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VIEW

Vermont Information Exchange for Women

Newsletter



April 26th, 2017

News & Resources

Thursday is International Girls in Information & Communication Technology Day

International Girls in Information & Communication Technology Day aims to create a global environment that empowers and encourages girls and young women to consider careers in the growing field of information and communication technologies (ICTs). It is celebrated every year on the 4th Thursday in April. [This website includes information about how to get involved.](#)

Interested in serving on the **Vermont Commission on Women?**

We are governed by 16 volunteer Commissioners appointed to serve four year terms. Interested parties should have a commitment to increasing opportunities for women and should be able to attend monthly business meetings, held on the second Wednesday of the month from 9:30 a.m. – 12:30 p.m. in Montpelier. We value diversity; all interested parties of any political persuasion, including young people, minorities, individuals with disabilities, and men are encouraged to apply.



Interested parties should contact VCW
Executive Director Cary Brown at
cary.brown@vermont.gov or (802) 828-2840.

Bills of Interest to Women: Legislative Update

[An Act Relating to Accommodations for Pregnant Employees \(H.136\)](#) was passed by the Vermont House in March and passed with an amendment in the Vermont Senate in April, and would ensure workers experiencing healthy pregnancies receive necessary reasonable workplace accommodations. The Senate's amendment is being considered by the House.

[An Act Relating to Paid Family Leave \(H.196\)](#), would create a statewide, employee-funded paid family leave insurance program, allowing workers to take paid leave to bond with a new child or care for a seriously ill or injured loved one. The House Committee on Ways and Means made a series of changes to the the bill as [passed by the House Committee on General, Housing, and Military Affairs](#). The bill provides eligible Vermont workers with up to 6 weeks of paid leave at 80% wage replacement, up to twice the Vermont livable wage. The bill is currently being considered by the House Committee of Appropriations and is expected to be on the House floor as early as this week.

Weigh in on these or other bills you're interested in by [contacting your legislators](#).

VCW Releases Latest Publication “Requesting Salary History from a Job Applicant”

Our latest publication looks at the growing trend of prohibiting employers from requesting the salary history of a job applicant before extending a job offer. [Read it here](#) to learn more about the status of this trend in the United States, and the research used to argue its' effectiveness at decreasing the gender wage gap.

Registration Open for Rosie’s Girls and Dirt Diva’s Summer Camps

Vermont Works for Women’s summer camps are offered in locations including Barre, Burlington, Essex, Harwich, Montpelier, Morrisville, Randolph, and St. Johnsbury. Tuition is \$300 / week, with financial aid available. [Learn more and register here](#).

[Rosie’s Girls®](#) is a one-week summer day camp that helps girls develop grit, connection and expanded possibilities as they explore hands-on STEM- and trades-related activities. Girls entering 6, 7 and 8th grades practice the skills of carpenters and engineers as they invent, design and build cooperative projects. It’s a safe, supportive, girl-centered environment and emphasizes friendship, teamwork and healthy body image – with tons of fun woven in!

[Dirt Divas](#) is a one-week winter & summer day camp that helps middle schoolers develop grit, peer connection and expanded possibilities through adventure activities. Campers in or entering 6, 7 and 8th grades practice mountain bike skills and rock climbing, and also participate in art, games and swimming.

The Vermont Women’s Fund Announces \$124,000 in Grants

The Vermont Women's Fund, a component fund of the Vermont Community Foundation, awarded \$124,000 through its competitive grant round this spring to 14 organizations working to improve the lives of young women and girls in Vermont. The grants support programs across the state that provide young women and girls ages 12-25 with opportunities to gain financial literacy, job-training skills, mentorship, and experiences that expand their vision for the future. [Learn more.](#)

New Release: Vicarious Trauma Toolkit

The U.S. Department of Justice, Office of Justice Programs, Office for Victims of Crime (OVC) has launched a first-of-its-kind online toolkit after four years of research, development, and pilot testing. [The Vicarious Trauma Toolkit \(VTT\)](#) was developed with the understanding that those who respond to victims of sexual abuse, assist survivors of acts of terrorism and mass violence, fight fires that may have taken people's lives, or respond to shootings and other crime scenes face vicarious trauma from these situations.

Vermont Women and Leadership: Latest Report from Change The Story

This is the [fourth in a series of reports published by Change The Story](#) on topics related to women's economic status. There are a number of important connections between women's leadership in political, civic and professional spheres and women's economic security. Perhaps most obvious is the fact that leadership positions are generally rewarded with higher pay and better benefits. Beyond individual finances, research clearly demonstrates that gender balance in leadership—and indeed diversity in its many forms—contributes to better decision-making and improves the overall bottom line.

Who's on the Commission?



