



# THE EQUALITY STANDARD

## November 2010

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

### **Our Vision**

**That 50% of leaders are women**

### **Our Mission**

**To transform the culture within which we live to one that naturally includes women on an equal basis in the selection of leaders**

Visit our website, [www.5050Leadership.org](http://www.5050Leadership.org) or give us a call at 818.243.2322

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### IN THE NEWS

☞ **Women Enter Afghani Air Force:** Masooma Hussaini is just one of a solid group of young women who have decided to join the newly-reformed Afghan Air Force. The recruits train with their male

counterparts in a facility known as “Thunder Lab”—the only difference is the black head scarves they wear and the separate living conditions. The female pilots are also unmarried, and they’re all around 19 years old. That’s a major age gap from their male colleagues, many of whom are in their 40s. *Source: LBN*

### ☞ **Rare new Torah made by women in Seattle**

The sterling silver needle darted into the parchment. The sinew made a raspy whisper as it was pulled through. It was the sound of history being made. Jewish women have never been allowed to create a Torah, or even buy the parchment from the designated factory in Israel. But the Seattle Kadima Reconstructionist has created the first known Torah to be collaboratively written by women from around the world.

After nearly eight years, and close to \$100,000 spent, women and a few men gathered to watch as the 62 panels of parchment were stitched together.

While over the past few decades women in Reform synagogues have become rabbis and cantors, the prohibition against women becoming scribes is the last barrier. Being a scribe is one of the most important tasks of the religion because it's the only approved way of replicating the Torah, the Jewish scriptures and other sacred writings.

[Read Nancy Bartley's full article here](#)



🔗 **Rock n' Roll Robots, a Girl Scouts robotics team** based in Pasadena, is having a tremendous run. The team took top honors at the global 2010 FIRST Tech Challenge - which earned them recognition from President Obama at the National Science Fair last week.

[Read More](#)

Rock N Roll Robots', from left, Makena Young, 16, of Tarzana, Sakshi Walia, 15, of Long Beach, and Victoria Gough, 15, of Pasadena, work on a new robot Saturday, October 23, 2010 at San Marino High School. The team, of area Girl Scouts mentored by JPL women engineers, won the Inspire Award in the World Championship for the FIRST Tech Challenge this year and was honored during the first White House Science Fair last week. (SGVN/Staff Photo By Sarah Reingewirtz)

🔗 United Arab Emirates — The UAE's highest judicial body says a man can beat his wife and young children as long as the beating leaves no physical marks. The decision by the Federal Supreme Court shows the strong influence of Islamic law in the Emirates despite its international appeal in which foreign residents greatly outnumber the local population.

*Source: LBN*

🔗 Citigroup Inc was accused of gender bias in a federal lawsuit filed this week. The claims, brought by six women, allege the banking giant routinely denied women professionals equality with men in pay, assignments and promotions. The allegations mirror allegations made in a separate suit filed last month against Goldman Sachs. *Source: Care2Causes*



## FREE THEATER TICKETS



There are just a few tickets left for the Geffen Playhouse' production, **Hershey Felder in Maestro: The Art of Leonard Bernstein** Saturday, November 13<sup>th</sup> at 3:00 p.m.

Don't miss out on this **FREE** event!  
Members email – [tickets@5050Leadership.org](mailto:tickets@5050Leadership.org),  
or call 818-243-2322

Not a member? Go to [www.5050leadership.org/membership](http://www.5050leadership.org/membership) and sign up today



## GIFTS THAT KEEP ON GIVING

Once again this year we bring you ideas for gift-giving that will make you feel good, will provide much needed aid, and may even give you a tax write-off! Whether you choose one of these organizations or not, perhaps it will inspire you to find a cause to support.



### AID STILL REQUIRED

Who thinks about Katrina, the Pakistan earthquake, Haiti or the tsunami anymore? No one. No one, that is, except Aid Still Required whose mission it is to champion forgotten issues and support eco-friendly projects after the story has left the headlines. Aid Still Required's CD compilation is simply one of the best collections ever ("A beguiling CD"- Seattle Times) with tracks donated by Paul McCartney, Norah Jones, Bonnie

Raitt, Eric Clapton, Sarah McLachlan and many more. Give the gift that gives back!!

