

UN CSW Delegation Presentations Back To The Community Part 2
Transcript

1

00:00:02.920 --> 00:00:10.929

Sheva Carr: Welcome to our her ambassador members call actually members zoom today.

2

00:00:11.910 --> 00:00:22.689

Sheva Carr: and we are so fortunate on this June twelfth, 2023, to have 3 of our esteemed

3

00:00:22.990 --> 00:00:28.080

Sheva Carr: United Nations Commission on the Status of Women Delegates

4

00:00:28.660 --> 00:00:32.730

Sheva Carr: presenting back to us their experience.

5

00:00:34.020 --> 00:00:37.220

Sheva Carr: This is such

6

00:00:37.610 --> 00:00:40.589

Sheva Carr: an important part of what we do.

7

00:00:41.740 --> 00:00:44.790

Sheva Carr: The very meaning of a delegate

8

00:00:46.550 --> 00:00:49.560

Sheva Carr: is someone who is delegated

9

00:00:49.650 --> 00:00:52.640

Sheva Carr: by a larger community

10

00:00:53.090 --> 00:00:58.450

Sheva Carr: to not only represent that community on the ground somewhere.

11

00:00:59.710 --> 00:01:11.169

Sheva Carr: but to bring back to that community what they learned from their experience. so that we all benefit from it.

12

00:01:11.290 --> 00:01:19.260

Sheva Carr: It's a figure 8 relationship. I'm going to translate this in Spanish for our

13

00:01:26.950 --> 00:01:30.620

Sheva Carr: as no Sullivan

14

00:01:39.060 --> 00:01:42.560

Sheva Carr: Kong appendi sahin for the.

15

00:01:46.890 --> 00:01:49.230

Sheva Carr: And as so, as I'm also.

16

00:01:51.740 --> 00:01:58.350

Sheva Carr: and so we'll start with a heart back in together.

17

00:01:59.750 --> 00:02:07.159

Sheva Carr: focusing attention in the area around the heart. The chest area.

18

00:02:09.590 --> 00:02:16.220

Sheva Carr: imagining the breath is flowing in through the heart and out through the heart.

19

00:02:19.290 --> 00:02:24.059

Sheva Carr: breathing a little slower and deeper than usual.

20

00:02:28.410 --> 00:02:33.560

Sheva Carr: If you find it helpful, you can count as you breathe in

21

00:02:35.590 --> 00:02:38.550

Sheva Carr: and count as you breathe out

22

00:02:42.600 --> 00:02:46.390

Sheva Carr: on whatever rhythm works for your body.

23

00:02:48.110 --> 00:02:55.649

Sheva Carr: The invitation is that the inhale and exhale be even in length.

24

00:03:03.630 --> 00:03:09.080

Sheva Carr: to begin to balance the autonomic nervous system.

25

00:03:11.930 --> 00:03:21.549

Sheva Carr: to pull us out of fight, flight, freeze a peace, trauma mode. or what the Kobala calls ego mode

26

00:03:25.910 --> 00:03:30.550

Sheva Carr: into what the Kabala would call soul mode.

27

00:03:35.080 --> 00:03:47.540

Sheva Carr: Okay, let. It is very intuitive, and she knows what I'm saying, even if she doesn't know what I'm saying. But I'm going to translate. No, we're good. She's giving me a thumbs up. Okay.

28

00:03:49.600 --> 00:03:52.809

Sheva Carr: and we'll rest in this together.

29

00:04:00.810 --> 00:04:05.120

Sheva Carr: As we breathe into the heart and out to the heart

30

00:04:08.210 --> 00:04:10.039

Sheva Carr: for 5 min.

31

00:04:10.660 --> 00:04:14.760

Sheva Carr: radiating appreciation and support

32

00:04:16.870 --> 00:04:19.430

Sheva Carr: to Carolyn, Loretto

33

00:04:21.519 --> 00:04:22.750

Sheva Carr: and Annie.

34

00:04:26.700 --> 00:04:29.690

Sheva Carr: and to all the women and girls

35

00:04:30.320 --> 00:04:31.600

Sheva Carr: I could

36

00:04:33.000 --> 00:04:34.280

Sheva Carr: benefit

37

00:04:34.500 --> 00:04:37.380

Sheva Carr: from our engagement today.

38

00:11:47.880 --> 00:11:53.010

Sheva Carr: This is a moment to pause and listen

39

00:11:55.500 --> 00:11:58.770

Sheva Carr: to your heart's intuitive guidance.

40

00:12:02.200 --> 00:12:06.559

Sheva Carr: Anything your heart would like you to know.

41

00:12:27.170 --> 00:12:31.450

Sheva Carr: and to bring this quality of listening

42

00:12:32.510 --> 00:12:35.259

Sheva Carr: a radiating heart.

43

00:12:35.910 --> 00:12:43.889

Sheva Carr: as we hear from Annie and Carolyn and Loretta. and I'm going to let the 3 of you

44

00:12:44.650 --> 00:12:47.160

Sheva Carr: decide on order.

45

00:12:49.250 --> 00:12:54.350

Sheva Carr: Who wants to? Yes, but, Loretta, you want to go first.

46

00:13:07.070 --> 00:13:12.889

Sheva Carr: I'll

47

00:13:18.190 --> 00:13:25.690

Sheva Carr: but are you that this? And through here Sandra just joined us to help with the translations as well.

48

00:13:26.170 --> 00:13:37.339

Sandra Solano: Are are we going to use that an English room like we did for the seminar or no for these teach present. Back Sandra. We all just stay in one room.

49

00:13:38.030 --> 00:13:38.860

Sandra Solano: Okay.

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00:13:42.570 --> 00:13:47.650

Sheva Carr: all right. Loretto is sleep with us.

51

00:14:02.120 --> 00:14:22.040

Sandra Solano: but that comes soon, though. So I'm going to be typing then for the translation that you could. But we did. Simultaneous. We we just did back and forth for this.

52

00:14:22.270 --> 00:14:23.450

Loreto Vallejos: That's yeah.

53

00:14:29.850 --> 00:14:35.280

Loreto Vallejos: But Tennessee and a compensation constitution. 9.

54

00:14:45.800 --> 00:15:00.279

Sandra Solano: Good morning. My name is Lauren Toba Jacques. thank you. Shale and Sandra. I I'm one of the members that participating in the constitutional process in Chile about a year ago, and we had that process happening here in chile

55

00:15:01.500 --> 00:15:07.750

Loreto Vallejos: the

56

00:15:14.610 --> 00:15:18.749

Loreto Vallejos: eat. I follow the the the

57

00:15:26.230 --> 00:15:43.769

Sandra Solano: as part of that process. A a group of us we're able to

have, thanks to this fear foundation support trip to New York to participate in the United Nations. And that is why I'm here for you to share with you what happened in that process.

58

00:15:51.350 --> 00:15:55.830

Sandra Solano: Can you all see the image I'm sharing? And yes, we see the

59

00:16:10.730 --> 00:16:20.499

Sandra Solano: as you can see, that I am here with a group of women that were there, and this was one of the few days that we were able to be all together and participate together.

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00:16:43.280 --> 00:16:53.299

Sandra Solano: This is a picture of all of us leaving Santiago on March fourth, as you can see, we're all very happy, and on the left you can see

61

00:16:53.370 --> 00:17:08.590

Sandra Solano: giant napkin with a model. Never again without us. I don't have to say in the Spanish us it's it's a feminine, so it's pretty much never again without

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00:17:08.630 --> 00:17:17.070

Sandra Solano: the women in their room, and that this became one of the models that we felt through this process. That was important.

63

00:17:35.160 --> 00:17:47.000

Sandra Solano: we arrive in the next. The next day we would arrive at a different time, so we wait for a shoulder because we are very happy. We were very lost, but also very happy.

64

00:18:14.320 --> 00:18:38.339

Sandra Solano: So this is now. The next day we went to kind of get our bearings in the building of the United Nations. It was really very overwhelming and impacting special for me, because I am a a history professor. And I have been seeing videos of history happening in this room. I'm walking into the General Assembly Room, and I'm being there, as you can see in this picture. I was really overwhelmed with the motion.

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00:19:05.530 --> 00:19:23.719

Sandra Solano: Hmm! That is, when we met. Marlin is personally for the first time, and it was we were trying to figure out. We wanted to go everywhere, but there were so many rooms, and it was a little bit overwhelming. So, thanks to Martin, we we were able to navigate what was going on.

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00:19:51.680 --> 00:20:12.169

Sandra Solano: and, as you can see in this picture. We are all together, and that's when we're with Martin. And and we were all very excited, but it was also the fact that there were so many women here and there was this special energy that it was really of excitement. And that's when we were connected to that. And feeling a very special moment.

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00:20:14.100 --> 00:20:17.810

Loreto Vallejos: The last

68

00:20:37.050 --> 00:21:06.020

Sandra Solano: so these are the meetings that attendance for that day and the presentations, and I have a little summary here. I'm going to focus in 2 of them. For me. We're the most impacting and the special But if I were to choose one, I would choose number 3 as the most important one, and Laura, the way I layer less. But I can say I'm kissing. So the number one presentation is, it says, all of us connected.

69

00:21:07.150 --> 00:21:23.029

Sandra Solano: it really was a challenge to connect. you talk about the challenge to connect rural women and digital spaces and to share the experiences of successful programs in Aruba, chile, ipad, why? And par, why.

