



## THE EQUALITY STANDARD May 2011

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**

[www.5050Leadership.org](http://www.5050Leadership.org)  
818.243.2322

## ***Love Yourself ... A Woman's Day Out***

***Check it out - [Click Here](#)***

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### IN THE NEWS

☞ The 12th annual Mothers Index by Save the Children says **Norway** is the best country in which to be a mom, with its low maternal and child mortality rates, high women's life expectancy, and lengthy education. Australia and Iceland placed near Norway, while the United States dragged behind at 31st. **Afghanistan**, with a women's life expectancy of 45 years and one out of every 11 women dying in childbirth, came in last. One of every five children in Afghanistan doesn't live to age 5. The survey noted that the United States came in 31st mostly because it has one of the highest maternal mortality rates of any industrialized nation: 1 in 2,100, meaning a

woman in the U.S. is seven times more likely than one in Italy or Ireland to die from pregnancy-related causes. *Read it at Associated Press*

🌀 **Newsmaker as news:** Speaking to 60 Minutes last week, CBS News reporter Lara Logan gave the most detailed account yet of the sexual assault she suffered in February while covering the protests in Egypt's Tahrir Square. She says she was stripped of her clothing by a mob after she was separated from her team. "I didn't even know that they were beating me with flagpoles and sticks and things because the sexual assault was all I could feel, their hands raping me over and over and over again," she said. "They were trying to tear off chunks of my scalp . . . not trying to pull out my hair, holding big wads of it literally trying to tear my scalp off my skull." She adds, "I was in no doubt in my mind that I was in the process of dying." She was rescued by Egyptian women.

🌀 **Even the best of us do not get heard**  
*As can be seen in this item that came across our desk, it appears that Christiane Amanpour and a woman in the intelligence community had information about the whereabouts of Osama Bin Laden. Would Bin Laden's death been sooner if it had been a male journalist and a male intelligence member?*

Did Christiane Amanpour have the scoop of the century about Osama bin Laden's whereabouts more than two years ago?

The ABC News veteran appeared with Gary Shandling on HBO's *Real Time with Bill Maher*. The date was October 2008.

Out of nowhere she revealed the world's most wanted terrorist was living in a villa in Pakistan.

"Isn't Osama bin Laden laughing his [expletive deleted] off?" said Shandling.

Shandling referred to bin Laden as living in a cave.

"He's in a cave somewhere," said Shandling.

***"He's not. I've just talked to someone very knowledgeable. This woman, who is in American***

*intelligence, thinks that he's in a villa, a nice comfortable villa in Pakistan," said Amanpour.*

The remark was almost lost in the crosstalk until Shandling raised it again.

"Osama bin Laden's cave, wherever he is. We're letting him just get away," said Shandling.

"It's not a cave. It's a villa," said Amanpour.

"You know it's a villa. You know where he is," said a cynical Shandling.

"Definitely," said Amanpour.



## **IDEAS FOR MOTHER'S DAY**

🌀 **Gifts for Mom** The National Women's History Project has some wonderful gifts – such as cards of one of Georgia O'Keefe's paintings; a lovely daily journal with quotes by women on each page, jewelry, and more. Visit their [website](#). You might find some things you can't resist for yourself too!

🌀 **A free symphonic concert at Cal Tech**

3:30 p.m.

Works by Doppler, Milhaud, Still, Dvorak,  
& Beethoven.

Dabney Lounge, Caltech, 332 S Michigan Ave,  
Pasadena. 626/395-4652.

🌀 **Check out the Bookshelf [below](#) for books your mom might enjoy**

🌀 **Take your mom to the theater** "Now That She's Gone" is both the story of a mother and daughter, and a human rights love letter that is universal for anyone who has a mother... or is one. It's the perfect Mother's Day gift!

And now that gift is sweeter: you can get "twofer" tickets (2 for \$25.00) for "Now That She's Gone," written and performed by Ellen Snortland, by going to the link below and entering the following discount code:

**Fifty-Fifty** (has to be with capital Fs.)

You can get **2 tickets for the price of 1**, or in multiples of 2 ... but the discount is **ONLY** available online. If you want to get tickets at the door, they're only \$15 instead of \$25 if you say you're with Fifty-Fifty.

To get this deal, click the show link below which will take you directly to the event page on BrownPaperTickets:  
<http://tinyurl.com/Snortland>

Select your desired day, click the BEGIN ORDER button, and on the next page enter "Fifty-Fifty" (without the quotes) into the "Discount Code" field, then click the "Show Discount Prices" button... and you're good to go!

