



THE EQUALITY STANDARD August 2010

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

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's Equality Day - August 26th



90th Anniversary of the 19th Amendment to the US Constitution
Giving Women the Vote

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IN THE NEWS

🌀 Attorney Terri Sewell (pictured) secured the Democratic nomination in Alabama's 7th district runoff in July and is now all but certain to become the state's first black Congresswoman in January.



With 82 percent reporting, the Associated Press called the contest with Sewell at 56.5 percent and Jefferson County Commissioner Shelia Smoot at 43.5 percent. In the majority black and overwhelmingly Democratic Birmingham-based district,

winning the primary is akin to winning the general election. Sewell is expected to cruise to victory in November over inventor and ex-Marine Don Chamberlain, who secured the GOP nomination in a runoff Tuesday.



than women.

✎ A new ruling from the vatican, meant to address pedophilia among priests, does nothing to help prevent these atrocities and not much to deal with them when they happen. While they were at it, they decided to let the world know that the ordination of women is one of the “gravest crimes in ecclesiastical law.” Clearly, the Catholic Church would rather have pedophiles in their ranks

✎ Syria has forbidden the country's students and teachers from wearing the niqab (pictured) – the full Islamic veil that reveals only a woman's eyes – taking aim at a garment many see as political. The ban shows a rare point of agreement between Syria's secular, authoritarian government and the democracies of Europe: Both view the niqab as a potentially destabilizing threat. *Source: LBN Alert*



✎ On July 20th, California **Geena Davis** to the California award winning actress founded "Media" to prevent gender



Governor Arnold Schwarzenegger appointed actress Commission on the Status of Women. The Oscar-winning the "Geena Davis Institute on Gender in the stereotyping in film and television.

In 2005, Davis teamed up with venture dedicated to balancing children's TV and movie programming.

the non-profit group Dads and Daughters to launch a the number of male and female characters in

Davis launched The Geena Davis Institute on Gender in Media in 2007. The Institute's first focus is an on-the ground program that works collaboratively with the entertainment industry to dramatically increase the presence of female characters in media aimed at children and to reduce stereotyping of females by the male-dominated industry.

For her work in this field she received an honorary Doctor of Fine Arts degree from Bates College.



FIFTY-FIFTY LEADERSHIP EVENTS

**Celebrate the 90th Anniversary
of
Women's Right to Vote!
The Power of Peaceful Resistance
and Women's "NO!"**

**Altadena Public Library
600 E. Mariposa St., Altadena, CA 91001
www.altadenalibrary.org**

Thursday, August 26,

6:30 p.m. to 9:00 p.m.

Requested Donation: \$10

or

50% off if you bring someone else who is half your age

Learn the history of what it took for women and girls to win the vote. Their efforts pre-dated Gandhi's message of civil disobedience, civil "No!"

Participate in a mini-workshop on personal safety by Ellen Snortland of Impact Personal Safety

Light refreshments; have dinner before you come!

[For Reservations, Click Here](#)



Girls Night Out at the Geffen Theater

Sunday, September 19th

7:00 p.m.

**Love, Loss and What I Wore
Geffen Theater, Westwood**



written by

**Nora and Delia
Ephron Ephron**

September's event for Fifty-Fifty Leadership is an evening at the theater, laughing and crying about clothes and the stories we can tell about them.

This is a fundraiser for Fifty-Fifty Leadership.

**Tickets: \$40 each for Fifty-Fifty Leadership members,
\$45 each for non-members**

(Savings! from the box office price of \$69 each.)

Love, Loss, and What I Wore, an intimate collection of stories by Nora Ephron and Delia Ephron is based on the best-selling book by Ilene Beckerman, as well as on the recollection of the Ephrons' friends. Like the popular book, *Love, Loss, and What I Wore* uses clothing and accessories and the memories they trigger to tell funny and often poignant stories that all women can relate to. The production is performed by a rotating cast of five all-star actors, who will perform in four-week cycles.

Reservations will open next month.

As seats will be limited, email us today telling us you want to be included at: tickets@5050leadership.org



LETTERS TO THE EDITOR

Is 50/50 leadership very involved in overall women's rights activism or more focused on leadership?