The CD is just \$20 at [www.AidStillRequired.org/Angel](http://www.AidStillRequired.org/Angel) You can also get the CD for free if you sign up for a monthly donation

*(I bought the CD, it is a great compilation – I have been playing it all week. Ed.)*

### HEIFER INTERNATIONAL



Our catalog highlights the life-changing model that has helped families become self-reliant for more than 65 years. In the catalog you'll see the goats, heifers, chicks and other gift animals that give families around the world a promise of hope.

Many catalogs will fill our mail and inboxes, but no other catalog will offer the hope and promise of The Most Important Gift Catalog in the World. It offers over 20 unique gifts perfect for the holidays. Honor your loved ones with gifts that provide the tools for families to rise above poverty. What a great way to celebrate the holidays!



Browse these gifts now in our online gift catalog.

You're sure to find the perfect something for that special someone.

Heifer International has ways to donate from as little as \$10 –

giving a share of a trio or rabbits, a flock of chicks for \$20, and much more. [www.heifer.org](http://www.heifer.org)

## SOMALY MAM FOUNDATION

There are still over 2 million women and children who are trafficked as sex slaves. Somaly Mam was a sex slave herself who escaped and has devoted her life to helping free other girls and women.

Through their online store, The Empowerment Store

<http://www.empowermentstore.org/>

You can buy a survivor-made product and help a survivor become financially self-sufficient as she embraces her new life..

## FIFTY-FIFTY LEADERSHIP

Half of the population is female, yet decisions at top levels in every profession, trade, and government entity are being made by mostly males. Fifty-Fifty Leadership promotes equal leadership for women and men. In its efforts it has programs to help those who want to hone their leadership skills, Leadership Circles. Here's what your gift will buy:

**\$50** will provide a FULL SCHOLARSHIP for one woman



or girl to take one of the Leadership Circle programs

**\$40** will provide MATERIALS for one woman or girl to take one of the Leadership Circle programs

**\$25** will provide a HALF SCHOLARSHIP for one woman or girl to take one of the Leadership Circle programs

**\$10** will be added to the fund to provide SCHOLARSHIPS for women and girls who are committed to being leaders and wish to take one of the Leadership Circle programs

[www.5050Leadership.org](http://www.5050Leadership.org) or  
email: [LC@5050Leadership.org](mailto:LC@5050Leadership.org)

If you are looking to promote your business, we have Sponsorship and advertising opportunities for our 3<sup>rd</sup> Annual Women of the World Awards and our Love Yourself Event.

Email us at: [Events@5050Leadership.org](mailto:Events@5050Leadership.org)

## Shopping at Amazon.com

Go to [www.5050Leadership.org/Products](http://www.5050Leadership.org/Products)

and click on the Amazon button. At no cost to you,

everything you buy will send a small percentage back to us.



**Groupon** - Do you eat out? Have facials? Do yoga? These and more are some of the things you can get at a real bargain by buying a “Groupon” – I got 3 yoga sessions worth \$60 for \$20 at Yoga House, \$50 off my check at La Luna Negra restaurant, among other bargains.

Go to [www.5050Leadership.org/Products](http://www.5050Leadership.org/Products) and click on the Groupon button like the one here and see what’s being offered today. While you save money, a small percentage will be given to Fifty-Fifty Leadership (at no cost to you) as a promotional fee from Groupon.

**Pathfinder International** - A global leader in reproductive health. Pathfinder International’s mission is to ensure that people everywhere have the right and opportunity to live a healthy reproductive life.

**Make a Choice to Give a Choice**

Your gift today will ensure women like Esther in Tanzania have more choices about their reproductive health throughout their lives. Give them the same choices that you have to lead a healthy life—and support them on the journey to a better future. [www.pathfind.org/MakeAChoice](http://www.pathfind.org/MakeAChoice)).

