or looking at game stats. When I'm not enjoying a Bombers, Jets, or baseball game with my pops, I spend time with my two young children and my partner Amber.

Message to students: As a student in my (almost) late 30's I am inspired by your dedication to equity and growth. It may be cold outside, but the heart of this faculty is always warm and welcoming.



Wynn Leflar - Thrid Year Representative

Fun fact - I officiate volleyball and love baking.

Message to students: I hope everyone learns so much from their placements and has a wonderful term now that we are able to be with everyone in person!



Hear from the 2022/2023 SWSA Team!

Angelica Buccini - Social Media Coordinator & Social Programmer

Fun fact: I love being in the water! As a child, I was never scared of swimming or being in water and now in my adult life that has translated into becoming a swim teacher and lifeguard!

Message to students: Do not forget to take time for yourself this term (and always)! As future/student social workers we often put others before us. You are not being selfish when considering your needs and boundaries!



Teigan Peters - 2SLGBTQIA+ Students' Representative

Fun fact: I collect Harry Potter Lego

Message to students: Just keep swimming!!



Jayda Campbell - First Year Regular Representative

Fun fact: I have is that once I pick up a good book I can't put it down and will finish it within a few hours!

Message to students: You got this, I believe in you! Keep pushing!



Tyler Bezpalko - 2SLGBTQIA+ Students' Representative

Fun fact: I can make a really good homemade London fog tea

Message to students: This year is to buckle up this term! Never underestimate how cold Winnipeg winters are!



Hear from the 2022/2023 SWSA Team!

Krystal Poapst - Community and Inclusion Representative

Fun fact: I love to read

Message to students: Celebrate every win no matter how small!



Olivia Harker - Social Programmer

Fun fact: Confession - I am a chronic thrifter/shopaholic - fashion is my passion so to say lol. So, if anyone needs any thrift recommendations, I got you!!

Message to students: I use shopping to "fill the void" and decompress (and maybe spoil myself a little too much). Everyone needs to spoil or care for themselves occasionally; emotionally, creatively, spiritually or (less beneficially) through materialistic means. Take a day off, reward yourself for putting in the effort and be proud that you got to this point - it's a great accomplishment. Get through this term one day at a time, you can only control what is happening in the present. When overwhelmed, ask yourself: will this really affect me to the extent I'm stressing about it in a month? A year? 5 years?



Jana Almosara - Immigrant/Refugee Students' Representative

Fun fact: I have been playing the ukulele for over 11 years. I write many songs I never finish.

Message to students: Remember to take care of yourself. Warmer weather is 3 months away. You're almost there!



Available SWSA Positions

Second Year Regular Representative
Part-Time Students' Representative
Indigenous Students' Representative (2)
UMSU Representative
Distance Education Representative (2)

International Students' Representative
Immigrant/Refugee Students' Representative
Graduation Committee Chairperson
Social Action Chairperson
Senate Representative