I think I can even make my question more specific- was trying to figure out if 50/50 spends meeting time, energy, resources, etc on international women's rights issues such as CEDAW etc. Nagin Cox (Everyone is, and needs to be, a leader. From this viewpoint there are examples of women who are taking on leadership in their lives - be it on a large or small scale, and then there are examples of the need for leadership. Ed)



SUMMER READING

Pregnant? If one of the decisions you are weighing is whether to breastfeed, read what Janelle Weiner has to say about this book:

❧ **So That's What They're For: Breastfeeding Basics by Janet Tamaro**

This is one of my favorite mothering “manuals.” I was raised in a culture that prefers to see a baby with a bottle over a baby at the breast, where women who breastfeed in public are sometimes labeled “lactivists,” and where the boob is rated R for sexual content rather than E for every baby. So when I was pregnant with my first child, this book, with its semi-corny title, introduced me to an area of my body that was biologically mine but whose function was shrouded in mystery – or, under a blanket.

I decided to breastfeed my baby because my mother breastfed my two sisters and me.

But without the 275 pages of information and encouragement in “So That's What They're For.” Over 20,000 hospitals worldwide have earned a “Baby Friendly” designation because of their supportive breastfeeding policies.

Only 94 of them are in the U.S.A.

Although, I had heard “breast is best,” I was not aware that breastfeeding actually saves lives, improves maternal health, and can provide relief for economically burdened families and societies around the globe. In the U.S.A., according to a recent Harvard study, these steps could lead to \$13 billion in healthcare savings annually.

[Read more](#)



WHAT DOES LEADERSHIP LOOK LIKE



❧ **Constance McMillen.** Constance is the high school graduate who did not just quietly go away when she was discriminated against. Itawamba County High School canceled its prom rather than allow McMillen, 18, to bring her female date and wear a tuxedo.

McMillen, with the help of the American Civil Liberties Union (ACLU), then sued, and the school district has agreed to pay \$35,000 plus court costs and, vitally, that the board will now enact a non-discrimination policy to protect LGBT kids.



DID YOU KNOW...

❧ It seems like it's been holding us together forever, and it's sort of true. This year is the 100th anniversary of what we know as the modern bra,

and my how things have changed.

From two pieces of silk tied together, to the underwired, pumped up bras of today, the bra has certainly evolved over the last century.

But perhaps one of the greatest myth in the 100 years of bra-dom (besides the idea that torpedo boobs were *ever* sexy), is the great feminist "bra burning" of the 60's. The biggest incident, which was allegedly centered around the 1968 Miss America Contest, has eventually been outed by historians as nothing more than rumor.

Media commentators, the same ones who renamed the women's liberation movement with the condescending term "Women's Lib," took up the term and promoted it. Perhaps there were some bra-burnings in imitation of the supposed leading-edge demonstrations that didn't really happen, though so far there's been no documentation of those, either.

The infamous demonstration that gave birth to this rumor was the 1968 protest of the Miss America contest. Bras, girdles, nylons and other articles of constricting clothing were tossed in a trash can. [Read more](#)



HEALTH

❧ New research has proven that wearing high heels for multiple days in a row shrinks fibers in the calf muscle and thickens the Achilles tendon. This can lead to discomfort when wearing flip flops and flats and other serious problems.

❧ A new topical gel has shown promise in helping to protect women from HIV infection, according to a study being presented at the International AIDS Conference in Vienna, Austria. The gel contains the antiretroviral drug tenofovir, which keeps the virus from multiplying. [Read more](#)

❧ A typical office computer keyboard is home to 3,000 germs per square inch.

❧ High-heeled shoes are known to contribute to a host of ailments, including ankle sprains, bunions, hammertoes, knee problems, and low back pain, and researchers now say that shortened calf muscles and stiffer tendons in the calves can be added to the list. A new study shows that spending five or more days a week wearing heels at least two inches high shrinks a woman's calf muscle fibers by an average of 13% and thickens the Achilles tendon—which connects the calf muscle to the heel—by 22%. When a woman like this wears flats or walks around barefoot, the muscles and tendons are stretched, causing discomfort.

