



U^L OF WOMEN'S CENTER NEWSLETTER

FALL 2024:
NOVEMBER 15TH, 2024

A PLACE WHERE ALL ARE WELCOMED TO ENGAGE IN ACHIEVING
GENDER-EQUITY & SOCIAL JUSTICE.

ADVOCACY

EDUCATION

EMPOWERMENT

ACTION

Stay up to date on upcoming events and opportunities during the school year, but as always, for the most up-to-date information, visit our [website](#) and follow us on [Instagram](#).

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A MESSAGE FROM THE INTERIM DIRECTOR

A message of hope and moving forward.

It was difficult for me to sit down and write my message to you this month. Like many of you, the election gave me anxiety, fear, and concern about what human rights will become for our country as they continue to be under attack and eliminated. Not the right mindset to create an uplifting message for our readers. The right to vote I take in proudly because of the ancestors before me who did not have this right and fought for *my* right today, but also because of those continuing the fight for all.

It wasn't until I attended Clemson University's Women's Roundtable that I began to feel an energized sense of hope. It was the takeaways from the two keynote speakers, Aarti Sequeira ("The Spice Queen", winner of Food Network Star (Season 6), and cooking show host of 'Aarti Party'), Cynthia M. A. Butler-McIntyre (24th national president of Delta Sigma Theta Sorority, field supervisor and educator), and the voices of the younger generation that ignited this small spark in me.



My Takeaways:

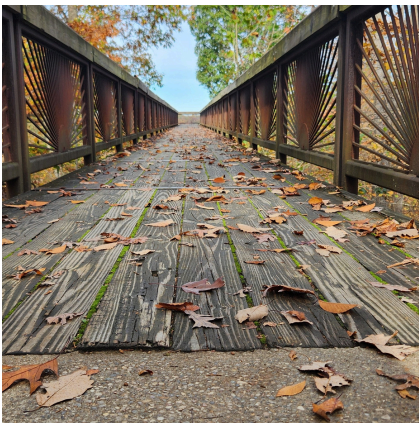
- **“No Excuses”** – We all have a calling. We all have a purpose. This is a continuous journey that will come with roadblocks and hurdles. We need to connect with each other. Connect through our stories of success, struggles, and build solidarity.
- **“Block Out”** – Make yourself big and take up space. Don't make yourself small. Make big mistakes. Use your weaknesses as an opportunity to learn your strengths. But don't take up too much space to take away others space.
- **“Focus Out”** – Trust your gut. Look away from yourself to help others and to give. You need both “blocking out” and “focusing out” to work in sync.
- We are all in **“the smart kid class.”** Confident people who believe and take risks are empowered. Don't be a pretender. Don't fear failure. Don't compare yourself to others. Your journey will not be the same as others.

“EACH ONE SHOULD USE WHATEVER GIFT HE/SHE HAS RECEIVED TO SERVE OTHERS.”

-CYNTHIA M. A. BUTLER-MCINTYRE

It's okay to take a step away and a break. Disconnect from social media and the news if it becomes too triggering for you. In advocacy work, self-care and your wellbeing is essential. Do what energizes you and brings you joy. While some days can feel defeating, don't give up the fight. We are all in this together and it will take all of us collectively working together and taking care of each other to move forward. There are countless people and organizations putting in the work so tap into the resources and connections. You are not alone in this.

At the end of election week, I took time for self-care by escaping into nature at Bernheim Forest while listening to my beloved k-pop to tune the world out for a few hours. It was what I needed because I have work to do. You have work to do. We ALL have work to do.



Jamieca's Tips for Success

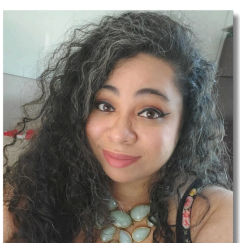
The Final Countdown

Finals are quickly approaching. Utilize campus resources to help you get through your last assignments including [REACH](#), [The Writing Center](#), the [Counseling Center](#), and [Disability Resource Center](#). While we all would love to get straight A's, its okay to get a B or C. Some classes are extremely hard so give it your best. You got this!

Holiday Season

The holidays are a time for us to get together with family but for many, its not the happiest of times. For me, family is fluid. Family doesn't mean connected by blood only. Family is who accepts me and brings me joy. Spend time with those that bring joy to you and not add onto the stresses of life. You have enough with all the papers and exams. Use this time to decompress and reflect as we begin to get closer to the end of the year. Do things that bring you comfort. You can get additional resources for your holiday meals from The Cardinal Cupboard and UofL Dining.

Stop by and see us in the Cultural & Equity Center! A great place to study (we have study rooms), hang out with friends, and get connected to the amazing CEC team and our resources.



