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# VIEW

Vermont Information Exchange for Women

## Newsletter



May 16th, 2017

## News & Resources

### Interested in Serving on the Vermont Commission on Women?

The Vermont Commission on Women (VCW) is governed by 16 volunteer Commissioners. Our Commissioners are appointed to serve four year terms. We anticipate several openings for terms beginning July 1, 2017. Those interested in serving should have a commitment to reducing discrimination and increasing opportunities for women. They should also be able to attend monthly business meetings, typically held on the second Wednesday of the month from 9:30 a.m. – 12:30 p.m. in Montpelier. The Commission values diversity; all interested parties of any political persuasion, including young people, minorities, individuals with disabilities, and men are encouraged to apply. Commissioners are appointed by several different entities. [More information on applying is available here.](#)

### NEW VT LAW: Accommodations for Pregnant Workers

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In January 2017, a bill (H. 136) was introduced in the Vermont Legislature that would ensure healthy pregnant workers in Vermont receive reasonable workplace accommodations such as having access to water, access to a stool or a chair, longer or more frequent restroom breaks, or avoiding heavy lifting. **This bill was recently signed into law!**

Read VCW's testimony on H.136 [here](#).

Read VCW's press release, *New Protections for Pregnant Workers* [here](#).

Read VCW's [policy brief here](#) for more information about the need for these protections.

## **Vermont Early Childhood Alliance and Let's Grow Kids Join VCW's Advisory Council**

VCW recently announced the addition of the Vermont Early Childhood Alliance and Let's Grow Kids to its Advisory Council. The Council is made up of twenty-seven organizations whose interests align with the Commission's mission to advance rights and opportunities for Vermont women and girls.

The Vermont Early Childhood Alliance is a statewide, independent advocacy coalition of parents, community members, organizations, and early childhood providers committed to improving public policies that impact young children between the ages of birth and eight in the areas of health, safety, food and economic security and early care and education. Learn more here

<http://vermontearlychildhoodalliance.org>

Let's Grow Kids is a statewide campaign about the need for more high-quality, affordable child care in Vermont to better support children, families, communities and economy. Learn more about Let's Grow Kid <http://www.letsgrowkids.org>

"As a statewide commission, one of our roles is to act as the spoke of the networking wheel on topics related to improving the status of women and girls. Having an established, ongoing relationship with our Advisors makes it easy for us to stay informed, move forward with conversations, and coalesce around

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action,” said Cary Brown, VCW’s Executive Director.

## Windham County Women’s Leadership Circles of Vermont

The Women’s Leadership Circles of Vermont program begins September 2017 in Windham County. *Final applications are due June 19th.* The [Women’s Leadership Circles of Vermont](#) were developed to support accomplished women in leadership positions in the corporate, non-profit, government and small business sectors. Participants have the initiative and vision to push themselves toward greater personal and professional achievement and to grow in their roles as influential change-makers. Participant groups of powerful women have the awareness, experience and professionalism to create a safe place where frank discussions can happen. Each Circle is comprised of 10–12 women who meet formally over six months, during which time they establish the foundation for an ongoing network of support. WLC participants support each other to meet the challenges of leadership with clarity and confidence. [More information here.](#)

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### Special thanks to April [Vermont Equal Pay Compact](#) Signers:

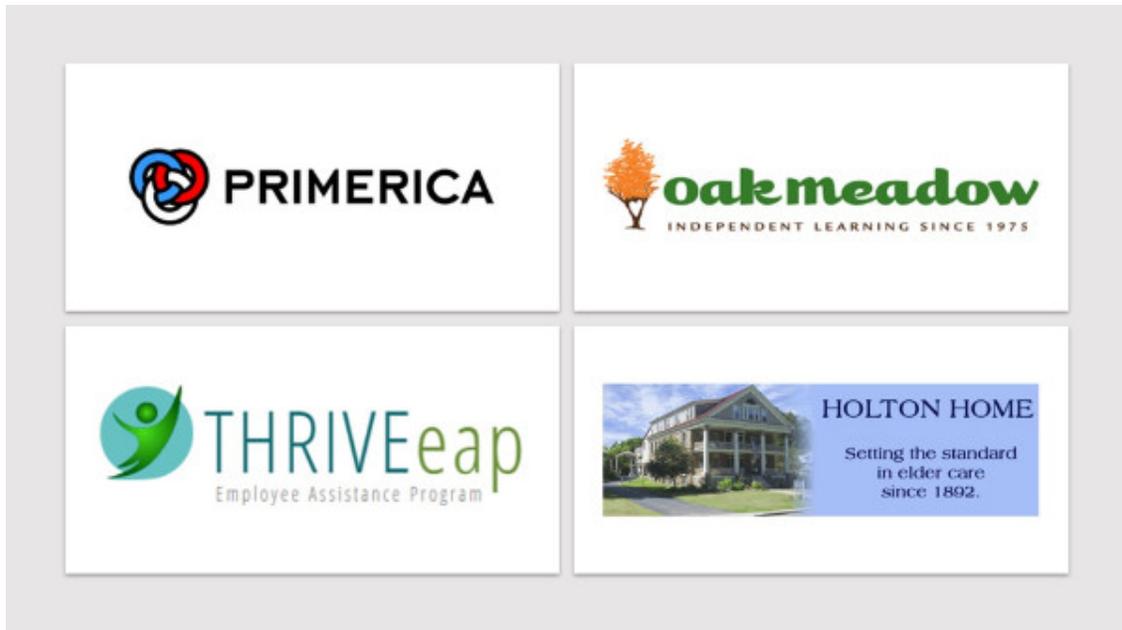
- [Holton Home](#)
- [Oak Meadow](#)
- [Primerica](#)
- [ThriveEAP](#)

### Has your business signed on to the [Vermont Equal Pay Compact](#)?

The Compact is a **voluntary online pledge** that enables Vermont employers to learn about and indicate their commitment to closing the wage gap.

