

Dr. Keely Killpack's 2008 IWD Newsletter



*"If I am not for myself, who is?"
- Rabbi Hillel*

Join me TODAY in celebrating women and spreading the word about equality! Follow these easy steps:

1. *Make this cup of tea*
2. *Read this newsletter*
3. *Put on your IWD bracelet and show it off!*
4. *Greet each woman you encounter today with "Happy International Women's Day!" Spread the word about the holiday and what it means (even to the men in your life)*
5. *Smile A LOT and feel good that you are a woman and world is honoring you today*



An exciting announcement about this newsletter!

Ladies, Ladies, Ladies!!! Happy International Women's Day 2008! I am honored to be the first to celebrate with you today and to be able to express my respect and gratitude for the attributes many of you bring to my life. It is so wonderful to be surrounded and supported by great women, and to have the privilege of working alongside some of the world's finest professional role models.

This year I am so happy to announce that the circle of readership of my newsletter has expanded beyond my expectations (and we all know how high those are ☺)! Through a new business alliance, I am pleased to announce collaboration with Deena Pierott, founder of Mosaic Blueprint. Deena is also an amazing businesswoman and her company provides a unique and dynamic job and networking site for

companies looking to increase diversity in their organizations. Deena's sharp focus on diversity at all levels in the workplace is paired with her ability to connect people. She leads the International Black Women's Collaborative and we are distributing this newsletter to them for the first time! Welcome the 200 members of the International Black Women's Collaborative to the distribution list!

For each IWD holiday, my goal for sending the newsletter is to generate momentum and recruit your help increasing the awareness around International Women's Day in your piece of the world. As the opening quote by Rabbi Hillel says, "**If I am not for myself, who is?**" We are. Each of us needs to be. For ourselves & for each other. For the support, equality, justice and development of women.

Women Living Healthy

Make a change this spring and become a better steward of the environment. We all contribute to the pollution in our air and need to change some of our behaviors to have a positive impact. Be a first adopter in your household, office, daycare or wherever and tell your friends how you are doing it!

Be a Greener Person in any number of ways:

- Use less harmful cleaning, cosmetic, and personal hygiene products
- Recycle more home or office waste and find ways to generate less waste overall
- Buy local and organic produce and food. Support restaurants that do the same
- Get electronic copies of your bills & bank statements instead of paper ones
- Reduce your energy consumption (energy star appliances, turning off computer & lights, minding your furnace, taking stairs not elevator, carpool, the list goes on)
- Get your company to adopt greener practices; hire a consultant to determine the most cost-effective way to implement green practices and become a company that is part of the solution, not continuing to ignore the problem
- When you spend your money (store, gas, restaurant, bill) consider what vendors are doing to improve our environment....if you don't know, ASK! If they don't know, spend your money somewhere else.
- Teach your children to be stewards of the environment and the importance of behaving in conservative, non-polluting ways.

There are companies in every industry that are actively trying new things to improve pollution, reduce consumption, and clean up the environment. Get onboard! If you want more help, just ask. I have resources you won't believe.



"If you have knowledge, let others light their candles in it."

- Margaret Fuller

"Say" – lyrics by John Mayer

Take all of your wasted honor.

Every little past frustration.

Take all of your so called problems,

Better put 'em in quotations.

Say what you need to say.....

Walkin' like a one man army,

Fightin' with the shadows in your head.

Livin' out the same old moment;

Knowin' you'd be better off instead

If you could only...Say what you need to say...

Have no fear for givin' in.

Have no fear for giving over.

You better know that in the end

It's better to say too much, than never to say
what you need to say again.....

Even if your hands are shaking,

And your faith is broken.

Even as the eyes are closin',

Do it with a heart wide open.

Say what you need to; Say what you need to...

I have heard John Mayer's new song, "Say" and think that his words are timely and meaningful. The lyrics are about opening yourself up and taking emotional risk. His basic message is about being courageous and sharing your thoughts with people that matter. I never thought of this as being vulnerable, but sometimes we shield ourselves without realizing it and reserve our true feelings. Motivated by some reason, we chose to limit our connection to those around us. Take some time today to consider 1) What have I held back from someone I care about? 2) Why have I chosen to do that? 3) When will I tell them?

Great Web Resources

Internationalwomensday.com

- Global source for IWD info

www.wbenc.org

- Women's Business Enterprise National Council; a resource for women-owned businesses

www.cosmeticsdatabase.com

- Research & discover all the harmful things in cosmetics & body care products you use!

www.tinylegacies.com

- All kinds of chic baby accessories for new moms!

www.mosaicblueprint.com

- Deena Pierott's diversity staffing & networking site!

www.killpackgroup.com

- My green consulting business site, with info about greening your office or industry!

www.drSarahCimperman.com

- My naturopathic physician & resources galore for women's health, recipes & much more!

www.pandora.com

- Music Genome Project streams commercial free music based on your favorite tastes

Send me your favorite links for inclusion next year!

"Feminism is a transformational force, an individual and social force. It is a way of looking at the world – a questioning of power/domination issues, an affirmation of women's energy"

- Charlotte Bunch



10 Things All Women Should Know

Learning from your elders is common in every culture and animal group in the world. Women often learn from their older sisters, moms, aunts and grandmas. If you are lucky enough to have great feminine role models your list is much longer.....But here are some key lessons from the women in my life, whose advice I respect and highly regard.

One: Trust your inner judgment. Your intuition or gut feelings are usually right on, the question is your ability to hear them accurately and to trust yourself.

Two: You have to know who you are to understand what makes you happy. Listen to your own voice & accept yourself. Make adjustments or changes as you grow.

Three: Giving birth is the most magical and powerful thing that only a woman can do. No one will ever know this kind of unconditional love a mother has for her child. Cherish, but don't abuse this gift: never underestimate your responsibility thereafter.

Four: Forgiveness can save you from years of unhappiness and therapy.

Five: Surrounding yourself with wonderful friends leads to a great life. You actually do end up being like the company you keep.

Six: Memories shape our character. Capture your memories and relive great moments in your life to keep you on track for more success and happiness.

Seven: When you get old, all that matters is your family, your health, and if your husband (or partner) respects you.

Eight: Men like to take care of us; this is the dance of relationships. We cannot do everything on our own, so do not exclude the men (or partner) and their efforts to be kind, respectful and helpful to you.

Nine: Never go to bed angry. If you have to, stay up until the anger subsides and the hurt sets in.

Ten: Always hide \$20 in your purse/wallet for emergencies.

“Despite my thirty years of research into the feminine soul, I have not yet been able to answer the great question that has never been answered:

What does a woman want?”

- Sigmund Freud

