

The header features a vibrant, abstract floral pattern in shades of yellow, orange, red, and teal. The text is centered and reads:

U OF WOMEN'S CENTER NEWSLETTER

FALL 2024:
SEPTEMBER 4TH, 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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MESSAGE FROM THE INTERIM DIRECTOR

Welcome to our newest Cardinals and welcome back to our returning Cardinals!

The start of the academic year can bring many new things. *Friends. Experiences. Dreams. Wins. Memories.* But it can also bring *challenges.* I hatched from the nest in 2008 as a new Cardinal during my Freshmen year. 10 years this August, I have been at the Women's Center, now serving as Interim Director. I have had my share of challenges both as a student and as Staff but, with those challenges it also brought me new things. *Lessons. Resiliency. Boundaries. Motivation.* With these challenges, I have had people walking beside me, in front of me, and behind me along the way. (*Shoutout to Valerie Casey and Dr. Jabani Bennett, former Women's Center Directors, Phyllis Webb and Patsy Russell. The whole Cultural & Equity Center team!*). **YOU are not alone on your journey.**

Jamieca's Tips for Success

Get Engaged.

We have over 400 recognized student organizations (RSOs) here at UofL. Have an interest, hobby or something you are passionate about? There may be an RSO just for you. If not, get 5 friends and start one! I've seen new friendships develop, many that continue after graduation, and leaders grow into the troublemakers of today. You can learn how to get connect with those advised under the Women's Center on page 10.

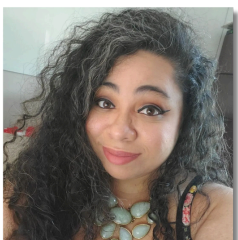
It's Okay to Ask for Help.

We have so many resources here at UofL to support your academic, personal and overall well-being during your journey here at UofL. [Counseling Center](#). [REACH](#). [Disability Resource Center](#). [Cardinal Cupboard](#). [Career Center](#). [PEACC](#). [Cultural & Equity Center](#). Just to name a few.

Explore Beyond Campus.

Louisville has so many hidden gems to explore. Museums, beautiful parks and we are a foodie city with many options to choose from. My personal favorite is Anko at the Louisville Streatery. There are many ways you can give back and volunteer too at many of our local non-profits. You never know what you may discover.

The small but mighty team here at the Women's Center and the whole team at the Cultural & Equity Center are here to support you no matter where you are on your journey towards getting that diploma. I look forward to connecting with you!



In solidarity,

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

Don't forget to register and vote!

FALL 2024

AT THE WOMEN'S CENTER

CONNECT WITH THE WOMEN'S CENTER

SEPTEMBER 11TH | 11AM-1PM, STUDENT ACTIVITIES CENTER MARKETPLACE TABLE

FEMINIST SPACE

SEPTEMBER 12TH | 6-8PM, CULTURAL & EQUITY CENTER

STUDENT-PARENT CIRCLE

SEPTEMBER 18TH | 11AM-1PM, CULTURAL & EQUITY CENTER MPR

RELATIONSHIPS UNPLUGGED

OCTOBER 3RD | 5-6PM, SHUMAKER RESEARCH BUILDING 139

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

NOVEMBER 12TH | 12-1:30PM, CULTURAL & EQUITY CENTER MPR

STUDENT-PARENT WINTER WONDERLAND

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

SNEAK PEEK AT SPRING 2025

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

MARCH 2025

WOMEN'S EMPOWERMENT AWARDS LUNCHEON

MARCH 25TH | 11AM-1PM, UNIVERSITY CLUB

FEMINIST SPACE HISTORY OF VOTING IN THE U.S.

September 12th 5-7pm

Cultural and Equity Center Multi-Purpose Room
Pizza and drinks provided!

(RSVP Here!



Come learn about the historic relationship of women and voting rights and where the rights are today!



Games &
Activities too!

UL OF WOMEN'S
CENTER

GET INVOLVED!

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

Interested?

EMAIL:
WOMENCTR@LOUISVILLE.EDU

GET A WOMEN'S CENTER COACH!

Jamieca Jones, MSSW, M.A. (She/Her)
Interim Director

Phyllis M. Webb, M.Ed (She/Her)
Program Coordinator



We are here to support you!

Women's Center Staff offers 1-on-1
Coaching for all students.

[LEARN MORE](#)

- *Student Leadership*
- *Academic*
- *Financial*
- *Campus Involvement*
- *Personal Matters*
- *Get connected to campus & community resources*
- *Student-Parent support*

Schedule an appointment or
stop by during our drop-in hours!





