



**POWERHOUSE  
MONTANA**  
*of the Women's Foundation of Montana*

We've always known that Montana women were one of our greatest untapped resources. We're tapping in.

## Bring the Storm, PowerHouse!



### How to Be an Advocate from the Bench

Hey there, PowerHouse - this is your Program Assistant, Maggie, writing on the crucial topic of self-care!

With the 2018 Montana Women's Marches in the books, many of us feel compelled to become better advocates, to reach out to other strong women, and to inspire positive change within our own communities - but what if you're an introvert, or suffer from depression, or anxiety?

Often times, as Bustle author J.R. Thorpe writes, "there can be a fundamental disconnect between our activist souls, and our socially anxious psychologies," which results in a deep-rooted fear of "talking to strangers, or having unexpected social encounters." Yet, millions of adults are diagnosed each year with social irregularities, that can make it difficult, or downright impossible, to be in larger groups of people - and that's okay!

So the question remains - how can those of us who deal with daily social anxiety, and/or depression, actively become involved in events happening across the state, and in our own communities?

**1. Form Alliances:** Phone phobia? Form a partnership with somebody who can call for you.



Women's March Billings, Montana - January 2017

Match skills. Write or discuss what you'd like to say, and tell them to inform the staffer on the other end of the line, that they're calling on your behalf. Discuss what questions might come up over the course of their conversation with the staffer on the other end of the phone, and what points you'd like to get across. Using somebody else as your voice is a legitimate way of being part of the process without making yourself freak out.

**2. Add Your Name To Petitions:** A lot of the focus at the moment has

been on extrovert-friendly protesting, from joining marches to picking up the phone; but there are other, quieter versions of protest that can also be effective, if done in the right ways.

**3. Give Creative Support That Isn't Vocal:** Skills beyond the vocal are very useful in protesting scenarios, and you can offer many of them. Come up with slogans and make materials for distribution at rallies and protests, from badges to posters. Do logistical research and arrange carpools for protesters coming from remote areas. Make food for people who are protesting, and give them a place to come and rest if you're nearby - and don't forget about social media!

**4. Find Support From Similarly-Anxious People:** There are many people in your position right now: wanting to do something, but hating the idea of picking up the phone or getting out of the house and subjecting themselves to some of their worst anxieties. This can prove an asset to you. Anxiety protest groups are popping up worldwide; they may not meet in physical spaces, but they'll be full of people who are experiencing the same issues and want to work with them and contribute at the same time.

Interested, or looking for more advice? [Read J.R. Thorpe's Original Article here.](#)

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## Engage Your Community - with PowerHouse: Montana Events Around the State!

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**Monday, January 22nd**

PowerHouse: Big Sky @ 6:00pm

*Luxe Spirits and Sweets  
47 Town Center Ave B1,  
Big Sky, MT 59716*

PowerHouse: Billings @ 6:00pm

*Wise Wonders Children's Museum  
110 N 29th Street,  
Billings, MT 59101*

PowerHouse: Eureka @ 6:00pm

*Front Porch Grill House  
307 Dewey Ave,  
Eureka, MT 59771*

PowerHouse: Havre @ 6:00pm

*300 11th St. W,  
Havre, MT 59501*

PowerHouse: Wolf Point @ 6:00pm

*Sherman Inn  
200 E Main Street,*





**Thursday, January 25th**  
PowerHouse: Flathead @ 4:00pm  
Sykes Diner  
4426 US-2 E,  
Kalispell, MT 59901

PowerHouse: Helena @ 6:00pm  
Sommelier's Wine Bar  
361 N. Last Chance Gulch,  
Helena, MT 59601

Interested in hosting your own PowerHouse Meet-Up? Contact Maggie Sullivan at [Maggie@mtcf.org](mailto:Maggie@mtcf.org)

[More Details About our Monthly PowerHouse: Montana Meet-Ups Here!](#)

## Pipeline to Leadership Featured Opportunities and Events

### **Women in Wilderness Conversation Series - February through April, Meetings on the 1st and 15th of Each Month @ 6:00pm**

*Description: Women in Wilderness is a bi-monthly conversation series highlighting inspiring, dedicated and intelligent women in their fields of expertise tied to wild and public lands. It is a time set aside to hear their journeys, victories, struggles, and what compels them to their work every day. A short Q&A session will follow their accounts. Students and community members are all welcome to attend.*

[Facebook Event Link](#)

