



## THE EQUALITY STANDARD

### February 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**

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#### **February is Heart Health Month**



**Heart Disease is the #1 killer of women**



**Let's all take care of our own hearts,  
not just the hearts of others**



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***Get your tickets now  
before they sell out!  
The Women of the  
World Awards are  
almost here  
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**IN THE NEWS**



🌀 **Hunaina Sultan Al-Mughairy** is Washington's first female ambassador from an Arab country. There are 25 female ambassadors posted in Washington -- the highest number ever, according to the State Department. Women remain a distinct minority -- there are 182 accredited ambassadors in Washington [Read more](#)



🌀 **Kim Gandy** has become Vice President and General Counsel of both the Feminist Majority and NOW. Gandy brings to her new positions a wealth of experience in leadership, organizing, public policy advocacy, litigation, media relations, and coalition building at the national, state, and local levels.

Gandy began her feminist career in 1973 at the age of 19 in New Orleans, Louisiana. At the local and state level, Kim was a founding director of the New Orleans Metropolitan Battered Women's Program, a state president of Louisiana NOW, and founded the Louisiana Women's Lobby Network. She authored the Domestic Abuse Assistance Act, Louisiana's first Domestic Violence Act. She was also an Assistant District Attorney and later was in private law practice serving domestic violence victims, as well as advancing sex and race discrimination litigation.

In her 22 years of National Organization for Women national leadership, Gandy has been a guiding force in many landmark cases, and legislative gains for women, including the Civil Rights Act of 1991 and the Freedom of Access to Clinic Entrances Act.



🌀 **Former U.S. Sen. Charles Mc C. Mathias Jr.** of Maryland died this week. A flag bearer for civil rights and the upholding of values we all hold dear. He marched with the late Congresswoman Bella Abzug and iconic feminist Gloria Steinem in favor of the Equal Rights Amendment. Senator Mathias was praised on the Senate floor as "the conscience of the Senate." [Read the article](#)

[Comment](#)



## **WOMEN OF THE WORLD AWARDS – Saturday March 13th**

Join the celebration of three outstanding women and be inspired. We will also be celebrating World Leadership Day and Women's History Month. Our partner in this event is the United Nations Association of Pasadena and the Foothills

Mijares Restaurant  
145 Palmetto Drive, Pasadena, CA 91105

Funds raised will benefit the programs of UNA Pasadena and Fifty-Fifty Leadership

**Last year this event sold out! Don't wait, get your tickets TODAY!**



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## WHAT DOES LEADERSHIP LOOK LIKE

*This is the first in a series of articles that highlight women leaders and the work they are doing.*

🌀 The Good News Network founder, Geri, was fed up with only being able to find bad news and for the last 13 years has been publishing inspiring articles and just plain good news. Below is her response to Time Magazine calling the last decade “the Decade From Hell.”

Time is one of the leading magazines. Isn't it about time The Good News Network and other such magazines, online and in print, are the leaders? Bad news wears us down. I get more juice for my day from reading Geri's ezine than I do from the newspapers.

Do you agree? Or do you like the gloom and doom of the mainstream media? I would like to hear from you. [Comment](#)

Time magazine named this "The Decade From Hell". The sensationalist headline ignores all the good things that happened, so we, at the Good News Network, shall remind them. Tomorrow we will publish the Top 10 Good News Stories of 2009, and if that list is any indication, we have much more to celebrate about the decade, than to complain about...

First is what didn't happen in 2000. People were concerned that Y2K would shut down the world. It never happened and the new millenium dawned without incident.

Second, in countries like India, Venezuela, and Brazil, anti-poverty moves are lifting thousands of people into a better life.

Diseases like measles, Hansens Disease (leprosy), Guinea Worm, and polio may be on the brink of extinction, thanks to new efforts by the UN and the Carter Center. Plans were made this decade to wipe out malaria in Africa and the Caribbean by 2012, with huge progress tracked in the last two years.

Overall, 10,000 fewer children (aged five and under) are dying every day compared to 1990. By one count, every 11 seconds, a child has been saved, thanks to new efforts in the fields of health and hunger.

Charitable giving by families and individuals has been steadily rising in ten years. Nations have donated millions to the poor and needy, especially in times of natural disaster. In the wake of a hurricane in New Orleans and Tsunami in Indonesia, the giving - corporate, governmental and private -- soared to unheard of generous levels.

