



THE WOMEN'S MOSAIC®
Recognizing Our Unity; Celebrating Our Diversity

INSPIRER

Enrich Your World and the World Around You

Issue Three 2008-2009
www.thewomensmosaic.org

Beyond Coffee and Cartels, Colombian Passion Shines Through

Panelists Portray a Positive Future Amid Food and Festivities

Our journey into the heart of New York's "Little Colombia" left us wanting more! **La Pequeña Colombia Restaurant** in Jackson Heights hosted TWM's **Close-Up on Colombia**. We enjoyed a delicious Colombian meal, and learned about this misunderstood South American country.

After a video introduction by **Mostremos Colombia**, speaker **Francisco Sierra Toro** of the Colombia Government Trade Bureau urged us to push past common stereotypes to recognize the richness and positivity inherent in Colombia's land, history and culture. **Adriana Aristizabal**,

Cultural Attaché for the General Consulate of Colombia in New York, shared videos of her past work as a journalist in conflict-ridden areas. **Patricia Sacristan**, a Colombian-born development professional, talked about her youth in Colombia and her immigrant experience. American **Jenny Shapiro**, an avid traveler, told us she fell in love with Colombia on her first visit, and has since worked with human rights organizations there.

Colombian guests shared stories, too. *"After so many years being away from my country, having been raised Colombian-American, we tend to*



Mariana Suarez and Claudia Castro share what it means to be a Colombian woman today.

forget the struggles our country and our people, especially women, still go through," said Katherine Chacon. *"This event was extremely inspiring for me."*

Part of the proceeds went to **Caring for Colombia**, a non-profit that builds

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TWM Testimonial

"The Colombia event was a wonderful combination of people, education, music and food. It was a great experience." — **Kerry Cunliffe**

A View from the Front Lines: Military Women Discuss Life in Uniform

TWM Signature Panel Series Features Female Veterans

The mainstream media rarely spotlights female soldiers, so we went looking for the untold stories. **My Life as a Female Soldier in Iraq** delved deep into the issues women face in the U.S. Armed Forces.

An intimate, friendly gathering at OneSpirit Interfaith Alliance connected a largely civilian audience with five diverse military women. With **Adaora Udoji** of WNYC/PRI as moderator, panelists told us how the military changed their lives, and addressed issues of sexism, friendship, veteran life, and politics.

Staff Sergeant Luz Gonzalez credited the Army with giving her opportunities and stability. Deployed to Afghanistan



Panelists (left to right) Jenny, Chrissy, Carolyn, Emily, Luz, and moderator Adaora Udoji.

and Iraq, she enjoyed bonding with fellow soldiers. *"They become your second family,"* Luz said. **First Lieutenant Jennifer Karakat** served as a platoon leader in Kuwait. Initially frustrated with her limitations as

a woman, she toughed it out, and says, *"I'm a better woman for the experiences I've had."*

Specialist Petty Officer Emily Stroia served in the Navy as a photojournalist on the USS Nimitz, where women were outnumbered 12 to 1. She tolerated unwanted male attention by remaining smart and professional. *"You have to stand your ground,"* she said.

There were unique advantages to having female soldiers in the Middle East. As a Marine patrol leader for an all-male unit, **Sergeant Chrissy DeCaprio** searched Iraqi women

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TWM Testimonial

"I took away a feeling of admiration and respect for these women. It was very enlightening." — **Carol Anne Passalacqua**

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Letter from TWM's Founder



Dear Members, Friends, and Supporters:

Welcome to the third edition of **INSPIRER**!

We can't believe all that's changed on local, national and global levels since our last edition! Now approaching our ninth anniversary, we've created over 90 **exciting opportunities for women of every background to connect to themselves, each other and the world around them!**

TWM has been a unique player in the women's movement, emphasizing that social transformation is the result of personal transformation. We've reached the tipping point, as the world embraces the truth: that women's empowerment is critical to building a peaceful, prosperous planet. We also call on women to recognize all we have in common, while celebrating our differences. **We're proud to have been among the first organizations promoting these now widely-accepted concepts.**

Along with our diverse events, TWM launched two exciting initiatives: our blog, **CHICKS ROCK!**, and our **TWM Book Club**. You can read about our programs and outreach here.

We're grateful to our members, supporters and volunteers, especially Communications Director **Sally Mercedes** and Program Coordinator **Christianna Mihaiu**, for the enthusiasm and dedication that allow us to provide such experiences.