### **2018 Women's Policy Leadership Institute - February 2-3, 2018 @ 2:00pm**

*Description: The Women's Policy Leadership Institute (WPLI) is an exciting two-day, hands-on conference about issues that impact women and families in Montana. It is an opportunity for folks of all backgrounds and levels of experience to network, organize, discuss policy issues, and build their skills. WPLI is an opportunity to talk directly with elected officials and learn about running for office yourself.*

[Facebook Event Link](#)

### **Grow Your Daydreams: 2018 Girls for a Change Summit - February 10, 2018 @ 9:00am**

*Description: Join hundreds of 8th-12th grade girls from across Montana and Wyoming at the annual Girls for a Change Summit; a day of exploration, inspiration, and mind-blowing fun! The day includes: 35 Inspiring workshops including aerial dance, cooking, jewelry-making, coding, and more!*

[Facebook Event Link](#)

### **AtgSHE Career Workshop - February 22, 2018 @ 1:00pm**

*Description: AtgSHE - where SHE stands for Successful, Happy, and Equal - is a women's affinity group encouraging and promoting diversity and equality for all in the workplace and STEM fields. Please join us for a free interactive career development experience with appetizers and a selection of free professional clothing!*

[Facebook Event Link](#)

## PowerHouse Articles and Resources:

### States Notch Multiple Equal Pay Victories in 2017:

Voters are fed up with the persistent gender pay gap, and many state legislators are listening. In 2015 and 2016 dozens of legislatures proposed and enacted bills and laws addressing pay inequality. In 2017 a whopping 42 states, plus Puerto Rico and Washington, D.C., offered legislative solutions to the gender pay gap. While not all of these bills passed, this growing activity shows that red, blue, and purple states realize that the pay gap is real and that something needs to be done about it. [Show your support here.](#)

### Hollywood Women Launch Initiative to Stop Sexual Harassment:

The Time's Up initiative includes a \$13 million legal defense fund to help women in blue-collar jobs and farm work. [Discover the movement here.](#)

## Local Montana News:

### Longtime Employee Buys Big Dipper Ice Cream in Helena:

Anna Doran and Lindsay Lechman met almost eight years ago, while Doran was getting ready to open a Big Dipper Ice Cream in Helena. Lechman asked to scoop ice cream on weekends - three months later, Lechman quit her job with the state to manage Big Dipper. Now, Lechman is officially the new owner. [Read more here.](#)

### Growing Helena Program Aims to Empower Girls through Sports: 'Feminism' is Merriam Webster's Word of the Year for 2017:

Girls Thrive was started in 2010 by Christine Thennis, a teacher at Helena High School who wanted her daughter to learn in a noncompetitive and encouraging environment. She started the organization under fiscal sponsorship from the YMCA to inspire girls to empower themselves through sports and other educational activities. Girls Thrive started with mountain biking, running and programming on positive body image, but has since expanded. [Learn about the Girls Thrive program here.](#)



## 2018 PowerHouse: Montana Impact Survey - Final Call for Entry!

Guess what PowerHouse, this is your last chance to win a \$25.00 Etsy Gift Card! To be entered, just share your opinion through our simple (10 Question) survey - geared towards growing PowerHouse Montana, with our member's wishes in mind.

[We'd love to hear your thoughts.](#)

## We're Looking for PowerHouse: Montana Blog or Instagram Contributors:

Are you a writer/blogger, photographer, entrepreneur, or someone looking to engage their community through education and leadership? Well we have some good news for you, our 2018 PowerHouse Sign-Ups are now open!

Become a part of the PowerHouse Montana movement today by discussing, sharing, and promoting topics central to the betterment of Montana's women and girls.

Sign-Ups Below:

[Blog Contributor Sign-Up](#) | [Instagram Takeover Sign-Up](#)



## Questions?

If you have any questions about [PowerHouse Montana](#), the [Women's Foundation of Montana](#), or would like to make an edit to your profile, please email Maggie Sullivan at [Maggie@mtcf.org](mailto:Maggie@mtcf.org) or call (406) 541-7409.

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## About [PowerHouse Montana](#)

**PowerHouse Montana** is an initiative of the **Women's Foundation of Montana** with two goals in mind: (1) connecting Montana women with the resources, mentors, and opportunities they need to create thriving businesses and thriving lives, (2) increasing the number of Montana women in leadership by providing a go-to source for organizations and companies looking for their next CEO or board chair.

The Women's Foundation of Montana advances economic independence for Montana women and creates a brighter future for our girls. Learn more at [www.wfmontana.org](http://www.wfmontana.org).



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