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To: Stauch, Chelsea
Subject: Moving Indiana Women Forward - February 2011

Indiana Commission for Women



Moving Indiana Women Forward - February 2011

ICW celebrates 15 years of service

On July 1, 2011, the Indiana Commission for Women (ICW) will mark fifteen years of service as a state agency. In 1996, then-Senator Becky Skillman and Senator Vi Simpson co-authored legislation that created ICW. Representative Susan Crosby and Representative Sue Scholer co-sponsored the bill in the House. Senate Bill 500 was also sponsored by 16 senators and 20 representatives. In the end, 47 senators and 92 representatives voted in favor of the bill.

Since the beginning, ICW has been committed to the full participation of women in all aspects of society. The agency has worked to remove barriers by increasing awareness of the status of women and the issues they face. It also recognizes and promotes contributions that Hoosier women make and provides balanced analysis of public policy issues that impact women in Indiana.

Today, ICW is working to keep ***moving Indiana women forward*** by boosting their voices in the public sector. It raises awareness of women's needs and concerns, and celebrates their contributions and successes. ICW encourages women to become better educated so that they can compete successfully for high-skilled, high-paying jobs. It strives for women to be better connected to opportunities and resources available to them in their communities and throughout Indiana. And, ICW hopes that women will be more engaged as leaders in solving the challenges that they face.

For more information about ICW, visit our website at www.in.gov/icw.

Torchbearer Awards set for March 9, 2011

Join the Indiana Commission for Women at the 2011 Torchbearer Awards at 4:00 p.m. on Wednesday, March 9, 2011, at the Indiana Statehouse when ICW announces the recipients of this year's awards. Registration will begin at 3:30 and a reception will immediately follow. Look for your invitation tomorrow in your inbox!

Most of us know at least one great woman in our lives. Whether it was our mother, our grandmother, an aunt, a caregiver, an educator or some other influential role model, women have always played an important part in shaping our lives. Every year, the Indiana Commission for Women (ICW) honors exceptional role models during its annual **Torchbearer Awards Ceremony**. The awards are the State of Indiana's most prestigious recognition of women in Indiana. And, Torchbearers are women who have been pioneers throughout their lives and have stepped forward as leaders by breaking down barriers to women's full participation. They have become true beacons of light and their stories of courage, perseverance and compassion create a lasting legacy of inspiration for us all.

Register to attend the 2011 Torchbearer Awards at: <http://2011torchbearers.eventbrite.com>.

Wear Red for Heart Health on February 4, 2011

From the American Heart Association:

Mothers, daughters, sister, aunts - every day, women are dying at the rate of almost one per minute. Show your support for the fight against heart disease in women by wearing red. It's an easy, powerful way to raise awareness. "Going Red" is as easy as putting on a red dress, a red tie or a red dress pin. Just wear red to show your support on Friday, February 4, 2011.

What a heart attack feels like to a woman includes chest pain, discomfort, pressure or squeezing, like there's a ton of weight on you. Other heart attack symptoms to watch for include:

- Shortness of breath
- Nausea
- Light-headedness or sudden dizziness
- Unusual upper body pain, or discomfort in one or both arms, back, shoulder, neck, jaw or upper part of the stomach
- Unusual fatigue
- Breaking out in a cold sweat

If you experience any one of these symptoms, don't make excuses for them. Make the call to 9-1-1. Don't miss a beat.

For more information about heart disease or about National Wear Red Day, click on the following links:

- American Heart Association: <http://english.goredcorazon.org/wear-red-day.html>
- National Heart Lung and Blood Institute: <http://www.nhlbi.nih.gov/educational/hearttruth/>

- National Office of Women's Health: <http://www.womenshealth.gov/heartattack/>

Indiana Commission for Women 2.0

The Indiana Commission for Women has joined the world of social media! Starting February 2, ICW will be online and ready to connect with you. Check us out to find out more about what the commission is doing and tell us what you think. **Follow us** on Twitter @indiana4women, **Like us** on Facebook and check out our blog at <http://indianacommissionforwomen.wordpress.com>.

Scholarships for Women

Are you returning to or going to school for the first time? Check out the ICW's scholarship page to learn about various opportunities for financial assistance. Find scholarships you qualify for at <http://www.in.gov/icw/2442.htm>.

About the Indiana Commission for Women

The Indiana Commission for Women is committed to the full participation of women in all aspects of society in order to make Indiana a better place to live, work and raise a family. Our mission is to understand the needs of Indiana women and their families, and to work strategically both within government and in our communities to help bring about positive change. We work to remove the barriers that hinder women's participation by:

- Increasing awareness of the status of women in Indiana and the issues they face
- Recognizing and promoting contributions that Hoosier women make to their community, state and nation
- Providing balanced analysis of public policy issues that impact women in Indiana.

For more information about ICW, please visit us at www.in.gov/icw.

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