With your continued support, we can keep offering **quality programs for women to reach our full power and potential in all areas of life**. Together, we will rise up and rock the world!

Kristina M. Leonardi
Founder and Executive Director

TWM TIDBITS & HONORS

Here are a few highlights since our last **INSPIRER**:



TWM Founder Kristina Leonard was named 2007 TangoDiva Visionary.

The WNBA's New York Liberty also honored her on their 2009 Inspiring Women Night at Madison Square Garden.



We've been building our online networks – now you can add us to yours! Join us on Facebook, MySpace, LinkedIn, MeetUp and Change.org.

Follow us on @TheWomensMosaic

Read in-depth articles featuring TWM issues and events on DivineCaroline.com.



At GoodSearch.com, select TWM as your organization, and we'll receive a donation each time you use their search engine.

Six Years and Counting, TWM Walks for a Cure Revlon Run/Walk Supports Women's Cancer Research

The **Revlon Run/Walk** is a popular annual event, which raises funds to benefit women's cancer research and treatment. TWM has walked a team every year since 2004.

TWM member and enthusiastic Team Captain **Mary Brower** has led our team to success for the past four years. We've



raised an average of \$2,000 annually for the cause!

Bringing Crisis to Consciousness Inspires Care for Women Abroad

Women Unite to Learn, Reflect, Hope for Zimbabwe

TWM brought a slice of southern Africa closer to home at our **Spotlight on Zimbabwe: Crisis, Cuisine & Crafts**, held at **Xai Xai Wine Bar**.

Conversation began over South African wine and hors d'oeuvres, until we settled in to hear the speakers. **Tanya Nomaziko**, a Zimbabwean actress and activist, gave background about Zimbabwe. **Rory Kugler**, once a Peace Corps volunteer in Zimbabwe, spoke of her time there. **Jane Madembo**, a Zimbabwean writer living in New York, expressed thoughts about both worlds. **Janice Ashby**, co-founder of **EcoAfrica Social Ventures**, which empowers Zimbabwean women by creating jobs for them, described the challenges faced by women artisans and how we can help.

Together, they wove the story of a nation of generous and joyful people, who have struggled with political

turmoil, human rights violations, health problems, and economic collapse.

One guest expressed anger and sadness about the country that she's left behind physically, but is still in her heart and mind. TWM provided a pamphlet with a country profile, demographics, tourism highlights, history and politics. EcoAfrica sold handmade Zimbabwean crafts, and received a portion of the event proceeds.

Attendees were motivated to support Zimbabwean women by volunteering for Eco Africa. In typical TWM fashion, the evening reminded us that we can help each other no matter the geographic distance between us.



Above: Tanya shares her knowledge of Zimbabwe's history. Below (left to right): Speakers Jane, Janice, Tanya and Rory.



TWM Testimonial

"I had heard...about the reality of life for Zimbabweans... but it was really brought home to me at this event. The speakers were incredibly moving." —**Tricia Amy**

Women's Words Inspire Deeper Look at the World, Ourselves and Each Other

TWM's Sizzling Summer Book Club Creates Conversation and Connection



Rich, thoughtful discussions with new friends over delicious pastries.



TWM values self-expression, and women find their voices in diverse ways. Summer seemed the perfect time to dig into juicy multicultural books by female authors.

Snacking on Italian pastries at **Veniero's** on the Lower East Side, we discussed Indu Sundaresan's **The Twentieth Wife**, exploring how women historically exerted their power and influence from the shadows, and how women's subjugation still exists today.

The conversations opened us to new avenues of thought. "I have never been a part of a book club before," said Pauline Karakat. "I was pleasantly surprised at the instant rapport."

"The book choices have been top notch," Raissa Fomerand said. We read

Without Reservations: The Travels of an Independent Woman, by Alice Steinbach, and **Meeting Faith: The Forest Journals of a Black Buddhist Nun**, by Faith Adiele.

"Our discussions go beyond the book, which is the springboard to our exchanges on life, religion, careers, relationships... no topic has been left uncovered," said Julie Larsen.

Writing, reading, sharing—however it happens, getting women's ideas out into the world is what TWM is all about. "Two of my favorite things to do are: have a meaningful conversation with other intelligent women and read an inspiring, thought-provoking book," said Christianna Mihaiu. "Now I can combine both passions into one great setting."