70

00:21:23.220 --> 00:21:25.660

Sandra Solano: The second presentation is called

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00:21:26.250 --> 00:21:28.120

Sandra Solano: they.

72

00:21:28.310 --> 00:21:36.630

Sandra Solano: the role of the media in the implementation of the United Nations. I I don't know what 1, 3, 2, 5 is.

73

00:21:36.860 --> 00:21:42.100
Sandra Solano: but it's one of the 1325

74
00:21:42.170 --> 00:21:55.379
Sheva Carr: is a very important thing to know it was. It's a it's a resolution that was passed through the UN Security Council by a colleague of ours.

75
00:21:55.700 --> 00:21:57.670
Sheva Carr: Ambassador Choudary.

76
00:21:58.850 --> 00:22:02.439
Sheva Carr: when he was the head of the UN Security Council.

77
00:22:02.700 --> 00:22:17.159
Sheva Carr: He's worked closely with pathways to peace for many, many, many years as a peace advocate and resolution. 1,325 somewhere. I'll dig up a picture of me with Ambassador Choudary. It's an incredible

78
00:22:17.710 --> 00:22:19.109
Sheva Carr: human being.

79
00:22:19.300 --> 00:22:25.509
Sheva Carr: 1,325 without him never would have passed through the UN Security Council.

80
00:22:26.360 --> 00:22:34.180
Sheva Carr: It requires that at every piece negotiation table there are women represented

81
00:23:06.540 --> 00:23:13.350
Sheva Carr: so this, add a couple of other things to that which is

82
00:23:13.360 --> 00:23:15.020
Sheva Carr: the data

83
00:23:15.490 --> 00:23:23.979
Sheva Carr: on peace negotiations in which women are at the table is significant, which is to say that

84

00:23:24.630 --> 00:23:35.200

Sheva Carr: for peace to last for greater than 10 years. it appears only to do so. If women have been present at the negotiation table.

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00:23:35.320 --> 00:23:42.390

Sheva Carr: not only does the presence of women at the negotiation table create lasting piece.

86

00:23:44.170 --> 00:23:54.970

Sheva Carr: But women are advocates for things that usually get omitted in peace. Negotiations like rehabilitation.

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00:23:55.550 --> 00:24:10.250

Sheva Carr: reconciliation. the needs of the child in a post war environment. the basic needs of the family in the post war environment.

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00:24:10.400 --> 00:24:21.280

Sheva Carr: And so peace negotiations have only been found to be lasting, sustainable, and truly successful with the presence of women at the table.

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00:24:21.710 --> 00:24:25.569

Sheva Carr: and prior to this resolution

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00:24:25.910 --> 00:24:35.470

Sheva Carr: women were almost never included in the peace negotiation process. And if you look

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00:24:36.400 --> 00:24:45.540

Sheva Carr: at who was at the peace negotiation table between Russia and Ukraine. does anyone remember seeing those photos? I see Annie smiling.

92

00:24:46.800 --> 00:24:49.980

Sheva Carr: Was there was there a woman present?

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00:24:51.110 --> 00:24:53.849

Sheva Carr: No, it's just carolyn not a single one.

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00:25:39.980 --> 00:25:45.730

Sheva Carr: the last.

95

00:26:02.140 --> 00:26:11.530

Sheva Carr: they let's let's see that is

96

00:26:12.230 --> 00:26:15.420

Sheva Carr: on in video, they post conflict them

97

00:26:33.790 --> 00:26:43.960

Sandra Solano: that's it. E, I'm as an thursday no, I, we're head is in a mess of the negotiation in the past

98

00:26:44.020 --> 00:26:48.909

Sandra Solano: my sisters say, if I quit in in Las Vegas, in Central.

99

00:26:57.270 --> 00:27:12.970

Sandra Solano: in tons of, and it's upon it. So in this second topic, what it says here under the title is how to get the media to communicate the information

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00:27:13.080 --> 00:27:17.889

Sandra Solano: and allow for reflection. and the number 3

101

00:27:18.730 --> 00:27:34.300

Sandra Solano: is how the Catholic Church uses the ideology of gender to threaten human rights. So this is a very interesting reflection about how

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00:27:36.650 --> 00:27:43.489

Sandra Solano: we can increase the support to women's rights

103

00:27:43.530 --> 00:27:48.060

Sandra Solano: within the church, and which delivers and among delivers.

104

00:28:21.450 --> 00:28:44.409

Sandra Solano: So this is a topic I really want to share my reflections about, because one of the things that we focus during the

writing of the Constitution was the woman's rise to choose the woman, find shoes over her body, and to have access to the information, and we know that this was one of the topics that created more debate and conflict with what we were proposing in the Constitution.

105

00:29:27.760 --> 00:29:57.559

Sandra Solano: So this was very interesting for me, because this were presented by women that were Christian Catholics, and that we team that Catholic is a structure and institution. They believe on the women's right to shoes. So It was very interesting for me to reflect. How are we going to do a better job to communicate within this Catholic an ecclesiastic philosophy and being able to reach people that are believers

106

00:29:57.560 --> 00:30:02.880

Sandra Solano: and and communicate their the importance of the right of the women to choose.

107

00:31:01.640 --> 00:31:04.700

Sandra Solano: so what we have.

108

00:31:05.290 --> 00:31:15.759

Sandra Solano: this is so powerful I want to make sure, I translate it as as powerfully as as Laura to said it. So what

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00:31:15.790 --> 00:31:24.929

Sandra Solano: but we have to consider is that we kind of continue with the same talking points that we're using for the women that we are already agreeing with.

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00:31:24.930 --> 00:31:49.839

Sandra Solano: but sometimes that we have to be able to find a way to communicate for those people that we want to reach and change their minds, and being able to attract to the feminism in a way that is no violent and attacking them. because in the way that this is being manifested in Chile in the streets. We're having these rallies that are very open and very liberal, but that I receive as very

111

00:31:49.840 --> 00:32:03.970

Sandra Solano: attacking by this woman that even though they may be leaving violence within their own communities, and they'd be the targets and the recipients of violence against women. When they see these very liberal feminist manifestations, they reject them.

112

00:32:03.970 --> 00:32:33.150

Sandra Solano: and they and that is a barrier for them to be able to listen to the message, and then they are acting against their own interest because of the way that we're communicated with them. So this is something that really has not come to our consciousness before. And in this process of conversation we really became aware that this is a very important issue to address. When I was sharing with the feminists here in the conference they agree with me. Yes, this is something we need to find a way to differently.

113

00:32:33.320 --> 00:32:39.539

Sheva Carr: and manifestation is protests. So these are like big protests.

114

00:32:40.380 --> 00:32:41.180

Loreto Vallejos: See?

115

00:32:41.650 --> 00:32:52.029

Sheva Carr: you just take a moment to, because we appreciated Laureate, though, and Carolyn and Colleen Sandra wasn't here yet. Can we give some gratitude, please.

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00:32:52.600 --> 00:32:55.860

Sheva Carr: for the amazing translation to

117

00:33:19.910 --> 00:33:20.950

Loreto Vallejos: over there

118

00:33:24.660 --> 00:33:25.960

Loreto Vallejos: a embedded

119

00:34:03.470 --> 00:34:06.839

Loreto Vallejos: in place.

120

00:34:17.310 --> 00:34:39.509

Sandra Solano: so I, I fully understand that this is something that is going to take time. That is going to be a change. There's going to be time, and we're just beginning to ha start the conversation of how we are going to be able to move from a place of segregation where the very conservative voices are very

121

00:34:39.530 --> 00:34:49.810

Sandra Solano: in in their ways, and and it feels threatening for those of us that are not sharing those those beliefs. and how?

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00:34:50.150 --> 00:34:55.710

Sandra Solano: so I'm trying to go back to something that you say so powerfully, and how I'm going to say it

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00:34:55.989 --> 00:34:59.130

Sandra Solano: in in that powerful way.

124

00:34:59.650 --> 00:35:03.830

Sandra Solano: But how we are Presenting the information

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00:35:04.260 --> 00:35:18.519

Sandra Solano: in a way that we are really going to be attracted, more people to be able to be opening dialogue, because, even though I don't share what they are conservative views. Maybe I do respect them.

126

00:35:18.560 --> 00:35:41.079

Sandra Solano: But the main message that I wanted to share is that we really have to find new ways of having these conversations that move from that conservative view into a a place where we are able to respect and being able to impact in the people that we want to convince. So for your your point.

127

00:35:42.090 --> 00:35:44.419

Loreto Vallejos: That was perfect something.

128

00:35:44.610 --> 00:35:51.109

Loreto Vallejos: and be on the moteling list. I can talk to no much, but I understand everything you said. Perfect.

129

00:35:51.580 --> 00:35:52.729

Loreto Vallejos: Thank you.

130

00:35:53.090 --> 00:35:59.470

Loreto Vallejos: And when this is the first day I'm I'm gonna move a faster.

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00:36:36.430 --> 00:36:40.579

Sandra Solano: So in the previous picture, just so that we met

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00:36:40.590 --> 00:37:06.759

Sandra Solano: we we we attend in a presentation that was organized by Chile, in which we met the Senator. She is the current Senator in Chile, and was one of the few senators that really supported our work in the Constitution. but it says in the bottom, is that the the presentation was about experiences to move forward the respect to the in

133

00:37:06.760 --> 00:37:26.320

Sandra Solano: in the digital education for girls in rural spaces, and then, In the next picture you can see that. Then they came to a representation in New York University where we were able to share with the faculty. And so New York University. our experience with the Constitution.