### 🌀 Give the gift of giving

Does your mother have everything she needs? Then consider making a donation in honor of your mother (or in memory of her if she is no longer with you). A few recommendations:

**Somaly Mam** – Working to free child sex slaves around the world: [Somaly.org](http://Somaly.org)

**Heifer International** - Giving the gift of sustainability through livestock: [Heifer.org](http://Heifer.org)

**Finca** – Microfinance for women around the world, helping them be independent: [Finca.org](http://Finca.org)

🌀 ...And a gift to you all, whether you are a mother or have a mother...

### God Says Yes To Me

I asked God if it was okay to be melodramatic  
and she said yes  
I asked her if it was okay to be short  
and she said it sure is  
I asked her if I could wear nail polish  
or not wear nail polish  
and she said honey  
she calls me that sometimes  
she said you can do just exactly  
what you want to  
Thanks God I said

And is it even okay if I don't paragraph  
my letters  
Sweetcakes God said  
who knows where she picked that up  
what I'm telling you is  
Yes Yes Yes

"God Says Yes To Me" by Kaylin Haught, from The  
Palm of Your Hand

*Thanks to Monica Hubbard of Wired Women for this*



## **LOVE YOURSELF ... A WOMAN'S DAY OUT**

You have taken care to honor your mother,  
Spent time with the children, made sure  
your partner/husband/friend has what he  
or she needs, now it is time for **YOU!**

A **Sunday afternoon**, with all the chores  
done and a few hours to relax, come listen  
to some great speakers, enjoy the  
entertainment, shop the interesting  
vendors, get the knots in your shoulders  
worked out with a quick **massage**... have  
some downtime, time for you.

Bring a girlfriend, sister, cousin, niece ... or  
mother. They will thank you for it too.

If you are member of Fifty-Fifty  
Leadership, entry is **FREE** until **May 10<sup>th</sup>**,  
Not a member? It is **\$5** until **May 10<sup>th</sup>**

**AND, there's a free gift for the first  
50 who sign up!**

**So here's the link so you don't miss  
out: [LOVE YOURSELF](#)**

**...There's prizes too, so this could be  
your lucky day!!!**

It's Time to Honor YOU!

# LOVE YOURSELF

## A WOMAN'S DAY OUT



**Sunday, May 22<sup>nd</sup> 12-5 p.m.**

**Sproul Reception Center**

**12239 Sproul St., City of Norwalk, 90650**

Enjoy an afternoon devoted to YOU featuring special guests and presentations:

**FREE GIFT!**  
for the first 50  
registrations

**Ellen Snortland**

*Actor, author and expert on self defense*

**Louise Cabral-Wyler**

*Author of "Island of Recall." How "writing the story of your life" will set you up for the future*

**Wells Fargo**

*Financial tips for women*

**Lilli Cloud**

*Founder of "Bluefeet," will help you discover what makes YOU special*

**Caution E!**

*"Edutainment" Performance Group specializing in self defense through music*

**Alicia Calvo**

*Registered dietitian and weight management expert*

*Dress casually for exercise activities and shopping!*

*Booths will showcase Swarkoski Jewelry, Make-up Bags, Clothing, Handmade Greeting Cards...and More!*

**SPEAKERS ● VENDORS ● ENTERTAINMENT ● PRIZES ● REFRESHMENTS**

*Suggested Donation: Members are FREE until May 1, \$5 after  
Non-members \$5 until May 1, \$10 after*

**Not a 50/50 Leadership member yet? *Join Now!***

**[www.5050leadership.org/membership.htm](http://www.5050leadership.org/membership.htm)**



## WHAT LEADERSHIP LOOKS LIKE

☞ Carolyn Howard-Johnson, was given her fraternity's Oxford Award last month at the group's Founders Day celebration. It is given for "devoting her talents" to improve the quality of life around her. The award was presented by Lynne White Shelby of Burbank, CA.

The award focused on Howard-Johnson's efforts to promote tolerance with her writing. She is a multi award-winning novelist and poet and the author of two HowToDoItFrugally series of books, one for writers, one for retailers.

She was named Woman of the Year in Arts and Entertainment by the 43rd and 44th Districts of the California Legislature. She speaks on Utah's culture, tolerance and subjects relating to writing and publishing and has appeared on TV and hundreds of radio stations nationwide. She is also is an instructor for UCLA Extension's Writers' Program.