Whatever we each do, collectively, we’ll have an impact. And that’s what will truly change the world.



**ELECTIONS –Tuesday, November 2nd**

*We have the right to vote, let’s use it*

Make your voice heard through your vote.

*Get all the information you need from Smart Voter at:*

[Voting Information](#)



**WOMEN AT WORK**

**Be a part of California's Government**

It's with great pleasure that Fifty-Fifty Leadership introduces to you the

**California Women's State Appointment Project 2010.**

**Extended to November 30th**

The mission of this nonpartisan project is to encourage and recruit women statewide to apply for an appointment on boards, commissions, or in agencies within the new gubernatorial administration that will be elected this November.

California Women Lead, the National Women's Political Caucus-California, Leadership California, the California Commission on the Status of Women, HOPE (Hispanas Organized for Political Equality), and Black Women Organized for Political Action comprise the Coalition of organizations leading this effort to ensure we have a rich, diverse pool of women from all corners of the state included.

The end goal is to present to the next governor and their transition team binders containing the names and resumes of women who are interested in serving within the new administration in order to provide a significant pool of qualified women to serve as appointees. We will recruit women from all backgrounds and for all level of positions - high level, paid and volunteer. Many of these boards and commissions need women to serve in public positions, so women should not think they need to be an expert in a specific area to apply. There are many women currently serving on boards and commissions who learn as they go!

We know there are many amazing women throughout California. As the state faces so many challenges we need to engage women from across the state and encourage them to serve. The Coalition's goal is to not only increase the number of women in appointed office, but also to ensure that boards and commissions reflect the rich diversity of California.

We encourage all our readers to fill out the application located on the California Women Lead website, [www.cawomenlead.org/cwap](http://www.cawomenlead.org/cwap) so you may be included in this project.

On this site, they have included information to answer any questions about the process and offer inspiration on the rewards for serving to potential appointees from women who are currently serving on and have served on boards and commissions around the state.

We look forward to increasing the number of women in appointed office in California.

If you have any questions, please do not hesitate to contact California Women Lead at [cwap@cawomenlead.org](mailto:cwap@cawomenlead.org).

You may also contact Rachel Michelin, Executive Director/CEO, California Women Lead at [Rachel@cawomenlead.org](mailto:Rachel@cawomenlead.org) or (916) 551-1920 with any specific questions regarding this project.



**Nominate a Woman of the World!**  
**Deadline: November 12, 2010**

# 3<sup>rd</sup> Annual Women of the World Awards

Fifty-Fifty Leadership and UNA-USA Pasadena invites you to nominate someone you know personally or professionally who has made a difference in the lives of women and girls in another country.

We are looking for nominations of women of all ages, heritages, countries and professions. These leaders will be honored at the 3<sup>rd</sup> Annual Women of the World Awards on Saturday, March 12<sup>th</sup>, 2011.



Last year's Honorees (l-r): Whitney Kroenke, Dr. Shilpa Sayana, Dr. Riane Eisler

**To nominate a Women of the World:**

**Final Submission Deadline:**

**Friday, November 12<sup>th</sup>, 2010 at midnight**

**To Submit:**

1. The nominee's name, organization, title, email address, phone number and postal address
2. A summary, 200 words or less, of the impact this leader has
3. Your relationship to the nominee, and your contact information: name, email address, phone number, and postal address
4. Send your nominations to [WOW@5050leadership.org](mailto:WOW@5050leadership.org)

**The Awards:** The 3<sup>rd</sup> Annual Women of the World Awards will be held on Saturday, March 12<sup>th</sup>, 2011 at the lovely Brookside Golf Course in Pasadena. **Please save the date!**  
We would love for you to be with us.