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00:37:55.150 --> 00:37:57.230

Loreto Vallejos: No.

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00:38:02.420 --> 00:38:29.360

Sandra Solano: So, as you can see here, it's there are many students from the university attendance. We're mainly students that have been in Chile, or have a study in Chile, and also, as you can see in the white shirt and the Senator, and we have the opportunity to speak publicly for the first time since the vote of the Constitution about the process. And it was really very emotional for us to be able to speak about this topics publicly again. So this made it a very special

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00:38:29.410 --> 00:38:30.700

Sandra Solano: opportunity.

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00:38:49.840 --> 00:38:51.660

Loreto Vallejos: And

138

00:38:51.820 --> 00:39:03.750

Sandra Solano: this was a third day, and it was the day International Day of Women, and it was in special celebration in the building. And we were. They're very happy participating in that celebration.

139

00:39:15.730 --> 00:39:22.309

Sandra Solano: So they they they they gave them little black boards for them to be able to write.

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00:39:39.350 --> 00:39:53.349

Sandra Solano: and we had the opportunity to do chalk art on the sidewalks as well. And this is what I wrote, because it's something that I really believe very deeply that without education we are never going to have gender equity.

141

00:40:04.180 --> 00:40:05.620

Loreto Vallejos: And

142

00:40:27.070 --> 00:40:51.279

Sandra Solano: so and this is the next day we were able to. I know our presentation, and the far from from the University where we had a contact with the students, some faculty, but this was especially Toshin, because the professor who invited us is from Chile. He was born in Chile. But he was right here in the United States. So it was beautiful to see he that he had his silly and hearts, and he had his American accent.

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00:40:51.280 --> 00:41:01.809

Sandra Solano: and he was able to show his Latin American personality, and being very warm and very caring for us.

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00:41:59.850 --> 00:42:26.059

Sandra Solano: So this is This is the next day, because the previous day we had bought an on time, I got tickets to the Statute of Labor, T. So we had a little tour But then, in this day this is my personal agenda, because everybody was going to the meetings and presentations that was interesting for them. But this is one of their meetings. I really enjoy a lot because it was focused on the power of women in rural areas by giving them access to the Internet.

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00:42:26.170 --> 00:42:49.030

Sandra Solano: and they were showing best practices, especially one from Columbia, which, actually, one of the little things that they they show was the access to tablets in public buses where they are able to do surveys and ask questions to the people about things that are important to them, and they are able to just answer right there in the tablet and then go on with their live.

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00:42:52.700 --> 00:42:53.630

Loreto Vallejos: And

147

00:43:26.840 --> 00:43:35.780

Sandra Solano: so this is the our presentation. I wanted to talk about it. And that was in the afternoon of Friday. and this is really about

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00:43:35.870 --> 00:43:53.539

Sandra Solano: from a group that focuses in feminist digital feminist justice. And really is about how we can create digital spaces in which basically, women are safe. and they are not exposed to dangerous situations.

149

00:44:10.180 --> 00:44:11.860

Loreto Vallejos: Okay, okay.

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00:44:11.880 --> 00:44:23.680

Sandra Solano: so let me translate it because it's a beautiful, that So one of the things that I wanted to quote, I wanted to share with you that I go down here is that the digital

151

00:44:24.210 --> 00:44:27.590

Sandra Solano: the digital gap.

152

00:44:27.950 --> 00:44:29.909

Sandra Solano: It's a gap in democracy

153

00:44:31.440 --> 00:44:38.130

Loreto Vallejos: in Phoenix. So inform, assume that Us. Information?

154

00:45:11.550 --> 00:45:35.329

Sandra Solano: So without access to digital information that is true and open and accessible, and having that information available to be able to make the decisions about who, to both of what? To both for or even to access opportunities to participate in public spaces on public positions or elected positions. Then we're really close to the doors to democracy.

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00:45:35.330 --> 00:45:45.560

Sandra Solano: And when we close to the the worst democracy for women

and children and and the woman child or the girl child. We are also close in the democracy for the world in general.

156

00:46:32.470 --> 00:46:47.910

Sandra Solano: So if we don't, if we don't create safe digital spaces with for women and girls. Then we are not having access to the information that that, they need to be able to participate and to be able to

157

00:46:48.190 --> 00:46:50.440

Sandra Solano: have an impact in the world.

158

00:47:30.130 --> 00:47:41.099

Sandra Solano: So Monday they have a free weekend with no presentations. Monday. They have their position with the fear foundation, which was also a very special, beautiful moment. And then,

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00:47:41.360 --> 00:48:03.500

Sandra Solano: this is Wednesday, and on Wednesday we had this presentation that it really talks about. the at first that they United Nations is doing to consolidate the peace and including women in those opportunities in the peace processes. And what it is here is

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00:48:04.390 --> 00:48:13.860

Sandra Solano: that they role that information has to create safe spaces for conversations about a dialogue that a piece.

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00:48:13.960 --> 00:48:32.930

Sandra Solano: and to create Democrats as bridges in the role. without access to the information, we are weakening the democracy, and the women and girls are more vulnerable in those spaces. So again. That's what space where safety for women to be in this spaces is essential.

162

00:49:35.870 --> 00:49:59.419

Sandra Solano: So in the afternoon, do they? They have a very interesting information from a practicing Guatemala, where what they have done is that they have assigned women as the managers of parks and park, like areas where they can create ecosystem. They can create ecological walks, and it also allows them to build businesses, small businesses around that.

163

00:49:59.470 --> 00:50:20.489

Sandra Solano: that kind of park setting and ecotourism. And this is another example where, digital access was essential, because no Jose are giving the opportunity for them to become the administrators of this spaces, but also the opportunity to connect with each other and be able to have access to information that is going to allow them to implement this program

164

00:51:07.790 --> 00:51:32.789

Sandra Solano: This presentation was about an experience in Mexico that was really close to my heart, because you address one of the things that we were proposing in the Constitution, and that is how to ha protect the rights of the caregivers and justly caregivers. So women more frequently, and they're caring for their children for their grandparents for the elders. And this proposal in the legislation.

165

00:51:32.790 --> 00:51:42.500

Sandra Solano: the the of Mexico is referring to that level of protection. So it was very touching for me to be able to see that language express in that legislation.

166

00:52:10.330 --> 00:52:15.900

Sandra Solano: So this is a summary of the a trip to that they did with a group of women to the Bronx.

167

00:53:00.730 --> 00:53:17.480

Sandra Solano: So this is a group of women that I use music as a way to protest. So they are actually more like a gospel choir, and they go to places of high consumption, or the Senate, or in conversations about climate, and they sing as a way of protest.

168

00:53:18.850 --> 00:53:27.619

Sheva Carr: and the I will just quickly emphasize with that group their their purposes. Their intention is, they go to malls and things like that

169

00:53:27.900 --> 00:53:41.670

Sheva Carr: to encourage people to stop so much conspicuous consumption, so much buying new fashion and close and focus their attention on values based endeavors like peace building instead.

170

00:53:51.100 --> 00:54:00.309

Loreto Vallejos: And these are some pictures of just cultural moments

that we had with some of our of the people that we met there

171

00:54:00.340 --> 00:54:04.070

Sandra Solano: going out to jazz concerts or out for drinks.

172

00:54:04.080 --> 00:54:13.080

Loreto Vallejos: You can't leave out jazz and gospel.

173

00:54:30.630 --> 00:54:34.340

Loreto Vallejos: It's Pakistan will need to, literally each time account.

174

00:54:59.630 --> 00:55:01.190

Loreto Vallejos: and

175

00:55:12.050 --> 00:55:33.349

Loreto Vallejos: we were able to be together, and and then, You could see that last picture they they have all over Einstein in the picture.

176

00:55:33.370 --> 00:55:37.409

Loreto Vallejos: and there are people you haven't met yet who will love you

177

00:55:37.720 --> 00:55:40.139

Loreto Vallejos: keep going, it will be worth it.

178

00:55:47.030 --> 00:55:49.680

Loreto Vallejos: What

179

00:55:49.990 --> 00:55:57.760

Sandra Solano: I really wanted to share this with you, because to think that so many things that we have no jet lift is are going to bring us off

180

00:55:57.790 --> 00:55:58.870

Sandra Solano: to our life.

181

00:56:00.260 --> 00:56:02.320

Loreto Vallejos: So thank you. Thank you. Thank you.

182

00:56:02.360 --> 00:56:07.310

Sheva Carr: In this.

183

00:56:08.850 --> 00:56:11.850

Sandra Solano: So Shva is going to show something.

184

00:56:15.070 --> 00:56:20.560

Sheva Carr: Yeah, it is.

185

00:56:20.880 --> 00:56:41.750

Loreto Vallejos: it

186

00:57:06.770 --> 00:57:29.050

Sandra Solano: so, Shiva. I just received this by the from the framing store, and then Loretta is explaining what it is. It's a at a tapestry that is done with a technique that's called diamond painting, which is little tiny crystals that you can use for the the painting, and it was done by another of the women Boretta. But

187

00:57:29.050 --> 00:57:45.760

Sandra Solano: and she was worried because it was unfinished, and she was thinking, Oh, should I finish it, or should I live it like that? Leave it and finish as a symbol that there is still more heart to come, and that our life is not finished, and it's always in process of continuing growth.

