



# VIEW

Vermont Information Exchange for Women

## Newsletter



**Tuesday, October 10th, 2017**

## News & Resources

### October Marks the 30<sup>th</sup> National Domestic Violence Awareness Month!

Domestic Violence Awareness Month (DVAM) is observed nationally each October. Domestic violence affects men and women of all ages, races, ethnicities, socioeconomic statuses, and religions, and happens regardless of sexual orientation. The most recent [data](#) from the Centers for Disease Control and Prevention (CDC) indicates that nearly **one in four women and one in seven men** have experienced severe physical violence by an intimate partner at some point in their lifetime.

Recognize Domestic Violence Awareness month by:

- supporting the [Vermont Network Against Domestic and Sexual Violence](#) and the [member program\(s\) serving your community](#) with your time and financial contributions
- attending events recognizing Domestic Violence Awareness Month
- using social media platforms to raise awareness

## October is Breast Cancer Awareness Month!

It's estimated that **1 in 8 American women** will get breast cancer in their lifetime. While it's true that a lump in your breast or armpit may be a symptom of breast cancer, it's not the only one that can point to the disease. Here are six signs of breast cancer that may surprise you, from Planned Parenthood of Northern New England:

1. Swelling in your breast
2. Dimples in the skin of your breast
3. Pain in your breast or nipple
4. Nipples that turn inward instead of sticking out
5. Skin on your breast or nipple that's red, flaky, scaly, or thicker than normal
6. Discharge or blood coming out of your nipple

**Getting regular breast cancer screenings is one of the most important things you can do maintain your breast health.** For most women, Planned Parenthood recommends a breast exam every 1 to 3 years for women in their 20's and 30's, then once a year after turning 40.

## October is also National Women's Small Business Month!

Celebrate Women's Small Business Month by:

- taking one of many workshops about starting or expanding your business happening around the state, including at [Capstone Community Action](#), [the Center for Women & Enterprise](#), [Mercy Connections' Small Business Program](#), [SCORE](#), and the [Vermont Small Business Development Center](#)
  - connecting with your [local Community Action's](#) microbusiness development program
  - connect with organizations, that support women starting and expanding businesses in Vermont, including VCW Advisory Council Members [Women Business Owner's Network \(WBON\)](#), [the Center for Women & Enterprise](#), and [Mercy Connections' Small Business Program](#).
  - doing business with a women-owned small business in your community
  - investing in women-owned businesses
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## **Congratulations to Holly Morehouse, Executive Director of Vermont Afterschool, Inc., on Receiving the 2017 Con Hogan Award from the Vermont Community Foundation**

The award is given to a leader who shows deep community involvement, generosity, enthusiasm, a collaborative approach, and a focus on data and outcomes in his or her work. Morehouse was presented with the \$15,000 award on October 4<sup>th</sup> at a reception at the Vermont College of Fine Arts.

## **Change The Story VT Releases “Being A Girl” Video**

Change The Story went on the road to interview girls and young women from the [Boys and Girls Club of Burlington](#) about what their experience has been like, what they hope to accomplish, and what advice they have for adults. If you missed the video’s debut at Senator Leahy’s Women’s Economic Opportunities Conference, you can [watch it here](#).

## **The Rutland County Women's Network and Shelter is now the NewStory Center!**

Along with a new name, the NewStory Center has a new website which can be found at [www.nscvt.org/](http://www.nscvt.org/). [Learn more](#).

## **Young Writers Project: Casual Racism with a Side of Language-Based Angst by Lonna Neidig**

Lonna Neidig, 16, of St. Albans, writes about the pain caused by inconsiderate, casual racist comments. [Read Lonna’s piece here](#).

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# **Funding Opportunities**

## **Working Lands Grant Opportunities**

Working Lands announced \$750,000 available for three grant categories: business grants, service provider grants, and service provider partnership pilot grants. Letters of intent are due beginning November 7th. [Learn more](#).

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## Vermont Farm to School Child Nutrition & Equipment Grants

The Vermont Agency of Agriculture, Food & Markets (VAAFAM) announced two new grant opportunities, with applications due November 14th:

- [Vermont Farm to School & Child Nutrition](#): A new two-year grant opportunity beginning during the 2017-2018 academic school year for eligible Vermont-based childcare providers and schools to expand and improve food programs and/or to create or expand farm to school programs by integrating the classroom, cafeteria, and community (the 3 C's of farm to school). Up to six applications will be awarded at \$15,000 each.
- [Vermont Farm to School & Farm to Childcare Equipment Grant](#): a new equipment grant opportunity for the 2017-2018 academic school year for Vermont-based childcare providers and schools to purchase equipment that will improve their food programs and/or farm to school/farm to childcare programs. Up to 23 grants will be awarded at \$1,000 each to reimburse schools and childcare providers for these purchases.