Fifty-Fifty Leadership, P.O. Box 11202, Glendale, CA 91226 [www.5050Leadership.org](http://www.5050Leadership.org)  
UNA-USA Pasadena, 75 So. Grand Ave, Suite 217, Pasadena, CA 91105 [www.UNAPasadena.org](http://www.UNAPasadena.org)  
Fifty-Fifty Leadership: 818-243-2322 / 818-694-0588 UNA-USA Pasadena: 626-449-1795



## MOVIES

**CONVICTION** - Now in movie theaters. Like so many of the hardscrabble folks she brings to life on-screen, **Hilary Swank** is nothing if not driven. Her scrappy intensity launched her from a small town trailer park to the Oscar podium in just 10 years. And

she did it by sheer determination, leaving high school for Hollywood at 15, where she and her mom lived out of a borrowed car, cold-calling agents from a pay phone, hoping for a break. Swank has built a career—and earned two Oscars—playing underdogs with big dreams, among them the first woman to fly around the world (Amelia), an inner city high school teacher (Freedom Writers), a small town girl who wanted to be a boy (Boys Don't Cry), a broke waitress driven to be a boxer (Million Dollar Baby), and now in Conviction, the uneducated single mother **Betty Anne Waters** who in real life, spent 18 years becoming a lawyer to free her brother from prison.



## DID YOU KNOW...

Every parent needs to read this article about the new Girl Scouts public service announcement "Watch What You Watch."

### [Girl Scouts](#)

The Geena Davis Institute on Gender in Media, based in Los Angeles, researches persistent anti-women and anti-girl media images in movies and the media and has data showing that things are still not rosy.

Among the findings: Males were nearly three-quarters of all characters in the 400 top-grossing films in a recent 16-year period, and animated movies are more likely to portray both women and girls in sexually-revealing attire than live action films. Other research indicates that the more television a girl watches the less likely she is to believe that she will be successful. At the same time, the more hours of television a boy watches, the more likely he is to hold sexist views of girls.



## HEALTH

### **Second in a special two-part series on weight loss.**

#### **Real Stories, real people: Two paths to a new, leaner body and healthy lifestyle**

For people who are obese, anything that promises to relieve them of the weight is worth considering. Last month we ran an article on weight-loss surgery, including gastric bypass and the lap-band. This article is a comparison of what life is really like after surgery, and what life is like for people who have lost their weight through membership in a 12-step program. Both paths can lead to a successful transformation and a sense that the person's life is changed for the better.

Cecelia Crawford, a nurse who works at Kaiser Permanente had gastric bypass surgery and was kind enough to tell her story about what made her decide to have the surgery, and what life has been like since. Several people who attend

12-step programs are included and as they value their anonymity I did not use their real names. From both Cecelia and the 12-step members I heard some heartwarming, often poignant and very grateful success stories.

I also heard from each person a lot of hard work, actions and sacrifices that are necessary for the rest of their lives – no matter which path they chose.

While speaking to people who have had surgery and those who are or have been members of 12-step programs, I spoke with people who have lost their excess weight and are maintaining their leaner bodies, others who still yo-yo up and down, and still others whose heart-wrenching stories are of weight regained.

#### Differences and similarities

The differences of the two paths are only in the initial weight loss method, the similarities can be seen in what it takes after the initial “honeymoon” period. Improved health and a more satisfying life takes an acceptance of and surrendering to a different lifestyle, including but not limited to eating less food. Both options, it seems, take time, effort, sacrifice, and a robust support system.

#### Path 1: Surgery

Cecelia Crawford was kind enough to tell me her story of success of which she is rightly proud. She is a slim, vibrant and energetic nurse, wife and mother who never had a problem with obesity until her early 40's. Then as her children became teenagers she went back to school, took on increasing responsibilities at work, and her life just got more complicated. She responded with a little extra food here and there and the pounds crept on.

In 2002 she hit a peak of 255 lbs. At just 5' 2" medical charts say she should weigh around 120. She had done the yo-yoing, adding a few pounds then dieting to take it off. “If there was a diet or weight-loss program out there, I had done it,” said Cecelia.