188

00:57:55.780 --> 00:58:06.460

Sheva Carr: And this is this belongs to all of the hard ambassadors. This is our. Your community will go up when when we have a brick and mortar building.

189

00:58:07.000 --> 00:58:11.160

Sheva Carr: this will be in the main entry way.

190

00:58:35.720 --> 00:58:45.579

Sandra Solano: Thank you so much. It was my honor to be able to be there representing all of you, but also what an hour for me to be able to be here and share my experience with you!

191

00:58:51.910 --> 00:58:56.640

Sheva Carr: Much of plausa Mini applause for

192

00:58:57.580 --> 00:59:02.689

Sheva Carr: house. Almost. Let's take a pause in the heart, and just digest

193

00:59:04.410 --> 00:59:06.630

Sheva Carr: what you just learned

194

00:59:12.100 --> 00:59:14.600

Sheva Carr: as I take this away from the cat.

195

00:59:21.740 --> 00:59:28.610

Sheva Carr: breathe gratitude for what you appreciate about what you just learned compassion.

196

00:59:31.500 --> 00:59:35.000

Sheva Carr: or what stirred.

197

00:59:48.100 --> 00:59:57.820

Sheva Carr: I know Loretto has to pick up her, gets to pick up her beautiful children from that education she's making sure they get.

198

00:59:58.890 --> 01:00:03.539

Sheva Carr: So if you have questions for Loretto, put them in the chat.

199

01:00:05.270 --> 01:00:14.050

Sheva Carr: and what we'll do is we'll get the answers through Whatsapp. If you need to go, Loretta, because we want to make some space here

200

01:00:14.510 --> 01:00:16.860

Sheva Carr: for Carolyn and Annie.

201

01:00:18.310 --> 01:00:23.559

Sheva Carr: So who who would like to go next Carolyn or Annie.

202

01:00:28.140 --> 01:00:31.689

Sandra Solano: and I'm going to translate and Spanish now.

203

01:00:49.290 --> 01:00:52.669

Carolyn Colleen: I'm happy to go any, or if you would like to go either way.

204

01:00:55.740 --> 01:00:59.250

Annie Ranger: either way. Go. If you want to go ahead you

205

01:00:59.870 --> 01:01:00.920

Annie Ranger: can go.

206

01:01:01.410 --> 01:01:03.490

Annie Ranger: and then I'll finish up

207

01:01:07.700 --> 01:01:11.080

Sheva Carr: alright.

208

01:01:11.130 --> 01:01:14.330

Carolyn Colleen: Yes, so Hello! I'm Carolyn and

209

01:01:14.420 --> 01:01:22.659

Carolyn Colleen: I had the honor of attending. I'm going to share my screen here, let's see. Oh, I don't have.

210

01:01:23.400 --> 01:01:26.379

Carolyn Colleen: Maybe I need to push something different.

211

01:01:30.530 --> 01:01:37.829

Carolyn Colleen: You should have this permissions, Carolyn.

212

01:01:38.590 --> 01:01:40.970

Annie Ranger: you both have any. Okay.

213

01:01:42.660 --> 01:01:44.030

Carolyn Colleen: I'll try and get in here.

214

01:01:50.490 --> 01:01:52.449
Carolyn Colleen: There, it is. Okay.

215
01:01:59.200 --> 01:02:06.600
Carolyn Colleen: okay.

216
01:02:08.550 --> 01:02:17.870
Sheva Carr: And can you still still see my screen? We can we actually see your presenter view. But that's fine.

217
01:02:20.580 --> 01:02:25.650
Carolyn Colleen: probably click on. here.

218
01:02:26.380 --> 01:02:27.939
Carolyn Colleen: this is this better?

219
01:02:30.080 --> 01:02:33.859
Carolyn Colleen: Yes, perfect. Thank you, Carolyn. Thank you. Okay.

220
01:02:34.100 --> 01:02:40.570
Carolyn Colleen: so yes, I am Carolyn, and I have the honor of attending

221
01:02:40.630 --> 01:02:43.030
Carolyn Colleen: the Csw. 67.

222
01:02:43.390 --> 01:02:46.390
Carolyn Colleen: And my key takeaways. So from

223
01:02:46.520 --> 01:02:58.210
Carolyn Colleen: And also, I would say, introduce yourself to the community, because not everyone knows you and how you

224
01:02:58.280 --> 01:03:02.969
Carolyn Colleen: would be great. Yes, okay. So I am, Caroline. I am

225
01:03:03.010 --> 01:03:21.799
Carolyn Colleen: from Wisconsin, and I had the opportunity to be connected with fear of foundation in Shiva through mutual friends.

with my background in heart, in my Phd, in psychology and my research and

226

01:03:22.280 --> 01:03:26.020

Carolyn Colleen: the reversing of Everest childhood experiences

227

01:03:26.200 --> 01:03:29.640

Carolyn Colleen: through grassroots interventions.

228

01:03:29.930 --> 01:03:55.999

Carolyn Colleen: And I have, by nonprofit as well that work. So, being able to collaborate and meet Sheba, and our hearts connect in the work and necessary going for for myself, being a woman of color from a very predominantly Caucasian community in rural Wisconsin. And so we part connected. And we're able to connect on a lot of the work that

229

01:03:56.200 --> 01:04:23.699

Carolyn Colleen: I've been doing, and how how our hearts align in advocating for women Me being one who has survived from a Salvation Army to being on the board of the Salvation Army, and then on to Ph. D. In which to create research and studies, and advocating for women who can reverse the effects of their adverse childhood experiences which mine is a a score of 9 which, technically, according to the data, I should not be alive.

230

01:04:23.840 --> 01:04:34.740

Carolyn Colleen: But I am resilient and continuing to force the way for women. And so this was an honor to be able to collaborate and be in the space and advocating for women, because that is my

231

01:04:35.030 --> 01:04:39.780

Carolyn Colleen: personal mission. And Sheba has been

232

01:04:40.190 --> 01:04:46.100

Carolyn Colleen: We've been connected in such a beautiful way, and I'm so very grateful we need

233

01:04:46.230 --> 01:04:51.799

Carolyn Colleen: more women to continually come together and advocate for

234

01:04:51.810 --> 01:05:00.419

Carolyn Colleen: for this work. And so being able to participate in this has been an absolute blessing for for myself

235

01:05:00.480 --> 01:05:04.640

Carolyn Colleen: and and all of the beautiful connections that we've made.

236

01:05:04.720 --> 01:05:19.829

Carolyn Colleen: and continue to make. So thank you for. And Carolyn. Yes, yes, yes, yes, thank you. Thank you for having me here. I'm so very honored to be in the room with powerful women who are advocating for women just like me and all over the world. So thank you.

237

01:05:20.390 --> 01:05:44.540

Carolyn Colleen: And so with his presentation, and with what I've learned and and been able to reflect on, has been just so very profound to my personal existence, and then also to the women. here in the real community in Wisconsin. the Bypop community and women of color who we're about 3 or 3 down here.

238

01:05:45.000 --> 01:05:46.889

Carolyn Colleen: So

239

01:05:47.240 --> 01:05:54.840

Carolyn Colleen: so I'll start my presentation So as far as getting arriving. So being able to

240

01:05:54.860 --> 01:06:04.549

Carolyn Colleen: to participate on the innovation and technological change with achieving gender equality in a palm of all women and girls.

241

01:06:05.680 --> 01:06:16.260

Carolyn Colleen: they're the subjects that were overall are the digital skills of education, innovation, solutions, cyber security, and then gender responsive innovation. And of those

242

01:06:16.420 --> 01:06:19.260

Carolyn Colleen: topics there was also

243

01:06:19.500 --> 01:06:36.500

Carolyn Colleen: the topics within the intersections of education skills, development. There are also discussions on health care well, being land and property rights, and then also leadership and participation. So all of these topics were, were

244

01:06:36.700 --> 01:06:40.100

Carolyn Colleen: the topics of interest within the 2 weeks

245

01:06:41.690 --> 01:06:44.280

Carolyn Colleen: on the Forum. And so

246

01:06:44.580 --> 01:06:54.530

Carolyn Colleen: some of the topics that really stood out for me personally. were these listed here so bridging the digital gender divide

247

01:06:54.610 --> 01:07:00.729

Carolyn Colleen: so gender equality and the accelerator towards the 50 50

248

01:07:00.870 --> 01:07:09.479

Carolyn Colleen: by 2,030. So this was a a very intriguing panel that had a

249

01:07:09.680 --> 01:07:15.750

Carolyn Colleen: pushed with the 2030 50, 50 accelerator, they call it

250

01:07:15.990 --> 01:07:29.119

Carolyn Colleen: and then and I'll go into the the ones a little bit more detail after. But innovation, solutions for women empowerment, so visual engagement, or, which is key to women's apartment and feminist leadership

251

01:07:29.310 --> 01:07:41.570

Carolyn Colleen: a powerful presentation, and the right to an inclusive, safe, and secure digital existence for women and girls. and that don't delve into a little bit more of

252

01:07:41.710 --> 01:07:48.580

Carolyn Colleen: and I'll go into that. I'll just share with these for

you first, and then the rural empowerment of women. So rural urban divide.

253

01:07:48.600 --> 01:07:59.660

Carolyn Colleen: and the realities in the rural areas, along with sexual exploitation of real women and from victims to leaders. And then, as an education skills development.

254

01:07:59.750 --> 01:08:03.049

Carolyn Colleen: she rises empowering women to thrive in technology.