TWM Testimonial

"The TWM Book Club allows me to connect with other women about what's going on in the world, big and small... the book just happens to be the excuse!" —**Julie Larsen**



TWM Launches CHICKS ROCK!

www.chicksrockblog.com

Diverse Perspectives, Shared Experiences

Why We Blog And Why We Want To Hear Your Voice

When the blogosphere exploded, we wanted to get in on it. What better way to engage our community of over 2,500 women?

TWM believes the world needs women to express themselves, so that our creativity and intelligence can help improve our lives, individually and collectively. CHICKS ROCK! is a vehicle for gathering women's voices, which are essential to creating positive change, both here and abroad.

Our blog begins with our regular contributors, Kekla, Sally, and Pauline, but it doesn't end there. We need input from all types of women, whoever they are, however they experience life, whatever they want to talk about. Together, we offer encouraging words, relevant resources and personal reflections, so that other women can learn, be inspired, and know they're not alone. Powerful stuff!



Old Friends and New Faces Connect in SoHo

Wow, what a party! We definitely launched our blog in style, online and in person. Great music, yummy drinks, delectable cupcakes, and lots of laughs added to a perfect blend of fun and new friends. Everyone was eager to see what CHICKS ROCK! would become.

New and familiar faces appeared at **Obivia** to celebrate our leap into the blogosphere. We wanted our online community to translate into real world connections. Folks from MeetUp, Facebook, and LinkedIn were there, and putting faces to the online profiles was meaningful. Sponsor **Lauraine Scheurmann** of **Ameriprise Financial** and volunteers **Zanade Mann** and **Sandra Robinson-Clauden** helped the event succeed.

In the first months the blog was live, we held regular meet-ups at **SideBar** to continue the conversation and win great raffle prizes. At **chicksrockblog.com**, women share real experiences, inspiring a bond that goes beyond the blogosphere.

CHICKS ROCK! Highlights



Kekla

on being a mixed race woman:

"It surprises me that questions about interracial marriage still get raised. It's impossible to list the ways being biracial has made me different, because I've never experienced the world from within any other skin. But I don't believe that any of those differences are bad, or something to be avoided."

("The Times That Haven't Changed," October 6, 2008)

Sally

on finding your voice:

"The truth is, women are still being silenced. We're defined by those around us without much thought to who we actually are. That's why I love blogs! Women who normally keep quiet can comment on whatever moves them, without as much fear."

("Finding Your Voice," September 17, 2008)

Pauline

on childhood heroines:

"Wonder Woman, Charlie's Angels...I never forgot how inspired I was by women in the media who seemed to be breaking down boundaries between the genders. Somehow, my developing brain grasped the notion that women could be strong, self-sufficient, and fearless... AND be genuine, loving, and gorgeous, all at the same time."

("Remembering My Greatest Heroines," May 13, 2009)

TWM'S FOCUS ON FITNESS AND HEALTH

Trio of Events for National Women's Health and Fitness Week

Unique and Wise Ways to Build a Better You

Panel Presents *Holistic, Cultural Perspectives on Health and Nutrition*

Being advocates for our personal health strengthens women's self-worth and our ability to contribute to the world. We met at **Bonobo's Vegetarian Restaurant** to discuss **Health & Nutrition: Perspectives from Around the World**.

Panelists **Tammy Lakatos Shames** and **Elysse Lakatos**, "The Nutrition Twins," suggested adding better foods to our diets. Holistic health counselor **Milvi Vehik** discussed how culture affects personal health. **Dr. Priyatarssini Balamurugan** spoke about the Ayurveda cleansing practice that rids the body of toxins. **Jared Koch**, a wellness counselor and author, urged us to eat more organic, local foods. **Dr. Mei Li**, trained in Traditional Chinese Medicine and Western Medicine emphasized how seasonal eating and climate affect our lifelong health. **Jessica Grippo**, a holistic women's health counselor with **Laughing Sage Wellness**, spoke of staying connected to our bodies' needs.

TWM distributed an extensive resource guide detailing services by **Isagenix Happy Wellness**, **Sustainable Stress Reduction**, **Team Northrup**, **Christine Possemato**, **BEIA Insurance**, **Juliana Neiman**, **New York Health & Racquet Club**, **A Black Bike** and **ZICO**.