The turning point came when her husband had to go to Paris for work and she went to meet him. Having boarded the plane and found her seat, she watched others coming down the aisle trying find their seat. As they looked at the seat numbers and checked their tickets, she could see on their faces that they were thinking, “please don't let me have to sit next to the fat lady.” She wanted to die.

By this time she couldn't walk 20 feet without being short of breath, it was affecting her marriage, she was becoming socially isolated and described herself as “completely depressed.” She couldn't look in a mirror because she couldn't deal with it. So she talked with her doctor and on April 26, 2005 she had gastric bypass surgery. (See the October Equality Standard for an explanation of this and other types of weight-loss surgery). “I must admit,” said Cecelia, “I was terrified.” “I am a nurse and I know about this operation – perhaps that's why I was so nervous. I remember grabbing my husband's hand and saying if I die, take care of the kids. They are his stepchildren. To which he replied that first, you are not going to die, and secondly, did you have to ask?”

Surgery went smoothly and five days later she was in Descanso Gardens, a lovely local park, and walked her first mile. She had never exercised in her life and did not like to sweat, but she knew that as part of her new lifestyle, she had to start. Over the next few months the first 50 lbs of excess weight just fell off with very little effort. Then she stalled. She looked at her exercise regime and realized she needed to step it up. She started with 30 minutes of heart pounding, sweat-producing exercise, moving it up to 35 then 40 minutes quite quickly, and then the weight started to move again. Not as dramatically as it did the first 6 months, but it did start to drop.

It took two years to lose 100 lbs and she celebrated with her husband by climbing Mt. Whitney, the highest mountain in California.

They have climbed it every year since and are currently planning their fourth climb. She took up running regularly and it dramatically changed her life; she was able to lose another 33 lbs, for a total weight loss of 133 lbs. The first day she ran though she thought she was going to die! "Hiking is easy compared to this!" she remembers. But as time went on, she discovered she liked it and now her and her husband run marathons, half-marathons and other running events – one every month.

Before surgery she was frustrated by hearing from doctors that she should get out and walk, but that's the paradox. When she was fat her feet hurt, her legs hurt, walking was hard and painful. Before the weight started to come off after surgery, Cecelia started with a recumbent bike at home, allowing her to get some exercise without pounding on her joints that caused the pain.

Her lifestyle completely changed. She is very clear that there always needs to be an exercise component or the weight will come back on. In the past year, for instance, she has gone back to school and instead of doing 5-6 days of exercise a week, she is down to 2-3 so she has regained 7 lbs.

"There are trade offs," notes Cecelia. The first is extreme food portion control, because with most surgery options, the stomach you are left with is tiny. She talks to support groups of patients who have not yet had surgery and demonstrates portion size by showing a tiny teacup and saucer, the saucer being the post-surgery dinner plate, the cup being the soup bowl.

The first 3 months after surgery she was deeply depressed. Food was no longer the comfort that it used to be and she knew that was part of the lifestyle change. She was up to the challenge and her husband was with her every step of the way.

Unfortunately some post-bariatric patients struggle with the food limitations, sometimes feeling they can "cheat" by doing things like taking their calories in liquid form – such as drinking a high-calorie milkshake. This of course doesn't help them with the weight loss, but they can have the liquids because it goes through the stomach and the constricted opening quickly. They deal with the high sugar content by washing it down quickly with water so as not to get the negative result that causes the "dumping syndrome." (a shock-like state when small, easily absorbed food particles rapidly dump into the digestive system. This results in symptoms such as a cold clammy sweat, pallor, butterflies in the stomach and a pounding pulse. These may be followed by cramps and diarrhea. This state can last for 30-60 minutes.)

Cecelia can have no concentrated sugars whatsoever, and high fructose corn syrup will make her violently ill for hours. Of necessity, she has become an intense food-label reader, yet every once in a while, something still slips past her. For instance, Campbell's Tomato soup was always a comfort food for her. About 3 months after surgery she had a cold and made herself a bowl of soup. After she had eaten it, her husband looked at the label and told her that it had corn syrup in it. She threw up for the next 6 hours. She has never done that again.

