



THE EQUALITY STANDARD

April, 2009

This is the monthly publication on women's issues, local and global, published by Fifty-Fifty Leadership, A non-profit organization promoting women's equal leadership

Women's Self Defense: A Global Need

Our Vision
That 50% of
leaders are
women
Our Mission
To transform
the culture
within which
we live to one
that **naturally**
includes
women on an
equal basis in
the selection
of leaders

Visit our website,
www.5050Leadership.org or give
us a call at
818.243.2322



Women in Brazil attending a Self-Defense Workshop being given by Ellen Snortland

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IN THE NEWS

🌀 On March 11th, President Obama signed an Executive Order to create the **White House Council on Women and Girls**.

The mission of the council will be to provide a coordinated federal response to the challenges confronted by women and girls and to ensure that all Cabinet and Cabinet-level agencies consider how their policies and programs impact women and families. Valerie Jarrett, Senior Advisor to the President, will serve as the Council's chair. Tina Chen, Director of the Office of Public Liaison, will serve as executive director. The council will be comprised of senior-level administration and executive branch officials, including top Cabinet-level staff.

The Administration's decision to form the Council was influenced by the actions of over 40 national

organizations--including the National Alliance for Partnerships in Equity and the NAPE Education Foundation--who called for the reestablishment of critical women's programs in the executive branch. In December, these organizations sent a letter to the Obama transition team, requesting that the new administration restore and strengthen all offices that in past administrations have played a fundamental role in protecting and advancing women's issues and opportunities.

Look for the archived video of the President's remarks and the signing of the Executive Order on the White House [website](#).

🔗 Wired Women reports that the **UN Secretary-General has a database on Violence Against Women**.

[View database](#)

Launched in March of 2009, it is the result of a resolution adopted by the UN Secretary-General to eliminate all types of violence against women. A good place for visitors to start searching the extensive database is by clicking on the "About the Database" tab at the top of the homepage. To see the content of the questionnaire that was sent to all UN Member States, visitors can click on the hyperlink "Questionnaire on Violence Against Women" in the second paragraph. By clicking on the "Country Pages" tab at the top of the home page visitors can view a particular country's treatment of violence against women. For visitors interested in reading about the practices that some countries have in place, clicking on the "Good Practices" tab at the top of the homepage will take them there. The good practices are divided up into promising practices in law, prevention, and the provisioning of services. The "Advanced Search" tab at the top of the homepage allows visitors to search using various criteria, including type of measure taken to address violence against women, form of violence, country, and year. [KMG]

🔗 After years of facing discrimination by the nation's unemployment insurance program, women stand to disproportionately benefit from three new rules in the American Recovery and Reinvestment Act, popularly known as the stimulus package.

Here's how women gain; in addition to a temporary hike in the amount of the jobless benefit for all workers and a new dependent's allowance:

- Benefits will now be provided to workers who must leave their jobs for compelling family reasons, such as caring for ill or disabled family members, relocating with a spouse whose job has moved to another area, or escaping domestic violence in which the abuser follows the woman to her workplace;
- The earning test now looks at the worker's most recent employment, instead of excluding the last three to six months, making it much easier for low-wage workers and new entrants to the work force (read: large numbers of women) to qualify for benefits.
- Benefits are now available to workers seeking part-time work which also includes many women.

These three reforms--among others that are not of special value just to women--are long overdue given that the old rules were written for a work force that lawmakers imagined had very few women.

Women's ENews. Read the complete story: [More](#)>



MEMBER BENEFIT

One of the benefits of being a Fifty-Fifty member is going to see great live theater. On April 18th we again have tickets available to our members. A show that has played to rave reviews on Broadway, in Chicago and Seattle, is now in Los Angeles at the **Geffen Theater**. Not a member? This is your opportunity to join and get two tickets for this great play, “The Seafarer.”

