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**Let's Celebrate National Women's History Month**

**By Susan Dunn**

**Let's Celebrate National Women's History Month by Susan Dunn, The EQ Coach**

This year's theme is "Women Pioneering the Future". According to the National Women's History Project, this includes both "pioneering women from US history, who led and won struggles for equality and civil rights, created and advanced educational and professional opportunities, and made great contributions to the arts, sciences, and humanistic causes, and innovative women of today who further these efforts and continue to expand the frontiers of possibility for generations to come."

Here are some ways to join the celebration:

1. Order the official poster: [http://www.nwhp.org/whm\\_hemes\\_heme03.html](http://www.nwhp.org/whm_hemes_heme03.html) .

2. Encourage your City Council to make a proclamation. Here's a sample proclamation:  
[http://www.nwhp.org/whm\\_hemes/proclamation-sample.html](http://www.nwhp.org/whm_hemes/proclamation-sample.html) .

3. Order these placemats ( [http://www.nwhp.org/new\\_catalog/womens-history-month/womens-history-month2.html](http://www.nwhp.org/new_catalog/womens-history-month/womens-history-month2.html) ) and take them to work, your children's school cafeteria, a charity, your place of worship. Banners, buttons, bookmarks and balloons also available!

4. Check out power contact websites listed here for working women, and add your own!  
[http://www.womenworking2000.com/power\\_contacts/docs/websites.html](http://www.womenworking2000.com/power_contacts/docs/websites.html) .

5. Read up on this year's honorees: Rebecca Adamson, Native American advocate; Rachel Carson, Scientist and Environmentalist; Linda Chavez-Thompson, Labor Leader; Mae C. Jemison, Scientist, Educator, and Former Astronaut; Yuri Kochiyama, Civil Rights Advocate; Tania León, Composer and Conductor; Robin Roberts, Broadcast Journalist; Harilyn Rousso, Disability Rights Activist and Psychotherapist; Margaret Chase Smith, Congressional Representative and Senator; Wilma L. Vaught, Brigadier General, USAF, Retired; Rebecca Walker, Youth Organizer and Writer. Go here:  
[http://www.nwhp.org/whm\\_hemes/honorees03.html](http://www.nwhp.org/whm_hemes/honorees03.html) .

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6. Read about these great women's museums and then go visit one near you: National Cowgirl Museum and Hall of Fame, Ft. Worth, Tx.; National Museum of Women in the Arts, in Washington, DC; Women of the West Museum, in Denver, Colorado; International Women's Air and Space Museum, in Dayton, Ohio; U.S. Army Women's Museum, in Fort Lee, Virginia. Go here for links to their websites: <http://www.infoplease.com/spot/whmmuseum1.html> .

7. See how you do on the Groundbreaking Women Quiz:

<http://www.infoplease.com/spot/quiz/whm2/1.html> > <http://www.infoplease.com/spot/quiz/whm2/1.html> .

Sample question: Former Secretary of Labor Frances Perkins (1880–1965) was the first woman to be appointed to a presidential cabinet. Which leader did she serve under? (Franklin D. Roosevelt, John F. Kennedy, or Calvin Coolidge?).

8. Find out what these women have in common: Sara Teasdale, Anne Sexton, Sylvia Plath, Harper Lee, Jhumpa Lahiri, Wendy Wasserstein ...

You guessed it - they're Pulitzer prize winners. For complete list, go here:

<http://www.factmonster.com/ipka/A0771154.html> .

9. And what women have won the Nobel Prize? Start with Madame Curie, two-time winner - in 1903 in physics, and in 1911, for chemistry. Then her daughter won the Nobel Prize for chemistry in 1935. Go here to learn about the women Nobel Prize winners from all over the world:

<http://www.factmonster.com/ipka/A0801697.html> .

10. Notable Women Ancestors is looking for you!

It's comprised of women's biographies and genealogy data of notable women in history and not-so-famous women submitted by actual living descendants. Get on it!

<http://www.rootsweb.com/~nwa> .

11. Help your daughter make her own listmania of books she's read about women:

<http://www.amazon.com/exec/obidos/fil-create/104-3462612-7770322> .