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## Upcoming Events

### International Day of the Girl with Selamawit Adugna Bekele

[Tomorrow, Wednesday, October 11 at 6:30 p.m., South Burlington High](#)

Results Burlington and Muslim Girls Making Change present this free International Day of the Girl event featuring international education, youth, and gender activist Selamawit Adugna Bekele from Ethiopia. She started her career as a teacher in Addis Ababa, working directly to address the challenges students face in accessing a quality education in her country. She has spent her career supporting girls who are marginalized by problems of early marriage, risky migration, domestic labor, and street-involvement. Stop by the VCW display table while you're there.

### Poverty in an Unequal Economy – and What We Can Do About It

[Thursday, October 12 from 9:00 a.m. – 2:30 p.m. at Main Street Landing's Film House, Burlington](#)

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Poverty impacts our communities in both big and small ways. And many of us have experienced poverty at one time or another in our lives. Equity Solutions brings people together for a deeper understanding of the root causes of poverty and economic inequality so that we are ready to implement innovative and equitable responses in our work and communities. This workshop will cover poverty in a vastly unequal economy; our personal place in this reality; how an equity lens is an excellent tool for change; and equitable solutions. Sliding scale fee of \$5-100.

## **Mercy Connections Women's Small Business Program Getting Serious: Intro to Self-Employment**

[Thursdays, October 12, 19 & 26 from 5:30 – 8:30 p.m., Mercy Connections, Burlington](#)

Do you have a business idea? Explore self-employment in a safe and confidential environment. In this 3-week class, participants discover whether business ownership is right for them by examining current ideas or creating new ones while clarifying entrepreneurial goals. Together, develop an action plan for next steps.

## **Zero Weeks Film Screening and Discussion Series**

[Thursday, October 12 at 7:00 p.m., Latchis Theatre, Brattleboro](#)

[Thursday, October 18 at 7:00 p.m., Catamount Arts, St. Johnsbury](#)

[Wednesday, October 25 at 7:00 p.m., Middlebury College](#)

Main Street Alliance of Vermont and the VT FaMLI Coalition are hosting a series of free film screenings and panel discussions to highlight the need for a statewide family and medical leave insurance program. The panel discussions feature local business owners and community members who have been impacted by a lack of family leave. Attendees will have an opportunity to ask questions of the panel. Weaving powerful emotional stories together with insightful interviews from leading policy makers, economists, and researchers, [ZERO WEEKS](#) lays out an argument for guaranteed paid leave for every American worker. The film looks at paid leave from an emotional, medical, financial and global perspective.

## **Translating Identity Conference**

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[Saturday, October 14 from 9:00 a.m. – 6:00 p.m., UVM Davis Center](#)

The Translating Identity Conference (TIC) is the largest trans-specific conference in the Northeast, bringing together community members to discuss issues of identity and beyond. TIC explores a wide array of topics in discourses regarding gender and transgender identities, expressions, communities, and intersections. This year, TIC welcomes keynote speaker Chris Mosier, an athlete, coach, and educator, and the founder of TransAthlete.com. In 2015, he became the first openly trans man to make a Men's US National Team. Following the national championship race, he was instrumental in getting the International Olympic Committee policy on transgender athletes changed, and in June 2016 he became the first trans athlete to compete in a world championship race under the new rules, where he was the second fastest American man in his group. Registration is free but limited.

## **Paws for a Cause Benefit**

[Saturday, October 14 from 9:30 a.m. – 2:00 p.m., Gardner Memorial Park, Newport](#)

Umbrella presents this first annual dog walk and pet fair, a fundraising event to raise awareness about the connection between domestic violence and animal abuse. The event is family-friendly fun and will feature pet-related vendors! Registration is \$10 per dog.

## **Namoli Brennet Live at the Hooker Dunham! | A Green Mountain Crossroads Fundraiser**

[Saturday, October 14 at 7:00 p.m., Hooker-Dunham Theater & Gallery, Brattleboro](#)

Dubbed, "Among the best folk-rock artists in the US" by the Tucson Weekly, transgender songwriter Namoli Brennet has been touring the US since 2002. A recent Iowa transplant, Brennet was based out of Arizona for over a decade and her music still carries some of the stark, persistent beauty of the desert. She cites influences from Patti Smith to Patty Griffin, and Zocalo magazine calls her music, "Gorgeous and introspective." Brennet was named in the inaugural Trans 100 list, has been nominated for 4 OutMusic Awards and had her music featured in the Emmy-Award Winning film "Out in the Silence." Green Mountain Crossroads

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connects rural LGBTQ people to build community, visibility, knowledge, and power. \$17 in advance, \$20 at the door.