[Email](#) today or call 818.243.2322



WOMEN OF THE WORLD AWARDS

On Saturday, March 14th, Fifty-Fifty Leadership, in partnership with the United Nations Associations of Pasadena and the Foothills, held a celebration of Women’s History Month, World Leadership Day, and the 1st Annual Women of the World Awards. Our honorees for these awards were:



Jane Roberts, Founder of 34 Million Friends

The 5th Millenium Develop Goal of the United Nations is to improve maternal health, to reduce the rate of maternal mortality ratio by three-quarters between 1990 and 2015 and improve universal access to reproductive health care. Of all the goals, this lags furthest behind. Jane Roberts is fighting to help rectify that.



Tiffany Persons, Founder of Shine on Sierra Leone

It takes a village to build a village. Tiffany Persons has engaged, inspired and empowered a whole village in Sierra Leone as they build a new village with a new construction technique.

Senator Liu needs you. And me, and our friends. Join Carol Liu’s Women’s Council as she takes a cue from Tiffany and looks to have 5,000 of us helping put California on its financial feet again. [Website](#)



Carol Liu, California State Senator, 21st District



Awardees with Sherry Simpson Dean of the UNA and Pauline Field of FiftyFifty Leadership

As well as lovely awards that the honorees keep, trees will be planted at Mayfield Girls School in their honor – giving a reminder to the girls at that school that they too can be leaders and Women of the World



WOMEN IN BUSINESS

🌀 Where else can you get a mini-workshop, networking and coffee for \$8? **The Entrepreneur Success Network**, with **Chris Reiter and Pauline Field** facilitating, is indeed offering just that. Join them and other successful business women and men at the Pasadena Women's City Club, 160 No Oakland, Pasadena every Friday from 7:30 -8:15 a.m. Check out the topics [here](#) and take advantage of the best deal in town to help grow your business.

🌀 OK, you have an inner writer locked in you. What are you doing to release him/her? Talking about it? Do you have a novelist in there? Do you have a murder-mystery writer screaming to emerge? Do you have the next best selling non-fiction author trapped inside, with no apparent "how to" get the book done in sight?

Perhaps you need to make a commitment to work out your "writerly" self. Maybe you need to put some money where your mouth is. Like physical fitness, writing fitness requires strength, time and discipline. Some people can work out on their own. Most of us need support, something like "Writers' Workout," the gym for writers, led by author and journalist, **Ellen Snortland** at her home in Altadena, CA Email: Ellen Snortland ellensnortland@mac.com for cost, details and to register. Ellen also does private coaching with her consulting business "My First Book Coach."

🌀 Would you like to look younger? Then you must attend one **Sandi McBride's** Anti-Aging Workshops. She'll show you how to do a 5-min. make over. Her next workshop is Thursday, April 9th from 11:00 - 1:00 - a light lunch will be served. Cost \$5.00. RSVP to Sandi at 909-920-3216.

🌀 It would be so much easier if children came with a how-to manual. Unfortunately they do not, but luckily there is **Ria Severance, Parenting Counselor** and licensed Psychotherapist(LMFT24650). She runs classes and individual sessions. There's no need to keep pulling your hair out. Call her today, 626-354-4334



ABOUT WOMEN – COMPELLING READS

🌀 **"Almost Astronauts: 13 Women Who Dared to Dream" by Tanya Lee Stone**

Kristin Flannery writes in the Spirited Woman blog about this book which recounts the 13 women who trained to become astronauts in 1960 (over 20 years before the first woman would be accepted into the NASA program!). Known as the "Mercury 13" all of these women passed their required tests but they were all blocked in their careers because they were women (during this time, these women also could not rent a car OR take out a loan without a man's signature either).

Author Tanya Lee Stone takes you back in time, highlighting the incredible quest of Jerrie Cobb to become America's first "lady astronaut" but nope and then the next - nope, then the next - nope. Crazy, right?

As the book reminds me in its opening - "Women must try to do things as men have tried. When they fail, their failure must be a challenge to others," as written by Amelia Earhart, shortly before disappearing.

We NEEDED these women to try, my daughters NEEDED them to "go for it", they lead the way... for Sally Ride (first America woman in outer space), Eileen Collins (space shuttle commander), Nicole Malachowski (the first woman Thunderbird) and many, many more.