12. And do some reading and book reviews together. You can start with "To Love This Life," quotations by Helen Keller: <http://www.amazon.com/exec/obidos/ASIN/0891283471/susandunnmome-20> and your daughter can read and review "A Picture Book of Helen Keller" –

<http://www.amazon.com/exec/obidos/ASIN/0823409503/susandunnmome-20> .

Susan Dunn, The EQ Coach, offers coaching and Internet courses on emotional intelligence. Coaching with RESULTS for women in transition. Visit her on the web at [www.susandunn.cc](http://www.susandunn.cc) and <mailto:sdunn@susandunn.cc> for FREE ezine.

### **Lunch With The Former First Lady**

**By Laura Turner**

"Get over there," my friend Nan said with a shove.

I won't. I can't go, I thought, then recoiled. I set down my tea, put the book back into my black tote bag and zipped it shut. She'd never, I mean why would she?"

"Just come on, will you?" Nan said so... well, so confidently. Oh yeah, that's right. I'm the journalist here.

I straightened my back, fumbled for the paperback and walked over to greet Nan. Yes, living life at the marrow, that's what I'd promised myself. It's my favorite quote from Thoreau's *Walden*: Life isn't worth living unless you can live it at the marrow. And I was doing it. Although, I could begin tomorrow...

"Hurry up!"

Okay, now I'm nervous, tightly gripping my dog-eared and yellowed copy of *First Lady From Plains* with anticipation. In the other hand a pen, damp with perspiration. "Are you sure? Do you think she'll mind?"

"Get over there next to her and I'll take your picture."

I looked up. Yes, there I was standing right next to her; the former First Lady Rosalynn Carter. I was. I swear. (You can see me here:

) I'd been invited to the National Women's Hall

Of Fame annual induction luncheon in Seneca Falls, New York. The best credential I'd ever earned working as a journalist. Just to be on the beat was an accomplishment, I promise you.

The Women's Hall pays tribute to females of experience, women of power, persuasion. Women from the likes of Oprah, to legends passed such as suffragist Susan B. Anthony, Rosa Parks and literary giants like Willa Cather and Eudora Welty. These Great Ladies, all two hundred seventeen of them, line the walls of the National Women's Hall. Accomplished women. Women who dared. Women who live life at the marrow.

"Oh! Hello. Good afternoon, Mrs. Carter," I stammered. "Congratulations on your induction, and your accomplishments," I paused. "Oh and would you mind very much signing my book. Would you? Oh and my name's Laura, by the way." I swallowed hard. Smooth, right? I finally get to meet The First Lady From Plains and there's no place at all to buy a vowel.

Rosalynn Carter extended her hand. I placed the pen in her grip and gazed at her like a child opening a pop-up storybook and watching the pictures come to life. "Pleased to meet you," she said.

She signed, then placed the volume and pen back into my hands. Snap!

"Thank you," I said smoothing the glossy cover. Nan and I returned to our seats. The former First Lady

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returned to her seat. And the chicken salad was served.

About The National Women's Hall Of Fame (Reference:

"In 1969, a group of women and men of Seneca Falls created the National Women's Hall of Fame, believing that the contribution of American women deserved a permanent home in the small village where it all began. The Hall is home to exhibits, artifacts of historical interest, a research library and office. The National Women's Hall of Fame, a national membership organization, holds as its mission:

'To honor in perpetuity these women, citizens of the United States of America whose contributions to the arts, athletics, business, education, government, the humanities, philanthropy and science, have been the greatest value for the development of their country.' (Copyright 2006 National Women's Hall Of Fame)

The Hall is a shrine to some of the greatest women in the history of this country and a tribute that grows annually with each induction ceremony as we learn to appreciate more about the wonderful contributions that women make to our civilization."

To take the online tour or to learn more about the National Women's Hall of Fame, visit their website

Laura M. Turner, C.H.H.P is a Certified Holistic Health Practitioner and author. She hosts

and publishes the New Body News and Wellness Letter, The Online

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) Subscribe for f.r.e.e. and receive

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