She says there is another trade-off: the dietary supplementation. She takes handfuls of them, and even though she sometimes get tired of taking them, she knows she must. There is possible irreversible nerve damage if you don't take them.

Cecelia's other health problems cleared up. She doesn't take statins or blood pressure medications any more, her numbers are perfect: Ldl, hdl, triglycerides rock bottom.

“This surgery saved my life” she said, “but there is no sugar-coating – you gotta do the work. I will be 55 next month and I feel like I am in my 30’s again. If everyone could have this result, what a wonderful thing.”

## Path 2: Faith-based Weight Loss Programs

There are many “12-step” programs, similar in design to the program for alcohol abusers, Alcoholics Anonymous (AA), that are designed for people who have problems with food, Overeaters Anonymous ([www.oa.org](http://www.oa.org)), Compulsive Eaters Anonymous ([www.ceahow.org](http://www.ceahow.org)), Food Addicts Anonymous ([www.foodaddictsanonymous.org](http://www.foodaddictsanonymous.org)), and Recoveries Anonymous ([www.r-a.org](http://www.r-a.org)), are a few such programs. They are all free. I spoke with several people, here are the stories of a few of them.

Joan had a little over 50 lbs to lose, which she took almost a year to drop. She has maintained that weight loss for over 15 years and today, although being careful about what she eats, is very clear what she needs to do to maintain her lean, healthy body and she enjoys life a whole lot more.

Reena had a little over 65 lbs to lose, which she lost within eleven months. Although she maintained it for a while, she has since gone up and down as much as 20 lbs several times over a period of 22 years but is thankful that she only gains such a relatively small amount each time and has the tools to lose it again.

Anna had 120 lbs to lose and took two years to drop the first 100 lbs. She kept that off for over ten years then made another lifestyle change and dropped the other 20 lbs and has kept that off for over twelve years.

Greta only had 35 lbs to lose but she was on insulin for her diabetes and other medications for hypertension and high cholesterol. She lost the weight and her doctor was able to take her off the insulin and the other medications.

The 12-step programs all contend that it is a combination physical, emotional and spiritual solution that will effectively take the weight off - and keep it off. As the program names imply, there are twelve principles, or steps of action that help members be successful.

All of the programs offer a very well designed, coordinated and thorough action plan and support system. “It is like having a group of friendly, nurturing people who are there to listen to you, share with you, and help you do what’s necessary to turn your life around” said Reena, “and develop both eating habits and a lifestyle that serve to support not just weight loss, but also what is usually the hardest part - maintenance.”

Anyone who has been on any kind of diet, whether nutritious or not, knows that after that first flush of success, it gets harder and harder to get the last of the weight off, and almost impossible to maintain. “At least one-third to two-thirds of people on diets regain more weight than they lost within four or five years, and the true number may well be significantly higher,” reports Traci Mann, UCLA associate professor of psychology and lead author of a UCLA study in the April issue of *American Psychologist*, the journal of the American Psychological Association.

In a 12-step program you have a partner, or buddy, usually referred to as a “sponsor,” who is at least a few steps ahead of you and who reaches out to lend a helping hand.

The only criteria for membership in any of these programs is “a desire to stop

overeating or compulsively eating.” Joan, Reena, Anna and Greta all attend meetings where they hear others share their experience, strength and hope, celebrate weight-loss and the side-benefits in their life that come along with it.

Joan was really ready to make whatever changes were necessary because she hated the way she felt and looked. She had pulled into herself, isolating from her husband and her friends. She was totally depressed, coming home from work each day to sit in front of the television and eat a bag of chips or a complete fast-food meal – and that was before dinner.

Reena went into Compulsive Eaters Anonymous because she wanted to be slim and pretty but didn't have the money it took to go to Jenny Craig, Nutrisystem, or any of the other diet programs. The free aspect of the program, along with lots of people to support her, seemed like a pretty sweet deal. When she went to her first meeting, she thought all the other people there were a little nuts, but if the program could help her lose weight, she'd put up with it and once she had learned how to keep it off, she'd be out of there. She soon found, however, that there was much growth for her within the fellowship of the program.