So don't miss this book and then buy a copy for your daughter, your niece, your library and a local elementary school. It is so inspirational. [Buy it now!](#)

 *The following book review was written by a 5050Leadership volunteer, Joseph Halbersma of Canada. The book, *The Macho Paradox*, speaks to the need for men as well as women to work for an end to sexual and domestic violence:*

According to author Jackson Katz, despite the substantial gains made through the various take-back-the-night rallies, educational program and general political activism, women will never be able to end the rampant, global sexual discrimination and abuse directed towards their gender...

...at least not by themselves.

That's because the source of male-on-female abuse arises entirely from the modern understanding of masculinity - a fact that Katz examines in his recent groundbreaking book *The Macho Paradox: Why some men hurt women and how all men can help*. According to Katz, the impetus for almost all sexual discrimination lies primarily with men: "it is one thing to focus on the 'against women' part of the phrase; but someone's responsible for doing it, and (almost) everyone knows that it's overwhelmingly men. Why aren't people talking about this? Is it realistic to talk about preventing violence against women if no one even wants to say out loud who's responsible for it?"

Although *The Macho Paradox* centers on a topic that is generally seen to be a 'women's issue,' Jackson repeatedly emphasizes that its target is young males. His goal is to stimulate these men to examine the various facets of popular culture they participate in - the hyper-masculinity portrayed in video games, the rampant sexuality of TV commercials, the re-enactment of abuse in pornography - to determine how these forms of media construct an unrealistic, often violent, notion of manliness. He takes a critical look at a number of structures in North American society - from sports to the education systems - and points to the way in which they train (or facilitate the training of) young men to participate in a larger sexist culture, stopping occasionally to examine the influence of specific individuals such as rap artist Eminem or radio host Howard Stern.

The facts presented in the book alone are staggering. From his chapter on "Facing the Facts," Katz gives clear evidence for the existence of a widespread, often unacknowledged pandemic of male violence against women. Here are just a few of his findings:

- The Journal of the American Medical Association published one study in 2001 which found that 20 percent of adolescent girls were physically or sexually abused by a husband or boyfriend at one point in their lives.
- An estimated 17.7 million women in the United States, nearly 18 percent, have been raped or have been the victim of attempted rape.
- Studies show that between 15 to 38 percent of women and 5 to 16 percent of men experienced some form of sexual abuse as a child.
- The average age at which a child is abused sexually is ten years old.
- In 2000, intimate-partner homicides accounted for 33.5 percent of murders of women.
- One study found that 70 percent of women with developmental disabilities had been sexually assaulted, and that nearly 50 percent of women with mental retardation had been sexually assaulted ten or more times.
- The estimated annual health-related costs, lost productivity costs, and lost earnings due to intimate

partner violence in the U.S. is \$5.9 billion.

Through an examination of these figures Katz makes way for the second major theme of the book; it is not enough to simply acknowledge the trend. The book attempts to link social knowledge with social action by outlining some things men can do about these startling trends. The message is clear and direct; men must take an active role in not only changing their own personal actions which perpetuate discrimination against women, but also in engaging the wider culture around them. In essence, this amounts to walking a fine (and sometimes confusing) line between taking an active role in stopping sexism, and supporting those women already existing in anti-sexist leadership/activist positions. Instead of letting women shoulder all of the responsibility for anti-sexist activism, men should strive to become equal partners in ending gender-based violence.

Although no simple laundry list could do the message and arguments of the book justice, according to Katz there are ten major ways that all males can become active in promoting social gender equality. Taken from his website, they are:

