



THE EQUALITY STANDARD EXTRA HOLIDAY EDITION

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

I recently received an email from a friend suggesting that we look in our pantries and on our grocery shopping lists. If we have 3 cans of tuna, donate one. If we have 2 boxes of cereal, donate one, half a dozen boxes of noodles, donate one or two. You get the picture.

Many of us still have jobs, businesses, livelihoods. Some of us do not. Please think about spending a little less on gifts for you and your loved ones and letting them know that you are giving to those less fortunate.

We will be having people to our house to celebrate the holidays and we have asked everyone to bring at least one can of food and we will take it all to the local homeless shelter. Would you join me in helping out? Thank you.

In a similar vein, Monica Hubbard, publisher of "Wired Women", sent the following:

"There are many families with children enrolled in our local public schools who are in need of basic living items. Some of them have recently been homeless, so they are virtually starting over. If you have any kitchen items, such as cookware items, griddles, blenders, coffee makers, etc., we can put them to good use. I believe other household items are needed, such as bunk beds, so please, if you have anything you would like to donate, please contact: Mirsa Serrano Program Coordinator, Madison Healthy Start Family Center, 515 Ashtabula St., Pasadena, CA 91104. (626) 795-6831 Fax (626) 795-8519."

Whether you are near Pasadena or in a completely other part of the country, consider donating some of those extra things you have in your house that could be the difference for families in need.

Want to do more? Here's some ideas:

🌀 Seva just launched a new initiative, the [Seva Fund for Women and Girls](#).

The Fund will:

- Train local women to be eye care technicians, and actively recruit women and girls for vision screenings.



- Expand literacy programs for women and girls.
- Reduce maternal mortality rates and improve the overall health of women and children in rural areas by training community midwives.

Seva seeks to create locally-run, self-sustaining programs that reach the most vulnerable populations. Click on the [Seva Fund for Women and Girls](#) to make a donation online.

By investing in the future of women and girls, communities throughout the world will benefit because of your generosity.

☞ "I have a friend who is collecting **backpacks and suitcases for foster children** who are 18 years old and have to move out on their own. If you have any old ones that you would like to get rid of please call or email me. I will be happy to pass them on to these kids."

Lynn price 323-653-2052 lovnlyn@gmail.com

p.s. Please tell Lynn you read about it in The Equality Standard of 5050Leadership

☞ Thanks to **Heifer, International**, today, millions of people who were once hungry will be nourished by milk, eggs and fresh vegetables.



Families who for generations knew only poverty will be building new homes and starting businesses.

Children who once headed out to the fields to do backbreaking work will be heading into schoolrooms to learn to read.

And people who never thought they'd be in a position to help someone else will be experiencing the joy of charitable giving.

How is this possible? With Heifer's proven approach – almost 60 years in the making – to helping people obtain a sustainable source of food and income.

You can fund a heifer, a goat, a flock of chicks or even a water buffalo for as little as \$20

Click on their website: [Heifer International](#) and feed hungry families this Christmas.

☞ **Sponsor a Child** all year long. **World Vision** has been focusing on children around the world since 1950. You can sponsor a child from almost any developing country in the world, and have a choice of children. It costs just \$35 a month and brings things like potable water, schools, and more to their towns and villages. Your sponsored child will write to you and you can write back. A gift that keeps giving for many years. Click on their website: [World Vision](#)

☞ **Buy a subscription to The Equality Standard** for yourself, a friend, family member or co-worker. It's the best bargain in town at just \$12 a year! [Click here](#) and we'll get right back to you to take your credit card information.

🌀 Become a member, renew your membership, or buy a membership for a friend, family member or co-worker to **Fifty-Fifty Leadership**. Membership starts at just **\$50 a year** and brings with it the satisfaction of knowing you are helping bring women's equal leadership in the world a little closer. For all the benefits and levels of membership, go to www.5050Leadership/Membership.htm You can get it all done with a few clicks online, or [Click here](#) and we'll get right back to you to take your credit card information.

🌀 *And if you really do need to buy some regular gifts, consider shopping online through Amazon. A percentage of your purchase will go to Fifty-Fifty Leadership.*

Click on the Amazon.com link and shop!



When you click on the link above, a percentage of your purchase will go to Fifty/Fifty Leadership in support of our programs.

Stressed out from shopping?

