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PWN INTERNATIONAL CONFERENCE '10

August 13-15, 2010

The Seelbach Hotel

Attend this exciting three-day international conference on women and youth empowerment. Nine internationally recognized speakers will prepare you to reach out to youth, parents, youth ministry, social service agencies, and educators with powerful strategies to build self-confidence in youth while providing adults, parents, clergy and educators with tools to create a healthy environment for young people mentally, physically, emotionally and spiritually.

This international conference will be held at the historic Seelbach Hotel in Louisville.

Complimentary transportation will be provided from airport to hotel. Enjoy the ambiance of the elegant 100 year old hotel situated next to the upscale Z Salon and Spa. Indulge yourself on Saturday afternoon to a massage, aromatherapy bath, pedicure or manicure. Meals provided by our own private chef, beverages, cocktail parties, dinner cruise aboard The Star of Louisville, and all conference materials are included in the \$495 registration fee (bring a guest for \$250).

Conference Registration:

Registration Fee: \$495

Bring a guest: \$250



Linda Ellis Eastman



Nyda Bittmann-Neville



Cita Maloon-Gibson



Dr. Brenda Ward



Joe Vary



Dr. Chloe Merrill



Diane Cain



Sandy Spadaro



Cassandra Lee

Seelbach Hotel Rates:

\$110 single / \$120 double

Reservations: 800.333.3399 Group Code: PWW

To Register:

Online: www.prowoman.net

Tel: 502.566.9900

Fax: 502.228.0889

Mail: P. O. Box 333, Prospect, KY 40059



CITA MALOON-GIBSON

Cita Maloon-Gibson is a Master Facilitator having developed and implemented seminars in the British Virgin Islands, England, Puerto Rico, Aruba and the Bahamas.

She is a Senior PWN International Board member who was a featured and powerful speaker on the PWN National Book Tour in Atlanta and Orlando receiving consistently high evaluations. She is a highly experienced facilitator, international author and seminar leader.

Cita is President and Founder of ATIC & MG Center For Excellence, a nonprofit community-based training and resource institute and Maloon-Gibson & Associates, the profit entity. She holds a Bachelors Degree in Psychology and two Masters Degrees. Cita is a 29 year veteran of the U.S. Armed Forces.

Book this dynamic international speaker for your next retreat, conference or keynote.

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STUDY: OPTIMISTIC WOMEN LIVE LONGER

It's getting tougher these days to think of the glass as half full rather than half empty, but if you're going to survive this economic crisis — literally — you might as well try.

That's the lesson from a large study of death rates in optimistic vs. pessimistic women, conducted by researchers at the University of Pittsburgh. Using data from the Women's Health Initiative, an ongoing government study of more than 100,000 women over age 50 that began in 1994, the team found that eight years into the study, optimistic women were 14% more likely to be alive than their pessimistic peers.

The participants were asked to answer a standard questionnaire that measured optimistic tendencies based on responses to statements like "In uncertain times, I expect the worst." Those scoring highest in optimism on this scale were more likely to be alive eight years later, while those with the lowest, most pessimistic scores were more likely to have died from any cause, including heart disease and cancer.

At first blush, that's not such a surprise, considering that optimistic people, being more hopeful overall, probably eat better, work out more and make regular visits to the doctor. Previous studies have indeed documented the life-extending benefits of optimism, although most of that research has involved men and has been conducted in small numbers. What's more, not all studies have done a good job of weeding out potentially confounding factors such as health status and lifestyle. That's what makes the new study different. "Taking into account income, education, health behaviors like [controlling] blood pressure and whether or not you are physically active, whether or not you drink or smoke, we still see optimists with a decreased risk of death compared to pessimists," says Dr. Hilary Tindle, lead author of the study. "I was surprised that the relationship was independent of all of these factors."

So if the women's lifestyle doesn't explain their longevity, what does? While the study was not designed to tease out specific factors, Tindle proposes several potential explanations, which she hopes to validate in further trials: optimistic people have more friends and a larger social network on which they can rely during crises; they also tend to cope better on their own with stress, a risk factor that has been associated with high blood

pressure, heart disease and early death in previous studies. It isn't entirely clear how optimists manage stress so well, but it may have something to do with their physiological makeup — genes and metabolic processes that keep them from panicking during troubling times. Or it may simply be that optimists follow medical advice more faithfully than pessimists, giving them a better chance of staving off life-threatening disease. "Our study reveals interesting findings. Now we need to replicate them and find out why this association is happening," says Tindle.

