



THE EQUALITY STANDARD

November, 2009

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

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




Nobel Prize Winners: l-r: Elizabeth H. Blackburn, Carol W. Greider, Elinor Ostrom, Herta Müller
Read stories below

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IN THE NEWS

 Women have been awarded several of the 2009 **Nobel Prizes:**

Elizabeth H. Blackburn and **Carol W. Greider** won the prize in Physiology or Medicine for their work on how chromosomes are protected against degradation, they will share with a third winner the \$1.4 million prize for research on structures at the end of chromosomes called telomeres and on an enzyme that forms them, called telomerase.

After 41 years a woman has won the Prize for economics. American **Elinor Ostrom** along with one other won for their "analysis of economic governance.

An ethnic German born in Romania, writer **Herta Müller** won the Prize in Literature. The 56-year-old, who emigrated to Germany in 1987, has made the trials of living under Nicolae Ceausescu's dictatorship a focus of her work.

 *Whatever your political views, I hope you will read this article that appeared in The Huffington Post recently and be as disgusted as the reader who sent it to me was. When did rape get to be OK? When did it become okay for corporations to just shrug their shoulders and become immune to culpability? What if it was you, your mother, sister, daughter or other loved one who was raped? Think about it.*

It's time to put aside the labels of "Democrat" and "Republican" and take up the banners of decency, human kindness, respect and dignity in our treatment of each other:

In 2005, Jamie Leigh Jones was gang-raped by her Halliburton/KBR co-workers while working in Iraq and locked in a shipping container for over a day to prevent her from reporting her attack. The rape occurred outside of U.S. criminal jurisdiction, but to add serious insult to serious injury she was not allowed to sue KBR because her employment contract said that sexual assault allegations would only be heard in private arbitration--a process that overwhelmingly favors corporations.

This year, Sen. Al Franken proposed an amendment that would deny defense contracts to companies that ask employees to sign away the right to sue. It passed, but it ... received 30 nay votes... "I understand we're a divided country, some disagreements on health care. How is ANYONE against this?" He asked.

He went on to show video of Sen. Jeff Sessions arguing that it's not the government's place to decide who the government does business with ... "I guess it's an efficiency thing. You don't want to waste tax-payer money giving it to someone who advises fake prostitutes how to commit imaginary crimes, you want to give it to Halliburton because they're committing real gang rape."

[Watch the video](#)

List of those who voted against the Rape Bill :

| | | |
|------------------|----------------|------------------|
| Alexander (R-TN) | Cornyn (R-TX) | Kyl (R-AZ) |
| Barrasso (R-WY) | Crapo (R-ID) | McCain (R-AZ) |
| Bond (R-MO) | DeMint (R-SC) | McConnell (R-KY) |
| Brownback (R-KS) | Ensign (R-NV) | Risch (R-ID) |
| Bunning (R-KY) | Enzi (R-WY) | Roberts (R-KS) |
| Burr (R-NC) | Graham (R-SC) | Sessions (R-AL) |
| Chambliss (R-GA) | Gregg (R-NH) | Shelby (R-AL) |
| Coburn (R-OK) | Inhofe (R-OK) | Thune (R-SD) |
| Cochran (R-MS) | Isakson (R-GA) | Vitter (R-LA) |
| Corker (R-TN) | Johanns (R-NE) | Wicker (R-MS) |

Thanks to Kimani for sending us this article and who "...thinks it is disgusting..."

 **Gender Rating.** Effective January 1st 2010, California state health insurance companies and HMO's will not be able to charge men and women different rates for the same type of insurance policy.

Currently, California women pay anywhere from 5% to 40% more than male counterparts for equivalent insurance, even on policies without maternity coverage. The practice of paying different rates based on

gender for the same insurance is called gender rating. *Source: FindLaw, October 16. Thanks to Board member Barry Allen for letting us know about it.*

Comment



FOR MEMBERS ONLY

Tickets for the Geffen Theater

On Saturday, November 21st, at 3:00 p.m. and at 8:00 p.m. Fifty-Fifty Leadership has a limited number of FREE tickets to the new show, "Equivocation."