Anna was at her wits end. How did she get to be so big? And was it really possible to be a normal size again? She had her doubts. There wasn't a diet on the books she hadn't tried, and even when she had lost weight, before she knew it, she was back in the plus sizes. When she found Overeaters Anonymous she lost the weight and when she first eased herself into a pair of size 12 jeans again, was at once overjoyed, but also afraid that she could not maintain it. She was disturbed by the many feelings she was experiencing. Being 100+ lbs overweight, she had been “stuffing” her feelings down so she did not have to feel them. Now that she was not using food in that way, her feelings were right there and she was not sure she could handle them.

With the support of others in Overeaters Anonymous, however, she was able to deal with it all. “One of the principles, Anna said “is to take things one day at a time, rather than looking at your whole life.” Ann built up weeks, months and years of successfully eating healthily and maintaining her equilibrium. Although content with having lost so much weight, after several years she was able to make another choice: to increase her exercise regime and let go of the rest of the excess weight that still clung to her. She made it down to a size 6 and has maintained that for twelve years now.

Greta came into Food Addicts Anonymous because her doctor told her she needed to do something to change her lifestyle and a friend had suggested the program to her. A mostly-happy middle-aged woman, she wasn't that bothered about looking slim, but knew that weighing a few pounds less and changing the way she ate would probably do her good and allow her to feel better and enjoy time with her friends and family. She made lots of new friends in the program, which made it easy to keep to the eating plan that particular program suggested.

She was delighted that as well as having lots more energy, she also felt clearer-headed and was relieved not to have to take all the medications she used to. Each time she went to the doctor's for a check up after having been on the program for a few months, he kept lowering her dosages until finally they were all eliminated.

Although these are success stories from these programs, many people who attend them gain the weight back, just as with the surgical option. They think they have it mastered and venture out on their own, without the necessary support to keep up their new, healthy lifestyle. Or they find some other reason to stop doing

what it takes – such as “cheating,” adding a little more food, having just one candy bar, piece of cake or cookie. Problem is, that often turns into more, and the weight starts coming back. Just as Cecelia reports on what some do after the surgery, getting their sugar and fat fix in liquid form such as milkshakes, so some 12-step program members find what they think are ways around the restrictions.

With the surgery, the chosen procedure is done and then the new eating plan begins. If the patient has a lot of weight to lose, the first few months might prove to be when most of the weight that is going to be lost, is lost. Then to continue losing, further alteration in lifestyle, such as exercising or an increased exercise regimen is necessary.

In the 12-step programs, they begin with a drastic cut in food intake. Portions are cut and more nutritious foods make up the eating plan. There is a fairly rapid weight loss in the first few months, until there is a plateau. At that point a lifestyle change, such as adding exercise, might be needed.

Both paths require a daily adherence to strict eating guidelines and exercise. Are you ready to make the change?



## 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.

**Tuesday, November 2nd**

**Election Day**

**VOTE**



**Sunday, November 7**

**1:00 – 4:00 p.m.**

**Goddess Circle Day**

The Yoga Loft

21228 Ventura Blvd.

Woodland Hills, CA 91364

Donation: \$10

This is the place to unwind and honor the “Goddess” in You.

There will be an hour of yoga, followed with tasting samples,

services and products from women owned

businesses, and concluding with beautiful chanting

(Kirtan) with Stella Davies.

\*\* Additional charges for Henna/Glitter Tattoos & Hand treatments

by Bee Gorgeous Organics.

All other products will be available for purchase.

Please contact Sony Trieu to RSVP and ensure your spot as space is **limited**. [blissfulthaiyogatherapy@yahoo.com](mailto:blissfulthaiyogatherapy@yahoo.com) / (818) 426-1519

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**Thursday, November 11**

**7:00pm**

**Sacred Voice Meditation and Writing Workshop**

South Pasadena

Join hypnotherapist and author Carol Woodliff for a Workshop designed to help you hear and listen to the highest voice of your heart and spirit. Our highest self is the voice we want to be in touch with to make decisions, to be creative, and to heal. Join an intimate group of no more than 8 people for creating a supportive circle for guide meditation and writing. We don't care about whether you have perfect grammar or spelling!

