



# 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.

## Happy 'Dog Days of Summer'!

### July is Social Wellness Month

Greetings, PowerHouses! July is in full-swing, and with it comes the celebration of Social Wellness Month!

While this month is generally used to reflect on the health of our relationships - it can also be used as an opportunity to discover more about how we hold ourselves as individuals. For most of us, the idea of fostering relationships seems straight-forward and easy; however, more often than not, we are still missing out on chances to better our 'people' skills.

Consider the two main themes of active social wellness - contributing to the common good, and co-existing harmoniously within our communities and environment.

With these in mind, we can start asking ourselves questions, such as: Am I extroverted or introverted? Are the connections I make effective and meaningful? Am I involved in the outcome of my community? How are my communication skills - am I often ignored or misunderstood? Do I have functioning, healthy relationships in my life? These are not only important questions to ask yourself when considering social welfare, but also when discerning the successes, aspirations, and potential hindrances of your future.

So, how does one become more in-tune with their own social wellness? **Introspection.** Perhaps the smallest thing you can do is 'know thyself' - while integrating various forms of self-care into your daily life, such as setting up boundaries, and maintaining a suitable work/life balance. Cultivating genuine relationships can only truly happen once you have identified your needs as an individual, and how to meet them. The good news? Simply pondering these questions will start you on your way to a greater understanding of social wellness.

Interested in getting out there, but not sure how? Check out our newly updated Women's Foundation of Montana Event page, [here](#). From Innovation Symposiums, to our Women's Giving Circle, and other celebrations - we have something for everyone!

Until next month,  
Maggie



# Build your Social Wellness - with PowerHouse Montana Events Across the State!

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**Monday, July 23 @ 6:00pm**

[PowerHouse Hi-Line](#)

Lodestar Land and Home  
1639 5th Avenue,  
Havre

**Monday, July 23 @ 6:00pm**

[PowerHouse Wolf Point](#)

Wolf Point Airport Golf Club  
Highway 25 E.  
Wolf Point

**Thursday, July 26 @ 4:00pm**

[PowerHouse Flathead -  
ThursdayFest!](#)

The Museum at Central School  
124 2nd Ave E  
Kalispell

**Monday, July 30 @ 12:00pm**

[PowerHouse Helena - PowerLunch](#)

LaPa Grill  
32 West 6th Avenue,  
Helena

**Tuesday, July 31 @ 5:30pm**

[PowerHouse Billings](#)

Well Pared  
605 North 24th St W # 4,  
Billings



PowerHouse Billings - June 25, 2018

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

[More Details about our Monthly PowerHouse: Montana Gatherings, here!](#)

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## Pipeline to Leadership Featured Opportunities and Events

### Congratulations to the Board of Regents on Appointing Bozeman PowerHouse, Brianne Dugan!

You can read about her success, [here](#).

Let us know if you apply for any of these positions - we'd love to highlight your success, and connect others with potential opportunities!

#### **Rail Service Competition Council**

*Description: Council promotes rail service competition in the state, develops related plans, evaluates taxing practices, assesses organizational structures to help facilitate development of rail services, coordinates with railroads, and promotes expansion and construction of rail services.*

*Position: Knowledge of Mineral Industry Transportation*

*Time Commitment: Moderate (Quarterly Meetings)*

*Takeaway: Members would apply their knowledge to discussions of state-wide*

infrastructure needs and problems with the MT Department of Transportation, major rail companies and many other stakeholders. Learn a holistic view of rail transit policy for Montana.

Compensation: \$50/day and travel reimbursement

[Website](#)

### **Board of Speech-Language Pathologists and Audiologists**

Description: Board is charged with licensing and regulating persons and businesses engaged in speech-language pathology and audiology professions and occupations.

Position: Licensed Speech-Language Pathologist

Time Commitment: Low-Moderate (meets about 2-6 times a year, depending on need)

Takeaway: Member would serve on their profession's licensing board, in charge of approving licensure for other professionals, disciplinary review, rule proposal and approval, legislative policy discussions, etc. Would network with profession and associations.

Compensation: \$50/day and travel reimbursements

[Website](#)

### **Committee on Telecommunications Access Services for Persons with Disabilities**

Description: Oversight board to the Montana Telecommunications Access Program and Montana Relay, which were set up to ensure that Montanans who are Deaf, Deaf/Blind, Hard-of-Hearing, Speech or Mobility impaired are able to use traditional telecommunications equipment and services.