This is a new play that opened in Oregon and was their biggest selling play EVER! It is a drama and is funny. The play, set in London in 1606 is about Shakespeare having been asked to write a play about the recently foiled Gunpowder Plot. It is about Shakespeare's struggle to write a play that will please – or at least not offend – the king, and as he gets deeper into it, the task gets more complex – for himself as an artist, a member of a theater company and a moral citizen.

Want tickets? As a current member of Fifty-Fifty Leadership you can request one or two tickets. Not a member? This may be the incentive you needed to finally join – or to renew your membership.

[For tickets](#)

[For Membership](#)



AN OPPORTUNITY TO HELP

The Prison Ministry at All Saints Church in Pasadena is once again collecting the small sample-sized toiletries for women in prison. These small gifts are often the ONLY gift the women receive at holiday time. If you've traveled and have samples on hand, or if you'd like to purchase soap, shampoo, hand lotion, or small sizes of toothpaste, they will be gratefully received. They can be dropped off in the office at All Saints (132 N. Euclid, Pasadena, across from City Hall) during the work week, or to the Prison Ministry's table on the lawn on Sunday mornings (until 1 p.m.)

Source: Wired Women



WOMEN OF THE WORLD AWARDS

The 2nd Annual Women of the World Awards event will be held on Saturday, March 13th, 2010 (Mark your calendars!). At that event 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 and last month Fifty-Fifty Leadership was invited to participate in their annual event, U.N. Day – a celebration of the 61 years since the UN came into existence. Virginia Tartaglio, a Senior at Westridge High School helped staff our table and many more interested people were added to our email list.



WOMEN IN BUSINESS

Note: From emails I have received, it seems that these postings in the Women in Business section are viewed as advertisements. While it is promotion of these businesses, I post only those businesses I know of and it is editorial discretion as to whether they appear.

Being a nonprofit, we do ask these business owners for a donation or recommend that they become a member, but that is entirely voluntary.

Paid advertising, on the other hand, such as we have had from IrishLemons.com, our fabulous web designer, and Ria Severance, a truly amazing Executive Development Coach, are marked as such and appear in different places in the newsletter.

Other offerings by various service providers are presented as deemed interesting.

☞ Need a **ride to the airport** and can't get a friend to take you? **Ann** to the rescue! Anne is in the foothills and offers an alternative to the shuttles or limousines: she has a Toyota Camry and can take up to four people depending on type and size of luggage, and two golf bags. She suggests a gift amount of \$65 to \$70 to LAX and \$40 - \$45 to Burbank, for example. She covers the areas from La Crescenta to La Verne and Alhambra. Anne has 12 ½ years experience and her phone number is **818-424-2091**.
Thanks to Monica Hubbard of Wired Women for letting us know about Ann

☞ I have been lucky to find some outstanding body-workers. I want to share my experience with **K.T. Feamster – Katie**. Katie has 28 years of experience and is a certified instructor in several areas. The experience I have with her is with her **structural kinesiology and AK Balancing**. After two hours of her caring, knowledgeable and sensitive work on my body, I left feeling like my blood was racing through my body, having been set free! I was standing taller and felt I could dance all night and then keep on going. So if you want a treatment that will give you more vitality, I highly recommend her. You can reach Katie at 626-324-1728 or email at ktmmary8@gmail.com

☞ **Are you a coach?** Do you have a specialty working with women and/or girls? If so, you may be interested in www.Coach4Women.com, a new venture being put together to promote and showcase coaches. If you would like more information and wish to be considered, please [hit reply](#) and send a profile/bio of your experience, your commitment, a link to your website and your target market.



LETTERS TO THE EDITOR

What do you like about the Equality Standard? What bothers you about it? Do you have a comment about an article? You will notice a "Comment" button on many of the articles. Just hit that and it will allow you to easily send them, and they will be posted here the following month. We want your opinions, facts that might not have been shown in an article, or links for our readers to go to for more information. If you want your comment to be anonymous, please note that, otherwise you will be given credit.