Wars have ended in places like Sierra Leone, Liberia, and South Sudan. The US and Russia have reduced nuclear arms -- and plan to do more.

At the beginning of this decade, there was no Wikipedia, no YouTube, no blogs. The internet has revolutionized the way political campaigns are run, and now, small donors have a bigger voice in the process. Raising millions in a single day via online donations is keeping politicians more honest and transparent.

Do you ever wish that you lived in the world of the 1960s, or the days of Charles Dickens, or Shakespeare? Forgetting the fact that in many ways life was depressing back then, we've just passed through a great burst of culture this decade. Books, songs, plays, and movies by small and independent artists have more easily become hits.

Negative people avoid good news like a vampire avoids sunlight, but if they look at the

decade objectively they may see that many of us, maybe most of us, have never had it so good.

🌀 For war protester **Eve Tetaz**, 78 is hardly the time to retire.

It's a familiar scene for Eve Tetaz. She sits in the cold, damp holding cell, crammed together with other women. Some, like her, were arrested for protesting. Others are locked up for drugs, assault or prostitution.

The other women in the D.C. jail affectionately call her grandma. Her cellmates, or as she calls them, her "sisters in chains," let her sleep on the bottom bunk so the 78-year-old doesn't have to climb to the top. Instead of letting her stand in line to get her jail-issued bologna or cheese sandwiches, many of the women bring them to her. "These are women I probably even wouldn't see passing on the street," Tetaz said. "They are very gracious to me."

With her white hair and black glasses, Tetaz is a familiar figure to the Capitol Police and at the courthouse. Since 2005, court records show, she has been arrested 20 times and convicted 14 times of various offenses, including unlawful assembly, disorderly conduct, contempt and crossing a police line. As she and other demonstrators march around various parts of the District, from the White House to the Supreme Court to the Capitol, her protests center on the Iraq and Afghanistan wars and the prisoners at Guantanamo Bay, Cuba.

Most District judges who have heard her cases have dismissed them with a citation or fine or sentenced her to time served, usually one or two days in jail, and sent her home. But her repeated arrests have left prosecutors and some D.C. Superior Court judges exasperated. On Thursday, just days before a D.C. Superior Court judge was scheduled to sentence her in another case, Tetaz picked up her 21st arrest when she and about 40 other protesters were charged in a war demonstration on the Capitol grounds. A hearing was scheduled for March.

"It's often the poor, uneducated, inner-city kid who has no other recourse than the streets or the Army. I'm fighting for him," she said, days before Monday's sentencing. "This is a terrible waste."

Tetaz, like many of her fellow demonstrators, is spiritual. She often speaks of wanting to "follow Jesus" and lives a simple life in an Adams Morgan apartment with two cats and a bird. "In everything I do," she said, flashing her large smile, "I want to be a reflection of my faith."

*Read more about this amazing woman who doesn't let her age and fragility stop her from standing up for her beliefs –*

[\*\*Read the article\*\*](#)



## **WOMEN IN BUSINESS**

🌀 **Renee Kische**, a successful professional, had an idea: create a group that balances friendships, fun, networking and learning. Thus **Women in Wealth** was born. Obviously others have thought this was a good idea (including the Editor) and in its first year has grown to over 225 members.

Here's the Women in Wealth purpose statement:

Establish lasting personal & professional relationships, among like-minded peers with creative monthly events ranging in topics from food & wine, seminars in finance and investing, and discussions on prosperity and abundance; all dedicated to enlightening, empowering, and inspiring women. The intention is to inform and educate while creating a powerful social/business network. All backgrounds, experiences, and careers invited to join. The group will remain limited to keep it manageable; adding more value to one-on-one discussions.

The next meeting of Women in Wealth is on February 12<sup>th</sup> at a women-owned location in Hollywood. See below under Events.

- ✧ With this month being Heart Health Month, maybe you should think about de-stressing. **Sandy McBride** has the perfect opportunity to do just that. As you can see from her advertisement below, Sandy is offering a **COMPLIMENTARY in-home Spa Escape** for you and your friends. What a great way to say Happy Valentine's Day too. Call Sandy at 909-920-3216 and set one up.
- ✧ Do you need to add some pizzazz to your marketing materials? **Jenny Gray**, who has worked on our Women of the World Awards is a creative genius! She will add the needed attention-grabbing to your events, your business or yourself. Give her a call today at 714-369-5366



## FREE TICKETS TO THE GEFFEN

Annette Bening in *The Female of the Species*. This is a comic play about celebrity feminists. It is loosely inspired by a real life incident of Germaine Greer. This play premiered in Australia before opening in London.