We learned that everyone's personal health and wellness is just that—personal. Integrating multicultural traditions and staying in constant communication with our bodies can be effective ways of staying healthy.

Who Needs a Gym?

On a misty morning in Central Park, we showed up in our sneakers for **Fitness in the Park**. **RJ** of **RJ's Personal Fitness** got us thinking about low-budget ways to stay fit. She showed us how to use benches, curbs and walls for weight training, relying our own body mass for resistance.

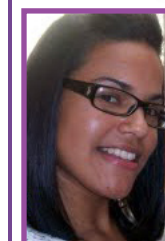


Zooming with Zumba!®



Next, we headed to the **New York Health and Racquet Club** for a **ZUMBA!®** class, led by **Alicia Harris**. The Latin music-infused, dance-based aerobic workout got our heart-rates up and our hips moving.

TWM Spotlight: Sasha Mercedes



"I always struggled with my weight, but it peaked during college," Sasha says. "Realizing the dangerous path I was on, I took the road less traveled: weight loss the healthy way."

Now, Sasha is a nutrition advocate. "Unfortunately," she says, "most of the

information provided by so-called experts feeds into society's desire for a 'quick fix.'"

Sasha was pleasantly surprised by TWM's Health and Nutrition panel: "I found a group of well-informed panelists who spoke only truths. Despite my knowledge on the subject, I still learned a lot."

TWM inspired Sasha to stay committed to personal health, as a way of improving the world: "If more people join the health movement, it will spread to become a global hunger for change."

discuss



TWM Spotlight: Bridget Meade

"I wanted to be a part of an organization that focuses on dialogue as a source of personal transformation and empowerment," says TWM Intern Bridget Meade. A Vassar College graduate and rugby player, Bridget studied abroad in Denmark, and is a dual citizen of the U.S. and Ireland. "TWM is a great opportunity for me to not only apply my studies to real life situations, but to learn how a community can draw on the diversity and strength of its members to inspire active, positive change."



Bridget's participation has helped prepare her for future plans. Her first Visioning Workshop collage inspired her to go to Germany, where she engaged in cross-cultural dialogue that will inform her career. "I am so grateful that I took the risk," she says. "The trip, and the internship, reinforced my passion for intercultural understanding. I look forward to staying connected to TWM."

A View from the Front Lines, cont.

continued from cover

suspects. **Sergeant Carolyn Schapper** talked with Iraqi women in tribal areas, not an option for the men.

The panelists broke down misconceptions, small and large. Jennifer said she is often asked why she didn't shave her head. Carolyn corrected false assumptions about Post-Traumatic Stress Disorder. "People think women don't see action," she said. "Women do get into battle, and they do get hurt."

If their capability is doubted by the men, it only makes these women work harder. "I am proving the guys wrong," Luz said confidently.

Women's e-News covered the event, and panelists were interviewed for the **WB11 News**. TWM gave out information on veterans' issues, women in the military, and more.



Panelists respond to questions from the largely civilian audience.

An inspiring discussion left us feeling proud of the women who offer their lives in service to our country, and their efforts to change attitudes about gender in the U.S. military.

TWM Testimonial

"I looked at the women who serve today, and the struggles they encounter and barriers they conquer. I realized how far women have come in society, and how much further we still have to go." — **Lisette Miranda**

Beyond Coffee and Cartels, cont.

continued from cover

bridges of support between the U.S. and Colombia, for their work with internally-displaced women. **John Moreno** from Por Colombia and **Mariana Suarez** and **Claudia Castro** of Citrico helped organize the event.

Gregorio Uribe performed live, and educated us on the history of Colombian music. **Jasper Marzola** and **Katherine Chacon** had us salsa dancing in the aisles. We left with full bellies, and a new understanding of the complex politics, vibrant culture, and passionate people of Colombia.



Katherine Chacon and Jasper Margolis demonstrate salsa dancing, Colombian style.

Top 5 Ways to Get Involved!

- 1 Sign Up for TWM's eNewsletter**
It's the best way to get news, reviews and previews of our programs. Visit www.thewomensmosaic.org to get on the list.
- 2 Attend TWM Events and Workshops**
Discover why everyone calls TWM events "inspiring!" Check out the Upcoming Events page on our website.
- 3 Make TWM Stronger!**
Your support strengthens our work. Membership levels are flexible and tax-deductible – see back page for details. Volunteers are welcomed!
- 4 Share Your Perspective**
Share your unique insights and experiences with the TWM community. Write a guest post for our blog. Plan an event celebrating your culture, ethnicity, religion or other passion. Let your voice be heard!
- 5 Tell Your Friends**
Spread the word! Invite others to attend TWM events, visit our blog, and expand our dynamic community.