SEPTEMBER 2024

HAPPY STUDENT-PARENT MONTH

SCHOLARSHIPS

RESOURCES

APPLY TO ONE OF THE WOMEN'S CENTER SCHOLARSHIPS

GET CONNECTED TO CAMPUS AND COMMUNITY RESOURCES

- Dr. Ann T. Allen Scholarship
- Women's Club of the University of Louisville Minority Single Parent Scholarship
- And more!

- *NEW* Community Connections: A Resource Guide for Student-Parents and Military Families

Applications will open in December.



STUDENT-PARENT CONNECTIONS INTEREST FORM



STUDENT-PARENT CIRCLE

September 18th
11am-1pm,
Cultural & Equity
Center MPR

Connect on various topics of interest such as time management, academic success, domestic violence, legal issues and more for student parents. Learn about campus & community resources. Open to all students

STUDENT-PARENT ASSOCIATION

General Body Meetings
1-2pm, Cultural & Equity
Center

- September 6th
- October 4th
- November 1st

@spa_at_ul Engage UofL

Student-Parent Association

Register Via QR code

LATINX/ HISPANIC HERITAGE MONTH

**PIONEERS OF CHANGE:
SHAPING THE FUTURE TOGETHER**

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



NOCHE DE FAMILIA Y AMIGOS

LOUISVILLE VS. UT MARTIN

JOIN LOUISVILLE WOMEN'S SOCCER FOR NOCHE DE FAMILIA Y AMIGOS
NIGHT AT LYNN STADIUM ON THURSDAY, SEPT. 5 | EVENT BEGINS AT 6:30 PM
GAME BEGINS AT 7:30 PM

**FOR THE
VILLE**

RSVP HERE





GRANDMOTHER POWER!

ORAL HISTORY PROJECT

Interviews resume in September.
Submit a photo of your grandmother
for our social media campaign!



Learn more!



GRANDMOTHER POWER! ORAL HISTORY PROJECT KICK-OFF

INTERVIEWS WILL RESUME IN SEPTEMBER

What thoughts, dreams or choices did my grandmother make – when she was my age? How has the world changed in her lifetime? What can I learn from her?

Join the Women's Center at Grandmother Power! Oral History Project featuring multicultural stories between grandmothers and their grandchildren in Kentucky. The conversations will amplify the power of intergenerational connections, cultural knowledge, and reflection about gender equity issues across time with project participants. The Women's Center's project will be a collaboration with the UofL Ekstrom Library's Oral History Center.

We want to honor and acknowledge your grandmothers! Photos will be featured on social media and in our monthly Newsletter. [Make a submission](#)



GRANDMOTHER POWER!

ORAL HISTORY PROJECT PHOTO CAMPAIGN



My grandmother was always a strong and outspoken person, she did not care what anyone had to say about her and stood up for what she knew was right. Which I admired about her growing up. She also is the reason why I have such a strong passion for social justice. She would tell me stories of what she witnessed as a young girl during historic movements like the MLK march in Chicago. She was a strong feminist and my favorite shirt of hers growing up was actually one that said "Women belong in the House and Senate".

Brenda Rezmer, Grandmother to Abby Maxey-Rezmer

STUDENT-PARENT PARTICIPATES IN INTERNATIONAL STUDY TRIP

by Phyllis M. Webb, U of L Women's Center

MBA student Ashley Mathis was one of several students who went on a 10-day international study trip to Dubai/India Spring 2024. Ashley is a student-parent who is working towards a business (accounting) degree and plans to graduate in May 2025.

The Global immersion trip is a highlight of the UofL MBA and MSAA programs and provides an opportunity for students to experience international business environments in other cultures like South Africa, India, China, Peru and other countries. She also attended the NABA convention this past June.

What Ashley had to say about the trip

I wanted to share some of the incredible experiences and learnings from the recent school trip to India and Dubai that we had the privilege of being a part of. With around 20 of us on this enlightening journey, we delved deep into the rich cultures of both countries, gaining invaluable insights along the way.

During our time in India, we immersed ourselves in the vibrant cultural tapestry that the country has to offer. From exploring historical landmarks to engaging with the local community, every moment was a treasure trove of learning. The diverse traditions, art forms, and spiritual practices opened our eyes to a world rich in heritage and wisdom. In Dubai, we were captivated by the modern marvels juxtaposed against the traditional ethos of the region. The innovative architecture, bustling marketplaces, and warm hospitality of the locals left a lasting impression on us. We had the opportunity to witness the seamless blend of tradition and innovation in this dynamic city.