❧ According to a new study, drinking alcohol may help reduce the severity of **rheumatoid arthritis** as well as reduce one's risk of developing the crippling autoimmune disorder. Researchers found that people who abstain from alcohol are roughly four times more likely to have rheumatoid arthritis than people who consume at least one alcoholic beverage three or more days per week and that rheumatoid arthritis patients who drink alcohol tend to have less severe symptoms than their tee totaling counterparts.



WOMEN OF NOTE

❧ British filmmaker **Lucy Walker** is about to have

released her documentary which argues that nuclear devastation is more likely now than during the Cold War because of terrorism and the theft of weapons-grade uranium. At screenings at Soho House on Walker was joined by ex-CIA agent Valerie Plame in calling for all the nuclear powers to destroy their 23,000 warheads, even as Iran is trying to build new ones. The documentary – with interviews of Mikhail Gorbachev, Jimmy Carter and Zbigniew Brzezinski -- is sure to win an Oscar.

🌀 **Venus Williams**, tennis champion and human rights activist:

A recent brief in the sports section of Newsday touts Venus William's win over Israel 's Shahar Peer in the semifinals of the Dubai Championships, an article that could have easily been missed or overlooked by the public in general. The real headline-- which should have been given far greater press in a more obvious location came at the end of the blurb. Williams agreed to defend her title this year ONLY if the Israeli player was admitted to the Emirates!

As unbelievable as it should be in this day and age, the Israeli was denied a visa by United Arab Emirates authorities last year and could not participate.

Certainly, Ms. Williams deserves far greater recognition of her compassionate and selfless act. She stood up for her principals and put her professional position on the line in order to achieve her objective. Very few individuals would have had the guts to do what she did. For this, she should be commended and held up as a role model for other athletes and professionals who may have the opportunity one day to make a decision of this nature.



WOMEN AROUND THE WORLD

🌀 In Australia, two female air traffic controllers have accused their government-owned employer of allowing "extreme" sexual discrimination and bullying, with claims a manager told one of the women to have an abortion with a coathanger.

"What the proceedings I think will do is to shed some light on a workplace culture that has been extraordinarily hostile [to women]," said their lawyer. Both women, Jacki Macdonald and Kirsty Fletcher, have been long-time employees of the male-dominated Airservices Australia at Melbourne Airport. The women say they were exposed to pornography that a manager distributed around the office and suffered regular bullying and abuse.

They also allege they were denied access to training and professional development, were belittled for being pregnant and were the victims of false allegations. When they both separately complained in April and May 2008 they were ignored.

According to the news report, besides the pornography and bullying that added to the hostile environment, things became even worse when one employee told her supervisor she was pregnant, only to have him say he had "a coathanger in the back of his car." [Read more...](#)

🌀 In Nairobi, Kenya, Women's Enews reports that the first female Somali district chief in Northeastern Kenya has fled her district in fear. Male elders outraged by the idea of a woman presuming to political

leadership threw stones at her and made life unbearable. It's dangerous where she is now too. [Read more...](#)

☞ What's your nose worth? On the cover of the August 9th edition of Time Magazine is a picture of Aisha, mutilated because she ran

Time magazine reported that the before midnight, demanding that away from her husband's house. Aisha pleaded. They beat her. If died. Her judge, a local Taliban brother-in-law held her down First he sliced off her ears. Then he [Read more...](#)



Taliban pounded on her door just Aisha, 18, be punished for running Her in-laws treated her like a slave, she hadn't run away, she would have commander, was unmoved. Aisha's while her husband pulled out a knife. started on her nose.

☞ **“Breastfeeding: Just 10 Steps. The Baby Friendly Way”** is the theme for World Breastfeeding Week (WBW), which takes place August 1-7 in more than 170 countries worldwide. According to the World Alliance for Breastfeeding Action (WABA) “an estimated 28% of all maternity facilities in the world have at some point implemented the Ten Steps which has contributed to an encouraging increase in breastfeeding rates.” Despite these increases, WABA is far from its original goal of all maternity facilities practicing the Ten Steps.

The World Health Organization defines optimal breastfeeding as “exclusive breastfeeding for the first six months of life.”

Suboptimal breastfeeding results in **1.4 million preventable infant deaths in the developing world**, as well as countless hospitalizations for infants with diarrhea, ear infections, and asthma, to name a few.