We have tickets for the following dates/times and as always, are for MEMBERS. So If you are not a member, this would be a good time to join! Just go to [www.5050Leadership.org/Membership](http://www.5050Leadership.org/Membership) and join today. Then email us for tickets.

Sunday, February 14<sup>th</sup> at 7:00 p.m. (A great way to celebrate Valentine's Day)  
Saturday, February 27<sup>th</sup> at 3:00 p.m.

Tickets are limited, so email today: [Geffen Tickets](#)



## FROM THE EDITOR'S DESK

Valentine's Day is not just a time to send or receive flowers or eat out with your friends/lover/mate/spouse/partner.

This year, have it also be about loving yourself enough to make sure your physical heart is in good shape. As you can see from the statistics the Women's Heart Foundation has put out, and from the words from Dr. Kathy Magliato, heart disease is the #1 killer of women – and not just older women, but all of us.

Here's an example of the testing you can have done to test your heart. Ask your doctor for these and other tests that she deems necessary:

### What Is an Exercise Stress Test?

The exercise stress test -- also called a stress test, exercise electrocardiogram, treadmill test, graded exercise test, or stress ECG -- is a test used to provide information about how the heart responds to exertion. It usually involves walking on a treadmill or pedaling a stationary bike at increasing levels of difficulty, while your electrocardiogram, heart rate, and blood pressure are monitored.

### Why Do I Need a Stress Test?

Your doctor uses the stress test to:

- Determine if there is adequate blood flow to your heart during increasing levels of activity.

- Evaluate the effectiveness of your heart medications to control angina and ischemia.
- Determine the likelihood of having coronary heart disease and the need for further evaluation.
- Check the effectiveness of procedures done to improve blood flow within the heart vessels in people with coronary heart disease.
- Identify abnormal heart rhythms.
- Help you develop a safe exercise program.

### What Are the Types of Stress Tests?

There are many different types of stress tests, including:

- **Treadmill stress test:** As long as you can walk and have a normal ECG, this is normally the first stress test performed. You walk on a treadmill while being monitored to see how far you walk and if you develop chest pain or changes in your ECG that suggest that your heart is not getting enough blood.
- **Dobutamine or Adenosine Stress Test:** This test is used in people who are unable to exercise. A drug is given to make the heart respond as if the person were exercising. This way the doctor can still determine how the heart responds to stress, but no exercise is required.
- **Stress echocardiogram:** An echocardiogram (often called "echo") is a graphic outline of the heart's movement. A stress echo can accurately visualize the motion of the heart's walls and pumping action when the heart is stressed; it may reveal a lack of blood flow that isn't always apparent on other heart tests.
- **Nuclear stress test:** This test helps to determine which parts of the heart are healthy and function normally and which are not. A very small and harmless amount of radioactive substance is injected into the patient. Then the doctor uses a special camera to identify the rays emitted from the substance within the body; this produces clear pictures of the heart tissue on a monitor. These pictures are done both at rest and after exercise. Using this technique, a less than normal amount of thallium will be seen in those areas of the heart that have a decreased blood supply.

Preparation for these types of stress tests will vary from preparation for the exercise stress test. Ask your doctor about any specific instructions.



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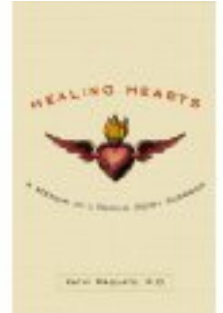
## BOOKS



February not only includes Valentine's Day, but appropriately the month is **Heart Health Month**,

Did you know that heart disease is the number one killer of women? Did you know there are lots of things you can do to make sure you are not part of that statistic?

Below is an excerpt from a new book by a particularly dynamic woman, **Kathy Magliato**. Watch for an interview with Dr. Magliato in The Equality Standard Blog – [equalitystandard.blogspot.com](http://equalitystandard.blogspot.com) - coming next week.