1. Approach gender violence as a MEN'S issue involving men of all ages and socioeconomic, racial and ethnic backgrounds. View men not only as perpetrators or possible offenders, but as empowered bystanders who can confront abusive peers
2. If a brother, friend, classmate, or teammate is abusing his female partner -- or is disrespectful or abusive to girls and women in general -- don't look the other way. If you feel comfortable doing so, try to talk to him about it. Urge him to seek help. Or if you don't know what to do, consult a friend, a parent, a professor, or a counselor. **DON'T REMAIN SILENT.**
3. Have the courage to look inward. Question your own attitudes. Don't be defensive when something you do or say ends up hurting someone else. Try hard to understand how your own attitudes and actions might inadvertently perpetuate sexism and violence, and work toward changing them.
4. If you suspect that a woman close to you is being abused or has been sexually assaulted, gently ask if you can help.
5. If you are emotionally, psychologically, physically, or sexually abusive to women, or have been in the past, seek professional help **NOW.**
6. Be an ally to women who are working to end all forms of gender violence. Support the work of campus-based women's centers. Attend "Take Back the Night" rallies and other public events. Raise money for community-based rape crisis centers and battered women's shelters. If you belong to a team or fraternity, or another student group, organize a fundraiser.
7. Recognize and speak out against homophobia and gay-bashing. Discrimination and violence against lesbians and gays are wrong in and of themselves. This abuse also has direct links to sexism (e.g. the sexual orientation of men who speak out against sexism is often questioned; a conscious or unconscious strategy intended to silence them. This is a key reason few men do so).
8. Attend programs, take courses, watch films, and read articles and books about multicultural masculinities, gender inequality, and the root causes of gender violence. Educate yourself and others about how larger social forces affect the conflicts between individual men and women.
9. Don't fund sexism. Refuse to purchase any magazine, rent any video, subscribe to any Web site, or buy any music that portrays girls or women in a sexually degrading or abusive manner. Protest sexism in the media.
10. Mentor and teach young boys about how to be men in ways that don't involve degrading or abusing girls and women. Volunteer to work with gender violence prevention programs, including anti-sexist men's programs. Lead by example.

The last of these points is the most important. If the current trends of violence and discrimination arise from a cultural ideal which males 'buy into,' then only males will be able to reverse them. The first step for change, however, is to recognize who owns the responsibility for the discrimination. As Jackson himself states, "isn't it about time we had a national conversation about the male causes of this violence, instead of endlessly lingering on its consequences in the lives of women?"

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Posted By Joe Halbersma to [Equality Standard](#) at 3/17/2009 02:57:00 AM

 **My Little Red Book by Rachel Kauder Nalehoff**, an anthology of menstruation experiences. [More>](#) Profits go to Planned Parenthood, Choice USA etc.

Gloria Steinem is part of this anthology and adds: Something not in my essay about the politics of menstruation:

It's now a fact of life for girls as young as 9; in my day, 13 was the average; still earlier in the 1900s, it was 15 or 16. In other words, past and some still remaining original cultures have a time in which girls can experiment sexually without fear of getting pregnant (which original cultures knew how to avoid anyway with herbs, abortifacients and timing). The high protein, hormone-besotted diet of today rushes menstruation as well as upping the cancer rate. It's not the fault of girls, nor is the suppression of sex education in "abstinence only" courses, yet they are scapegoated for getting pregnant -- and of course, boys and older men who cause these pregnancies are usually invisible; there might as well be a star in the east.

 **"La Bela Morde e Fera"** Just launched in Brazil in Portuguese. This book, by Ellen Snortland, you may have seen on this pages as "Beauty Bites Beast: Awakening The Warrior in Women and Girls." Now in three languages: English, Spanish and Portuguese. Have you read it yet? Buy it here



WOMEN RUNNING FOR POLITICAL OFFICE IN CALIFORNIA IN 2010

CALIFORNIA LIST is an organization that identifies and interviews candidates and this is their list of the women who are running for office.

CALIFORNIA STATEWIDE OFFICES

Secretary of State Debra Bowen is running for re-election.

San Francisco District Attorney Kamala Harris is running for District Attorney
State Senator Gloria Romero is running for Superintendent of Public Instruction

CANDIDATE	SENATE	AREA SERVED
Assemblywoman Noreen Evans	SD 2	Napa/Santa Rosa
Former Assemblywoman Sarah Reyes	SD 16	Bakersfield/Fresno
Assemblywoman Mary Salas	SD 40	San Diego

CANDIDATE	ASSEMBLY	AREA SERVED
Lauren Hammond	AD 9	Sacramento
Yoriko Kishimoto	AD 21	Palo Alto/San Jose
Fran Florez	AD 30	Fresno/Kern
Susan Jordan	AD 35	Santa Barbara
Linda Jones	AD 36	LA/San Bernardino
Holly Mitchell	AD 47	Los Angeles
Betsy Butler	AD 53	Venice/Torrance
Kate Anderson	AD 53	Venice/Torrance
Toni Atkins	AD 76	San Diego

I had never done this type of thing before, but I did it! The coach is named Matty Holmes and both my friend and I loved working with him and we enjoyed the challenge of the classes and the results we saw. I have already lost weight and begun to seriously getting in shape!

