



UNLIMITED POSSIBILITIES

Uplifting Women's Voices & Visions for a **Better World**



Welcome to UP

Our goal is to lift up women's voices and visions for a better world. We do so through conversations and storytelling. We are funded by the California Commission on the Status of Women and Girls. Unlimited Possibilities launched its first podcast series in September and shared the voices and visions of 6 remarkable California women. Click here to learn more and listen <https://www.calgalsmedia.io>.

Listen Now!

UP Newsletter | Vol. 2

Editor's Note

We are finishing the second edition of our UP newsletter the week of California's February storms, with snow in Los Angeles County and San Jose to name just a few cities experiencing unusual weather patterns. At the same time, it was 80 degrees in Washington DC... in February. Climate change is one the most pressing issues, if not the most pressing issue, facing our state and our world, and women often feel the adverse impact of climate change more severely than others.



"It is important to remember, however, that women are not only vulnerable to climate change, but they are also effective actors or agents of change in relation to both mitigation and adaptation. Women often have a strong body of knowledge and expertise that can be used in climate change mitigation, disaster reduction and adaptation strategies. Furthermore, women's responsibilities in households and communities, as stewards of natural and household resources, positions them well to contribute to livelihood strategies adapted to changing environmental realities." [SEE MORE](#)

Women are often the drivers of effective efforts to reduce global warming. For this reason, we are especially grateful to have Paola Gianturco as a guest on our UP podcast. Paola and her granddaughter, Avery Sangster, co-authored COOL: Women Leaders Reversing Global Warming.

Please listen to the podcast to learn more about Paola and her remarkable work and click the links at the end of the newsletter to connect with her work and the COOL website. Discover what women are doing in California and around the world to address global warming and learn what you can do, too. CONTINUED...

Regarding health and wellbeing, we are also grateful to have as guests Dr. Leigh Ann Simmons from UC Davis' POD Center, and Dr. Sediq from the Sehat Initiative whose work addresses the health and wellbeing needs of immigrants. Their websites are also listed at the end of the newsletter. We are also grateful to the California commission on the Status of Women and Girls for their support of our work. [Read their 2022 Annual Report](#) to learn more about the status of women and girls in our state.

As the importance of mentorship is mentioned throughout our UP conversations, we interviewed my (Lucy Morse Roberts) mentor, Dr. Michael Nagler.

Ideas



This second series of podcasts is filled with inspirational ideas for everyone. Our guests discuss the unlimited possibilities for women that occur when we work together to achieve them. They highlight examples of the power of women to create much needed positive change in this world from improving health and wellbeing to climate transformation and nonviolent movements for social/political change.

Saying "No" can create room for a better "yes."

Dr. Leigh Ann Simmons

"As one of our English language interviewees, Dr. Leigh Ann Simmons, the first recipient of UC Davis' Women & Philanthropy Impact Award, shares very relevant and prescient ideas related to the wellbeing of women and families. We included a couple short bonus chats to highlight the power of no, health disparities, postnatal care, and much, much more. There are too many ideas to summarize here. Listen and be inspired by this amazing woman.

Dr. Sediq

As one of our Dari interviewees, Dr. Mohammad "Sediq" Hazratzai joins us to discuss his work with immigrants in California. His interview emphasizes the idea that immigration is not the end of one's story. It is the beginning of a new chapter in one's life. Immigrants will experience stress and need to look for the helpful resources and talk with others in similar situations. We should all look, listen, and learn and discover new blessings and opportunities for oneself and one's family.

Discover new opportunities.

If girls push for their dreams, they will someday realize them.

Rukhsar Samimi

Also in Dari, Rukhsar Samimi, a student at the Asian University for Women (AUW), shares the importance and power of family support to realize one's potential and the power of patriarchy to deter one from following one's dreams. Her message for other women and girls that they have the right to be educated and should stand up for their rights.

Resources

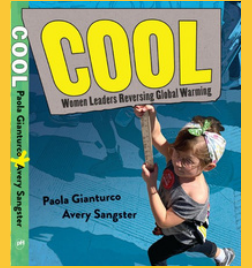
Take the conversations deeper and check out these inspirational resources.

Paola Gianturco

www.paolagianturcoauthor.com

www.coolreversingglobalwarming.com

www.coolreversingglobalwarming.com/act



Dr. Sediq

www.sehatinitiative.org

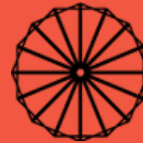


SEHAT
INITIATIVE

Dr. Michael Nagler

www.mettacenter.org

vimeo.com/ondemand/thethirdharmony



METTA CENTER
for NONVIOLENCE

Dr. Leigh Ann Simmons

pod.ucdavis.edu



Rukhsar Samimi

asian-university.org



How can we, as women,
better participate in
changemaking
conversations & share
innovative solutions to
our most pressing
health and wellbeing
challenges?

Final Thought

"When women are in the room there are always exciting and also, I would say, innovative solutions that don't always emerge when they are left out of conversations."

- Dr. Leigh Ann Simmons