255

01:08:03.440 --> 01:08:07.340

Carolyn Colleen: And within these topics what was what was

256

01:08:07.990 --> 01:08:16.569

Carolyn Colleen: enlightening? I'll share a few different areas here. So youth and young at heart alike

257

01:08:16.880 --> 01:08:33.400

Carolyn Colleen: what was so very powerful coming into that that the General Assembly, and sitting down in that space, and just being in a coherence, and taking in all the beautiful humans and honoring their life's work

258

01:08:33.450 --> 01:08:51.699

Carolyn Colleen: as you can. We? I was able to witness youth teenagers advocating for their future, and standing up for what they believe in and and in declaring and and making a stand, that they must be heard.

259

01:08:51.979 --> 01:08:58.259

Carolyn Colleen: particularly in this digital era. of technology. Are you saying? You know.

260

01:08:58.420 --> 01:09:02.290

Carolyn Colleen: we we've never been alive without this technology. Some

261

01:09:02.300 --> 01:09:18.859

Carolyn Colleen: and some are saying, Hey, we don't have access to this technology. And either way, it was in both of those rooms. They are our future. They're taking a stand. And yes, we need this

technology. We also need the security and protection

262

01:09:18.970 --> 01:09:21.800

Carolyn Colleen: around.

263

01:09:22.090 --> 01:09:25.239

Carolyn Colleen: the harm. the harmful

264

01:09:25.410 --> 01:09:42.049

Carolyn Colleen: access that can be given. So it was interesting to also see from an 81 year old. declaring, the the rights that were necessary from her era, and how she has seen all the different changes

265

01:09:42.540 --> 01:09:49.099

Carolyn Colleen: over the years, and how she has continued to show up. So that was a beautiful

266

01:09:49.600 --> 01:09:52.100

Carolyn Colleen: It was beautiful to witness both.

267

01:09:52.279 --> 01:10:02.180

Carolyn Colleen: Someone who had had 54 years and counting in service along with you, advocating and standing side by side.

268

01:10:02.230 --> 01:10:13.419

Carolyn Colleen: to speak of what our human rights are nationwide or worldwide. And so that was an absolutely beautiful forum in different in different aspects. So

269

01:10:13.730 --> 01:10:23.149

Carolyn Colleen: we had within that form was able to meet and connect with Marlene. And then also this is ava, when that from

270

01:10:23.360 --> 01:10:29.040

Carolyn Colleen: she's from Iceland, and she is speaking on our water is

271

01:10:29.070 --> 01:10:43.279

Carolyn Colleen: how water can be expanded with the use of technology so that the rural communities can have more access to water and

technology. And so that I was able to meet these.

272

01:10:44.470 --> 01:11:09.089

Carolyn Colleen: And it was wonderful because Marleneus gave me Tours, and she shared with me all the different areas, and how all the different times that she has been in these forums, and just showing me around, and and and how to the kind of the how to tutorial, of navigating all the different forums and discussions and faces, and and actually where to get a little food as well, because I just wanted to be in every single space. And

273

01:11:09.160 --> 01:11:11.430

Carolyn Colleen: and there's so many different things happening.

274

01:11:11.640 --> 01:11:23.269

Carolyn Colleen: I couldn't be everywhere, however, and she gave me a wonderful insight on where to maximize on my time and all both dehydrated and have food.

275

01:11:23.320 --> 01:11:27.520

Carolyn Colleen: So she's a beautiful. So I'm such a wanted to meet her

276

01:11:28.620 --> 01:11:30.170

Carolyn Colleen: within

277

01:11:30.430 --> 01:11:36.220

Carolyn Colleen: another. Another discussion, which was quite interesting.

278

01:11:36.490 --> 01:11:43.789

Carolyn Colleen: Was about preventing child marriage, and this panel was a panel of pastors

279

01:11:43.830 --> 01:11:52.199

Carolyn Colleen: and from around the world, and they advocate for preventing child marriage and sexual education.

280

01:11:52.430 --> 01:11:53.570

Carolyn Colleen: So

281

01:11:53.690 --> 01:12:01.709

Carolyn Colleen: there they wanted to bring it differently. What they did is they brought different stories of how they have been able to

282

01:12:01.950 --> 01:12:03.910

Carolyn Colleen: open up conversation

283

01:12:04.060 --> 01:12:07.920

Carolyn Colleen: with families who marry their children

284

01:12:08.080 --> 01:12:11.110

Carolyn Colleen: very young and

285

01:12:11.300 --> 01:12:14.509

Carolyn Colleen: because of economic barriers.

286

01:12:15.050 --> 01:12:21.920

Carolyn Colleen: And so they shared how they have been able to provide education.

287

01:12:22.320 --> 01:12:28.009

Carolyn Colleen: provide options. And one story that really stood out was a story of a father.

288

01:12:28.160 --> 01:12:31.150

Carolyn Colleen: and you can see right here

289

01:12:31.220 --> 01:12:35.360

Carolyn Colleen: in the top right corner the woman who's speaking.

290

01:12:35.870 --> 01:12:47.140

Carolyn Colleen: She shared how, after 2 separate meetings that she was able to with a particular family, and the father shared he didn't.

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01:12:47.320 --> 01:12:53.710

Carolyn Colleen: He didn't want to marry off his daughter As a child. however.

292

01:12:53.880 --> 01:12:56.310

Carolyn Colleen: his in his

293

01:12:58.710 --> 01:13:03.779

Carolyn Colleen: his community. made him feel like he had no other choice.

294

01:13:04.190 --> 01:13:11.689

Carolyn Colleen: And so, because of being able to speak with this this little lady right here in the middle?

295

01:13:11.850 --> 01:13:15.020

Carolyn Colleen: She is also a

296

01:13:15.630 --> 01:13:24.920

Carolyn Colleen: To the right of her is A is a a pastor. In the 2 of them have come together in order to have discussions and and share how?

297

01:13:24.940 --> 01:13:26.680

Carolyn Colleen: These families have choices.

298

01:13:27.240 --> 01:13:45.490

Carolyn Colleen: and so they have been able to make large strides, and being able to educate that they they spent their families, do have choices. They do not have to marry their children off at a very young age, and sometimes never see them again. And so that was a powerful discussion.

299

01:13:45.650 --> 01:13:51.900

Carolyn Colleen: and got into quite a bit of detail on providing income for those families

300

01:13:51.990 --> 01:13:54.120

Carolyn Colleen: so that they did not

301

01:13:54.200 --> 01:14:17.680

Carolyn Colleen: end up marrying their children off. I didn't feel that they were forced to, because it is. It comes down to it came down to economics. So this particular organization has been able to raise funds in which to provide income for the families so that their their

children can grow grow up and have choices about marriage instead of

302

01:14:17.730 --> 01:14:20.870

Carolyn Colleen: being married for economic reasons

303

01:14:22.390 --> 01:14:24.449

Carolyn Colleen: this one was

304

01:14:24.530 --> 01:14:36.520

Carolyn Colleen: another forum that I felt was quite impactful. And there there are many of them within the what this particular one that you're seeing was

305

01:14:36.890 --> 01:14:40.740

Carolyn Colleen: youth advocating for

306

01:14:41.480 --> 01:14:45.319

Carolyn Colleen: so you can see here it's small small island.

307

01:14:45.330 --> 01:14:47.999

Carolyn Colleen: she's speaking on her island and

308

01:14:48.330 --> 01:14:54.929

Carolyn Colleen: the different community, the different companies that are interested in having

309

01:14:55.340 --> 01:14:59.190

Carolyn Colleen: having business in that or in in their country. And

310

01:14:59.380 --> 01:15:08.889

Carolyn Colleen: the youth that came forward and said, I am the leader now I'm taking over, and they have been able to encourage their youth

311

01:15:09.030 --> 01:15:10.829

Carolyn Colleen: to take the seat

312

01:15:10.840 --> 01:15:19.919

Carolyn Colleen: at the Csw. For the adults that had previously had those seats, and that was an absolute

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01:15:20.380 --> 01:15:24.760

Carolyn Colleen: it. It was just beautiful to see how the adults

314

01:15:24.980 --> 01:15:31.430

Carolyn Colleen: good back. and allowed the youth to be able to take on the seats in their country

315

01:15:31.560 --> 01:15:44.679

Carolyn Colleen: as team leaders, as youth leaders, and they now have a They now take on inventing space rather than being in the main

316

01:15:44.840 --> 01:16:01.709

Carolyn Colleen: in the main eye and the as the chair. So they've allowed their youth to be chairs that was profound, being able to witness that youth are the ones who are leading the initiatives, and the adults are the ones that are mentoring but stepping back.

317

01:16:02.370 --> 01:16:13.799

Carolyn Colleen: And so that was another, just really a a shift in perspective, and a lot for us to be able to learn from, as we welcome in the next generation to lead

318

01:16:13.880 --> 01:16:18.529

Carolyn Colleen: and and be able to curate their future

319

01:16:20.270 --> 01:16:26.610

Carolyn Colleen: the outcomes in the conclusion. So at the outcomes and conclusions on Thursday.

320

01:16:26.840 --> 01:16:30.140

Carolyn Colleen: they So, having all of the

321

01:16:30.350 --> 01:16:36.140

Carolyn Colleen: programmatic and policy changes and awareness and advocate advocacy. Changes announced.