## **Crime Victims Forums**

[Wed. Oct. 18, Bennington Free Library](#)

[Wed. Oct. 25, Community College of Vermont, Newport](#)

[Wed. Nov. 1, Green Mountain Technical and Career Center, Hyde Park](#)

The Center for Crime Victim Services is hosting a series of listening forums around Vermont this fall to give victims and survivors of crime, including business owners and family members, a chance to speak out about their experiences in the criminal justice system. Local stakeholders and service providers will be on hand to listen and provide support. **All events will take place from 6:00 - 8:00 p.m.** and are free and open to the public. Vermonters can also participate by sending comments to [victimfeedback@ccvs.vermont.gov](mailto:victimfeedback@ccvs.vermont.gov).

## **Women's Health Initiative Skills-Based Training: Insertion and Removal of Long-Acting Reversible Contraception**

[Wednesday, October 18 from 7:45 a.m. – 12:30 p.m., Vermont Health Access, Williston](#)

Vermont Blueprint for Health welcomes all providers to a free in-person skill-based training "Insertion and Removal of Long-Acting Reversible Contraception," featuring expert faculty from the University of Vermont Medical Center and Merck certified Nexplanon Trainers. Long-acting reversible contraception (LARC) methods include the intrauterine device (IUD) and the birth control implant. Both methods are highly effective in preventing pregnancy, last for several years, and are easy to use. Faculty will lead attendees through a dynamic curriculum featuring a mix of didactic presentations and experiential learning.

## **Ladies Get Paid: Taking the Plunge Town Hall on Entrepreneurship**

[Thursday, October 19 from 6:00 – 8:30 p.m., Contois Auditorium, Burlington](#)

Starting and running your own business is hard work! This town hall will feature

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women sharing their stories, and together, strategizing about advocating for themselves and each other in the rewarding world of entrepreneurship. Tickets cost \$15.

## **Coffee + Confidence at Vermont Tech Jam**

[Friday, October 20 from 10:00 – 11:30 a.m., Champlain Valley Exposition, Essex Junction](#)

Vermont's fastest-growing and most innovative companies gather under one roof at this career and tech expo. At [Vermont Tech Jam](#), attendees get cybersecurity tips, learn how Vermont companies are using the Internet of Things, find out about colleges and training programs, and meet dozens of local companies that can offer you your next great gig. While there, check out Coffee and Confidence, a workshop open to women and nonbinary individuals of all ages hosted by Change The Story VT.

## **Refusing Silence: Survivors' Writing Workshop**

[Saturday, October 28 from 10:00 a.m. – 1:00 p.m., Saint Michaels College](#)

Sarah Bartlett, founding co-director of [Writing Inside VT](#) will host a survivors' writing workshop for those looking to explore relationships with silence, voice, and healing through words and images.

## **Break the Silence Sneak Preview**

[Sunday, October 29 from 4:00 – 6:30 p.m. at Latchis Arts, Brattleboro](#)

At this intimate community event and fundraiser for reproductive justice, screen a selection from 'Break the Silence,' featuring interviews with Brattleboro area locals about their personal sexual & reproductive health histories. After the screening, engage in a facilitated talk-back and panel discussion in response to the video project. Admission is by suggested donation of \$10 - \$50, proceeds to benefit Vermont Access to Reproductive Freedom; no one will be turned away for lack of funds.

## **6th Annual Vermont Vision for a Multicultural Future Conference**

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[Thursday and Friday, November 2-3, The Putney School](#)

Vermont Partnership for Fairness and Diversity and The Putney School have space this year for fifteen teams of no more than three people each from any agency, organization, or business. At least one member of each team must have budgetary or policy oversight responsibility. Conference registration fee is \$285 per participant.

## **New England Advanced Victim Services Conference: The Complexities of Co-Occurring Crimes & Victimization**

[Monday, November 6 from 8:30 a.m. – 4:30 p.m., Killington Grand Resort](#)

Presented by the Vermont Center for Crime Victim Services, this conference features keynote speaker Dr. Aron Steward and is appropriate for Victim advocates, victim services providers, Sexual Assault Nurse Examiners, State's Attorneys, law enforcement officials, community service providers, staff of Child Advocacy Centers and Special Investigation Units, Department of Corrections staff, Department for Children and Families' staff, as well as allies & partners. Approved for 5 hours of general legal continuing education credits (CLE's). Registration costs \$50.

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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.*

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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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Vermont Commission on Women  
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