Overall, this trip was a transformative experience that deepened our understanding of the world and broadened our perspectives. The cultural exchange and interactions with the people of India and Dubai have enriched us in ways beyond measure.

I am truly grateful for the opportunity to have been a part of this enlightening journey, and I look forward to carrying forward the learnings and memories from this trip.



Taj Mahal in India



Dubai, United Arab Emirates

MOTIVATE, CELEBRATE AND ELEVATE WOMEN VETERANS

*by Phyllis M. Webb,
Program Coordinator, U of L Women's Center*



Motivate. Celebrate. Elevate “was the theme of the Women’s Veterans State Conference sponsored by the Kentucky Department of Veterans Affairs held on June 25, 2024 in Louisville, Ky.

Over 80 attended the one-day event on the University of Louisville ‘s Shelbyhurst Campus. Commissioner Whitney Allen presented the welcome and Governor Any Beshear presented a video message from Frankfort, Ky. There were also remarks from Louisville Deputy Major David James.

According to Commissioner Allen, the goal of the conference is to build a stronger network among the women veterans’ population for Kentucky.

The keynote speaker was Mrs. Zaneta Adams, Deputy Assistant Secretary, Intergovernmental Affairs, Washington, D.C. where she talked about the positive things happening within the VA (Veterans Affairs) Department. More women are enrolling in the Health Care system –from an estimated 413,000 to 625,000 in a few years with the goal of empowering women to take advantage of the services being offered. Mrs. Adams served eight years of enlisted service in the U.S. Army, National Guard and Reserves.

One poignant remark that stood out was “It’s ok to not be ok, but don’t keep it to yourself”. Talk to others and let them know how you are feeling. And also, “if you serve, you are a veteran.”

Ms. Loudes Tiglao, Director, Center for Women Veterans in Washington, DC also spoke about the Veterans Affairs and that is it more than just healthcare. VA offers educational benefits and a myriad of other services for military women and men. She advised women veterans to get involved and participate in focus groups at the local and state levels as well as attend the National Women’s Veterans Summit in DC this upcoming September 5-7, where the theme is-“The Year of Empowerment.”

In addition to these two speakers, there was also a cooking demonstration, chair yoga, a panel on behavioral Health and other break-out sessions with various speakers, plus a number of on-site local and state vendors.

For more information about the Women’s Veteran Conference, contact Ms. Dina Parrott, (USAF Retired), Women Veterans Program Coordinator, Kentucky Department of Veterans Affairs at dina.parrott@ky.gov or email <http://www.veterans.ky.gov>

GET INVOLVED WITH OUR GROUPS!

American Association of University Women

[GET CONNECTED](#)

Women 4 Women Student Board

[GET CONNECTED](#)

Student-Parent Association

[GET CONNECTED](#)

Student Women Veteran Support Group

CONTACT: PHYLLIS.WEBB@LOUISVILLE.EDU

United Nations Association - Women

[GET CONNECTED](#)

Feminist Social Justice Leadership LLC

CONTACT: JAMIECA.JONES@LOUISVILLE.EDU

DID YOU KNOW?

ALL UofL students can get a FREE American Association of University Women membership?

- Apply to scholarships
- Free Salary Negotiation Workshops Access
- Attend the National Conference for College Women Student Leaders



AAUW at UofL Interest Meeting

September 18th
6-7pm
Cultural & Equity Center MPR
Leadership positions open!

Interested in student leadership opportunities?

Contact us!
jamieca.jones@louisville.edu



United Nations Association - Women Retreat at Hopscotch House (2018)

3 Women 4 Women Student Board Presidents: Aaisha Hamid, Tailore Mclellan & Hadley Hendrick (2018)



THROWBACK



BREAST CANCER SCREENINGS FOR UOFL EMPLOYEES

Thursday, September 26th

8:30am - 3:30pm

Call to schedule an appointment. 502-852-6318

In front of the Gheens Science Hall and Rauch Planetarium



- All insurance filed with University of Louisville Hospital
- Proper ID and Insurance Card required
- All COVID-19 guidelines followed
- *UofL Insurance will cover 100%

Sponsored by: UofL Health Brown Cancer Center, Horses & Hope, Kentucky Cancer Program, UofL Women's Center & UofL Cultural & Equity Center

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



DIANE PORTER

Jefferson County Public School Lifetime Educator



COMMUNITY PEARL OF KY SPOTLIGHT

Life's work as an inclusive leader in the field of education and civic life.



