

WOMEN'S HERSTORY MONTH

March, 2004

Herstory Month

March 5: Getting There from Here: Women's Leadership Panel Presentation, featuring Dr. Christine Johnson, President, Community College of Denver, & Dr. Kim Poast, Dean of Students, Community College of Denver, 4:30-5:30 p.m., Women's Resource Center

March 9: The Gift of Girl-friends Scrapbook Project, 4:00-6:00 p.m., Women's Resource Center

March 10: Beyond Killing Us Softly Video Presentation & Brown Bag Lunch with UNC Chief of Police Wendy Rich-Goldschmidt and WRC Coordinator Katrina Rodriguez, 12:00-1:30 p.m., Women's Resource Center

March 24: Speaker: Alisa Valdes-Rodriguez, Author of *The Dirty Girls Social Club* 7:00-9:00 p.m., UC Ballroom

March 31: Motivational Speaker: Jane Okasaki, Self-Esteem Workshop, 4:00-7:00 p.m., Women's Resource Center. Please reserve your space by March 29th @351-1492.

Events in Women's History

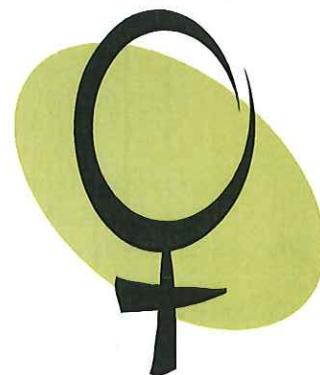
- **February 22, 1974:** The management was convinced that the first women's exhibition/professional basketball game to take place in Madison Square Garden couldn't draw a crowd so it scheduled a men's game afterwards. Following the women's game, the crowd of nearly 12,000 left. The men played to almost empty stands.
- **Born January 27, 1934:** Edith Cresson, France's first woman prime minister, served from May 15, 1991, to April 2, 1992. A longtime socialist, she had previously held the ministerial posts of agriculture, tourism, foreign trade, and European affairs. She was major of two French cities. EC was noted for her outspoken personality and as premier defended France's economic interests and social equality. A European-wide recession enabled President Mitterand to replace her with a man.
- **April 17, 1972:** is one of those classic, "Are you kidding?" dates. According to HIStory, on April 17, 1972: **Nina Kuscik** became the first woman to *officially* run in the Boston Marathon - she crossed the finish line first in that handful of women who were finally invited to compete in the classic.
- **February 5, 1971:** Women in Switzerland, are enfranchised to vote in national elections but women are not allowed to vote in local elections in many cantons, a situation that wouldn't change until 1994. (Yes, 1994).
- **January 23, 1982:** Debbie Brill, Canadian athlete who proved that pregnancy and motherhood need not end a woman's athletic career. Her son was only five months old when she set a new indoor world broad jump record of 6'6-3/8".
- **January 12, 1985:** Commodore Roberta Hazard becomes the first woman to command the largest U. S. naval training facility, the Naval Training Center, Great Lakes, IL
- **January 21, 1908:** the Sullivan Ordinance is passed in New York City making it illegal for women to smoke in public, punishable by a fine of \$5-25 and ten days in jail. And they arrested women!
- **January 23, 1955:** The U.S. Presbyterian Church votes to accept women as ministers.
- **Born January 10, 1898:** Katharine Burr Blodgett, American research physicist who developed the first "invisible" or no-reflecting glass (1938) and was the first research scientist at General Electric Laboratories who was also a woman.
- **In 0001 AD:** Roman historian Suetonius states that Roman women had races at the Capitoline Games which leads many of today's herstorians to disagree with the past assumptions regarding women's physical activities in Greece and Rome. The conventional theory advanced is that the women did nothing at all - of course, throughout history men didn't think keeping house, the garden, taking care of children, cooking, canning, preserving, weaving, spinning, etc., was work either... an opinion held by many even today.

by Irene Stuber

<http://www.undelete.org/WHM/WHM02.html>

Leadership Mistakes Women Leaders Make and How to Overcome Them

<u>Mistake</u>	<u>Strategy to Overcome</u>
Doing too much	Learn to differentiate opportunities! The key is to identify those activities that bring you JOY and FOCUS on them.
People Pleasing	Caring for you is not at the expense of caring for others. Don't think of these things as mutually exclusive rather realize that when you care for yourself you have wisdom and strength for others.
Jealousy	Understand that there is truly enough success for every one and stop believing that someone else's success comes at the expense of your own.
Gossip	Gossip is an artificial bonding activity and it leaves a trail of tears. Find open and honest ways to give feedback in a spirit of love and connection.
Conflict Avoidance	At some point a leader has to stand for something or intervene in relationships so that the group can continue to function. Abdicating responsibility is unwise for any leader.



Women and Men:

10 Differences that Make a Difference

- Heart Disease** – Heart disease kills 500,000 American women each year-over 50,000 more women than men-and strikes women, on average, 10 years later than men. Women are more likely than men to have a second heart attack within a year of the first one.
- Depression** – Women are 2-3 times more likely than men to suffer from depression in part because women's brains make less of the hormone serotonin.
- Osteoporosis** – Women comprise 80 percent of the population suffering from osteoporosis, which is attributable to a higher rate of lost bone mass.
- Lung Cancer** – Women smokers are more likely to develop lung cancer than men smokers, at the same level of exposure. Women are more susceptible to the carcinogens in cigarettes.
- STDs** – Women are 2 times more likely than men to contract a sexually transmitted disease, and 10 times more likely to contract HIV during unprotected sex with an infected partner.
- Anesthesia** – Women tend to wake up from anesthesia more quickly than men-an average of 7 minutes for women and 11 minutes for men.
- Drug Reactions** – Even common drugs like antihistamines and antibiotic drugs can cause different reactions and side effects in women and men.
- Autoimmune Disease** – 3 out of 4 people suffering from autoimmune diseases, such as multiple sclerosis, rheumatoid arthritis, and lupus, are women.
- Alcohol** – Women produce less of the gastric enzyme that breaks down ethanol in the stomach. Therefore, after consuming the same amount of alcohol, women have higher blood alcohol content than men-even allowing for size differences.
- Pain** – Some pain medications (known as kappa-opiates) are far more effective in relieving pain in women than in men.

Society for Women's Health Research

<http://www.womens-health.org/>