322

01:16:36.580 --> 01:16:43.990

Carolyn Colleen: That was also another beautiful experience, and just really understanding

323

01:16:44.070 --> 01:16:45.130

Carolyn Colleen: how

324

01:16:45.180 --> 01:16:53.560

Carolyn Colleen: how each forum came together, and how these policies and advocacy and awareness

325

01:16:53.620 --> 01:17:05.690

Carolyn Colleen: was updated on that Thursday, and then having those announcements which was 81 different announcements on what will be considered

326

01:17:05.770 --> 01:17:08.700

Carolyn Colleen: by the United Nations

327

01:17:09.190 --> 01:17:10.220

Carolyn Colleen: and

328

01:17:10.900 --> 01:17:19.299

Carolyn Colleen: then some of the forums. So there were also the side forums. So women in stem and in

329

01:17:19.310 --> 01:17:21.339

Carolyn Colleen: investigating the gap.

330

01:17:21.470 --> 01:17:26.330

Carolyn Colleen: So some things that really stood up stood out to me. And some really, really,

331

01:17:26.650 --> 01:17:34.160

Carolyn Colleen: a really amazing people I got to meet. So this this doctor here. She is the first woman

332

01:17:34.680 --> 01:17:49.290

Carolyn Colleen: in stem at her university in Missouri, and she has been able to increase women's participation in stem in that university, and when she came in

333

01:17:49.410 --> 01:17:56.630

Carolyn Colleen: she was able to see that women in in engineering was very small, because it was all men.

334

01:17:56.830 --> 01:18:09.229

Carolyn Colleen: and knowing, coming into a room and knowing that that's what your future is going to be. You come in, you go to school for engineering or in, and you see that every person around you is a male.

335

01:18:09.480 --> 01:18:14.519

Carolyn Colleen: and that's what the rest of your career is going to look like. There's not a lot of women that stay.

336

01:18:14.850 --> 01:18:25.950

Carolyn Colleen: And so she has been advocating for women and changing. She has the highest percentage of women in engineering and her university and

337

01:18:26.510 --> 01:18:42.140

Carolyn Colleen: having women in stem boost. Women's engineer. earnings by almost 3 300 billion over the next decade. That's predicted, it will expedite global economic development, and it will spur at economic growth

338

01:18:42.480 --> 01:18:44.560

Carolyn Colleen: by having women in stem.

339

01:18:47.620 --> 01:18:59.160

Carolyn Colleen: And then here is an example of our future and just listening to how our youth leaders are advocating for change for their future.

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01:18:59.700 --> 01:19:07.369

Carolyn Colleen: it just it just gives goosebumps. And just knowing that we have such strong leaders that are

341

01:19:07.380 --> 01:19:10.300

Carolyn Colleen: advocating for change in making change

342

01:19:10.320 --> 01:19:18.419

Carolyn Colleen: and showing us how to do it, which is I just I just.
My heart was so happy to see

343

01:19:18.650 --> 01:19:26.140

Carolyn Colleen: these youth showing everyone else out to make the
change in making beautiful strides and doing so.

344

01:19:26.760 --> 01:19:27.680

Carolyn Colleen: So

345

01:19:27.860 --> 01:19:39.070

Carolyn Colleen: in conclusion, the call to actions. what the was a
championing innovation, education, and the rights of rural women and
women around the world for more inclusive and equitable world.

346

01:19:44.930 --> 01:19:48.930

Sheva Carr: Beautiful Carolyn, thank you so much.

347

01:19:49.760 --> 01:19:55.109

Sheva Carr: I I want to check and see if anyone has any questions for
Carolyn.

348

01:19:59.780 --> 01:20:05.110

Sheva Carr: You're getting lots of hearts and prayer symbols.

349

01:20:06.160 --> 01:20:13.310

Nienke van Bezooijen: I have a good question. Do you have any

350

01:20:14.830 --> 01:20:25.289

Nienke van Bezooijen: any insight on what actions we can take to pass
what you experience, but also for the other delegates to take on what
we can do?

351

01:20:26.900 --> 01:20:29.010

Nienke van Bezooijen: Do you have any advice for us?

352

01:20:29.710 --> 01:20:39.430

Carolyn Colleen: So for what I heard? So while there, that was a
themed question, What can we do? What else can we do, and what the
youth shared was

353

01:20:39.560 --> 01:20:51.780

Carolyn Colleen: in our own communities. Lift up the youth. lift them up. they have a passion and a drive to make change in our world. and

354

01:20:52.020 --> 01:20:55.080

Carolyn Colleen: giving them the mic.

355

01:20:55.850 --> 01:21:09.760

Carolyn Colleen: giving them the opportunity in the word, giving them that you know what I was, and it was just so important. That's exactly they kept saying it. So I thank you for this question, because they kept saying it over and over and over, what what can we do? What can we do? And they said, Stop.

356

01:21:10.250 --> 01:21:14.879

Carolyn Colleen: just listen, and allow the youth to take the seat.

357

01:21:15.790 --> 01:21:17.530

Carolyn Colleen: because

358

01:21:17.610 --> 01:21:22.390

Carolyn Colleen: yes, as it is true, with with with wisdom.

359

01:21:22.520 --> 01:21:28.370

Carolyn Colleen: and in having that that ability to live a little longer, there comes a windstone.

360

01:21:28.460 --> 01:21:35.999

Carolyn Colleen: Yeah, yes, and the opportunity to mentor you and say, Hey, this is what I have learned on the way. How do you feel about it?

361

01:21:36.410 --> 01:21:44.160

Carolyn Colleen: And And and they they just have such such passion and so much energy.

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01:21:44.240 --> 01:21:55.450

Carolyn Colleen: to do to do exactly that, and and giving them the mic. the the ideas that they come with and and and and, as I remember, as a

363

01:21:55.560 --> 01:22:04.540

Carolyn Colleen: energy, it's just beautiful to see until that's what they said. They, they said, please just let us

364

01:22:04.740 --> 01:22:08.090

Carolyn Colleen: take the mic. We might not know everything we're doing.

365

01:22:08.120 --> 01:22:12.590

Carolyn Colleen: but we sure care, and we're sure willing to put in the work. So

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01:22:13.180 --> 01:22:19.879

Carolyn Colleen: It's it was so refreshing, because when they're excited and fired up about something, man, they can change the world.

367

01:22:20.810 --> 01:22:24.130

Sheva Carr: And Carolyn the in the

368

01:22:24.760 --> 01:22:30.420

Sheva Carr: Forum, where you saw youth stepping forward and being mentored by

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01:22:30.760 --> 01:22:41.629

Carolyn Colleen: leaders from behind. Were those specific countries. Was that a specific endeavor? What what was that?

370

01:22:42.200 --> 01:22:56.610

Carolyn Colleen: I remember? but it wasn't. It wasn't just one country. No, it was spread there, it's a it's a whole youth. Advocacy. group out amongst all. Not all, but many different countries.

371

01:22:59.190 --> 01:23:02.100

Sheva Carr: Very cool. Thank you

372

01:23:04.420 --> 01:23:05.630

Sheva Carr: so

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01:23:05.720 --> 01:23:14.069

Sheva Carr: so grateful that we had this representation at the UN. Can we take a moment to focus in the heart

374

01:23:17.750 --> 01:23:26.279

Sheva Carr: and imagine the breath is flowing into the heart and out through the heart, and just appreciate Carolyn

375

01:23:31.580 --> 01:23:38.790

Sheva Carr: for her resilience and for transforming her trauma into post, traumatic growth and service

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01:23:38.880 --> 01:23:39.940

Sheva Carr: to all

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01:23:43.100 --> 01:23:47.829

Sheva Carr: I have the feeling we're going to be partnering with Carolyn for a very long time.

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01:23:52.570 --> 01:23:58.470

Sheva Carr: And one of the gifts that we've given all our delegates is access to

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01:23:58.850 --> 01:24:03.699

Sheva Carr: heart mastery programs. So, Melinda, you can make sure Carolyn

380

01:24:04.240 --> 01:24:08.779

Sheva Carr: and Annie have that since they get it's easier to get it to them. Then

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01:24:09.060 --> 01:24:11.869

Sheva Carr: our Spanish speakers, which we're working on.

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01:24:13.080 --> 01:24:26.290

Sheva Carr: I also just want to honor that Camille is here with us. Is this your first members call officially? Can we all unmute, please, and give a heart, ambassador. Welcome to Camille.

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01:24:27.330 --> 01:24:34.300

Jean Westney: hey?

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01:24:35.420 --> 01:24:36.710

Camille van Hoegaerden: Thank you.

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01:24:36.720 --> 01:24:42.739

Sheva Carr: You want to say a quick hello, Camille, and just introduce yourself to the community.

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01:24:43.770 --> 01:24:57.180

Camille van Hoegaerden: yeah, Hello, everyone. It's been wonderful to feel part of it. Community. I live in England at the moment. I'm going through some transition. So I'm just in the process of

387

01:24:57.330 --> 01:25:08.929

Camille van Hoegaerden: selling or passing on my to the studio to someone else, and hopefully getting more involved in that. So yeah. Excited to as I leave one community, find another

388

01:25:10.760 --> 01:25:15.959

Sheva Carr: welcome. Welcome. You have some counterparts here in England. You want to say

389

01:25:16.190 --> 01:25:17.910

Sheva Carr: Hello, Roz.

390

01:25:19.470 --> 01:25:23.370

Ros Cook: Hello! I'm on the coast near Brighton. Where are you?

391

01:25:25.060 --> 01:25:27.100

Camille van Hoegaerden: I'm in Wiltshire?