In solidarity,

Jamieca Jones, MSSW, M.A.
Interim Director, Women's Center

NATIVE AMERICAN HERITAGE MONTH

WEAVING TOGETHER
OUR PAST, PRESENT AND FUTURE

GET CONNECTED WITH UOFL'S HISPANIC/LATINX
& INDIGENOUS INITIATIVE

UNIVERSITY OF LOUISVILLE
CLTRL
CNTR

NOVEMBER

Nation Within a Nation: Recognizing Indigenous Identity & Sovereignty

November 19 | 12:00 PM | UofL Cultural & Equity Center

Join **Brandie Macdonald**, Executive Director of Indiana University's Museum of Archaeology and Anthropology and a citizen of the Chickasaw Nation, for a discussion on the complexities of Indigenous identity and sovereignty. Macdonald will explore what it means to be both a citizen of a sovereign Tribal Nation and the United States, highlighting the challenges of navigating dual citizenship and the ongoing fight for Indigenous authority and self-determination.



FALL 2024 AT THE WOMEN'S CENTER

FRIENDSGIVING

NOVEMBER 19TH | 5PM, SHUMAKER RESEARCH BUILDING ROOM 139

STUDENT-PARENT WINTER WONDERLAND

DECEMBER 4TH | 12-5PM, CULTURAL & EQUITY CENTER MPR

SPRING 2025

BREAKING BARRIERS IN THE WORKPLACE: EMPOWERING LESSONS FROM WOMEN & FEMME LEADERS

SPRING 2025, CULTURAL & EQUITY CENTER MPR

STUDENT-PARENT CIRCLE

FEBRUARY 19TH | 11AM-1PM, CULTURAL & EQUITY CENTER MPR

GENDER, EQUITY, & CLIMATE JUSTICE CONFERENCE

FEBRUARY 20TH, | 10AM-2:30PM, MICROSOFT TEAMS

19TH ANNUAL KENTUCKY WOMEN'S BOOK FESTIVAL

FEBRUARY 28TH - MARCH 1ST, 2025

WOMEN'S EMPOWERMENT AWARDS LUNCHEON

MARCH 25TH, 2025 | 11AM-1PM, TBA

Women's Center Programming Committees

- 2024-2025 Programming
- Women's Center Marketing Team
- Kentucky Women's Book Festival Committee
- Gender, Equity, & Climate Justice Conference Committee
- Internships
- Volunteer

GET INVOLVED!

Interested?

**EMAIL:
WOMENCTR@LOUISVILLE.EDU**

Women 4 Women Student Board Charity Barn Bash
They raised \$1,750 for Sycamore Farms who supports victims of human trafficking.





The United Nations Association - Women hosted 10 Women who are part of the Department of State's International Visitor Leadership Program to exchange ideas about Women in Politics and Civil Society.



**LGBT Pride Kick-Off
(Belknap Campus)**



**UofL Veterans Day
Breakfast**



**Clemson University's
Women's Roundtable**

#RaiseSomeL Block Party



Women 4 Women Student Board Halloween Social



**SUBMIT AN EVENT TO OUR
NEWSLETTER**

CULTURAL & EQUITY CENTERS

CULTURAL CENTER

LGBT CENTER

**MUHUMMAD ALI INSTITUTE FOR
PEACE & JUSTICE**

**INCLUSIVE EXCELLENCE AND BELONGING
OPPORTUNITIES AT THE UNIVERSITY OF
LOUISVILLE**

WOMEN'S CENTER

**CULTURAL & EQUITY
CENTER
SCHOLARSHIPS WILL
OPEN IN DECEMBER**

GET INVOLVED WITH OUR GROUPS!

American Association of University Women

[GET CONNECTED](#)

Student-Parent Association

[GET CONNECTED](#)

United Nations Association - Women

[GET CONNECTED](#)

Women 4 Women Student Board

[GET CONNECTED](#)

Feminist Social Justice Leadership TC

CONTACT:
JAMIECA.JONES@LOUISVILLE.EDU



Women's Center Dr. M. Celeste Nichols Award

UP TO \$500 FOR GRADUATE STUDENTS!

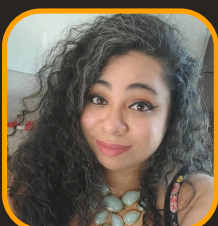
Deadline: December 1st, 2024
[Apply](#)



Interested in student leadership opportunities at the Women's Center?

Contact us!
womenctr@louisville.edu

Connect with Us!



Jamieca Jones, MSSW, M.A.
Interim Director & Women's Center Coach
(She/Her)
Email: jajone19@louisville.edu
Contact me if you're interested in leadership!