To see her books [Click Here](#)

To contact Caroline, you can email her at [HoJoNews@aol.com](mailto:HoJoNews@aol.com)



## WOMEN IN TECHNOLOGY

A group of women, led by Audrey Roy, who is a computer genius and an MIT grad, is putting together an event for women - to teach women programming. The language of choice is Python. Audrey came up with the idea of Foundation for Women in Python after experiences she had in college - there were 1 or 2 girls per roughly 100 boys in computer science. So women developers are in minority.

Local Pasadena radio station, KPCC is hosting **Women in Python educational seminar on May 15th, 2011, 9:00 a.m. – 4:30 p.m.**

Because of KPCC's media department help we are only charging \$25 per woman, vs the regular seminar price is over \$100.

Men are also welcome if they bring a woman-guest who wants to learn programming.

More info on their web site: [www.pyladies.com](http://www.pyladies.com)

Tickets info: [Click here](#)



## **WOMEN BUSINESS OWNERS**

☞ Have you met Chellie Campbell? She is a dynamic and successful entrepreneur and now focuses on helping women become successful. Her emails are always motivating and I share this one with you because I thought she made some very interesting points:

Did you know that salespeople in car dealerships consistently quote higher prices to women than to men?

Did you know that employers often make lower first offers to women than they make to men and take it for granted that women will work for less?

And that they routinely set higher targets against women, make tougher first offers, press harder for concessions, and resist conceding more than they would if they were negotiating with men?

It is possible to take back control of our negotiations, ask for what we want and get it, without being pushy, aggressive and offending people.

It's still a fact that women only make 77 cents to a man's dollar. It's because most women haven't been taught how to ask for what they deserve.

It's been proven that when women are taught how to anticipate obstacles that might cause stress and anxiety and make plans to overcome them, the gender gap in negotiations was completely eliminated!

### ***Why have women been willing to go broke rather than ask for more money?***

Here are some of the responses I've heard myself as I work with women on asking for more money:

“My clients can't afford more money.”

“Other people are charging less so I have to charge less in order to be competitive.”

“I’m afraid if I ask for more, I won’t get the job (or my clients will leave and I’ll have nothing).”

“I’m afraid if I ask for more, they won’t like me.”

“I don’t want to be greedy.”

And the clincher: “I love my work – it’s not about the money.”

*To Contact Chellie: [www.Chellie.com](http://www.Chellie.com)*

❧ The American Express Co. OPEN State of Women-Owned Businesses Report is out, and there is some very good news for female entrepreneurs. The survey, which utilizes data collected every five years by the U.S. Census Bureau, reports that there are 8.1 million women-owned businesses in the United States-- up 50% from its start date in 1997. Women-owned businesses also outperformed their male counterparts in all fields.



## **From the BOOKSHELF**

❧ Nancy Mills, publisher of **The Spirited Woman blog**, recommends several books for Mother’s Day. Here are a few of them:

**A Song For My Mother**, by New York Times bestselling romance author, Kat Martin. (A small, gift-sized hardcover for Mothers Day.) A story of love, loss, hope, and second chances. It's about healing, about letting go of the past and finding something much more important. The love of family. "Sure to tug at the heart strings . . ." review by NY Journal of the Book. [www.KatMartin.com](http://www.KatMartin.com).

**Spirit Of A Woman** combines storytelling and courageous honesty. It is an indispensable resource for every woman, providing inspiring stories of creativity and compassion for those who want to lead lives of meaning and purpose. The book celebrates women living spiritual lives in challenging circumstances. Each story is unique and demonstrates the art of storytelling at its best. [www.womens-spirit.com](http://www.womens-spirit.com).

**A Juicy, Joyful Life** - #1 Amazon Bestseller in 2 Hot New Release categories! Overflows with the intimate stories of 41 extraordinary women who have released the shackles of shame, regret, and self-condemnation to live the life they dreamed of. Get your copy today along with over 120 Bonus Gifts to inspire YOU to live a Juicy, Joyful Life.

[www.juicyjoyfullife.com](http://www.juicyjoyfullife.com).

**Tree Spirited Woman** - Are you looking for the perfect book for the Mothers in your life? Look no more, Tree Spirited Woman appeals to all ages. This delightful award-winning book with simple truths, friendship and wisdom flowing through its pages will linger with the reader for days and months to come. A real treasure and makes the perfect gift. Order at [www.colleenbaldrice.com](http://www.colleenbaldrice.com).