Please tell anyone you know who is interested in getting ready for the summer (btw, summer is less than 60 days away and everyone is talking about bikini season already!) that they can benefit from Fit Mommy Bootcamp classes. He can also teach you all about nutrition and fitness.

Attached is a coupon good until April 11th so HURRY in and visit Matty! (Plus there is another "special gift" for everyone who makes it out to his studio, but you have to visit Matty at his studio to find out!)

If you have any questions please call or e-mail Matt anytime. You will be surprised at the results!
Matty Holmes, Head Coach, Fit Mommy Bootcamp
818-574-6273
<http://www.FitMommyBootcamp.com>

contributed by SARAH BURNS

(Ed: We cannot attach the coupon. It is for two weeks free and is good until April 11th. Call Matt and let him know you came from Fifty-Fifty Leadership and that you want the coupon)



SUBSCRIPTIONS

Like this newsletter? Aligned with our vision? Give yourself a gift – subscribe today.

Annual Subscription: \$15
Fifty Membership Levels: \$50 - \$100 - \$250 - \$500 – Other
Leadership Circle Scholarships: \$50

[Click Here to Subscribe/Donate Online](#)

Or

Call 818-243-2322 to subscribe with your credit card

Or

Send your check, payable to Fifty-Fifty Leadership to:
P.O. Box 11202, Glendale, CA 91226

Questions? Call 818-243-2322



EVENTS

Please let us know of events in YOUR area that we can post here. If you know of conferences, programs that will inform, educate and inspire, we will consider them for publication. Ed.



Saturday, April 4th
9:00 a.m. – Early Afternoon
Pasadena Literary Festival of Women Authors
Denise Hamilton & 5 other authors
Deli lunch included

Old Pasadena's Pasadena Senior Center, 85 E. Holly St.

Tickets are \$75; checks to Pasadena Senior Center, mailed to PSC/Laurie Sams, 85 E. Holly St., Pasadena 91103. For more information, e-mail PasadenaLiteraryFestival@gmail.com or call (626) 844-6429.



Monday, April 6 - 7 pm

"Women Making History" Celebration

Please join Hollywood NOW in our inaugural event celebration of Women Making History, where we will be honoring 3 Hollywood activists who are committed to empowering women and girls. Our honorees are:

Jerilyn Stapleton, *Executive Vice President, Hollywood NOW*

Kathy Najimy, *Actress & Activist*

Sandy Merida, *President, Hollywood High Young Feminist Club*

NCJW-LA, 543 N. Fairfax Ave., Los Angeles

Event is \$10 for current Hollywood NOW members, \$15 for non-members.

* If you choose to join/renew that evening, your admission is free!



Tuesday, April 7th
VOTE

If you vote in Glendale, California elections, today is voting day.

Among the many choices for **City Council** you have the opportunity to vote for 2 women

Lenore Solis [Lenore's Website](#)

Laura Friedman [Laura's Website](#)

And a Feminist – Bruce Philpott [Bruce's Website](#)

For **School Board** you have the opportunity to vote for 3 women from a choice of

Hasmig Aslanian

Naira Khachatryan

Joylene Wagner

Christine Walters

[\(Click here for SmartVoter info on these candidates\)](#)

For **College Board of Trustees** you have the opportunity to vote for three women

Ann Hazel Ransford [Ann's Ballot Statement](#)

Armine G. Hacopian [Armine's Ballot Statement](#)

Anita Quinonez Gabrielian [Anita's Ballot Statement](#)



April 13th – April 17th *

Escoe Bliss Professional Resources'

Annual Spring Suit Drive

to benefit the Working Wardrobes Organization

www.workingwardrobes.org

Spring has arrived and new beginnings and new growth are blooming all around us. Now is the time to open up your hearts and also your closets. This is an opportunity to bring new life to those gently used professional clothing items that have been chronically hibernating in your closet all winter. Please join us for this inspiring event. together we can cultivate beautiful opportunities for others!