Kathy is one of only a handful of heart-transplant surgeons in the country, and has a new book coming out, "**Healing Hearts**." Here's a story from the book:

On a warm July morning in 1979 Donna went running, as was her routine. She was thirty-five years old. She was a movie producer at the top of her game. By lunch she didn't "feel so good." She was cold and clammy and her usually crisp white Armani blouse was sticking to her skin. She made it through her "power lunch" but went home to rest. By 4:00 p.m. she was lying on her bathroom floor pressing her forehead against the marble tile because its coolness made her feel better. Ironically, on her way home, she had stopped at the home of her internist, who was a personal friend. She told him that she felt generally unwell and had an awful pain in her chest that seemed like it was "boring a hole clean through" to her back. He told her that she had a "diaphragmatic stitch" in her side from running that morning. (Now, incidentally, would be a good time to tell you that in a survey done a mere four years ago, fewer than one in five physicians recognized that more women die of heart disease than men each year, and among primary care physicians, only 8 percent knew this fact.

But Donna knew something was wrong. Very wrong. We all have a built-in sixth sense about our bodies. We just need to trust it. We are the nurturers. We are the caregivers. We are the mommies, the aunts, the grandmothers, the sisters. We care for those around us and we do not listen to our own bodies when they cry out for healing and attention. "I'll deal with it later" is the mantra of most women when confronted by their own health issues, and yet we are the first ones to put our dads on a train to Memorial Sloan-Kettering to have their prostate radiated. Ladies, it's time to put *your* health issues at the head of the queue.

So what did Donna do? She brought herself straight to the hospital. She didn't care if when she got there they would just dismiss her with a "stomach flu." She cared more about her survival than she did about the possible embarrassment of going to the hospital for something that might be non-life threatening. A good lesson for us all. I have had so many women tell me that they did not go to the ER when they experienced chest pain because of their concern that it might be a false alarm. So what? You waste an afternoon in the ER. At least you are alive to go home in time for dinner.

The tests eventually showed that Donna had had a heart attack. She was admitted to the coronary care unit and was treated with the medications available at the time and bed rest. Sure, at night she finds it difficult to sleep because she worries about her heart, but today she is alive. She is beautiful. She is my friend. And she is unscathed by heart disease...

What saved Donna's life? Pure and simple, it was knowledge. Of all the things that women can do to avoid heart disease—quit smoking, exercise, diet—knowledge is the most important. We have done such an incredible job with breast cancer awareness that through educating the female public, women know the risk factors for breast cancer, the signs of breast cancer, how to do self-exams and regularly engage in screening mammograms. Because of this awareness campaign and knowledge, women are diagnosed at an earlier stage and survive breast cancer. Now, if we could just launch the same awareness campaign for cardiovascular disease, we would affect women's survival in numbers that would be unprecedented.

When I lecture to women about heart disease, I always leave them with two things to remember. I tell them that if they just employ these two measures, they will be able to stay away from me, the chest-cracker. Now, I'm a nice gal and generally fun to be around, but you don't want to be on the receiving end of my scalpel. Trust me. The two things are these: (1) Know your numbers and (2) know your symptoms. I want this to be your mantra, like "Save the cheerleader, save the world," for all of you *Heroes* fans out there. What I mean by this is know your heart health numbers—your total cholesterol, your "good" cholesterol (HDL), your "bad" cholesterol (LDL), your triglycerides, your blood pressure, and if you are a diabetic, your blood sugar. Why? Because if you know these numbers, you will own these numbers and strive to keep them in the normal range.

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From the book HEALING HEARTS by Kathy Magliato, published by Broadway Books, an imprint of the Crown Publishing Group, a division of Random House, Inc. Reprinted with permission.

[Buy the book now from Amazon](#)

🌀 **Gail Collins' "When Everything Changed: The Amazing Journey of American Women from 1960 to the Present."**

"This is a must-read for women and men who are living through this time." Says Ellen Snortland, Author, Self Defense Authority/Activist and Feminist

[Buy the book now from Amazon](#)

🌀 Conversations with God author Neale Donald Walsch's **The Mother of Invention: The Legacy of Barbara Marx Hubbard** is a biography of the pioneering futurist and prime innovator of the human potential movement. Buckminster Fuller refers to **Barbara Marx Hubbard** as "the best informed human now alive regarding futurism and the foresights it has produced."

[Comment](#)



## DID YOU KNOW...

Women's enews reports that **Jody Heymann**, founding director of the Institute for Health and Social Policy at McGill University in Canada, and research scientist Alison Earle in their new book, [Raising the Global Floor: Dismantling the Myth That We Cant Afford Good Working Conditions for Everyone](#), find that 177 countries guarantee paid leave after the birth of a child and 132 nations guarantee breastfeeding breaks at work. The United States provides neither.