Right after reading your news item about women in prison being chained in childbirth, I read an article in the Arkansas Democrat Gazette about a woman who sued the Arkansas Department of Correction claiming that being shackled during childbirth violated her constitutional protections against cruel and unusual punishment. The ruling by the U.S. Eighth Circuit Court of Appeals stated that "(Her) protections from being shackled during labor had thus been clearly established by decisions of the Supreme Court and the lower federal courts before September 2003." Shawanna Nelson Lumsey claimed that handcuffing her to her hospital bed at times while she was in labor...permanently

deformed her hips, damaged her sciatic nerve and tore stomach muscles among other injuries that required surgery, leaving afflictions that caused doctors to warn the mother of two against having more children. Kelly Hayes-Raitt, Author



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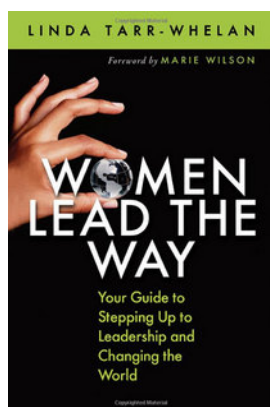
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BOOKS



The author clearly has a similar vision and mission to Fifty-Fifty Leadership and makes some very important points, one of which is that while the media still puts a lot of emphasis on women's "firsts" there is little attention given to the transformative effect women in leadership have. It also provides a false sense of good progress in reaching closer to gender parity in leadership, when in fact nowhere do we approach anything like a critical mass – the 30% Ms Tarr-Whelan speaks of or the 50% that Fifty-Fifty Leadership would like to see.

An expert on women's leadership, **Linda Tarr-Whelan's** book is a call to action for women to step up and become "agents of change." For Linda, life as a change agent has meant "a constitutional unwillingness to accept the status quo when it seems unfair and a determination to try to find a better way." In **Women Lead the Way** she delivers thought-provoking research and statistics about women's progress and provides readers with a practical road map for becoming leaders and agents of change. Most importantly, Linda's book includes the contextual details needed to understand and embrace women's transformational leadership.

The premise of *Women Lead the Way* is that leadership balance brings greater progress. As she explains, with a minimum of 30% women at the tables of power "our voices resonate fully to add the affirmative difference of our experience and values." In both her book and in our conversation Linda stressed how far behind the rest of the world the United States has fallen as the result of our underinvestment in women.

The United States ranks 69th in the world in women’s political participation – we have an equally dismal record in Corporate America. In the 101 countries that have embraced what Tarr-Whelan calls “The 30% Solution,” often through legislation or constitutional mandates, the result has been an intensified focus on the issues that are important to women – improving health care and education, ending violence, and developing long-neglected resources for working families. These same countries have also seen a better business bottom line with more women in power. Tarr-Whelan cites studies that show that the financial firms with more women at the top in France and Denmark weathered the 2008 economic crisis better than countries with fewer women in leadership positions.

“I would ditch the term women’s issues for the rest of my life,” she declared. Linda then shared an important lesson from her years fighting for women’s rights – “To call anything a women’s issue...is to marginalize it.” She makes a distinction between the value we place in our culture on issues that are viewed as societal and those we perceive as “women’s issues.” A critical mass of women at the table broadens the context of what society values and the solutions put forth begin to reflect the values, ideas, and concerns women share. The context opens up from a narrow focus on “women’s issues” to the greater framework of the societal agenda. “As Insiders and partners, rather than competitors,” she explains, “we can change systems and institutions to reflect our views, values, and experience.”