Call for time and location 949.336.6444



Monday, April 13th 6:00 pm - 7:30 pm

Saturday, April 25th 10:00 am – 11:30 am

Wednesday, April 29th 6:00 pm – 7:30 pm

Kidsave Presents:

Find out how you can Host a Child,

Advocate, Volunteer, Adopt, Fundraise or Donate

Kidsave LA Office:

11835 W. Olympic Blvd. Suite 295

Los Angeles, CA 90064

RSVP REQUIRED. Please email lisakaplan.kidsave@gmail.com, or

call Lauren at 310-479-5437.



Thursday, April 16th

Soroptimist International of Glendale

presents Attorney and President of the California State Bar Holly Fujie.

Thursday, April 16, 12:00 - 1:30 p.m., Hilton Glendale, 100 W. Glenoaks Blvd.

Guests must RSVP by Monday, April 13 to Lisa at (818) 548-3324. Lunch is \$22



Saturday, April 18th
4:00 p.m.
“The Seafarer”
Geffen Theater, Westwood
FREE tickets to Fifty-Fifty Leadership members
Email today to get your tickets

~*~*~*~

Saturday, April 18
9 am - 12 pm,
Young Women's Leadership Program

Hollywood NOW, along with the generous support of the City of West Hollywood Women's Advisory Board, is hosting a Young Women's Leadership Program, led by the renown Fiona Walsh. This program will provide you with leadership development & career-planning tools you can use in identifying your ideal career and starting your new career.

Fiesta Hall, Plummer Park, West Hollywood
For more information, please email HollywoodNOW@hotmail.com

~*~*~*~

Saturday, April 18th, 5:30 p.m.
6th Annual Bras for a Cause Fundraiser

Soroptimist International of Glendale is accepting submissions of decorated bras for their. This innovative event will be held on Saturday, April 18 at 5:30 at the Embassy Suites Hotel. Funds raised go towards charities that improve the lives of women and girls, including breast cancer services. All information is on their website, www.soroptimistglendale.org, including instructions on submitting a bra, and an invitation to attend the event.

Bras must be submitted by Friday, April 3, 2009, and all submitted bras will be displayed at the event.

~*~*~*~

Wednesday, April 22nd
Denim Day L.A.

There is No Excuse and Never An Invitation To Rape

Peace Over Violence is proud to present our annual Denim Day in LA & USA, a campaign to raise awareness and educate the public about rape and sexual assault.

This day we unite against the sexual assault of girls, women, boys and men. We stand in support of survivors. We break the silence to end sexual violence.

On Denim Day, wear your jeans as a visible sign of protest against the myths that still surround sexual assault!

~*~*~*~

Friday, April 24th
11:30 a.m. – 2:00 p.m.
WOMEN IN BUSINESS LUNCHEON
Presented by Pasadena Magazine

The Huntington Library & Gardens
1151 Oxford Rd, San Marino, CA

~

Lunch will be served at 12pm

Special guest speakers – Including **Pauline Field**, Chair of Fifty-Fifty Leadership and COO of International FieldWorks

Private complimentary tour of the gardens

Open Market with special vendors

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Please wear comfortable shoes

~

Booths available to showcase select product, \$75.00
Those not participating in the May issue, \$25.00 for individual ticket sales
Portion of the proceeds benefit The Huntington Library & Gardens

~

For more information, please contact Rebecca Haussling
at rebecca@pasadenarose.com or 626-744-0954 x301.

~

Please RSVP to: rsvp@pasadenarose.com



Wednesday, April 29, 2009

6:30pm - 9:00pm

Women's Safety & Empowerment Night

Realities of Sexual Assault, Prevention Strategies & Women's Self-Defense Training

Host: [SHIELD Women's Self-Defense & Personal Safety](#)
Type: [Education - Workshop](#)
Location: Santa Monica Police Activities League
Street: 1401 Olympic Boulevard
City/Town: Santa Monica, CA

Phone: 310-854-9239

Email: nnio@shieldselfdefense.com

Calling ALL women to attend this Empowerment Night at the Santa Monica Police Activities League. The event is open FREE to all women.