392

01:25:27.580 --> 01:25:38.500

Sheva Carr: So I'm thinking, maybe to connect the 2 of you as heart buddies. If you're open to that because you're in the same time zone. What do you think, Chris?

393

01:25:38.610 --> 01:25:42.460

Ros Cook: I love it. Yeah, thank you.

394

01:25:45.770 --> 01:25:50.120

Sheva Carr: Maybe we'll get nyanka in there, too, since she is over there.

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01:25:50.890 --> 01:25:55.310

at least it's similar to time zones, and we have a Sophie as well.

396

01:25:55.690 --> 01:25:56.940

Sheva Carr: Yes.

397

01:25:58.140 --> 01:26:10.049

Sheva Carr: so, Annie, I want to give you a choice because our first presenters went so long. Do you want to present now, or would you prefer to come back? What's your timing like?

398

01:26:11.150 --> 01:26:17.750

Annie Ranger: How much time do you like? I could do either. Honestly, if everyone's kind of

399

01:26:20.390 --> 01:26:39.889

Annie Ranger: needs to get on. I I have a little bit more time I could stay on. I could speed, talk, or I could. I don't want you to speak to. I want to hold an honoring space, not an issue for that, because it. You know, many of our participants are gonna watch these recordings.

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01:26:39.930 --> 01:26:46.230

Sheva Carr: So it's I'm happy to stay and run the recording.

401

01:26:46.520 --> 01:27:10.249

Sheva Carr: And you have some folks who are here like, yeah, they would stay and and hold hold witness. They're ready. So it's really like what you know. You are ready to go today. And I want to honor that I don't know if I'll ever be ready. But yes, I could do. I can just go ahead because I really breathe our love to Annie, and that feeling of never being ready.

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01:27:10.270 --> 01:27:17.110

Sheva Carr: which is how we do everything around here, isn't it? Yeah, they're like, Hey, could you write us some policy. We're like.

403

01:27:17.310 --> 01:27:32.239

Sheva Carr: Okay, we never wrote it before. But why not? And then, Boo, or you know, we just we that the way you get ready is to keep doing stuff jumping in. I'll jump in. Let me see if I can screen share.

404

01:27:33.170 --> 01:27:34.270

Annie Ranger: See?

405

01:27:40.070 --> 01:27:42.570

Annie Ranger: Okay, do you see it?

406

01:27:43.280 --> 01:27:45.690

Annie Ranger: Yes, perfect. Okay.

407

01:27:47.030 --> 01:28:07.529

Annie Ranger: It really seems longer than it is. let me see if I know how to switch the page. This is kind of new for me. I think I just Oh, yeah, okay, Well, thank you. Thanks. So is there. So I go. Thank you for Oh, my gosh, I have to say the reason. I don't know if I'll ever be ready to present this is.

408

01:28:08.480 --> 01:28:18.570

Annie Ranger: it has been the most impactful, and it's so much in my brain. And it was really and my heart

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01:28:18.760 --> 01:28:25.719

Annie Ranger: that to put my heart in my brain together to get it out in a presentation form was,

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01:28:26.810 --> 01:28:30.579

Annie Ranger: Well, here it is, how's that?

411

01:28:30.870 --> 01:28:32.180

Annie Ranger: So?

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01:28:32.520 --> 01:28:47.229

Sheva Carr: And Annie introduced yourself, if you would, to I will. So who I am? What brought me here? How's that so now? Because I've never stuck on one path. I've done many different hats. I'm currently

413

01:28:47.340 --> 01:28:51.940

Annie Ranger: I will. First and foremost, I am a mother. I'm also an author.

414

01:28:51.950 --> 01:29:04.309

Annie Ranger: I am a ricky master teacher. like he. You say, healer, I use mindfulness. I'm certified in mindfulness meditation.

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01:29:04.550 --> 01:29:10.829

Annie Ranger: I'm currently getting almost done with my Yoga certification, and I'm a substitute teacher for little kids.

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01:29:11.410 --> 01:29:23.439

Annie Ranger: Prior to all of this, A. I was a stay home, mom to my 2 grandchildren. I was also the caregiver to my parents, their last 2 and a half, 3 years of their lives.

417

01:29:23.700 --> 01:29:32.399

Annie Ranger: and before that I spent 15 years in corporate America I was actually a manager in recruiting services. So I'd also trained

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01:29:32.610 --> 01:29:34.440

Annie Ranger: a sales staff

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01:29:34.620 --> 01:29:43.850

Annie Ranger: worked in editing a magazine, anyway. And then I also graduated from Ula with my history degree. So I love research.

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01:29:44.040 --> 01:30:00.420

Annie Ranger: and I embarrassed to say I did not know much about the UN at all. I did not study policies and treaties. I studied people. Really, it was more social history. So it's kind of perfect that I was here. I actually took classes like history, prostitution, and history of violence and women. So there's no mistake. Somehow. I ended up here this week.

421

01:30:00.690 --> 01:30:16.320

Annie Ranger: but it's through a client of mine who ended up being a friend that told me I should go ahead and apply to through fear at to go to the UN. And as it turned out, I'd also heard about Shva for

years.

422

01:30:16.360 --> 01:30:22.539

Annie Ranger: Through a friend and a doctor that I actually I work out of her office. So

423

01:30:22.780 --> 01:30:27.980

Annie Ranger: I I never knew about Hartmouth. When I wrote my book, I think 7 knows.

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01:30:28.070 --> 01:30:35.769

Annie Ranger: I believe strongly in the power of love and the power of our heart, and have our thoughts and breath to create change. So

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01:30:36.150 --> 01:30:57.819

Annie Ranger: I do believe that I was meant to be here. Although listening to all the other women who are part of this I feel so humbled I'm really humbled to be here. I really went with an open eyes and very ignorant like not knowing much about the UN and what I was embarking on. So that's who I was when I applied and went.

426

01:30:58.470 --> 01:31:07.179

Annie Ranger: But I do believe in synchronicity, and I will even say there so many of the panels that I walked into, or the briefings

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01:31:07.350 --> 01:31:13.850

Annie Ranger: I really had a different plan. I had different things on my of the app, and I ended up in different

428

01:31:14.040 --> 01:31:20.270

Annie Ranger: meetings. I maybe didn't plan on, but they all made sense to me now, looking back so that that helps

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01:31:22.460 --> 01:31:23.690

Sheva Carr: beautiful.

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01:31:23.860 --> 01:31:37.299

Annie Ranger: Does that make sense. So I landed. In March 6. I landed in Jfk. Again, not really knowing what to expect. I was really excited, went with my open heart, open mind and ready to learn, went and got my badge. That was really exciting.

431

01:31:37.810 --> 01:31:40.220

Annie Ranger: And then March seventh.

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01:31:40.530 --> 01:31:48.359

Annie Ranger: I that. So what I did is I broke down day by day. That was the only way I could do it, and I'm gonna just go through bullet points. I won't go through every

433

01:31:48.910 --> 01:31:58.590

Annie Ranger: the details, but I went to one ministerial round table. I went to 2 in person, Ngo panels, and then the one

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01:31:58.620 --> 01:31:59.740

Annie Ranger: virtual.

435

01:32:01.260 --> 01:32:05.560

Annie Ranger: the first one I went to harnessing digital

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01:32:06.820 --> 01:32:14.090

Annie Ranger: technology as a panacea for bridging the gender gap. It's really interesting for me. What I did find is a lot of

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01:32:14.260 --> 01:32:24.450

Annie Ranger: the panels I went to had different names, and then what I actually was sitting through was totally different, but makes sense. Why, I ended up in there.

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01:32:24.980 --> 01:32:25.880

Annie Ranger: if that

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01:32:26.510 --> 01:32:41.830

Annie Ranger: helps. So the first panel had what? 5 speakers and that it was the sure smiles from Nigeria I went to a lot more panels than I did sitting in the UN. Meetings.

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01:32:42.220 --> 01:32:55.440

Annie Ranger: I have since returned. I've listened to a lot of web TV UN, we have TV, which is amazing. So the first one was grassroots strategies. They just spoke a lot about. This is at the group in

Nigeria.

441

01:32:55.890 --> 01:33:09.520

Annie Ranger: and what I've kept hearing, and I'll I'll go really quickly as I can. But the most important things I kept hearing throughout the whole week was education, and really getting children to read by third grade that really stuck out

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01:33:09.670 --> 01:33:11.539

Annie Ranger: third grade level

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01:33:12.160 --> 01:33:28.750

Annie Ranger: and that is so they can go on and learn other like the social sciences and humanities. everything else. Also add a to stem. There's also don't leave out the arts and don't leave out so that we can get everybody's

444

01:33:28.930 --> 01:33:40.229

Annie Ranger: talents. And this was just talking about one thing I that was really interesting on this one was getting the vital statistics recordings for live births to help everyone to like, even to get grants and and to also

445

01:33:40.590 --> 01:33:45.940

Annie Ranger: for human rights for all the kids in rural areas. I thought that was a really interesting thing.

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01:33:46.000 --> 01:33:53.380

Annie Ranger: close the gap, calling the governments to grow in. Step in and best also where

447

01:33:53.570 --> 01:34:02.890

Annie Ranger: companies need when we're companies, don't help but get the governments to help get broadband, smartphones, laptops to rule countries.