[Read the whole Womensenews article here](#)

🌀 Almost one-quarter of men are married to women whose income tops theirs. More than five times the percentage from four decades ago. The Pew Research Center said 22% of husbands made less than their wives in 2007, the latest year available, compared with 4% in 1970.

Source: LBN Alert



## HEALTH



## HEART DISEASE FACTS

### Prevalence:

- Worldwide, 8.6 million women die from heart disease each year, accounting for a third of all deaths in women. Three million women die from stroke each year. Stroke accounts for more deaths among women than men (11% vs 8.4%) with additional risk for CHD unique to women related to oral contraceptive use in combination with smoking.
- 8 million women in the US are currently living with heart disease; 35,000 are under age of 65. Four million suffer from angina.
- 435,000 American women have heart attacks annually; 83,000 are under age 65; 35,000 are under 55. The average: 70.4.
- **42% of women who have heart attacks die within 1 year, compared to 24% of men.**
- **Under age 50, women's heart attacks are twice as likely as men's to be fatal.**
- 267,000 women die each year from heart attacks, which kill six times as many women as breast cancer. Another 31, 837 women die each year of congestive heart failure, representing 62.6% of all heart failure deaths.

### At-Risk:

- 71% of women experience early warning signs of heart attack with sudden onset of extreme weakness that feels like the flu - often with no chest pain at all. Medical professionals are challenged to respond to women's milder symptoms, acting with insufficient guidelines.
- **Nearly two-thirds of the deaths from heart attacks in women occur among those who have no history of chest pain.**
- Smoking, diabetes and abnormal blood lipids erase a woman's estrogen protection.
- Women who smoke risk having a heart attack 19 years earlier than non-smoking women.
- Women with hypertension experience a risk of developing CHD 3.5 times that of females with normal blood pressure. High blood pressure is more common in women taking oral contraceptives, especially in obese women.
- Women with diabetes have more than double the risk of heart attack than non-diabetic women. Diabetes doubles the risk of a second heart attack in women but not in men. Diabetes affects many more women than men after the age of 45.
- 23% of white women, 38% of black women, and 36% Mexican American women are obese. Obesity leads to an increased risk of premature death due to cardiovascular problems like hypertension, stroke and CAD.
- The age-adjusted rate of heart disease for African American women is 72% higher than for white women, while African American women ages 55-64 are twice as likely as white women to have a heart attack and 35% more likely to suffer CAD.
- Marital stress worsens the prognosis in women with heart disease.

### Compared to Men:

- Men's plaque distributes in clumps whereas women's distributes more evenly throughout artery walls. This results in women's angiographic studies being misinterpreted as "normal".
- **Women wait longer than men to go to an emergency room when having a heart attack and physicians are slower to recognize the presence of heart attacks in women because "characteristic" patterns of chest pain and EKG changes are less frequently present.**
- After heart attack, women are less likely than men to receive beta blockers, ACE inhibitors and aspirin - therapies known to improve survival. This contributes to a higher rate of complications after heart attacks in women, even after adjusting for age.
- 38% of women and 25% of men will die within one year of a first recognized heart attack.

- **Women are twice as likely as men to die within the first few weeks after suffering a heart attack.**
- 46% of women and 22% of men heart attack survivors will be disabled with heart failure within six years
- Women are two to three times as likely to die following heart bypass surgery. Younger aged women between the ages of 40-59 are up to 4 times more likely to die from heart bypass surgery than men the same age.
- Studies show women who are eligible candidates to receive life-saving clot-buster drugs are far less likely than men to receive them.
- Since 1984, more women than men have died each year from heart disease and the gap between men and women's survival continues to widen.
- Women receive fewer heart disease procedures than men, however, more is not necessarily better in this setting and the best course of treatment for a woman with heart disease has yet to be established.
- Women's hearts respond better than men's to healthy lifestyle changes, yet only 2 percent of the NIH budget is dedicated to prevention.
- **Women comprise of only 24% of participants in all heart-related studies.**

Source: Women's Heart Foundation

🌀 **Fat Discrimination:** It's shocking, but it's true: Being a woman who's more than 20 pounds overweight may actually hike your risk of getting poor medical treatment. In fact, weighing too much can have surprising -- and devastating -- health repercussions beyond the usual diabetes and heart-health concerns you've heard about for years.