**Iron Butterflies** by Birute Regine. Is your mother, aunt, grandmother, sister, daughter an iron butterfly who has a will of iron and the touch of a butterfly, determined yet nurturing, strong yet vulnerable? Honor her with the gift of this book that speaks to her heart, a book that validates what she knows intuitively, a book that shows her she is not alone - there are many sisters, transforming themselves and the world, creating a feminine presence that brings balance to the world. [www.ironbutterflies.com](http://www.ironbutterflies.com).

To read the rest of Nancy's recommended books, visit her [website](#)

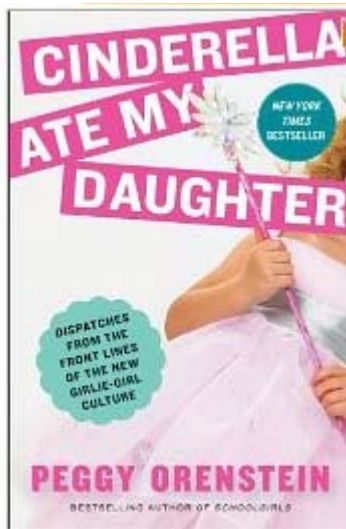
✎ **Beverly Cleary** won the Robert Kirsch Award for lifetime achievement, the first time ever for a writer of children's books. The complete list of prize-winners is here: <http://events.latimes.com/bookprizes/>

*Thanks to Monica Hubbard, Wired Women Publisher for letting us know about this*

✎ **Dr. Lois Frankel's** newest book co-authored with **Carol Frohlinger** is, **Nice Girls Just Don't Get It: 99 Ways To Win The Respect You Deserve, The Success You've Earned And The Life You Want**, was released last month. For a peek and to take a free self-inventory to learn just how nice you are,

go to: [Website](#).

✧ **Cinderella Ate My Daughter:**  
**Dispatches from the Front Lines of the New**  
**Girlie-Girl Culture**



The acclaimed author of the groundbreaking bestseller *Schoolgirls* reveals the dark side of pink and pretty: the rise of the girlie-girl, she warns, is not that innocent.

Pink and pretty or predatory and hardened, sexualized girlhood influences our daughters from infancy onward, telling them that how a girl looks matters

more than who she is. Somewhere between the exhilarating rise of Girl Power in the 1990s and today, the pursuit of physical perfection has been recast as a source—the source—of female empowerment. And commercialization has spread the message faster and farther, reaching girls at ever-younger ages.

But, realistically, how many times can you say no when your daughter begs for a pint-size wedding gown or the latest Hannah Montana CD? And how dangerous is pink and pretty anyway—especially given girls' successes in the classroom and on the playing field? Being a princess is just make-believe, after all; eventually they grow out of it. Or do they? Does playing Cinderella shield girls from early sexualization—or prime them for it? Could today's little princess become tomorrow's sexting teen? And what if she does? Would that make her in charge of her sexuality—or an unwitting captive to it?

Those questions hit home with Peggy Orenstein, so she went sleuthing. She visited Disneyland and the international toy fair, trolled American Girl Place and Pottery Barn Kids, and met beauty pageant parents with preschoolers tricked out like Vegas showgirls. She dissected the science, created an online avatar, and parsed the original fairy tales. The stakes turn out to be higher than she—or we—ever imagined: nothing

less than the health, development, and futures of our girls. From premature sexualization to the risk of depression to rising rates of narcissism, the potential negative impact of this new girlie-girl culture is undeniable—yet armed with awareness and recognition, parents can effectively counterbalance its influence in their daughters' lives.

*Cinderella Ate My Daughter* is a must-read for anyone who cares about girls, and for parents helping their daughters navigate the rocky road to adulthood.

*Thanks to artist Leigh Adams for telling us about this book*



## **DID YOU KNOW...**

☞ May 1, 1950 - **Gwendolyn Brooks** becomes the first African-American woman to receive the Pulitzer Prize for Poetry; named Library of Congress's Consultant in Poetry (later called Poet Laureate) in 1985.

☞ May 5, 1938 - **Dr. Dorothy H. Andersen** presents results of her medical research identifying the disease cystic fibrosis at a meeting of the American Pediatric Association.