Learn more about our Community Pearls!

**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

What We Do

**One-on-One Student
Coaching**

**Community
Engagement & Service**

RSO Advising

**Programming &
Events**

**Student Leadership
Development**

**Trainings &
Workshops**



ADVOCACY IN ACTION



WOMEN'S EQUALITY DAY

Taylor Martin (She/Her) Class of 2025

United Nations Association - Women Advocacy Chair

Women's Equality Day commemorates the 1920 adoption of the 19th Amendment to the United States Constitution, a significant milestone prohibiting state and federal governments from denying the right to vote based on sex. While this marked a significant milestone in women's rights, it is crucial to recognize the complex history that accompanies it, learn from our ancestors' wrongdoings, and move forward with wisdom. Black women, who played a vital role in the passage of this Amendment, were unfortunately excluded from the benefits of their efforts due to the pervasive influence of white supremacy. This exclusion marked the beginning of a new battle, one that would confront both racism and sexism.

In 1920, 2.2 million out of 5.2 million Black women lived in the South, where Jim Crow laws threatened violence, intimidation, and refusal of public services. Several states implemented grandfather clauses, literacy tests, and poll taxes, which were clear violations of equal rights, to prevent Black Americans from exercising their constitutional right to vote. Northern suffragists rationalized their discriminatory practices towards their Southern Black suffragist sisters by exploiting the racism prevalent in the Jim Crow States. The national white suffrage movement, in particular, actively barred Black women's clubs from formal affiliation, fearing that such a move might provoke white Southerners. Ultimately, white suffragists were uninterested in fighting discrimination against women facing racial discrimination, leaving Black women to fend for themselves. It took another half century and a new suffrage campaign led by Black women before the Black community was fully enfranchised through the Voting Rights Act of 1965.

Nearly 100 years after the 19th Amendment and 60 years after the Voting Rights Act, Vice President Kamala Harris became the second woman, the first Black woman, and the first South Asian person to be a major party nominee. Her nomination is historic and a showcase of how far women's rights have come, but it is also a testament to how much work remains to be done. As we celebrate Women's Equality Day, may we be reminded of the lessons from history and the need for unity. Let us embrace womanism, which centers the voices of Black women and women of color, instead of feminism which historically disregarded them. We are stronger together and we must combat sexism and racism to reach true equality for all women.

NOURISH, SUSTAIN, THRIVE

August is National Breastfeeding Month

National Breastfeeding Month (NBM) is celebrated every August. The United States Breastfeeding Coalition (USBC) officially declared August as NBM on August 6, 2011. The month is meant to raise awareness and celebrate the work that goes on around babies, families, and lactation.

World Breastfeeding Week was created in 1992 by the World Alliance for Breastfeeding Advocacy.

Learn more: usbreastfeeding.org

World Breastfeeding Week

August 1st - 7th, 2024

CLOSING THE GAP: BREASTFEEDING SUPPORT FOR ALL

Indigenous Milk Medicine Week

August 8th - 14th, 2024

MIND. BODY. MILK MEDICINE.