Another interesting trend that emerged from Tindle's analysis was the difference in longevity between white and black women. Pessimistic black women in the study were 33% more likely to have died after eight years than optimistic black women, while white pessimists were only 13% more likely to have succumbed than their optimistic counterparts. The numbers in the study weren't large enough to support any definitive explanations for this racial gap, but "there is definitely a suggestion that whites and blacks may be different in how optimism affects longevity," says Tindle.

Source: Alice Park, Time



A Personal Note From Linda Ellis Eastman

I received a book for Christmas from my daughter Soozie *Half the Sky: Turning Oppression Into Opportunity for Women Worldwide* which has changed my life. I HIGHLY encourage every PWN member to read this powerful book. The reading is not "light" as it provides personal stories about women's challenges globally including the lack of education for the majority of girls in India, Pakistan and Africa, sex slavery of young girls in Pakistan and Southeast Asia, forced genital

mutilation on 90% of African girls, gang rape of women and children and dire poverty leading to extensive abuse among the majority of women in the world. I realize that these are difficult areas, but we must open our eyes.

This book, is however, filled with wonderful hope and a way each of us who are entrepreneurs can help other women globally take control of their lives by providing an income thru starting their own businesses thus having money to educate their children (most especially their daughters who in many cases cannot attend school). I was MOST impressed with the resource area of the book and found www.kiva.org which is a micro-loan organization dedicated to helping women start businesses. I have committed to loaning funds to the following women:

Uganda: Rugaaga Twikukye of Iband Group (farming) for more produce for resale

Uganda: Zaituni Ismail (tailor) She is starting a tailoring business making sarongs for customers.

Ghana: "Janet" (food production/sales) - loan for raw materials i.e.. maize, meat, fish, vegetables, firewood.

Do visit this site as what really impressed me is that you can view the individual women, make a loan of any size (\$25 upward) which will be repaid. There are statistics and most impressive information about hundreds of women who wish to be funded as entrepreneurs. Another exciting aspect is that you will see others who have also loaned funds to a specific individual/group thus creating a "group loan" for these global entrepreneurs who wish micro-loans and will repay back all funds.

The more we can do to empower women the faster we can eradicate abuse, illiteracy, and poverty. Join me in reading this powerful book *Half the Sky* and visiting www.kiva.org. Both will change your life.

Note: If anyone wishes to join me in funding Zaituni Ismail from Uganda or Janet from Ghana, please visit the www.kiva.org website (Click on "Lend" button to see photos) and together we can provide micro-loans to these women of poverty as they start their businesses. A onetime loan of \$25 (or more, if you wish) will be repaid by the new entrepreneur.

www.kiva.org - Spread the word.

JACKIE KENNEDY QUOTES

Jacqueline Kennedy Onassis full name Jacqueline Lee Bouvier Kennedy Onassis and often called Jackie Kennedy when she was First Lady -- brought a youthful elegance to the White House during her tenure there. Briefly a photographer before her marriage to John F. Kennedy, and an editor after she was widowed for the second time when Aristotle Onassis died, she was mother to John F. Kennedy, Jr., and Caroline Kennedy (Schlossberg).

- I want to live my life, not record it.
- When Harvard men say they have graduated from Radcliffe, then we've made it.
- If you bungle raising your children, I don't think whatever else you do well matters very much.
- There are many little ways to enlarge your child's world. Love of books is the best of all.
- I'll be a wife and mother first, then First Lady.
- The one thing I do not want to be called is First Lady. It sounds like a saddle horse.
- Now, I think that I should have known that he was magic all along. I did know it - but I should have guessed that it would be too much to ask to grow old with and see our children grow up together. So now, he is a legend when he would have preferred to be a man.
- I don't think there are any men who are faithful to their wives.
- The first time you marry for love, the second for money, and the third for companionship.

ELIZABETH KUBLER-ROSS QUOTES

- I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime.
- It is only when we truly know and understand that we have a limited time on earth, and that we have no way of knowing when our time is up, that we will begin to live each day to the fullest; as if it was the only one we had.

JANE ADDAMS QUOTES

Jane Addams is best known as the founder and, for its early history, the leader of Hull-House in Chicago, one of the most successful settlement houses. She also worked for women's rights and peace, and wrote several books on social ethics.