☞ May 21, 1932 - **Amelia Earhart** is the first woman to complete a solo. transatlantic flight. She flew from Newfoundland to Ireland, a 2,026-mile trip, in just under 15 hours.

☞ **Trish Regan** was reported in the LBN Elert as saying: What pot legalization looks like... Portugal shows the best way to keep kids away from pot is to make it legal for everyone else. A study commissioned by the libertarian think tank the Cato Institute in 2006 found that in the first five years since the country decriminalized drugs, usage rates among teens in Portugal actually declined.



## **HEALTH**

🌀 Regular walking is a proven way to control blood sugar and boost insulin sensitivity. Walking is easy, fun, convenient, and can drastically decrease your risk of developing type 2 diabetes.

If you already have diabetes, regular walking will help keep it in check, reducing the likelihood of complications.

Fifty-seven million adults have been diagnosed with pre-diabetes. Are you at risk? Without treatment, pre-diabetes often escalates into type 2 diabetes. The good news? Walking can help people with pre-diabetes prevent type 2 diabetes.

Here's how:

Walking increases your body's absorption of blood sugar — reducing the amount of excess sugar in your blood.

The Diabetes Prevention Program study showed that walking 30 minutes a day, along with other healthy habits, can cut new cases of diabetes by 58 percent.

Walking 30 minutes a day has been shown to be nearly twice as effective as Metformin — a prescription drug — in preventing diabetes.

Whether you're concerned about preventing or managing type 2 diabetes, or you simply want to do something fun and healthy for yourself, walking briskly for 30 minutes a day, five days a week, can help you stay your healthy best.

*Source: Kaiser Permanente*

🌀 A team of graduate students has created a smartphone application, or app, that is supposedly able to diagnose malaria. Users just have to take a picture of a blood sample using a smartphone equipped with a microscopic camera lens, and the app takes care of the rest—processing the data to detect malaria parasites, determining how much malaria is in the sample, and even zeroing in on the parasites and pointing them out to the app user. Developers say the software will allow healthcare

workers in remote regions without Internet access to diagnose malaria cases.

🌀 **Laurie David**, producer and author calls us to action as she reports that the ability of our doctors to treat health epidemics is being seriously undermined by antibiotics in our foods. If the FDA and food producers won't step in, it's time for moms to do so. Visit her [website](#)

🌀 Researchers say that if a person is sleep deprived, parts of his brain can fall asleep despite the fact that he remains fully awake at the time. Scientists observing the brain activity of rats forced to stay awake for longer periods than usual found that problem-solving brain regions entered a sort of "local sleep" state. During these periods, the rats appeared no less awake than at other times of wakefulness, however, they did have trouble completing challenging tasks. The study authors believe it is likely that the human brain reacts in a similar fashion when sleep deprived.



## **WOMEN AROUND THE WORLD**

🌀 Italian Prime Minister Silvio Berlusconi paid an underage prostitute \$60,000, but it wasn't for sex, he says. Berlusconi, who is on trial for sleeping with Karima el Mahroug when she was underage, says he wanted to help her launch a beauty center so she could escape prostitution. "The girl told a very painful and moving story," he said, adding that he believed Mahroug was former Egyptian President Hosni Mubarak's grandchild. "Once again Berlusconi has managed to transform something grave and serious into a ridiculous comedy that is simply sad," said one opposition politician.

🌀 The United Nations Association reported recently that when results of India's 2011 census began to emerge in recent weeks, one statistic was greeted with shock by demographers. The country's sex ratio of girls to boys at age 6 had plummeted

because of gender-selective abortions or the deaths of female infants. For every 1,000 boys counted in India, there were 914 little girls, down from a ratio of 1,000 to 927 in 2001.

[Read the article](#)

## **A Medical Service for Villagers, Run by Village Women**

by Priyanka Golikeri, Daily News & Analysis, India - Till a year ago, Gyarsidevi was like any other woman in the village. Attending to the needs of her children, caring for her ageing in-laws and cultivating bajra and millets from August to October, Gyarsidevi's days drifted past her. When she wasn't working, she would while away the time with other village women, since her contractor husband was mostly away in the city.

But today, it's different. Gyarsidevi has little time for idle chat. Instead, she squeezes out as much time as she can to fulfil her new responsibilities as a swasthya sevika. She checks the weight, temperature and blood pressure of fellow gaonwallas, and delivers medicines on the recommendation of physicians sitting in Jaipur. A yellow board on the wall of her compound announces the presence of a swasthya kendra.