We offer a [list of strategies](#) to consider and resources to inform employers.

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## Upcoming Events

### 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 a GitHub repository, for free. 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. This Girl Develop It Burlington workshop costs \$35.

### Legal Considerations for New Business Owners

[Thursday, May 18 from 12:00 – 2:00 p.m., Center for Women and Enterprise, Burlington](#)

This free workshop provides an overview of a range of legal matters that entrepreneurs need to be aware of when starting a new company. This workshop will help participants avoid common mistakes and employ preventative measures

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that can protect and ensure the success of their new business.

## **Meet the Doulas 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.

## **Girls on the Run's 5k Celebrations**

[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 - 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 this 5k Celebration with Girls on the Run Vermont. Cost for community runners is \$10 - \$30.

## **Dandelion Run – An Umbrella Benefit**

[Saturday, May 20<sup>th</sup> 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

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donated to [Umbrella](#).

## **Dream, Girl Film Screening**

[Tuesday, May 23 from 5:30 – 7:30 p.m., Briggs Opera House, White River Junction](#)

*Dream, Girl* is a film showcasing the stories of inspiring and ambitious female entrepreneurs. Proceeds of this screening support the work of the Vermont Women's Fund. A panel discussion with local female entrepreneurs, a cash bar & refreshments will follow the film. Tickets cost \$10, student discount available.

## **Storytelling Strategies That Move People to Donate**

[Thursday, May 25 from 1:00 - 4:00 p.m., Waterbury Public Library](#)

At this Vermont Story Lab workshop, participants will learn to tailor mission driven stories to funders, grantors, businesses, and individual donors. Marybeth Christie Redmond, journalist and former director of development and communications at Vermont Works for Women, will share effective storytelling examples designed for these diverse audiences. Cost is \$35.

## **Nine by Nine: Nine Women, Nine Titles, One Cause – 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 Vermont Works for Women.

## **Minimal Resource Filmmaking**

[Friday, June 2 from 1:00 - 4:00 p.m., Vermont Folklife Center, Middlebury](#)

At this Vermont Story Lab Workshop, learn to create short videos using technology you already have, such as mobile phones and iPods. Join Mary Rizo, of the

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Vermont Folklife Center, for an introduction to ethnography as a powerful tool in the documentation of voices, histories and community stories. Cost is \$35

## **Bridges Out of Poverty Training**

[Friday, June 2, Hampton Inn, Colchester](#)

Bridges Out of Poverty is a tool designed to provide a new lens for understanding poverty. Addressing economic insecurity of low-income individuals and families is at the forefront of the minds of community leaders, including employers, social service providers, and government officials who want sustainable communities in which everyone can do well. These trainings are geared towards business and organizational leadership, supervisors, and managers. Presented by Green Mountain United Way. Registration fee is \$75 and includes lunch.

## **Take Steps In Their Shoes**

[Saturday, June 3 from 10:00 a.m. – 1:00 p.m., ArtsRiot, Burlington](#)

Slip on or lace up your favorite purple shoes for Take Steps In Their Shoes. This is a multifaceted event to raise awareness about domestic violence and to raise funds to support the services of Steps to End Domestic Violence (formerly Women Helping Battered Women). Walk in unity along the Pine Street corridor while wearing purple shoes to raise awareness, bid on silent auction items to support services and programs, and listen as those affected by domestic violence tell their stories about what it's truly like to walk in their shoes either from the stage or through video and audio recordings. Participate by attending, fundraising, or sponsoring the event.

## **SheJumps Sailing and Stand-Up Paddleboarding**

[Saturday, June 3 from 1:00 – 5:00 p.m. Community Sailing Center, Burlington](#)

SheJumps and the Community Sailing Center offer a day on the water! Try out sailing and stand up paddle boarding. This is a great way for women and girls age 10 and up of all abilities to get out on the water, meet new friends and learn some new skills. After the event, stay for a social hour! Cost is \$50.

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## **Women's Golf Day**

[Tuesday, June 6 from 4:00 – 8:00 p.m., Stowe Mountain Resort](#)

Women's Golf Day is a free one day, four hour event celebrating girls and women playing golf and learning the skills that last a lifetime. Participants have the option of: 2 hours of lessons (one hour on the driving range and one hour chipping and putting) or 2 hours of play (a 9 hole scramble or play their own ball as long as the 9 holes can be completed in two hours). End the day by socializing, networking and distribution of information regarding lessons, league play, hear from speakers and ways to get involved in golf. Most importantly enjoy yourself, make new friends and have a great time.

## **Women in Wind Rock the Boat**

[Saturday, June 10 from 9:00 a.m. – 4:00 p.m., Community Sailing Center, Burlington](#)

A full day of fun and experiencing two radical sports, climbing and sailing. Start the day learning the ropes of indoor climbing with Petra Cliffs Climbing Center & Mountaineering School, then head on down to the water and spend the afternoon sailing with the Community Sailing Center on keel boats. This is an introductory opportunity to experience these two dynamic sports in a warm and inclusive atmosphere. Cost for the day is \$100.

## **Top Tips for Digital Media Outreach**

[Monday, June 12 from 1:00 - 4:00 p.m., RETN - Burlington Media Factory](#)

Get started telling your organization's story online and via video at this Vermont Story Lab workshop. Learn strategies for reaching your audience and explore digital media tools that elevate and amplify your story. Regional Educational Television Network's (RETN) Gin Ferrara and Ross Ransom will share great examples and provide a basic toolkit for getting underway. Cost is \$35.

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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.



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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