Position: Person with a disability (any disability, not just hard-of-hearing)

Time Commitment: Low (meets about twice a year, by phone or video allowed)

Takeaway: Members would learn policy development, advise the Department on program and policy decisions and work with a large stakeholder group from health to telecom services.

Compensation: \$50/day and travel reimbursement

[Website](#)

### **Transportation Commission**

Description: Commission selects and prioritizes projects for construction, maintenance, awards monthly contracts, allocates federal aid highway funds, designates highways by systems, designates special speed zones and maximum speeds on bridges and overpasses, designates access control highways or facilities, resolves outdoor advertising appeals and manages abandonment of highway right of way.

Position: District 2 (Deer Lodge, Silver Bow, Beaverhead, Madison, Gallatin, Meagher, Broadwater, Jefferson and Park Counties) and affiliates with any party except Democrat

Time Commitment: High (meets about monthly, some by conference call)

Takeaway: This is a full quasi-judicial governing board. Members will learn the ins and outs of the Department of Transportation, federal transportation funding, state project coordination and other governing functions for projects all around Montana.

Compensation: \$50/day and travel reimbursement

[Website](#)

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## **Women on the Web**

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### **PowerHouse Articles and Resources:**

#### **Vivian Brooke, Missoula Legislator who Championed Causes, Dies:**

Vivian Brooke of Missoula, a former state representative and senator who championed the causes of women and gay people during her time in the Montana Legislature, died Tuesday at the age of 75. A former president of the Missoula chapter of the League of Women Voters and the Western Montana Diocesan Catholic Council, Brooke rose

to public prominence after being elected to the first of three terms in the state House of Representatives in 1988.

[Discover her legacy, here.](#)

### **More Women than Men - State Legislatures Could Shift for the First Time:**

A record number of women won Nevada's primaries in June. And there is now a possibility for the Legislature to have more women than men, which would be a first in United States history. Of the states that have had primaries so far, at least eight more have a shot at reaching or surpassing the 50 percent mark in November.

[Read about the transition, here.](#)



### **Fashion Designer Eileen Fisher on How Women lead Differently than Men:**

Men who run startups get the vast majority of venture capital money, but could the odds of a startup's success be better if it's run by a woman? Venture capitalists invested more than \$58 billion in startups last year, yet women only got 2 percent of that money. We decided to get some perspective on this issue from Eileen Fisher - designer, founder and chair of the board of the eponymous women's clothing brand. She joined us to talk about how women approach leadership roles differently than men and her push to create more sustainable clothing.

[Listen to her interview, here.](#)

### **Government Corruption Lower in Countries with Women in Political Leadership Roles:**

Government corruption is less prevalent in countries where there is a greater number of women in political leadership roles, according to a new study released by Virginia Tech on Thursday. The study looked at more 125 countries, which were selected by random, and included major democracies like the United States. [Check out the study, here.](#)

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## **July is Full of Potential**



We're kicking-off the 'dog days of summer' by celebrating July's featured profile - Chinook PowerHouse, [Jayne Morrow!](#)

Jayne is an accomplished professional with a broad portfolio of technical program and policy development expertise relevant to the priorities in United States and International science community. She has a M.S. and Ph.D. in Environmental Engineering with a specialty in molecular and microbiology.

### **What's the Lasting Legacy Jayne Wants to Leave?:**

**"It is my hope that my life and work encourage young women - growing up in rural Montana - to truly feel that the sky is the limit. Anything is possible if you are willing to work hard and take that first step toward a future you are dreaming of and do not back down or settle for less even if you are told it will never happen. I believe everyone should have the opportunity and be inspired to do good work right where they are. I hope my grandchildren have the opportunity to choose to live in rural Montana if they wish and I hope my life and career inspires them to do so. I want people to reflect on my life and say it was a life well lived and that I helped carry them when they could no longer walk the journey alone."**

**[Connect and share your experiences with Jayne via PowerHouse Montana today!](#)**

Know someone who would be a great Featured Profile for 2018? Email your suggestions to Maggie at [Maggie@mtcf.org](mailto:Maggie@mtcf.org)

## Become a PowerHouse: Montana Blog or Instagram Contributor!

Do you enjoy writing, blogging, and/or sharing your thoughts and experiences via social media? Are you looking to engage your community through education, mentorship and leadership - but not sure how? Do you want to create a brighter future for Montana's women and girls?

Well, we have some good news - our PowerHouse Sign-Ups are specifically designed with you in mind! Paired with monthly discussion topics predetermined by our newest survey data - becoming a guest contributor is an easy, and effective way to get yourself out there.

Want to be involved? Become a part of the PowerHouse Montana movement today by signing-up below!

### 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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