🌀 Try **Sweet Spa Treats Holiday PamperMe Pack** for just \$87 – includes a 20 minute neck treatment, 35 minute Pumpkin Peel facial and 20 minute micro-current quick eye lift and lip pumping treatment. Call Yvonne Larson at 800-711-4081

🌀 Or maybe you want to relax at home. Call **Sandy McBride at Beauty Control** for a Spa Escape. She'll come to your home and give you an hour of pampering and you'll feel refreshed, relaxed and rejuvenated. Call Sandy at 714-328-1837

🌀 Or you want to have that full-on pampering that only a spa can give you – and you want to take your significant other to enjoy it together. Make the trip to the **Spa at the Four Seasons Hotel, Westlake Village** – you'll be glad you did! Take a look online – you'll start to relax, [Click Here](#) then give them a call at (818) 575-3014

🌀 **Don't cook!** In the **Glendale** area call **Safoa Abboa-Offei** and she'll deliver delicious, healthy meals to your door so you can relax after all that shopping. Call her at 818.427.0402 or email her at safasfare@yahoo.com. Or

on the **Westside**, call **Amanda Cushman** at 310.980.0139 or email her at amandascooking@gmail.com. Visit her at her website, www.amandacooks.com.

🔗 **Need a few more hours in your day?**

Vickie McConnell can give you those hours by taking care of important things in your life. What can you delegate to a trustworthy, solution oriented, positive, energetic individual? What would your life be like with more peace & more joy? Let's identify together the activities that would benefit you the most if you weren't doing them!! (maybe there are some things you can drop altogether; let me do the rest). Call Vickie at 818/621-5087 or email her at vmcconnell@ca.rr.com. *You'll be glad you did. I have known Vickie for several years and she is all she says she is – and more. If you even think you have a need, don't wait, call her before she's grabbed by someone else.*

Emily Westerweller is seeking employment in an administrative position, preferably in a publishing related industry. She recently relocated to Los Angeles from New York. She has an MFA in Writing from Sarah Lawrence College, recently completed my first novel *City Noise*, and my short fiction has won awards including a finalist in *Glimmer Train's* "Fiction Open" short story contest. She writes articles for a New York based online publication, has experience as a literary agent's intern which included reading manuscripts and all administrative tasks, and as an assistant to an illustrator of a book series which included merchandising. She has held jobs in PR including writing press releases; and in customer service. Email Emily at emwester@gmail.com
Carolyn Howard-Johnson, award-winning author and longtime supporter recommends Emily, which is praise indeed.

Events

🔗 This **Saturday December 20th** do some shopping in Chinatown. Join host and artist Cindy Bennett from 3-8pm at the closing party of the Holiday Lounge series. This week NOHO Scooters joins, Ann Cherico' one of a kind Jewelry , Milo Reice's paintings, and the Art Thang Tees and shades. North Hill Exhibitions, 945 N. Hill Street, Los Angeles, CA 90012
213.626.2020 <http://www.northhillexhibitions.com>

🔗 **Start the year off right.** Hearing all the bad news all around us can make it hard to stay positive and see the glass as half full. The Equality Standard publisher, Pauline Field will be presenting a workshop to create a plan for 2009. She will give it twice, once on Tuesday, December 30th and again on Wednesday, January 7th. Both run from 8:30 a.m. to 1:30 p.m. and include a FREE lunch, a FREE workbook and a chance to network. They will be held at Acapulco Restaurant, 722 N. Pacific Ave in Glendale. The cost is just \$250, with a discount for more than one person from the same company. You will leave with a plan to

start the year off right. Email for more information pfield@fieldworks.net or call **818.694.0588**

🔗 **Save the Date! Saturday, February 7th** Fifty-Fifty Leadership presents a unique, educational and fun event, **“Love ... Yourself”**

Love Yourself – Dr. Pat Perry will talk about skin care

Love Yourself – Ellen Snortland will show you how to keep yourself self and defend yourself

Love Yourself – Audrey Yeboah and Carol Wilshire will address the issues around taking care of your financial wellbeing

Love Yourself – Kartar Diamond will talk about creating the right space to live and work in

Love Yourself – with pure cosmetics and personal care items; with massages and at-home spa experiences; with fine chocolates and healthy snacks

Love Yourself – have a photo taken and see just how lovely you are

Love Yourself by attending this fun, educational and good-for-you event

Entry is FREE!!!

Watch for the next Equality Standard and your email box for more details.

**Merry Christmas! Happy Chanucah! A Good Kwanzaa! To you all,
and may 2009 bring you, me and the world together in peace,
harmony and love.**



Members and Subscribers: If you are changing your email address, remember to let us know so you will continue getting the newsletter uninterrupted.

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