• *The Honorable Linda Tarr-Whelan, former Ambassador to the UN Commission on the Status of Women in the Clinton Administration and Deputy Assistant for Women’s Concerns to President Jimmy Carter, pictured with her granddaughter Harper Jane Walker - the inspiration for her book, “Women Lead the Way.” Photograph by Andy Metz.* •

...only 14% of guest appearances on Sunday talk shows are women or that women represent less than 25% of opinion columnists... instead of delivering stories in broader contexts (such as the impact of having women in leadership positions), the media delivers sound bites about “firsts” – the first prime time woman anchor, the first woman astronaut, the first woman candidate for President. In neglecting to deliver the full story, the media’s focus on firsts alters our perception of progress and leads us to believe it is greater than what has actually been achieved. ... by telling the story within the larger framework of women’s transformational leadership the story broadens from the limited perspective of a gender issue to a societal need.

Tarr-Whelan points out that only 3% of media “clout” positions are held by women, thereby skewing that which is deemed newsworthy. In media, if women had the critical 30% of leadership positions the context of stories delivered to the public would undoubtedly change.

[Read more...](#)

[Comment](#)

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DID YOU KNOW...

October 3, 1922
 First Woman Senator

The governor faced a serious political dilemma. He wanted to run for the U.S. Senate, but his earlier opposition to ratification of the Constitution’s equal suffrage amendment seriously alienated many of his state’s women voters. How could he gain their allegiance?

On October 3, 1922, Georgia’s Democratic Governor Thomas Hardwick made history by appointing the first woman to a Senate vacancy. He believed this act would appeal to the newly enfranchised women of Georgia. Taking no chances of creating a potential rival for the seat in the upcoming general election, he chose 87-year-old Rebecca Felton. His appointee had led a long and active political life. A well-known suffragist and temperance advocate, she was also an outspoken white supremacist and advocate of racial segregation.



Rebecca Felton

At the time, the Senate was out of session and not expected to convene until after the election, when the appointed senator would have to step aside for her elected replacement. Felton's supporters deluged President Warren Harding with requests that he call a special session of Congress before the November election so that she could be legitimately seated. Harding ignored these pleas. Thus there was little chance that Felton would actually become a senator by taking the required oath in open session.

On election day, despite his political calculations, Hardwick lost to Democrat Walter George. When the Senate convened on November 21, 1922, George astutely stepped aside so that Felton could claim the honor of being the first female senator—if only for a day.

In her address the following day to a capacity audience, the Georgia senator described a cartoon she had received showing the Senate in session. "The seats seemed to be fully occupied, and there appeared in the picture the figure of a woman who had evidently entered without sending in her card. The gentlemen in the Senate took the situation variously," she continued. "Some seemed to be a little bit hysterical, but most of them occupied their time looking at the ceiling," without offering the newcomer a seat. Felton concluded with the following prediction. "When the women of the country come in and sit with you, though there may be but very few in the next few years, I pledge you that you will get ability, you will get integrity of purpose, you will get exalted patriotism, and you will get unstinted usefulness."

Talmadge, John E. "The Seating of the First Woman in the United States Senate." Georgia Review 10 (Summer 1956): 168-74.

[Read more ...](#)

[Comment](#)

✎ Joanne Lipman, a former deputy managing editor at The Wall Street Journal, was the founding editor in chief of Condé Nast Portfolio magazine and recently wrote an editorial in the New York Times, excerpted here:

"For the first time, women make up half the work force. The Shriver Report, out just last week, found that mothers are the major breadwinners in 40 percent of families. We have a female speaker of the House and a female Secretary of State. Thirty-two women have served as Governors. Thirty-eight have served as Senators. Four out of eight Ivy League presidents are women.

Great news, right? Well, not exactly. In fact, it couldn't be more spectacularly misleading.

...board seats and corporate officer posts have been flat — or declined in recent years...women in 2008 made up almost half of all (law firm) associates, but only 18.3 percent of partners. Only 15 women run Fortune 500 companies.

Even the positive numbers we've heard about during the recession are misleading — the ones that seem to indicate that women have suffered fewer job losses than men. The reason? Women are still concentrated in lower-paying fields, rather than the high-paying industries like finance and real estate that were hardest hit.

...The conversation online about women, as about so many other topics, degenerated from silly and snarky to just plain ugly — and it seeped into the mainstream.