Read more at [theWIP.net](#)



## **SUBSCRIPTIONS**

**Annual Subscription:** \$15

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

Send your check, payable to Fifty-Fifty Leadership to:  
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.

Thursday, May 5<sup>th</sup>

11:00 a.m.

7<sup>th</sup> Annual Jewels of Glendale

Oakmont Country Club, Glendale

**Honoring:**  
**Mona Marcos**  
**Lynne Raggio**  
**Tanis Rhines**  
**Blanca Zavala**

Special Chair's Recognition to Lana Haddad  
and Gem Scholarship Award to Ani Ghazikhanian  
Mistress of Ceremonies - Susanne Whatley-Miller  
Host, HEALTHline & KPCC Radio

Tickets are \$65.00 per guest (\$30.00 for students) and  
must be purchased by Thursday, April 28

Complimentary Valet Parking

For more information, please contact  
Christine Baboomian at (818) 548-4844 or  
women@ci.glendale.ca.us



*Pasadena Magazine & Wells Fargo Present*

**3rd Annual Women in Business Luncheon**

**THURSDAY, MAY 5TH, 2011**

**THE HUNTINGTON**

1151 Oxford Road, San Marino

11:30-1:30pm

To purchase tickets call  
626.744.0954 x317 or online at  
www.pasadenarose.com/tickets



**Friday, May 6, 8 p.m.**  
**Saturday, May 7, 8 p.m.**  
**Sunday, May 8, 3 p.m.**  
**Now That She's Gone**  
**One woman show**  
**Starring**  
**Ellen Snortland**

The Lounge Theater  
6201 Santa Monica Blvd  
Los Angeles, CA 90038

You can get **2 tickets for the price of 1**, but the  
discount is **ONLY** available online.

If you want to get tickets at the door, they're only  
\$15 instead of \$25  
if you say you're with **Fifty-Fifty**.

To get this deal, click the show link below which will  
take you

directly to the event page on BrownPaperTickets:

<http://tinyurl.com/Snortland>

Enter discount code:

**Fifty-Fifty** (has to be with capital Fs.)



**Sunday, May 8<sup>th</sup>**  
**HAPPY MOTHER'S DAY!**

It was on May 8, 1914 that U.S. President Woodrow Wilson signed a Proclamation designating the second Sunday in May as Mother's Day.



**Monday, May 9<sup>th</sup>**  
**11:15 - 1:30 p.m.**

**Verdugo Hills Business & Professional Women  
Networking, Luncheon, Program**

**Sandra Thompson**, President-elect of the California Federation of Business and Professional Women's Clubs will be our special guest speaker.

Sandy will be presenting  
"The Bigger Picture of BPW"  
She will share with us information about BPW/CA, EPW and also International BPW. Come and find out what this active women's group is doing on the state, national and international levels.  
La Cabanita Restaurant  
3447 N Verdugo Rd, Glendale, CA 91208  
RSVP: Anne Marie Johnson at [amj@digitalsage.biz](mailto:amj@digitalsage.biz) or  
Call 626-577-0681



**Friday, May 13<sup>th</sup>**  
**Casino Royale II**

**Fundraiser for Verdugo Glen Chapter of ABWA**

Brookside Golf Club, Pasadena, CA.  
This is an enchanted evening packed with FUN, Dinner, LIVE Entertainment and Gaming - Blackjack, Craps, Roulette, Wheel of Fortune, sensational Silent Auction and more...  
Proceeds benefit Student Scholarships and member education programs  
Tickets: \$50  
Please Make Check Payable to:  
ABWA Verdugo Glen Chapter & Mail to:  
Brandi Hackitt, 3251 Montrose Ave., Unit A, Glendale, CA 91214 -  
C: 818/438-8319,  
E: [brandic35@aol.com](mailto:brandic35@aol.com)



**Sunday, May 15<sup>th</sup>**  
**9:00 - 4:30 p.m.**

**Women in Python  
Programming Training Seminar**

Sponsored by KPCC Radio  
Reduced price of \$25 for full day of training  
More info and tickets at: [www.pyladies.com](http://www.pyladies.com)



**Friday, May 20<sup>th</sup>**  
**11:30 - 2:00 p.m.**

**Momentum Awards**

**Women's Foundation of California**

Congratulations to State Senator Carol Liu, who will receive the  
Women's Foundation of California Momentum Award  
Montage Beverly Hills.  
225 North Canon Drive  
Beverly Hills, CA 90210  
Senator Liu is the first Asian American woman ever elected to the California State Senate.