Fat discrimination keeps overweight people from getting optimum medical care.

Physical exams and diagnostic tests are difficult to perform on large patients Cancer care could be compromised: it's harder to detect as well as treat tumors.

Attitude of some doctors also has a negative effect; patients feel disrespected.

Source – LBN Alert

🌀 Here's a new warning from health experts: **Sitting is deadly.** Scientists are increasingly warning that sitting for prolonged periods — even if you also exercise regularly — could be bad for your health. Research is preliminary, but several studies suggest people who spend most of their days sitting are more likely to be fat, have a heart attack or even die.

LBN Alert

### Comment



## WOMEN OF NOTE

🌀 **Ellen Goodman** whose prose has graced newspaper pages for more than four decades, wrote her last column on Jan. 1.

Ellen started writing her op-ed column in 1974, and in 1980 she was honored with the Pulitzer Prize. “She put us on the map,” is the way one Boston Globe op-ed page colleague described it to me the other day.

Ellen began her career in journalism the year Betty Friedan published “The Feminine Mystique,” the book about “the problem that had no name.” Ellen Goodman became one of those who named it - and did she ever! That same year, a presidentially appointed panel, the Commission on the Status of Women, denounced the injustice of the social and economic gaps between males and females in America, and Ellen Goodman became one of those who transformed the question of gender inequality into the second great civil rights movement. “The personal is political” was a feminist slogan, and within the brackets of private concerns and public issues Ellen Goodman found her unique voice, a guide to how the two realms are always interrelated. Across the decades, she offered wise commentary on great figures of the age, but she also chronicled the stories, as she put it, of “those who struggle to make one small difference after another.”

[Read the Boston Globe article here](#)

## **Comment**



## **WOMEN AROUND THE WORLD**

☞ Women who wear Islamic burkhas in public in France will be liable to a fine of more than £700 under strict new laws being formulated in that country. The amount of the fine could be doubled for Muslim men who force their wives or other female members of their family to cover their faces. Jean-Francois Cope, president of Nicolas Sarkozy's ruling UMP Party in the French parliament, said the new legislation was intended to "protect the dignity and security of women."

*While this may be seen as a suppression of liberty for religious women who prefer to be covered, it is at least encouraging that men will be fined! How often do we see justice meted out to the men causing the problem?*

☞ Arrests continue in Iran against women activists. In December, Nobel Peace Prize laureate Shirin Ebadi's sister; a professor in dentistry, Noushin Ebadi; Mansoureh Shojaee, a founder of the One Million Signatures campaign for women's equality in Iran; and Morteza Kazemian, a journalist, were arrested by Ministry of Intelligence agents. Take a minute to show your solidarity with Iranian feminists as they fight for equality.

33 more Iranian women activists were arrested during a peaceful protest in Tehran. These women are members of a group called Mourning Mothers, which was formed after the widely publicized death of Neda Agha-Soltan last summer. Members of the group are mothers of protestors who have been killed, detained, or are missing.

Please voice your support for the Iranian feminists as they fight for equality & freedom. Continuing demonstrations in Iran against the theocratic regime have resulted in numerous arrests and the deaths of at least 9 demonstrators. The One Million Signature campaign, which demands an end to discriminatory laws against women in Iranian law, pre-dates these demonstrations that began with challenges of national election fraud earlier this year. Ebadi, who is out of the country, released a statement that her sister, who is not an activist, was arrested simply because she is her sister, and to put pressure on Ebadi to stop her human rights activities.

Take a moment now to show your solidarity with the One Million Signature Campaign and Human Rights activist Shirin Ebadi by sending emails to protest these arrests and to demand women's equality under the law and respect for universal human rights.

We must not be silent in the face of this oppression.

For Equality, Eleanor Smeal, President Feminist Majority Foundation

[Take action Now](#)



## **SUBSCRIPTIONS**

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

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## 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.*



**Tuesday, February 2<sup>nd</sup>**

6:00 – 8:15 p.m.