Recently, before a TV appearance, I did an Internet search on one of the interviewers so I could learn more about her — and got a full page of results about her breasts.

Part of the reason we've lost our way, part of the reason my generation became complacent, is that many of us have been defining progress for women too narrowly. We've focused primarily on numbers at the expense of attitudes.

This isn't simply a woman's issue; it affects us all. It isn't about blaming men, or about embracing feminism, which remains a toxic term for some women. Instead, it is up to all of us to help change the conversation.

How do we get to there from here? First, we can begin by telling girls to have confidence in themselves, to not always feel the need to be the passive "good girl." In my time as an editor, many, many men have come through my door asking for a raise or demanding a promotion. Guess how many women have ever asked me for a promotion? I'll tell you. Exactly ... zero.

Sure, it's a risk to ask for a raise. But women need to take risks — and to realize that at some point they will fail. This is an incredibly hard thing to do, especially for women brought up in a culture that celebrates unrealistic perfection in every sphere, from beauty to housekeeping.

Which leads me to another piece of advice — have a sense of humor. Believe me, it's needed.

...One final suggestion: don't be afraid to be a girl. Women do have a different culture from men. And that can give us some tremendous advantages. Women are built to withstand hardship and pain. (Anyone who has given birth knows what I'm talking about.) That's a big benefit at a time like this, with the unemployment rate at 9.8 percent and rising.

Women define success differently; for some it may be a career, for others the ability to stay home with children. They also define *themselves* differently. I'm in the unfortunate position of witnessing many friends and colleagues laid off over the past year. But the women are less apt to fall apart — and this goes even for the primary breadwinners — because they are less likely to define themselves by their job in the first place.

Certainly, when you look at the numbers, women have made tremendous strides over the past 25 years. But in the process, we lost sight of something important. After focusing for so long on better jobs and higher pay, maybe the best thing — the enduring thing — we can do is make sure respect is part of the equation too.

If we can change the conversation about women, the numbers will finally add up. And that's what real progress looks like.

[Read more...](#)

[Comment](#)



HEALTH

🌀 A recent study featured in the journal *Ecology and Evolution* claims the birth control pill may have changed women's taste in men over the years. According to the theory, women prefer masculine men during the time they ovulate each month. But on the days women are not fertile, they prefer men who have boyish faces and caring personalities. However, women who take the birth control pill are not fertile; therefore, they are always attracted to these boyish men.

🌀 In a study of more than 9,000 people, Dr. Christopher I. Li of Fred Hutchinson Cancer Research Center in Seattle and his colleagues found that those with a history of migraines were 26 percent less likely to develop breast cancer. The findings back up an earlier study, also by Li and his team, which included about 2,000 women and found a 33% lower breast cancer risk among women with migraines. Low estrogen levels appear to increase the severity and frequency of migraines in women, the researchers note in their report, while increased levels of the hormone are known to boost breast cancer risk, so it's "biologically plausible" that migraine sufferers would be less prone to breast cancer.

Source of above two items: LBN Alert

[Comment](#)

October was Breast Cancer Awareness month – did you have your mammogram? If you do not have insurance or your insurance doesn't cover it, call the Centers for Disease Control (CDC) at 888-842-6355 and they will give you contact information for a program near you.

For the Los Angeles area [Click Here](#)



WOMEN OF NOTE

🌀 In September Author and Social Scientist **Riane Eisler** spoke at the United Nations in New York on "***The Real Wealth of Nations: From Global Warming to Global Partnership.***" Starting with a note about her ongoing work *"to build a more equitable, peaceful, and sustainable future is one that I too am passionately dedicated to, not only as a scholar, writer and activist but as a mother and grandmother deeply concerned as so many of us are about what kind of future our children will inherit."*

"I am going to suggest to you that our global challenges, not only global warming but so much of the suffering, hunger, poverty, violence that afflicts our world, that these are all symptoms of an underlying dysfunction that has affected all aspects of our lives, ... symptoms of what my multidisciplinary, cross cultural, historical research has identified as the configuration of a Domination system, the kind of system we have been trying to leave behind, be it man over man, man over woman...and that to effectively address our current crises, and most important, prevent new ones, we have to work together for a major cultural shift to the beliefs and institutions characteristic of a Partnership rather than a Domination system."