Commissioner Kerry Secret of Brattleboro

is an executive coach and leadership consultant who inspires the very best in her clients. She founded the Women's Leadership Circles of Vermont, an intensive leadership program, and co-authored a chapter on women's leadership in the book *Leading and Managing in the Social Sector*. In 2016 she was invited to speak at the International Global Leadership Conference on the success of the Leadership Circles program. Commissioner Secret pairs experience working on four continents with a passionate, community-minded approach, helping her clients enhance effectiveness, achieve goals, and deepen personal fulfillment. Her expertise includes executive coaching, team development, leadership training, and women in leadership. Whether working with individuals or organizations, her goal is to enable her clients to live

and lead from core values in order to make a more meaningful impact at work, at home, and in communities. She is proud that Watershed Coaching is a certified B (Benefit) Corp. Commissioner Secret believes that life is an adventure, and that growth happens when we operate in our "stretch zone." She has organized unguided rafting expeditions north of the Arctic Circle and backpacked through Siberia. In her youth, she was a competitive gymnast who trained at the Olympic Training Center in Colorado. Currently on the faculty of Marlboro College Graduate School, she has a master's degree in Leadership and Management from SIT Graduate Institute, and an undergraduate degree from Villanova University. A dual citizen, she lived three years in Soviet-occupied Lithuania and worked at the Lithuanian Embassy in Washington, D.C. She now serves as the Republic of Lithuania's Honorary Consul to the State of Vermont, working to promote economic and cultural ties. Commissioner Secret's most profound adventure has been parenthood, raising her two young daughters with her husband Jon. In 2003, she and her family moved from Washington, DC to Brattleboro, Vermont to support their goal of living in a small and vibrant community, close to nature.

Upcoming Events

Marketing on a Shoe String: Press Releases...How and When to Write Them

Thursday, April 27, 6:00 - 8:00 p.m., Capstone Community Action, Barre

At this free workshop presented by Capstone Community Action, learn how to keep your business name on the top of your customer's mind, different ways to "get the word" out about your business and about different types of press releases.

Mehndi: The Traditional Art of Henna Painting

Saturday, April 29, 12:00 p.m. – 2:00 p.m., The Fleming Museum

Mehndi is the Hindi word for the intricate patterns painted on the body with henna paste, one of the world's oldest cosmetics. In this workshop, Mehndi artist Bridgette Butler introduces participants to the rich history of henna painting—the origins of the henna plant, and its uses, designs, and traditions in different cultures. Participants will practice painting henna designs on themselves (or on paper), and learn how to prepare henna paste. Fee: \$20.

VA Women Writing

Mondays, May 1 – June 5 from 4:30 – 6:00 p.m., VA Women's Clinic, White River Jct.

The White River Junction Veterans Administration Social Work and Women's Health Services offer this free writing series to all women who have served in the Military. All writing shared will remain confidential. No writing experience

necessary, join for one, several, or all sessions.

ArtWalk: Coleen Kearon Book Launch & Reading

[Friday, May 5 from 5:00 - 7:00 p.m., Bear Pond Books, Montpelier](#)

Celebrate Montpelier Artwalk with Montpelier author Coleen Kearon as she launches her new novel *#triggerwarning*. *#triggerwarning* is a raucous trip through gender politics and academia told from various perspectives, including those of campus buildings. Events begin with an author signing, followed by a reading and cake. Free and open to the public.

Nine by Nine: Nine Women, Nine Titles, One Cause – A Vermont Works for Women Benefit

[Opening Reception: Friday, May 5 from 5:00 – 8:00 p.m., Frog Hollow, Burlington](#)

[Auction Closing Event: Wednesday, May 31 at 6:00 p.m., Frog Hollow, Burlington](#)

“Nine by Nine” features ceramic tiles, created by Dianne Shullenberger, Daryl Storrs, Ulrike Tessmer, Ellen Spring, Irene Lederer LaCroix, Carol MacDonald, Wendy James, Heidi Broner, and Sally Duval that highlight the diversity and power of women in the arts. Each tile will be auctioned to benefit VCW's Change The Story Partner and valued Advisory Council member, Vermont Works for Women, a non-profit that helps women recognize their potential to excel in work that leads to economic independence.

Plan and Deliver: Childbirth Essentials with Ame Solomon

[Saturday, May 6 from 3:00 – 5:00 p.m., Aldrich Public Library, Barre](#)

Good Beginnings of Central Vermont presents Plan and Deliver: Childbirth Essentials as part of their early parenting class series, The Birthing Year. All classes in this series are free and open to the public. Registration requested.

Secure Attachment Hacks with Ana Campanile

Monday, May 8 from 6:00 – 8:00 p.m., Good Beginnings of Central Vermont,

Montpelier

Monday, May 15 from 10:00 a.m. – 12:00 p.m., Aldrich Public Library, Barre

Good Beginnings of Central Vermont presents Secure Attachment Hacks as part of their early parenting class series, The Birthing Year. All classes in this series are free and open to the public. Registration requested.