Asian American Native Hawaiian and Pacific Islander Breastfeeding Week

August 15th - 21st, 2024

Black Breastfeeding Week

August 25th - 31st, 2024

LISTEN UP! RECLAIMING OUR NARRATIVE & CENTERING OUR STORIES FOR
BREASTFEEDING JUSTICE

Workplace Lactation Week

September 1st - 7th

POLICY TO PRACTICE: MAKING LACTATION SUPPORT A REALITY

Semana de La Lactancia Latina

September 3rd - 9th

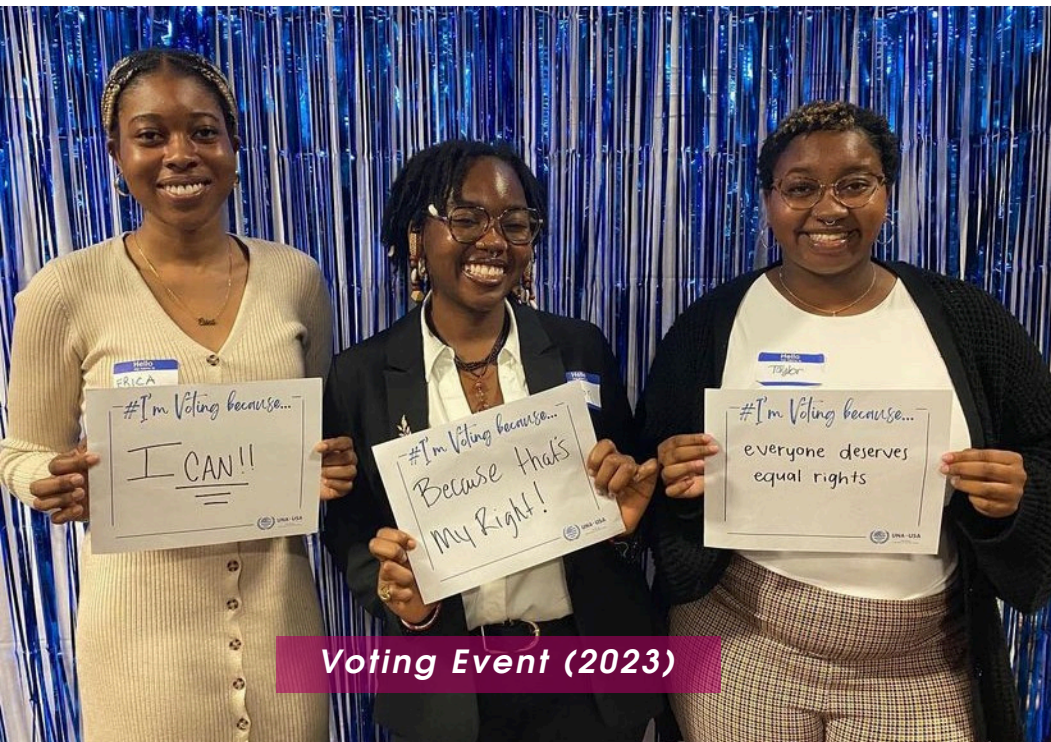
RECLAIMING CULTURE THROUGH LACTATION



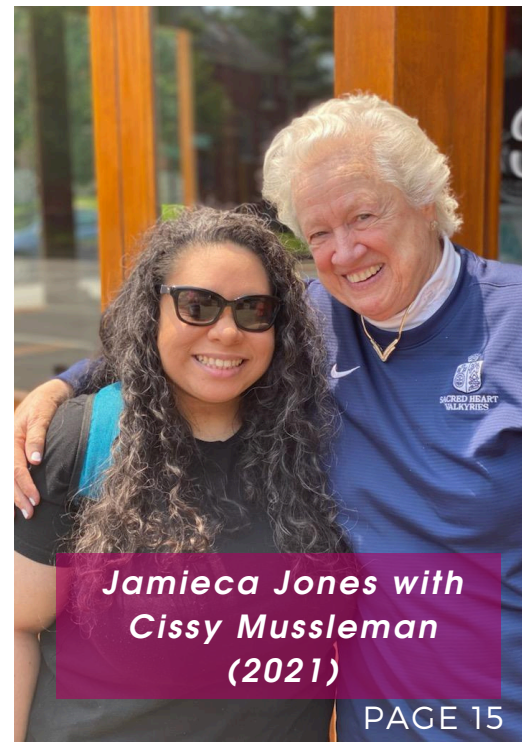
Cultural & Equity Center Block Party



UNA-Women General Body Meeting

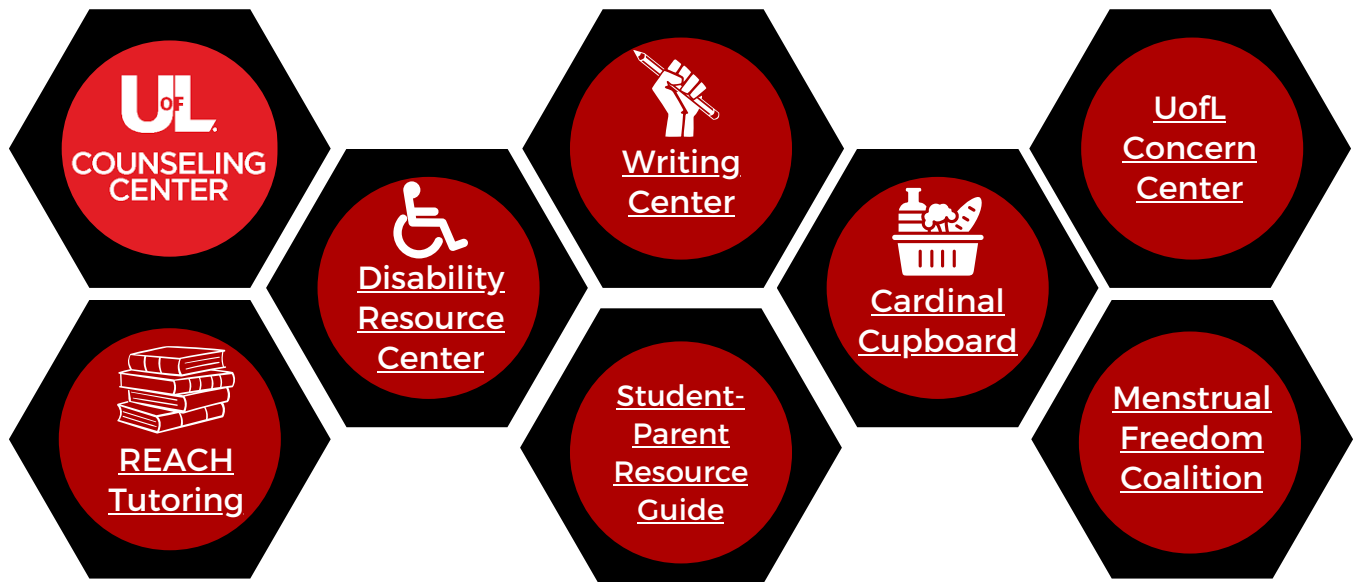


Voting Event (2023)



Jamieca Jones with Cissy Mussleman (2021)

RESOURCES