Phyllis Webb, M.A.Ed
Program Coordinator & Women's Center Coach
(She/Her)
Email: pmwebb01@louisville.edu
Contact me if you're a student-parent!



STUDENT - PARENT CONNECTIONS



November brings colder weather but there are fun things to do with the kids in Louisville!

- [Louisville Free Public Library Events](#)
- [Speed Art Museum Youth Programs](#)
 - Free on Sundays
- [Kentucky Science Center](#)

[COMMUNITY CONNECTIONS RESOURCE GUIDE](#)

[STUDENT-PARENT CONNECTIONS INTEREST FORM](#)

[STUDENT-PARENT ASSOCIATION](#)



The Student-Parent Association partnered with the Women’s Center, Mortar Board, UofL’s Parenting Networking and the Commuter & Transfer Office to provide 200 goodie bags for the children of UofL student-parents for Halloween. They also donated to the children of Family Scholar House.



The Student-Parent Association is a student organization advised under the Women’s Center.

The Elimination of Violence Against Women



Taylor Martin (She/Her) Class of 2025
United Nations Association - Women Advocacy Chair

In 2000, the United Nations designated November 25 as the International Day for the Elimination of Violence Against Women, honoring the Mirabel Sisters, who were murdered by the Dominican dictator Rafael Trujillo's regime for their resistance. Trujillo ruled from 1930 to 1961, employing intimidation, imprisonment, torture, and murder to suppress dissent, resulting in tens of thousands of deaths, including an estimated 20,000 Haitians in a 1937 massacre. The sisters' assassination on November 25, 1960, turned them into martyrs and galvanized efforts to overthrow Trujillo.

The United Nations continues to recognize this day, promoting it through the 16 Days of Activism Against Gender-Based Violence, a powerful global campaign that spans from November 25 to December 10 and is aimed at preventing and eliminating violence against women and girls. The United Nations defines violence against women as "any act of gender-based violence that results in, or is likely to result in, physical, sexual, or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life."

The prevalence of gender-based violence is widespread. In 2022, the UN reported that an estimated 736 million women- almost one in three- were subjected to physical and/or sexual violence at least once in their lives, which is 30% of women 15 years or older. Women who have experienced violence are more likely to suffer from depression, anxiety disorders, unplanned pregnancies, and sexually transmitted infections. Approximately 48,800 women and girls worldwide were murdered by their intimate partners or other family members, meaning that, on average, more than five women or girls are killed every hour by someone in their family.

"Violence against women is perhaps the most shameful human rights violation, and it is perhaps the most pervasive. It knows no boundaries of geography, culture or wealth. As long as it continues, we cannot claim to be making real progress towards equality, development and peace." - Kofi Annan

Join the Movement

- **Spread awareness:** Share photos, videos, and messages on social media using the hashtag #16Days
- **Host an event:** Organize a local walk, host a webinar, lead a panel discussion, or curate an art exhibition
- **Volunteer:** Volunteer with a local domestic violence program, such as the Women and Family Center or Uniting Partners for Women and Children
- **Donate:** Donate to an organization that supports survivors of gender-based violence, such as the National Sexual Violence Resource Center or the UN Trust Fund to End Violence Against Women
- **Educate yourself:** Learn about gender-based violence and how to spot signs of abuse
- **Speak out:** Encourage victims to talk about their abuse and ensure they get help
- **Download resources:** Download the 16 Days of Activism to your workplace or community group

Events

November

- Give Some PEACC Holiday Drive 10.13 - 12.2
- Screening of How to Start a Wildfire 11.14

December

- Beautiful People Reading Day at PEACC 12.3
- Drop-In Collage Day at PEACC 12.9

25 years of...

PEACC

UNIVERSITY OF LOUISVILLE

Anniversary Open House

Help us honor the PEACC Center's 25th anniversary! Join us for cake and coffee, giveaways, and inspiration from our PEACC community.

8

2-4 PM

OCTOBER

PEACC Center
W309-H Student Activities Center
University of Louisville

FOR QUESTIONS & FURTHER INFORMATION:

502-852-2663 peacc@louisville.edu

Learn more on
PEACC Engage



No one has to do everything... everyone has to do something. What's your Green Dot?



Green Dot is a comprehensive violence prevention strategy with a focus on preventing Power Based Personal Violence; sexual violence, dating violence and stalking. The strategy incorporates a public health approach to violence prevention, by working across the socio-ecological model. Green dots are the small actions we take everyday that will shift our culture to one where Power Based Personal Violence is not accepted.

[Learn more about Green Dot](#)

@uoflgreendot

WE'RE ALL
in this
TOGETHER

The
PEACC CENTER

Prevention, Education and Advocacy
on Campus and the Community

PEACC provides confidential advocacy to students, faculty and staff who have been impacted by interpersonal violence, sexual assault and stalking, in addition to providing prevention education.