Registration 5:30

**Celebrate YOU - A Woman**

InnerSite - healing center 208 S. Louise Glendale

Join us in celebrating the essence of who you are -- Unique!  
Nearly every woman has some form of dissatisfaction with her Self. We need to come to terms with our bodies, self-image, and self-esteem, and acknowledge our highest true Selves!  
You have a choice in the making of your life-- What will you choose?  
Learn how to unveil and shed all negative titles and labels placed upon you, either by you or for you in regards to relationships, sexuality, body image, and much more.  
There will be sharing, discussion, guided visualization, and mindful meditation. At the end of this workshop, you will Stand Up, Embrace Yourself, and Celebrate You!  
Cost: \$25  
RSVP is a must - Light refreshments are provided



**February 8th**

**ABWA**

**Networking Luncheon**

**with guest speaker**

**Vicki McCoy, principal of**

**Incandescent Marketing Communications**

Vicki supports entrepreneurs and small business owners by developing strategies and action plans that produce successful and sustainable outcomes.

Her areas of expertise include strategic marketing & execution, brand strategy, web content development and editorial services.

11:30AM -11:45AM: Registering and Networking

11:45AM: Self introductions & Speaker

12:45PM: Accomplishments & Promotions

(your 1 minute commercial or chance to brag!)

Julia Rabago 818-903-0661 or [juliarabago@sbcglobal.net](mailto:juliarabago@sbcglobal.net)

**To RSVP please send email or call with the following:**

- 1) Your name
- 2) Your Business Name
- 3) Your website
- 4) Your email
- 5) Your phone #

**so that we can add you to the HOT SHEET!**



**Sunday, February 21, 2010 6:00 PM**

**Network & Nosh at City Sip**

with Women in Wealth

City Sip, 2150 W. Sunset Blvd.

Echo Park, CA 90026

213-483-9463

How could you resist a lazy Sunday afternoon Happy Hour with fantastic wines from \$3 - \$6 and amazing cheese and nibbles @ \$5?  
The newest nightlife in Echo Park is buzzing with Pinot, Merlot, and Zinfandels, just to name a few. The munchies are so upscale (yet affordable) that they're created by "The Food Network Star", Reggie Southerland.

The warm wood, subtle lighting, and cozy seating will have you staying well past 9pm when all glasses of wine are 1/2 off!  
And, hey, if wine isn't your thing, there is an incredible array of beers and for those you love tea & coffee, that's available as well.

Come for the food, stay for the company and network with some of the incredible Women In Wealth. If you're new to WIW, you'll be welcomed with smiling faces and thoughtful conversation. If you're a long standing member, bring a friend as this is the perfect setting for them to get to know WIW.

The City Sip website is here <http://www.citysipla.com/>. Please read the L.A. Times Review here <http://www.latimes.com/entertainment/la-et-night16-2009jan16,0,5678665.story>  
Street & Neighborhood parking are plentiful, but come early for a full glass!

[Learn More Here](#)



**Saturday, March 13<sup>th</sup>**

**3:00 – 6:00 p.m.**

**2<sup>nd</sup> Annual Women of the World Awards  
National Women's History Month Celebration  
World Leadership Day Celebration**

Mijares Restaurant  
145 Palmetto Drive  
Pasadena, CA 91105

Funds raised will benefit the programs of UNA Pasadena and Fifty-Fifty Leadership

**Tickets - \$35 General Admission**

**\$15 Students**

**Buy tickets: Online at [www.5050Leadership.org](http://www.5050Leadership.org)**

**Call: 818-243-2322**

**Email: [tickets@5050Leadership.org](mailto:tickets@5050Leadership.org)**

**Mail: P.O. Box 11202**

**Glendale, CA 91226**

**Make checks payable to Fifty-Fifty Leadership**



**March 16<sup>th</sup>**

**6:00 – 8: p.m.**

**An Evening with Gloria Steinem**

Beverly Hills

\$125

Private home - Location with RSVP

Call: 818-501-4286

Or email: [jhor529@aol.com](mailto:jhor529@aol.com)



**Sunday, April 11**

**8<sup>th</sup> Annual 5K Walk/Run**

**10K River Run**

**Kids Fun Run**

**Victory for Victims**

Lake Balboa Park, Encino

Proceeds Benefit Center for Assault Treatment Services (C.A.T.S.)  
Register online at [www.abuse-assaultservices.org](http://www.abuse-assaultservices.org) or [www.w2promotions.com](http://www.w2promotions.com)  
For more information call 818-785-3489



## FINAL WORDS

***“Americans are increasingly sleep-deprived, and the sleepest people are women. That's why we believe getting enough shuteye is the next feminist issue. After all, women have already broken glass ceilings in politics, sports, business and the media -- just imagine what we can do when we're fully awake.”***

Arrianna Huffington in The Huffington Post, 1/4/10



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