Sponsored and hosted by the Santa Monica Police in partnership with UCLA/Santa Monica Rape Treatment Center, presenting SHIELD Women's Self-Defense.

Tentative Schedule:

- Robin Sax will speak on the realities of sexual assault and the criminal justice system. Robin is a former Los Angeles County Deputy District Attorney who specialized in prosecuting sex crimes against children, domestic violence, and stalking. She has authored six books and is a prominent expert public figure on sexual assault, family violence, domestic abuse, stalking, Internet safety, and the criminal justice system. Robin is a regular legal commentator on Nancy Grace, Larry King Live, Fox News and has a weekly radio show, "Justice Interrupted." (www.robinsax.com)
- Santa Monica/UCLA Rape Treatment Center will speak on the realities of sexual assault, and what to do if you or a friend have been sexually assaulted. Santa Monica/UCLA Rape Treatment Center is known to be one of the most recognized rape treatment centers in the country for best practices.
- Santa Monica Police Sexual Assault Unit will speak on the realities of sexual assault, safety tips and recent cases.
- Nelson Nio will conduct a 90-minute SHIELD women's self-defense physical training. Strictly through word of mouth, Nelson has provided women's self defense training for various universities, government agencies, sororities, businesses and non-profit agencies in Los Angeles County. He received an Award from the Santa Monica Police Activities League, and was honored by Amanecer Community Counseling for his work with domestic violence survivors. He was covered in various newspaper articles, chosen as the "Civic Pride" of Glendale by Glendale News Press (Los Angeles Times), interviewed on KNX10.70 Money 101 radio show by Bob McCormick, invited to various events including Boardfest 2006 and MTV Safety Fair. Nelson was featured on E! Entertainment Network teaching self-defense to Kim Kardashian and her sisters on "Keeping up with the Kardashians" television show. Recently, Nelson was invited by the Los Angeles Kings to present SHIELD at the Staples Center in front of the ESPN Zone & LA Live Theater. (www.shieldselfdefense.com)

Please wear exercise attire, if possible. This will be a FULL workout session on women's self-defense.



Saturday, May 9, 2009, 2pm - 4pm

Pasadena YWCA presents

Women of Excellence Leadership Speaker Series

Suzy Welch

Suzy is a renowned author, mother of four teenage children and the wife of former GE CEO Jack Welch. She is a dynamic woman, respected journalist, a management consultant and lecturer on women's leadership and a writer of both fiction and non-fiction. She is currently a columnist for *O* (Oprah's magazine) and co-writes a weekly column with her husband for *BusinessWeek* magazine.

Suzy will be speaking on personal decision-making strategies and balancing work and life issues, a topic also addressed in her latest book entitled *10-10-10*. Jack Welch will be in attendance to introduce Suzy as well as for a question and answer period.

The Forum, All Saints Church, 132 North Euclid Avenue, Pasadena
Tickets are \$40 and include refreshments, \$50 at the door
Ashley Phillips at 626-296-8433. Make checks payable to: YWCA Pasadena-Foothill Valley



ADVERTISING IN THE EQUALITY STANDARD

Want to get word out about your business? Advertising in The Equality Standard will get your information in front of over 2,000 viewers – and more. Our readers are women and men of all ages and varied interests. To learn more and discuss if this indeed would be a good marketing tool for you, please call 818.243.2322 or email us at info@5050Leadership.org



FINAL WORDS

Thanks to Ellen Snortland, Fifty-Fifty Leadership Board Member, Author, Actor and Self-Defense Expert for sending us these words from Gloria Steinem for last month's Women's History Month:

"Thank you for taking your own voices and those of women around the world seriously. The Golden Rule tells us to treat others as we would want to be treated -- a good guideline written by men -- but women often need to learn the reverse: To treat ourselves as well as we do others. It's the only way to make the world whole." love, Gloria



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If you received this newsletter in error, please hit "Reply" and write "Remove" in the subject line.**