- Nothing could be worse than the fear that one had given up too soon, and left one unexpended effort that might have saved the world.
- The good we secure for ourselves is precarious and uncertain until it is secured for all of us and incorporated into our common life.
- Our doubts are traitors and make us lose the good we often might win, by fearing to attempt.
- We have learned to say that the good must be extended to all of society before it can be held secure by any one person or class; but we have not yet learned to add to that statement, that unless all [people] and all classes contribute to a good, we cannot even be sure that it is worth having.
- Social advance depends as much upon the process through which it is secured as upon the result itself.
- Civilization is a method of living and an attitude of equal respect for all people.
- Old-fashioned ways which no longer apply to changed conditions are a snare in which the feet of women have always become readily entangled.
- America's future will be determined by the home and the school. The child becomes largely what he is taught; hence we must watch what we teach, and how we live.

MAYA ANGELOU QUOTES

American writer, Maya Angelou survived a tough childhood and early adulthood to become a singer, actress, activist, and writer. In 1993, she came to much wider attention when she recited a poem of her own composition at the first inauguration of President Bill Clinton.

- It is this belief in a power larger than myself and other than myself which allows me to venture into the unknown and even the unknowable.

- A bird doesn't sing because it has an answer, it sings because it has a song.
- One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest.
- I speak to the black experience, but I am always talking about the human condition - about what we can endure, dream, fail at, and still survive.
- The honorary duty of a human being is to love.
- History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again.
- Love is that condition in the human spirit so profound that it allows me to survive, and better than that, to thrive with passion, compassion, and style.
- There is nothing so pitiful as a young cynic because he has gone from knowing nothing to believing nothing.
- The main thing in one's own private world is to try to laugh as much as you cry.
- Bitterness is like cancer. It eats upon the host.
- Self-pity in its early stages is as snug as a feather mattress. Only when it hardens does it become uncomfortable.
- If you find it in your heart to care for somebody else, you will have succeeded.
- We allow our ignorance to prevail upon us and make us think we can survive alone, alone in patches, alone in groups, alone in races, even alone in genders.
- Human beings are more alike than unalike, and what is true anywhere is true everywhere, yet I encourage travel to as many destinations as possible for the sake of education as well as pleasure.

PWN MEMBER SPOTLIGHT

Congratulations to PWN author Tracie Dennis who was contacted by Oprah's Harpo Productions about her new forthcoming book "*A Child's Cry*"

PWN NATIONAL BOOK TOUR

Special thanks to the following PWN members for their help in creating powerful PWN National Book Tour Conferences in Louisville, Atlanta, Washington, DC., Long Beach, CA, and Orlando, FL.:

Louisville



Cathy Holloway Hill
Team Leader

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Charmaine Smith
Gwen Roland

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Dr. JoAnne White
Cassandra Lee
Nyda Bittmann-Neville
Hannah Crutcher
Cathy Holloway Hill

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Special thanks to the NBT Team



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Nyda Bittmann-Neville
NBT Design Team
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Thanks to all those who helped create the FIRST-ever 5 city PWN National Book Tour. Job well-done! There were many lives enhanced and changed due to your magnificent involvement.

SAVE THE DATE!

August 10-12, 2012
St. Thomas, Virgin Islands
PWN International Conference
30th Anniversary

VISIT PWN WEBSITES

- www.prowoman.net
To learn about certifications, calendar, network events and conference.
- www.protrain.net
The PWN International Speakers Bureau website.
- www.pwnbooks.com
The PWN Bookstore and Authors Speakers Bureau



PWN Conference attendees
Hazel Parker, Laura Leezer,
Sonya Wilson, Ruby Ashley

PWN CERTIFICATIONS & CONFERENCE SCHEDULE

January

23-24 The Coaching Institute

April

10-11 The Teen Image Institute
17-18 Wellness Coaching Institute
24-25 Women's Issues & Diversity

May

15-16 Save Our Youth
22-23 Women's Issues & Diversity

June

19-20 Women's Issues & Diversity

July

17-18 The Coaching Institute

August

13-15 PWN International Conference
Author Reception & Book signing

SUGGESTED READING

- *Harriet Tubman Imagining A Life;*
Beverly Lowry
- *The House At Sugar Beach*
In Search Of A Lost African Childhood
Helene Cooper
- *Three Cups Of Tea One Man's Mission*
To Promote Peace, One School At A Time
Dr. Greg Mortinson
- *Half The Sky Turning Oppression into*
Opportunity For Women Worldwide
Nicholas Kristof And Shery W. Dunn