Dr. Eisler went on to talk about prior civilizations from which we can learn –
"...the "high civilization" of Minoan Crete, which, while not ideal, was more peaceful, had a more equitable distribution of wealth, and was more gender balanced. Also, before that, Neolithic societies like Catal Huyuk in Anatolia, again not ideal, but more peaceful, more egalitarian, including a more equal partnership between the female and male halves of humanity."
So perhaps Fifty-Fifty Leadership, [Linda-Tarr Whelan](#), and the many other people and organizations that see the need and are working toward more women in leadership, are right. We have historical evidence as well as recent studies, showing that when women are included in leadership, civilizations work better.
Period.

[Read or listen to her complete speech ...](#)

Comment

🌀 Winners of the Federal Watchdog Awards included **Crystal L. Johnson**, an assistant special agent with the General Services Administration's inspector general office, who was honored for 12 years of fraud investigations. Johnson helped close a 2003 case regarding alleged violations of the Trade Agreements Act that recovered \$27 million from vendors. A 2007 investigation involving a software firm recovered another \$98 million.

🌀 **Helen Ceglia** won a similar achievement award for her work leading the Labor Department's Office of Labor Racketeering and Fraud Investigations. Her team generally probes unions or benefit plans infiltrated by organized crime. The office recently completed a case involving the Gambino crime family that led to the conviction of 61 people.

Source: Washington Post, Wednesday, October 21, 2009

[Read the whole article](#)

Comment



WOMEN AROUND THE WORLD

🌀 Reporting from Cairo - Whether it's seen as a clever little gadget to help a woman keep a secret or a devilish deception that threatens Islam, the Artificial Virginité Hymen Kit is not welcome in Egypt.

The kit allows a bride who is not a virgin to pretend that she is. A pouch inserted into the vagina on her wedding night ruptures and leaks a blood-like liquid designed to trick a new husband into believing that his wife is chaste. It's a wink of ingenuity to soothe a man's ego and keep the dowry intact.

"No more worry about losing your virginity. With this product, you can have your first night back any time," states the website of Gigimo, a Chinese mail-order company that sells the kit and other sexual products, including sex dolls and bondage toys, worldwide. "Add in a few moans and groans, you will pass through undetectable."

Lina Samaan, an accountant, said the furor raises disturbing questions about her country and the double standards that often apply to women:

"I think it's a shame that we are discussing a product like this. If most girls don't have sex prior to marriage only because they want to keep virginity, then there is something wrong with the way we think," she said. "Sex is a right for every woman but unfortunately we started turning to products like these because men -- even non-religious ones who have sex before marriage -- wouldn't marry a girl if she's not virgin."

"Having something like the virginity kit can cause complete mayhem within the Egyptian social life," said Farid Ismael, a member of parliament's health committee. "It can lead to the spreading of vice and the loss of all the good morals and values we had and that totally contradicts with our Islamic beliefs."

Excerpted from a story in the Los Angeles Times, October 7th, by Jeffrey Fleishman and Amro Hassan

[Read More...](#)



SUBSCRIPTIONS

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

Annual Subscription: \$15

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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.



November 3rd ELECTION DAY

Is there an election in your area? If so, please use your hard-fought right to vote. For information to help you make good decisions go to one of the following websites – or all of them – and find out all you need to know:

[League of Women Voters](#)

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**Wednesday, November 4th & Thursday November 5th**  
**National Small Business Federal Contracting Summit – West Coast**  
**Hyatt Regency, Long Beach**

Presented annually by the [National Association of Small Business Contractors](#) and the [U.S. Women's Chamber of Commerce](#), this is the premiere summit for west coast small business contractors.

This year's agenda is full of agencies, prime contractors, government representatives, and the always in demand "Industry Day" one-on-one sessions between small business representatives, federal agencies and prime contractors.