[Commission on the Status of Women](#)

[Commission on Diversity & Racial Identity](#)

[Women's Alumni Council](#)

[Employee Success Center](#)



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.

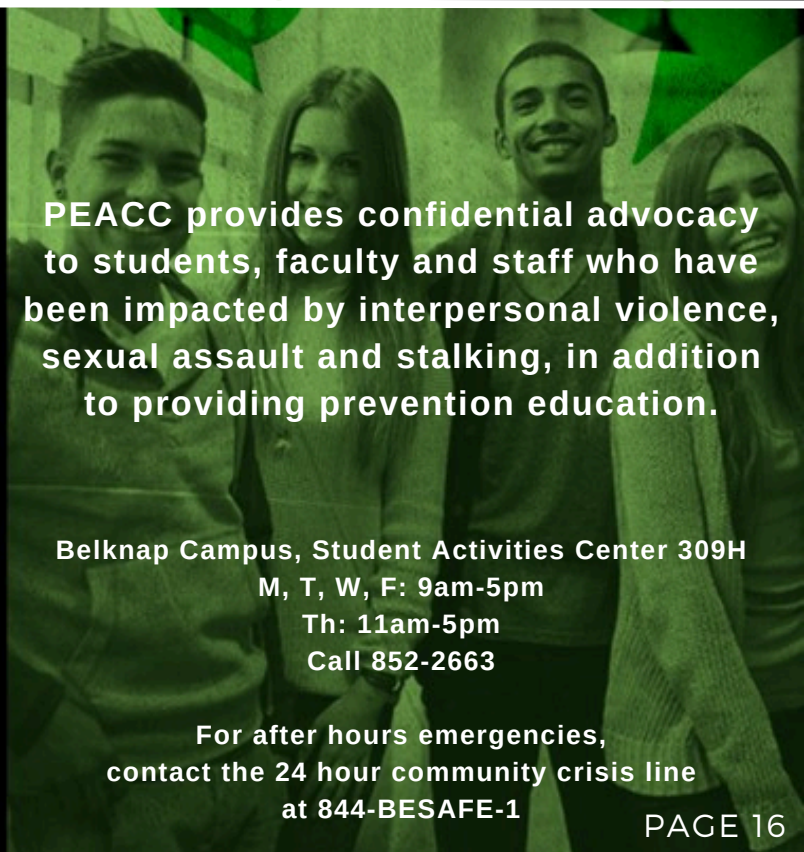
Green dots are the small actions we take everyday that will shift our culture to one where Power Based Personal Violence is not accepted.

[Learn more about Green Dot](#)

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

CONTACT US!

OUR

TEAM



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!



UL WOMEN'S
OF CENTER

OUR FUTURE IS
INTERSECTIONAL:
RE-IMAGINING
LEADERSHIP
DEVELOPMENT

UNIVERSITY OF LOUISVILLE
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