

## Talbert, Lilly

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**From:** Talbert, Lilly  
**Sent:** Tuesday, October 01, 2013 3:01 PM  
**To:** Talbert, Lilly  
**Subject:** VCW VIEW: Oct 1

Senator Leahy's 17<sup>th</sup> Annual Women's Economic Opportunity Conference  
Saturday, October 19<sup>th</sup>  
Register now <http://www.leahy.senate.gov>.

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### Ladies First Program

Federally funded through a grant to the Health Department, Ladies First pays for:

- annual mammograms
- clinical breast exams
- pelvic exams
- cervical Pap tests
- instruction in breast self-exam
- cardiovascular disease risk factor (cholesterol, high blood pressure, diabetes) screening

Services are provided locally, by the woman's own physician in most cases. Ladies First also pays for repeat mammograms, ultrasounds, biopsies, and colposcopies. Learn more:  
[http://healthvermont.gov/prevent/ladies\\_first.aspx](http://healthvermont.gov/prevent/ladies_first.aspx)

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### Play Chutes & Ladders This Weekend!

Saturday, October 5<sup>th</sup>, from 10am-12pm on the Vermont State House lawn, Montpelier

Join children with their parents and caregivers to play Chutes and Ladders on a giant game board on the state house lawn with public figures. This free event includes kids activities, music, food and early childhood information through a resource fair of local organizations. Former Governor Madeleine Kunin and Representative Sarah Buxton will speak about how quality early care and education allows Vermont's children to "climb" ladders to a successful future, rather than "slide" behind. Hosted by [Mama Says](#), [Vermont Early Childhood Alliance](#), [Building Bright Futures](#) and [MomsRising.org](#). For additional details, go to: <http://www.mamasaysvermont.org> or <http://www.vermontearlychildhoodalliance.org>. Find the event on Facebook: <https://www.facebook.com/events/545214035532634/>

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The [Centers for Disease Control 2013 Breastfeeding Report Card](#) rated Vermont among the nation's best for breastfeeding rates.

Get [more info on breastfeeding, support programs for moms and help for businesses to welcome new moms back to work](#) from the Vermont Department of Health

Are you a nursing mom returning to work? Read [VCW's Fact Sheet: Vermont Workplaces Support Nursing Moms](#)

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### Boot Camps for Working Women

Tuesday, Oct. 22, 7-8:30 pm – Stand For Your Personal Brand!

Tuesday, Nov. 19, 7-8:30- pm – Bye-Bye Objective, Hello Value: Resumes with Impact

A brand new program at Vermont Works for Women that mid-career women have asked for! These 90-minute workshops provide the time, expertise and woman-centered space needed to move forward in your career or working life. Meghan Oliver, associate director of Norwich University's Career Development Center, will guide you in how to identify your own personal brand; and market yourself using social media, networking, public presentation and the web. Then, you'll learn to create an accomplishment-focused resume that will reflect your newly defined brand. Go to [www.vtworksforwomen.org](http://www.vtworksforwomen.org) for more information, and to pre-register.

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### National Center for Women & IT (NCWIT) Aspirations in Computing Award

High school women can apply by October 31<sup>st</sup> for the Aspirations in Computing Award. Prizes include \$500, a laptop, and a trip for the student and a guardian to the awards ceremony. [Learn more](#)

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### Girls Rock the Capitol: a legislative internship program through the Girl Scouts of the Green and White Mountains

Legislative internships are available for Vermont's high school-age girls interested in government service and advocacy when the Vermont Legislature reconvenes in January. Girls Rock the Capitol, an internship program led by Girl Scouts of the Green and White Mountains, is seeking applicants. No Girl Scout experience is needed. This intensive program links girls to female legislators who act as mentors while participants learn about and work on issues affecting the future of Vermont from inside the Statehouse. The program helps girls become critical thinkers, work as a team to advocate for themselves and others, prepare for leadership roles in their schools and communities, and develop an understanding of the democratic process. To apply, contact Nicole Nolan toll-free at 888-474-9686, extension 142, or [nnolan@girlscoutsgwm.org](mailto:nnolan@girlscoutsgwm.org). Applications are due by Oct. 31. Girl Scouts of the Green and White Mountains serves more than 14,000 girls across Vermont and New Hampshire. To join, visit <http://www.girlscoutsgwm.org> or call 888-474-9686.

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### Refusing Silence: Voicing our Stories

Saturday, October 26; 10 am to 2 pm at Writing Studio at 180 Flynn Ave, Burlington

Free writing workshop for women: Limit – 12

Participants will: • reflect on silence and speaking out; explore feelings through hands-on

Touchdrawing™; • write and be heard in a welcoming, supportive, safe space. RSVP and more info:

[womenwritingvt@gmail.com](mailto:womenwritingvt@gmail.com)

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Vermont Health Connect, Vermont's health insurance exchange just went live.

To learn more:

[vermonthhealthconnect.gov](http://vermonthhealthconnect.gov)

[On Facebook](#)

[Twitter](#)

Find [in-person help](#) near you, Planned Parenthood of Northern New England are one of many Navigator Organizations around Vermont

Call 855-899-9600 and for TTY/TDD users: 888-834-7898

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The first of its kind in the nation, the Governor's Prevention of Domestic and Sexual Violence Task Force was created in 2011 to evaluate Vermont's domestic and sexual violence prevention resources and programs, identify gaps in services, identify ways to increase coordination of prevention efforts around the state, and make recommendations to enhance and improve prevention efforts in Vermont.

[View the Governor's press release](#) about the task force's final report.

[View the report](#). (PDF 3.17 MB - please note: This is a large file and may take time to upload. The table of contents on page 2 allows viewers quick links to specific sections.)

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Vermont Commission on Women (VCW)  
VIEW – Vermont Information Exchange for Women  
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800-881-1561 / [women.vermont.gov](http://women.vermont.gov) / [Find us on Facebook](#)

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