SUBSCRIPTIONS

Annual Subscription: \$15

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P.O. Box 11202, Glendale, CA 91226

Questions? Call 818-243-2322



EVENTS

Tell us about events in **YOUR** area that we can post here.

Sunday, August 8

6:00 p.m.

Lotus Light Arts Launch Party/Fundraiser

3 Fantastic Bands
Downtown Tony's Saloon

2017 East 7th Street, Los Angeles
\$5 at door is your donation
Your donation will help bring much needed healing and healthy life
tools to the under-served in our LA community.
Website: lotuslightarts.org
Call: 323-877-9670
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**Friday, August 13**  
**Benefit Concert Celebrating Dolores Huerta's 80<sup>th</sup> Birthday**  
Greek Theater  
Los Angeles  
"Weaving Movements Together"

A benefit concert to bring together a global network of friends and  
allies to celebrate the victories of the past, address the challenges  
of the future and collectively envision a better world.

We hope you join Carlos Santana, Pete Escovedo, Lila Downs,  
Ed Begley Jr., Benjamin Bratt, Martin Sheen, Culture Clash,  
Zack de la Rocha and Dolores Huerta in this special benefit concert.

[More information](#)  
[Tickets, click here](#)

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Thursday, August 26th
WOMEN'S EQUALITY DAY
What are you doing to celebrate the 90th anniversary of women getting the vote?
Join Fifty-Fifty Leadership and IMPACT Personal Safety
Details above
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**Saturday, August 28th**  
**G.U.R.L.S. Rock Summit**  
**Calling San Francisco Bay Area Girls 12-19**  
**Growth – Unity – Respect – Leadership – Success**  
Recent High School grads and pre-college grades 8-12 invited  
The inaugural summit will provide a full agenda of interactive activities  
for girls-of-color to experience.  
Girls will be exposed to new life lessons, mentoring relationships and activities that nurture  
and foster respect for self, others and community.  
The day will involve participants in solutions and critical thinking exercised that  
touch and reinforce life readiness skills and the core academic subjects.  
**For more information and registration: [gurlrock2010.org](http://gurlrock2010.org)**  
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Sunday, August 29th
1:00-4:00 p.m.
90th Anniversary of Suffrage &
2010 Women of Achievement Aug. 29th
NWPC CA celebrates the 90th Anniversary of Women's Suffrage
and the 2010 Women of Achievement Awards (WOAA)
with a gala summer social reception and comedic play by Beth Lapidés
at the Renberg Theater in West Hollywood.
The 2010 WOAA recipients will be honored during a reception,
Followed by Beth Lapidés who will perform her highly acclaimed comedy
"100% Happy 88% of the Time." Lapidés is a well-known feminist
comedian and cultural visionary whose play will send you
home laughing and feeling excited about the world again.
What a great way to celebrate 90 years of women's suffrage
and our outstanding 2010 Women of Achievement!
Visit www.nwpcca.org for more details and updates.



Friday, September 17th
3rd Annual Women in Pain Conference
Gender Matters "Raising the Curtain on Pain"

Free to all women in pain and their caregivers!
Location: California Endowment's Center for
Healthy Communities in downtown Los Angeles.

This empowering event will feature keynote speakers,
celebrities, legislators, workshops, breakout sessions,
live performances, and a patient/doctor dramatization that
will focus on the interconnection between the mind, body and spirit.

The conference will focus on Integrative Medicine and the Creative Art Therapies.
Throughout the day, dance, theatre, music, visual arts and standup comedy
will be staged to paint literal and metaphorical murals of the pain experience.

Women in pain and their caregivers can attend the all-day conference free of charge.
Registered nurses in attendance are eligible to receive five CEU credits.
For those unable to attend, the conference will be broadcast live via worldwide webcast.

For more information and to register, please visit the conference website at:

<http://forgrace.org/women/in/pain/C248>



Sunday, September 19th

7:00 p.m.

Love, Loss and What I Wore

Geffen Theater, Westwood

Join Fifty-Fifty Leadership for a Girls Night Out and Fundraiser

Details above



FINAL WORDS

"I'm tired of all this nonsense about beauty being only skin-deep. That's deep enough. What do you want - an adorable pancreas?" - Jean Kerr.



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