**Below are examples of sessions from the summit program:**

- Industry Day One-On-One Sessions
- How to Market your GSA Schedule
- SBA Office of Government Contracting - Resources for Small Business Contractors
- Teaming and Joint Ventures - Legal
- Finding and Selecting Opportunities to Establish "Small Business / Prime Contractor" Teams
- Environmental Protection Agency Small Business Contracts
- U.S. Dept of Interior Small Business Contracts
- Preparing for Success in Your One-On-One Meetings with Agencies and Primes
- California DOT
- NAVFAC SW Small Business Contracts
- Northrop Grumman
- Seaport E (SPAWAR/PEO)
- US Army Corp
- US Air Force
- Tijuana Mexico Business Development

[For More Information, Fees and to Register, Click Here](#)

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Friday, November 6th
6:00 p.m.
38th Annual Humanitarian Awards Dinner
To Benefit Peace Over Violence
Building Healthy Relationships, Families and Communities Free from Sexual, Domestic and Interpersonal Violence
The Beverly Hills Hotel
9641 Sunset Boulevard, Beverly Hills, CA 90210
For Tickets and more information go to www.peaceoverviolence.org

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**Saturday, November 7<sup>th</sup>**  
**6:00 – 9:00 p.m.**  
**Opening Reception**  
**Works on Canvas by Artists**  
**J. Natasha Kostan and Launa D. Romoff**  
Blue 7 Gallery, 3129 Pico Boulevard, Santa Monica, CA 90405  
Come meet these extraordinary artists and enjoy their work – you might want to take one or two home to put on your walls.

[Take a Peek at Launa's Website](#)  
[Take a Peek at Natasha's Website](#)

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Monday, November 9th
11:30 – 1:30 p.m.
Verdugo Hills Business and Professional Women

Networking Luncheon with special guests from The Walter Hoving Home & Family Promise, delivering information about these great organizations which will be the recipients of our donations in December.

Please bring silent auction items for December.

Additional donations will also be accepted and donated to the Wellness Center and non-perishable food items accepted for the Burbank Temporary Aid Center.

La Cabanita Restaurant

3447 N Verdugo Rd, Glendale, CA 91208

RSVP: Julia Rabago 818-903-0661 or 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!

Members: \$15 Guests: \$20

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**Tuesday, November 10<sup>th</sup>**

**4:00 – 7:00 p.m.**

**Girl Scouts of Los Angeles Open House**

**801 South Grand Avenue, Suite 300**

**Los Angeles, CA 90017**

Get to know how Greater L.A.'s largest girl-serving youth agency is preparing tomorrow's leaders

Serving 45,000 women and girls; 22,000 adult volunteers and 350 communities along Los Angeles, Kern & San Bernardino Counties

To RSVP Call (213) 213-0150 or email [Here](#)

Parking is available across the street for \$4

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Saturday & Sunday, November 14 and 15

Aristophanes bawdy anti-war comedy, Lysistrata

The Getty Villa will host a weekend film series with four different films approaching the satire from a different perspective.

Movies are FREE – Reservations Required

[Details Here](#)

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**Thursday, November 19<sup>th</sup>**

**11:30 – 1:30 p.m.**

**YWCA Pasadena-Foothill's Women of Excellence Leadership Speaker Series Presents**

**Lena Kennedy**

Behind that dazzling smile is a formidable fundraiser and event producer, both locally and now on the national scene. Most notably Lena was a key member of the National Finance Committee/Obama for America and not only helped organize four successful fundraising events in Pasadena, but, as co-chair of the National Women's Leadership Initiative, hosted a national conference in Chicago in October, 2008 with Michelle and Barack Obama, Oprah Winfrey, and many other female elected officials from across the country.

Donald R. Wright Auditorium, Pasadena, Central Library, 285 E. Walnut St.

Tickets are \$25 and include refreshments, \$35 at the door.

