

April 2020



Now more than ever, the Women's Foundation is fighting for Montana's Women and Girls!

We here at the Women's Foundation of Montana want you to know we're here for you. Although we, like many nonprofits, are cutting our expenses now, as our ability to raise funds has been impacted by the COVID-19 crisis, we know that with your help we will endure. We've been working to advance women and girls in Montana for 20 years, and we'll be here when this crisis passes.



In times like these, our resources are even more vital. In the last month, we reached out to our longtime partners to find out what they need now. We have responded by supporting them through a special urgent grant cycle, getting funds out to those organizations moving the needle for women and girls that need it the most, to ensure they survive the current funding crunch to serve and fight another day.

With your help, we are leveraging our network to provide desperately needed resources, training, community and support to women in the workforce and women small-business owners through our **PowerHouse Montana** program. Just this month we hosted a **training** on how to access the federal Paycheck Protection funds for small businesses, nonprofits and sole proprietors. We are hosting a Work Smart **online training** tomorrow presented by **PowerHouse Flathead** in partnership with **AAUW-Montana** on how to know your value and negotiate for higher wages in the hiring process.

We know that women and children are among the most affected by COVID-19 as they make up the majority of our lowest-income population. With your support, we'll be there to fight for their needs moving forward, as we have in the past.

Here's wishing you and yours safety, health and hope as we social distance...together.

Onward,

Jan Ewell



Why is Solitude so Difficult?

Most of my days are spent with people, on the computer, or busy doing things. Being an extrovert, I enjoy being with, and surrounded by people, sounds and stimulation.

"I have realized that to keep my energy high: I need quiet time.
I need to detach.
I have chosen to start my days in quiet, peace and solitude."

[Read More!](#)



The Importance of Wage Negotiation

Wage negotiation is difficult, no matter who you are, but it is especially difficult for women.

Women face unique challenges when it comes to negotiating: from the perception that they are often viewed as "pushy" when they do it, to inherent underestimation of their value, women have been conditioned to avoid confrontation. Which, of course, is key in asking your boss for more money.

[Visit our Blog!](#)



PowerHouse Montana Statewide Meetings and Gatherings

Our PowerHouse Meet-ups have all been transitioned to online gatherings for the near future. Join us for the PowerHouse Flathead Work Smart training tomorrow

or another in the near future.

Thursday, April 22nd @ 4:00 PM
Power Hours: Work Smart Training
with PowerHouse Flathead

Join the Women's Foundation of Montana's PowerHouse Flathead and the AAUW of Montana for a Work Smart salary negotiation workshop at 4pm April 23. It is free, but registration is required. You can register [here](#).



Friday, April 30th @ 10:00 am
Power Hours: Coffee Catch-Up:
Women's Empowerment with
Powerhouse Helena

Join Powerhouses Julia Bryant and Davey Madison for a discussion around women's empowerment while sipping your morning brew. Let's dive into this topic and unveil what is most important to us in empowerment. What does it mean to us personally? Professionally? And how can we effectively communicate these needs in our local and statewide community. Free, but registration is required. Register [here](#).



Master PowerHouse Events Calendar, here - have an event to submit to WFM? Email Erika at Erika@mtcf.org

PowerHouse Montana is an online platform designed to connect Montana women to the mentors and resources they need to succeed. In-person gatherings are held on a bi-monthly/quarterly basis. Learn more and sign up at powerhousemt.org.

Women in the News

What Do Countries With The Best Coronavirus Responses Have In Common? Women Leaders

"Looking for examples of true leadership in a crisis? From Iceland to Taiwan and from Germany to New Zealand, women are stepping up to show the world how to manage a messy patch for our human family. Add in Finland, Iceland and Denmark, and this pandemic is revealing that women have what it takes when the heat rises in our Houses of State."