Understanding Your Business' Financial Statements

Tuesday, May 9 from 9:30 a.m. – 11:30 a.m., Center for Women & Enterprise,

Burlington

What knowledge can you gain from the financial statements for your business? This workshop provides participants with the tools to understand income statements, balance sheets and statements of cash flow; all essential skills for operating a successful business. This workshop costs \$20.

Your Brain: An Owner's Manual—Using Your Mind To Be Happier, Healthier, Sexier, and Wealthier

Thursday, May 11 from 5:45 – 7:30 p.m., Dealer.com, Burlington

The Greater Burlington Women's Forum presents this talk by Ann Zuccardy, The Accidental Neuroscientist and two-time TED speaker, and Dr. Steve Taubman, The Unhypnotist. Attendees will learn how to change their mindset, improve communications skills, sell more effectively, and express themselves more freely. The evening will wrap up with a panel discussion in which Ann and Steve will share the stage and answer your questions. Registration requested, admittance by donation.

Girls on the Run's 5k Celebrations

[Saturday, May 13 from 8:30 – 11:00 a.m., Vermont State Fairgrounds, Rutland](#)

[Saturday, May 20 from 8:30 – 11:00 a.m., Brattleboro Union High School](#)

[Saturday, June 3 from 8:30 – 11:00 a.m., Champlain Valley Expo, Essex Jct.](#)

Girls on the Run is a physical activity-based positive youth development program that helps girls in 3rd through 8th grade develop key life skills through dynamic lessons and interactive running games. During each 10-week season, girls strengthen their sense of self, build connections with teammates and coaches, create and implement a Community Impact Project, and prepare to complete a celebratory end-of-season 5K event. Volunteer or join as a community runner for these 5k Celebrations with Girls on the Run Vermont. Cost for community runners is \$10 - \$30.

Persist 5K Run/Walk/March – a Vermont Women’s Fund Benefit

[Sunday, May 14 from 9:00 – 11:00 a.m., Battery Park, Burlington](#)

Born from the energy of the Women’s March in January, the Persist 5K takes place on Mother’s Day, making it a mother of a race! Run, walk or march along the Bike Path in Burlington, starting at 9 am. Proceeds to benefit the Vermont Women’s Fund. Registration is \$10 - \$45.

Understanding Aging in Women: Common Concerns and Practical Solutions

[Mondays, May 15 and 22 from 10:00 a.m. – 12:00 p.m., Dartmouth Hitchcock Aging Resource Center, Lebanon](#)

What role do female hormones play in the aging process? What happens to our hormones and how do these changes affect our bones and pelvic floors? In this two-part series, the Aging Resource Center and the Women’s Health Resource Center have teamed up to take a closer look at women’s health issues in aging. A group of experts will focus on how hormonal changes affect bone and

urogynecological health. Day one will introduce hormonal changes and bone health, including how to get moving to improve bone health. Day two will look at urogynecological ailments and their solutions, including surgical and non-surgical treatment options.

Hosting Your Website with GitHub Pages

[Wednesday, May 17 from 6:00 - 8:45 p.m., Burlington Generator](#)

GitHub Pages is a free service that allows people to host a static website from repository, for free. It takes a GitHub repository. This service is free for any GitHub member, and even allows use of a custom domain. It's okay if you don't have your own domain, GitHub will just make one so you can get on your way even faster. This Girl Develop It Burlington workshop costs \$35.

Meet the Doula's Night

[Thursday, May 18 from 6:00 – 7:00 p.m., DHMC Women's Health Resource Center, Lebanon](#)

What is a doula? What does a doula do? Do you need a doula if you already have a partner? How do you find the right doula for you? Whether you are pregnant or just thinking about it, come to this free event to have any questions that you have answered.

Dandelion Run – An Umbrella Benefit

[Saturday, May 20th from 9:00 a.m. – 4:30 p.m., Derby Beach House](#)

The Dandelion Run is a competitive and recreational half marathon on back roads deep in the heart of the Northeast Kingdom of Vermont. Don't let the name fool you. The "Dandy" is a hilly, thigh-burning challenge. Your reward: a run that takes you through farms and forests, on dirt roads through uncut green fields blanketed with millions and millions of dandelions. The "Kingdom" is one of the first

geotourism areas in the world, specially designated by National Geographic. Registration costs \$15 – 50, and 20% of each adult registration fee is donated to [Umbrella](#).



We choose events for VIEW from our [statewide events calendar](#) for women and girls. **If you'd like your event featured in the VIEW**, make sure you [add it](#).

Looking for more? You'll find many more events for women & girls in Vermont on the calendar.

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The Vermont Commission on Women (VCW) is a non-partisan state agency advancing rights and opportunities for women and girls. Sixteen volunteer commissioners, along with representatives from organizations concerned with women's issues, guide VCW's public education, coalition building, and advocacy efforts. For more information, please visit us at <http://women.vermont.gov>.

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