From Inspiration to Manifestation: Conversing about Collage Creations

TWM's Visioning Workshop Draws Loyal Following

Our popular semi-annual **Visioning Workshop** is an intensive collage-making process that inspires women to use creativity and intuition to tap into their subconscious dreams and desires. Here, participants reflect on the transformative, introspective process:

Kelly: The event description promised to help me figure out where I was in my life and where I wanted to go next.

Kekla: The goal is to capture images that represent the life you want; by interpreting and embracing them, you empower yourself to get there.

Amanda: I forget how much I enjoy being creative. Picking up scissors and glue brings me back to the joys of childhood.

Suzanne: I enjoyed taking a break from the intellectual, thinking side of my brain and opening up the side that is more intuitive.

Kekla: You grapple with questions like "What do I want?" and "How do I get it?" without letting yourself pre-judge the answers. I never cease to be amazed by what emerges.

Jen: My collage serves as a reminder of situations and activities that speak to me and what I want more of in my life.

Suzanne: Mine helped me gain a sense of calm and clarity.

Pauline: The meditation, breathing, and journal writing elements made for a more meaningful experience.



TWM Testimonial

"I love looking at my collage. Whenever I look at it I feel inspired and strong, and I am reminded of the dreams I tell myself about my life." — **Nicole Lisa**

Making the Most of Ourselves, Inside and Out

TWM Members Consider Their Closets and Cosmetics

TWM's Members-Only Makeover Event fell on Women's Equality Day. We had a great turnout at the **ESPRIT** store in Rockefeller Center.

Monica Diaz of **Style Matters, Inc.** offered her style talk and fashion expertise, with a special treat for our member makeover models Sharón Joseph Spence, Anneris Mercedes, Amanda Mittman Goldfarb, Tricia Amy, and Kirsten Tanjucto, who got to walk in the ESPRIT fashion show.

We enjoyed discounted ESPRIT merchandise, wine, hors d'oeuvres, and a raffle with great prizes.

Special thanks to our sponsors and donors: **MAC Makeup, Godiva Chocolate, Dean & DeLuca, Crush Wine, Brooklyn Brewery, TyKu, ZICO, Comix Comedy Clubs, Warren Tricomi Salon, Ruth Asburn, Amanda Goldfarb, Redken, Jessica Yunker, On Location Tours, Kristina Leonardi, Life of Reilly Organizer, and PopChips.**



Member models and their stylist (left to right) Tricia, Amanda, Anneris, Monica, Kirsten and Sharón after their runway debut.

TWM Testimonial

"I went from frumpy to fabulously sophisticated!" — **Sharón Joseph Spence**

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What is your mission?
What does it mean to be a woman today?

Let The Women's Mosaic help you answer these questions...

Join The Women's Mosaic!

Recognizing Our Unity and Celebrating Our Diversity

The Women's Mosaic is a nonprofit organization that provides **education, inspiration** and **motivation** for women to **rise up and rock** the world!

Offering your financial support through membership will enable us to sustain and enhance our programs!

Below please find the various membership levels and benefits - please join at the highest level possible, as every penny counts! And if you prefer not to join, or are already a member, please consider making a donation in any amount. Just fill out and mail in the form below with your check, or you can donate online now by going to www.thewomensmosaic.org/membership.asp.

Thank you for enabling us to continue with our work!

MOSAIC MEMBER - \$35

\$5 voucher good toward one event* + TWM key chain
(fully tax-deductible)

LAVENDER LADY - \$50

\$5 off on all events* + TWM key chain
(fully tax-deductible)

VIOLET VISIONARY - \$100

Free admission to one event* + 10% discount on all other events* + TWM tote bag (\$65 is tax-deductible)

STERLING SUPPORTER - \$250

Free admission to 3 events* + 10% discount on all other events* + TWM tote bag (\$200 is tax-deductible)

GOLDEN GAL - More than \$250

Free admission to all events* + TWM tote bag (tax-deductibility determined by amount given)

*Events do not include The Women's Mosaic fundraisers.

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