Belknap Campus, Student Activities Center 309H
M, T, W, F: 9am-5pm
Th: 11am-5pm
Call 852-2663

For after hours emergencies,
contact the 24 hour community crisis line
at 844-BESAFE-1





you're invited

TO THE PINKEST HOLIDAY MARKET IN TOWN

JOIN US AT MELLWOOD ART CENTER
SUNDAY, NOVEMBER 17TH, 2024
12PM TO 5PM

COME EXPERIENCE THE MAGIC OF PINKMAS!

SEE YOU THERE?

**RAISE
SOME** 

UOFL DAY OF GIVING

**THANK YOU FOR
HELPING US
#RAISESOMEL!**

\$2,800

**U_{of} WOMEN'S
CENTER**

**NOMINATE A STUDENT, FACULTY, STAFF AND/OR COMMUNITY
MEMBER/ORGANIZATION!**

2025 GENDER, EQUITY, & CLIMATE JUSTICE CONFERENCE

**INTERESTED ON BEING A PART OF
THE PLANNING COMMITTEE?
EMAIL WOMENCTR@LOUISVILLE.EDU**

announces the 23rd annual Mary K. Bonsteel Tachau Gender Equity Award

Nominations are invited for the Mary K. Bonsteel Tachau Gender Equity Award which will be presented to a member of the UofL community--broadly defined to include all of those, past and present, who have some affiliation with the University of Louisville -- whose work has directly furthered gender equity. The prestigious award will be announced by the UofL Women's Center and the UofL Commission on the Status of Women, at the Women's Center Empowerment Program on March 25, 2025.

We seek to recognize work that promotes women's and gender equity, increases women's self-reliance, and highlights women's contributions to all cultures and societies.

To nominate, complete the form at
<https://forms.office.com/r/AXWbDCCLWj>

For more information, email Dr. Tami Harbolt, COSW member at tlharb01@louisville.edu

ALL ARE FORMALLY INVITED TO THE

GRAND OPENING

Black Birth Justice Inc.

Introducing Healthy Beginnings Connect Us



Join us for a celebration as we unveil our new offices and community space! We invite you to explore our village, designed to provide a nurturing environment and dedicated support for new families. We are excited to celebrate this journey with you!



HBCU

HEALTHY BEGINNINGS CONNECT US



**BLACK
BIRTH
JUSTICE**

Friday, November 15th at 10 am

 1141 South 2nd Street, Louisville KY 40203

www.blackbirthjustice.org

Our mission at Black Birth Justice is advocating for maternal health rights and providing superior support for postpartum persons. Our vision is to combat the Maternal and Infant mortality rate. Our focus is to protect the birthing people of the Black community with integrity, compassion and boldness.

If you need assistance with healthy start please email the address below

HBCU (Healthy Start) : hbcu@blackbirthjustice.org

502-409-4238

AND SAY HI TO YOUR MOTHER

AND SAY HI TO YOUR MOTHER



AND SAY HI TO YOUR MOTHER

AND SAY HI TO YOUR MOTHER

**30 Portraits of Black Women Cultural Leaders
by Dr. Jabani Bennett**

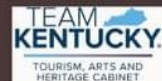
November 15 - January 15

Opening Reception Friday, November 15th, 6-8pm

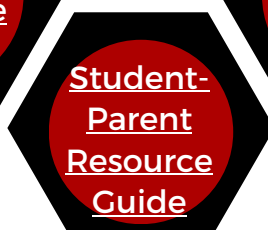
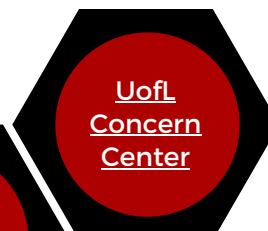
**Saturday, November 16th, 12-5pm gallery hours and 2pm artist talk
in conjunction with Louisville Visual Art Open Studio Weekend**

1701 W Muhammad Ali Blvd., Louisville, KY

Kentucky Foundation for Women provided generous support towards the creation of this body of work.



RESOURCES





World AIDS Day Program (2022)



Global trip to Morocco (2015)



Human Trafficking Awareness Conference (2018)



NCCWSL Trip to D.C. (2019)

UL WOMEN'S CENTER

**OUR FUTURE IS INTERSECTIONAL:
RE-IMAGINING LEADERSHIP DEVELOPMENT**

**UNIVERSITY OF LOUISVILLE
WOMEN'S CENTER
120 E. BRANDEIS (BELKNAP)
UNIVERSITY OF LOUISVILLE
LOUISVILLE, KENTUCKY 40292**

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