Purchase Tickets: online at [www.ywca.org/lenakennedy](http://www.ywca.org/lenakennedy)

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Saturday November 14, 2009

10:30am-1:30pm

Mock Interviews at Women At Work

Scared of Interviews?

Register now for an individual or a panel interview. Women At Work will be conducting mock interviews to help you practice your skills and give you professional feedback.

Panel Interviews: \$40 for 30 minutes. Individual Interviews: #30 for 20 minutes.

By Appointment Only - call 626-796-6870 ext. 0 during business hours, or leave a message at ext. 14.

**Women At Work
3871 E. Colorado Blvd., Pasadena, CA 91107**

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**Wednesday, December 2  
California Women Lead**

**Reception honoring all the women who are running for California statewide office**

Watch for details in next issue  
Or go to [www.cawomenlead.org](http://www.cawomenlead.org)

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**December 14
11:30 – 1:30 p.m.**

**Verdugo Hills Business and Professional Women
presents
BPW Blitz for Charity – Holiday Party**

Proceeds from Holiday party silent auction will be matched
(up to \$500 from VHBPW) and be donated to Walter Hoving Home & Family Promise
Additional donations will also be accepted and donated to the Wellness Center and non-perishable food items
accepted for the Burbank Temporary Aid Center.

La Cabanita Restaurant

3447 N Verdugo Rd, Glendale, CA 91208

RSVP: Julia Rabago 818-903-0661 or 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!

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## **ADVERTISING IN THE EQUALITY STANDARD**

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

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FINAL WORDS

"Strawberry"

By Ronda Matthews Cluff – First place winner in an essay contest put on by the Renal Support Network for people with kidney disease.

Pema Chodron, an American Buddhist nun, tells the story of a woman being chased through the jungle by tigers. She comes to the edge of a cliff and, with the tigers behind her, has no choice but to climb down a vine. Once she does, she sees tigers below her, too. What's more, a mouse is now gnawing at the vine to which she clings. What to do? She sees a ripe strawberry growing within reach, tosses it into her mouth and "thoroughly" enjoys the treat.



When I read this story for the first time a couple of years ago, I was stunned. Yes, life is often a case of "tigers above, tigers below," as Chodron phrases it, but I couldn't wrap my mind around the idea of

whole-heartedly, without a single reservation or concern, immersing myself in the joy of a small moment in the midst of a life-threatening challenge.

Over the days that followed, I began to own “the strawberry story,” because I have a potentially life-threatening challenge – Polycystic Kidney Disease. I also have a “strawberry” – my 7-year-old daughter. She’s a live wire and she has brought me into the world in a way that my introverted temperament never allowed. But because it’s in my nature to dwell on my fear of the unknown and the things I can’t control, I sometimes need to stop and ask myself out loud “Where is the strawberry?” Most of the time, the answer is this 4-foot tall creature who doesn’t take no for an answer and lives for small moments of joy. It is amazing how many joyful moments there are, and how powerful they can be, when you’re really paying attention.

I’m 42 years old and while my kidney functioning is pretty close to normal right now, I know it won’t be that way forever. The impact of PKD on generations of my family has been enormous, and I’ve watched this disease take its toll on aunts, cousins and my own mother. As I write, my mom has been on dialysis for 18 years and a cousin is nearing the point of getting on a transplant list. Meanwhile, my own blood work and need for blood pressure medication show that PKD is staring me down, too. “Tigers above, tigers below.”

But in every day there is at least one strawberry: An unexpected hug given so enthusiastically that I nearly lose my balance, sitting down as a family to watch The Wizard of Oz (for the 100th time), or going for a walk hand-in-hand on a late spring day (despite the salt-marsh mosquitoes). I accept that life won’t ever be without dilemmas and challenges, and sometimes things are not only messy, but downright ugly. I also know that if I welcome small, joyful moments into my life, and live completely and without reservation while in them, I will continue to be able to lead a joyful life.

If you or someone you know is a kidney patient, check out the Renal Support Network at www.RSNHope.org

Happy Thanksgiving to you and those you love



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