[Understand why, here.](#)

Montana Recognizes 18 High School Women for Computing Achievements

"As part of an effort to encourage more young women to choose careers in technology, the National Center for Women & Information Technology (NCWIT), NorthWestern Energy, and Carroll College recognized eighteen Montana high school women from ten high schools for their accomplishments and aspirations in computing and technology." [Discover more, here.](#)

Presenting the all-female robotics team in Afghanistan who made a cheap ventilator out of Toyota parts

"Five girls in Afghanistan, aged between 14 and 17, have joined the fight against the coronavirus, designing a cheap ventilator that runs off the motor of a Toyota Corolla. The all-female robotics team, aptly named the Afghan Dreamers, has long been more accomplished than average teenagers." [Learn more, here.](#)

'It's okay to be scared': Norway PM holds children-only COVID-19 press conference

"Norwegian Prime Minister Erna Solberg on Monday held a children-only press conference on the coronavirus, answering questions submitted by worried kids across the country in an effort to allay their fears." [Read more, here.](#)

Leadership Opportunity Roundup



At WFM, we are focused on increasing the number of women serving in leadership positions, including statewide boards and commissions. Consider applying for one of these leadership opportunities!

- State of Montana Board, Council and Commission Openings, from the Office of the Governor, Statewide, [Website](#)
- Western Native Voice, Multiple Positions, Digital Organizer and Program Director, Statewide/Billings Area, [Website](#)
- Looking for a paid gig? Check out our PowerHouse Montana Jobs Board, Statewide, [Website](#)

The Montana Community Foundation COVID-19 Resiliency Fund

Montana Community Foundation (MCF) and Montana Nonprofit Association

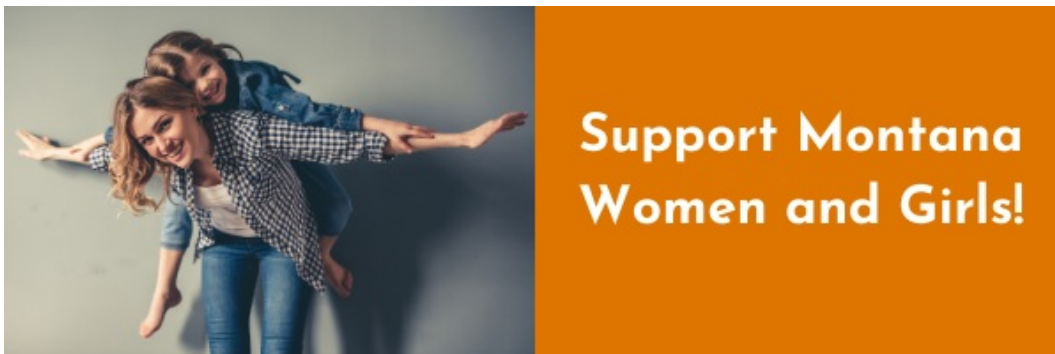


(MNA) have partnered to create and administer the Montana COVID–19 Fund. This statewide fund will provide safety-net funding for Montana's rural and tribal communities adversely affected by the COVID-19 pandemic. The fund will specifically support those communities that do not have established community-specific funds.

Rural and tribal communities are far more vulnerable in disaster and lack the capacity and resources to respond to disaster in the same way urban cores do. The focus of the Montana COVID-19 Fund is to support these vulnerable communities, enabling them to better manage uncertainty and seek opportunity as they come out of this crisis. The fund also hopes to support rural resiliency that minimizes disruptions, helps ensure rapid recovery, with little loss of economic or social value, and reduces reliance on limited federal resources.

Grants will not be made directly to individuals or private businesses or to individual nonprofits. The fund will grant directly to nonprofit intermediary organizations (community foundations, United Ways, etc.) and rural tribal communities for re-granting in the areas identified by the Montana COVID-19 Fund Steering Committee (MCF, MNA, and MSU Extension). [View existing fund locations, here.](#)

Thank you to our supporting partners!



Together we can empower Montana women and girls to pursue their dreams.

Give Now

About the Women's Foundation of Montana

Established in 1999, the Women's Foundation of Montana is a program of Montana Community Foundation and on a mission to advance women's economic independence and create a brighter future for our girls. Learn more at wfmontana.org.





MONTANA COMMUNITY FOUNDATION