Join this supportive and fun group.

Call or email Carol for more information or to reserve your spot.

818 516-9399 or [carol@carolwoodliff.com](mailto:carol@carolwoodliff.com).

A link to the website: <http://carolwoodliff.com/groups/>

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

**9:00 a.m. – 4:00 p.m.**

**Wisdom of the Kitchen**

*Thanks to Kobey Horn, Feminist, for letting us know about this event*

A new organization is being launched that will be providing micro-grants to women entrepreneurs.

**Are you feeling frustrated by the lagging economy and feeling powerless to change things?**

**Do you want to help support positive change for women?**

**Are you dreaming of making a big change, starting your own business or growing the business you have?**

**If you answered yes to any of these questions this event is for you!**

A portion of the registration fee is earmarked to be given out as micro-grants at the event!

You'll personally get to choose how you want to distribute your portion among the 3 pre-selected woman-owned businesses.

The organization is called "Wisdom of the Kitchen", and it's mission is to create a way for women to get together and collaborate in business as easily as they collaborate in the kitchen.

**[To register, click here](#)**

This will be a fantastic day to network, learn, and

give back, particularly if you:

- run your own business
  - are considering starting a business
  - are open to giving back and supporting other women entrepreneurs
- Registration: \$135



**Saturday, November 13**

**2:00 – 5:00pm**

**Shades of Culture presents**

**“Iron Jawed Angels”**

This movie depicts the suffrage movement of American women during 1910s. We need to remember how women fought for their right-to-vote and that they were imprisoned on November 15, 1917 with brutal treatments.

After watching the movie, we will have a discussion and have our 10th anniversary cake and other refreshments.

Catherine Yesayan | 818 497 0707

Please mark your calendar and RSVP by email: [cyesayan@gmail.com](mailto:cyesayan@gmail.com)

Luna Playhouse

3706 San Fernando Road

Glendale, CA 91204

Fee: Suggested Donation: \$8.



**Sunday, November 14**

**10:30 a.m. until 1:00 p.m**

**First Annual Women in Strategy and Operations Brunch**

*Thanks to Kobey Horn, Feminist for letting us know about this event*

The event is geared towards female MBA candidates who are interested in pursuing a career in strategy or operations management.

Co-hosted by the Women's Business Connection and the Strategy and Operations Management Association (SOMA).

A casual and intimate forum that enables women in the industry to share their personal experiences and meet potential applicants.

If any of you are interested or want more information, call (509) 961-3724 or [haley.carey.2012@anderson.ucla.edu](mailto:haley.carey.2012@anderson.ucla.edu) with any questions.



**Saturday, November 20**

**9:30 a.m.**

**Women's Studies and Ms. Magazine**

Huntington Library

1150 Oxford Road, San Marino CA

Women's Studies and Ms. Magazine:

Bringing Ms. Magazine to the Classroom--and Feminist Scholarship to Ms.

A roundtable discussion between

Katherine Spillar, Executive Editor, Ms. Magazine

Ina Coleman, Managing Director, Ms. in the Classroom

Dianne Bartlow  
Assistant Professor of Gender and Women's Studies,  
CSU Northridge

Audrey Bilger  
Associate Professor of Literature and Faculty Director  
of the Writing Center, Claremont McKenna College

Moderated by Karon Jolna  
Chair, Huntington Library Women's Studies Seminars  
Lecturer, UCLA Department of Women's Studies

THE PROGRAM IS FREE AND NO RESERVATION IS REQUIRED



## FINAL WORDS

ANNE GEDDES (Photographer and author, 'Beginnings'):

*I learned it is OK to photograph newborns, to be in awe of the whole process of pregnancy. It is an incredible, momentous, and precious time.*



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