[Click here to register](#)



**Saturday, May 21<sup>st</sup>**

**9:30a.m. – Noon**

**Huntington Library Women's Studies**

**Telling Our Stories: Life Into Art**

Sandra Tsing Loh

Writer/Performer

Sandra Tsing Loh is the author of *A Year in Van Nuys*, *Aliens in America*, *Depth Takes a Holiday*, and *If You Lived Here, You'd Be Home By Now*. She has written and performed in solo shows, including "Mother on Fire" and "Sugar Plum Fairy." She is a regular commentator on NPR.

**Michele Serros**

Writer

Michele Serros is the author of *Chicana Falsa* and *Other Stories of Death, Identity and Oxnard*, *How to be a Chicana Role Model*, and two Young Adult novels: *Honey Blonde Chica* and *¡Scandalosa! A Honey Blonde Chica Novel*.

**Mary Trunk**

Documentary Filmmaker

Mary Trunk is the director of *The Watershed* and *Plain Art*. Her newest documentary (currently in post-production), *Lost in Living*, focuses on women artists as mothers. She is a co-owner of *Ma and Pa Films*.

Moderated by

Audrey Bilger

Associate Professor of Literature, Claremont McKenna College

\* \* \*

Registration: 9:30 – 10:00 a.m.

Program: 10:00 a.m. – 12:00 p.m.

Lunch: 12:00 p.m.

Bring a sack lunch or buy a sandwich lunch ticket at registration (limited supply).

**THERE IS NO CHARGE FOR THE SEMINAR AND  
NO RESERVATION IS REQUIRED**



**Saturday, June 4<sup>th</sup>**

**8:30a.m. – 4:00 p.m.**

**Men Educating Men About Health**

is hosting its first annual

**Health Fair**

Pasadena Senior Center and Memorial Park  
85 East Holly Street in Pasadena, California.

**The Health Fair will feature FREE health  
Screenings**

**(valued at \$700 for men and \$600 for women):**

**prostate, diabetes,**

**cholesterol, stroke, blood pressure, body mass**

**index (BMI),**

**vision, hearing and dental.\***

**Also featured will be:**

**FREE Breakfast or Lunch\*,**

**Delicious food demonstrations,**

**Talks by top health professionals,**

**Surprises and giveaways each hour,**

**Electrifying live music,**

**Healthy lifestyle products and activities**

**\*By completing two or more screenings you get:  
one FREE breakfast or lunch.**

**PLUS one evening concert ticket to hear Barbara Morrison.**

The concert is hosted by MEMAH and sponsored by Ziquin Age (Less) Energy, and Axia – merchants services.

Pre-register at [www.memah.org](http://www.memah.org), then click on Get Healthy Pasadena or call MEMAH for more information at (626) 389-2758

*Thanks to Camille Dudley and Monica Hubbard for letting us know about this event*

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**Wednesday, June 8<sup>th</sup>**

**6:00 – 8:00 p.m.**

**How to Get Appointed to a Commission**

California Women Lead is sponsoring a two hour workshop on how to

get appointed to local & state commissions.. Los Angeles Area Chamber of Commerce, Bank of America Room, 350 S. Bixel St., L.A.

<https://www.cawomenlead.org/events.html>

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**June 24 – 26**

**NOW National Conference**

**Daring To Dream: Building a Feminist Future**

Tampa, Florida

What do a police chief, a plus-size model and a pollster all have in common?

They are three of the compelling women scheduled to speak at the [2011 National NOW Conference](#) in Tampa this June.

These fabulous feminists will be joined by a leader in South Florida's Haitian community, an actress/blogger and an expert on health and income security. And that's just the beginning

[Click for more...](#)

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**FINAL WORDS**

Award-winning writer Tricia Romano laments about the state of the movie industry:

*She's learned how to sing and play guitar. She's gotten down with the cast of Glee. She's appeared onstage with a Pug Muppet and Cee-Lo, dressed as a chicken. And now, she has a new cookbook, dedicated to her late father Bruce Paltrow, called My Father's Daughter. But it seems like no matter what she does, Gwyneth Paltrow is the Rodney Dangerfield of upper-crust, blue-blood, blond Hollywood actresses: She can't get any respect.*



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