448

01:34:03.270 --> 01:34:12.300

Annie Ranger: health care under 5. But what happens after 5 women and children? Equality, health care need to talk about mental health

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01:34:12.430 --> 01:34:17.170

Annie Ranger: need the grassroots of fortune. 500 companies, everyone to work together.

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01:34:17.450 --> 01:34:21.780

Annie Ranger: And this was her. She gave the 10 grassroots

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01:34:22.230 --> 01:34:26.550

Annie Ranger: and it's basically breaking down. I don't know if I need to read them all.

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01:34:27.590 --> 01:34:28.720

Annie Ranger: but

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01:34:29.450 --> 01:34:51.559

Annie Ranger: helping address, food and security. I would, Annie, because we have some folks who don't see. Okay, so I have, okay, I sort of on time wise. But so this was the recording. There is no time. Okay, okay, so record all births in the universal way, including rural areas important for vital statistics.

454

01:34:51.560 --> 01:35:10.040

Annie Ranger: create disabilities, act to protect women and girls with disabilities, access to free and affordable health care, physical and mental, equal and unlimited access, address, food and securities, partner with food banks and food and agriculture, organizations that aim to reduce hunger, prevent malnutrition

455

01:35:10.180 --> 01:35:16.160

Annie Ranger: and share access, free equality, inclusive education that will empower women and girls

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01:35:16.250 --> 01:35:18.640

Annie Ranger: and to juice women and girls

457

01:35:19.100 --> 01:35:34.890

Annie Ranger: to digital literacy, give access to media information and communication, technology, science, engineering and mathematics, workforce land, natural resources, trade, economic sustainability, loans, agriculture, business, transportation, financial assistance for women and girls, empowerment.

458

01:35:35.370 --> 01:35:41.780

Annie Ranger: protection from abuse and all types of oppression against women and girls, so that they may be empowered.

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01:35:42.160 --> 01:35:48.879

Annie Ranger: recognize the importance contributions of women and girls of African descent. As this is the international decade of

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01:35:51.260 --> 01:35:57.050

Annie Ranger: decade, of people of African descent, which was 2,015, through 2,024,

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01:35:57.310 --> 01:36:10.050

Annie Ranger: and then the Beijing Declaration and platform for action, and the 20202020, sorry! 2030 agenda for sustainable development should be used synergistically to monitor, and

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01:36:10.180 --> 01:36:16.109

Annie Ranger: from you Gate come up great gender equality and the empowerment of all women and girls.

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01:36:16.650 --> 01:36:20.720

Annie Ranger: So that was her for us.

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01:36:21.170 --> 01:36:30.749

Annie Ranger: Then the next speaker was talking about exploring innovation and technology, fostering digital education towards achieving gender equality.

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01:36:30.920 --> 01:36:49.069

Annie Ranger: and that was Dr. Gloria Betts. What I thought was really interesting. They talked about the AI. And I heard this throughout the week was AI. Limiting women's participation in stem will continue and widen the gender divide. AI is mostly made by men, so algorithms are hurting women and making the bigger gap.

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01:36:49.390 --> 01:37:07.749

Annie Ranger: So the recommendations are, women can educate and organize access and encourage girls and women to go for stem through special measures, incentive scholarships. They talked about, just trying to give them to do contest or giving them ways to incentivize them, to to go through stem.

467

01:37:08.510 --> 01:37:15.459

Annie Ranger: They're talking about the barriers to women and girls. And there's the unconscious bias. The male-dominated culture is cyber bowling.

468

01:37:16.220 --> 01:37:31.120

Annie Ranger: And then the advantages of technology and women empowerment would be dispelling the miss regarding women's capabilities, health care, innovation, prevention, and promotion of health, literacy, opportunities, mentoring education and training, peer coaching.

469

01:37:31.390 --> 01:37:41.789

Annie Ranger: compensation and equal pay, human dignity which is a big word that I've heard a lot this way, empower women to succeed with confidence, integrity, and safety.

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01:37:41.970 --> 01:37:49.960

Annie Ranger: and then global collaboration, a platform to share strategic and value information. So this is the reasons why, you know

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01:37:50.210 --> 01:38:06.660

Annie Ranger: they are talking, and I'll go on. This will be covered again. The next panel. This panel of them covered a few of the things. This one was empowering women and girls through technology, the bedrock of development. And this again, was realigning education, especially for tech, for to be learning and be more inclusive

472

01:38:06.750 --> 01:38:14.150

Annie Ranger: to access education extracurricular. Again, they kind of covered a lot of the same. So that's why I wasn't going to read them all.

473

01:38:14.220 --> 01:38:30.000

Annie Ranger: But this is talking about the tech companies as well as incubators can play a part in helping to develop a talent pool future technologists really asking for people to help like virtual summer programs, virtual programs to try to engage the girls early on

474

01:38:30.240 --> 01:38:44.370

Annie Ranger: in close closing the gender gap really requires a

collective. Another big word, I think effort of many dedicated female professionals to help lift other women up. It also requires men to be allies and advocate for the women

475

01:38:44.470 --> 01:38:47.150

Annie Ranger: peers and learning the education themselves.

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01:38:47.250 --> 01:38:52.090

Annie Ranger: that on the problems that arise through gender equality. And then this

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01:38:52.750 --> 01:39:00.450

Annie Ranger: panel talked about the top 10 women in tech and how people should be able to help Mentor.

478

01:39:02.090 --> 01:39:04.419

Annie Ranger: Tell me if I'm going too fast. I'm kinda

479

01:39:04.940 --> 01:39:19.469

Annie Ranger: This one the pain factor again, the name of this panel never would have had me thinking I would have listened to this, but as a raking master, and someone who works with helping people heal. I channel for people don't know, Ricky. I help

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01:39:19.490 --> 01:39:32.539

Annie Ranger: people channel universal life for energy to help people release blocks and heal. And this one was about healing, and it was about how we should all

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01:39:32.670 --> 01:39:37.299

Annie Ranger: everyone has trauma. Everyone has pain.

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01:39:37.310 --> 01:39:43.810

Annie Ranger: They were talking about, really, when women and you know, cultures that

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01:39:44.010 --> 01:39:57.709

Annie Ranger: through their different cultures of what they've gone through like mutilation, or whatever you know, so many different things that but we all have pain, and it's really important to thrive is to identify the root of our pain

484

01:39:58.110 --> 01:40:01.360

Annie Ranger: and then release them.

485

01:40:01.680 --> 01:40:14.229

Annie Ranger: And they they. She talks about destroying them. I talk about transmuting them. But this was just going on. About ways of. To flourish is to really heal through love and self love.

486

01:40:14.250 --> 01:40:27.699

Annie Ranger: and as we operate in self. Leather promotes unity, and we can put a stop to the acceptance of harmful tradition practices as barriers to women and girls empowerment as we heal, we will help others heal. So it's all about healing

487

01:40:27.750 --> 01:40:31.159

Annie Ranger: and for giving through love and self love.

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01:40:31.460 --> 01:40:41.560

Annie Ranger: And I love the saying, because I've heard a similar thing in one of my mindfulness training programs, which is, we are living ancestors. When you know better you do better.

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01:40:41.570 --> 01:40:58.460

Annie Ranger: I've heard be a better ancestor. You know this again talks on how epigenetics and we you know so much about who we are is our past and our our DNA. And so this is

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01:40:58.740 --> 01:41:21.210

Annie Ranger: she was talking about. I I will say this one I'll read because I think it's important. Many times we have been led by misleaders that can only teach what is beneficial to them. We hear so much about conditions of the world slavery, and who is to blame for all of our issues. Let's begin to unravel the truth that will set us free. Self. Love is the key to unlock the truth.

491

01:41:21.310 --> 01:41:27.530

Annie Ranger: We have to release and destroy the pain by Dr. Angela Harris. She was the speaker.

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01:41:27.610 --> 01:41:43.269

Annie Ranger: We have all had some type of pain globally all over the world, different cultures, different practices and traditional practices as women, we have experienced the pain factor. Let's stand against the hurt and traumas. We have damaged us spiritually, mentally and physically.

493

01:41:43.470 --> 01:41:57.500

Annie Ranger: The pain factor is about identifying your pain, the trauma, the root, to address it and digress it so that you can move forward and learning who you are, what your purpose is, and get to the power you have that comes from within.

494

01:41:57.640 --> 01:42:14.119

Annie Ranger: The way to flourish and heal is through love and self. Love. As we operate in self love, it promotes unity, and we could put a stop to the acceptance of the harmful traditional practices as barriers to women and girls. Empowerment as we heal, we will help others here, so that

495

01:42:14.590 --> 01:42:26.930

Annie Ranger: so how to heal the pain is, was her was identify the root of your pain. All their issues start from somewhere, release right down your hurt pain on paper so you can release it, then ball it up.

496

01:42:26.980 --> 01:42:43.739

Annie Ranger: destroy it, take a grill or a pot, or some a central oil and sage, and set the fire up your paper on fire. So that was by Dr. Angela Harris. And then the last speaker was about entrepreneurs, and how to give gender equality in the digital age.

497

01:42:43.930 --> 01:42:50.899

Annie Ranger: I love all the things that I. If you educate a man, you educate an individual. But if you educate a woman, you educate a nation.

498

01:42:51.980 --> 01:42:58.729

Annie Ranger: And this was really about the bottom line was giving women again, the tools

499

01:42:59.010 --> 01:43:13.320

Annie Ranger: the tools that access to and the training to be an entrepreneurial and you know. And this is like you can do business on

on your laptop. You can do a business on your phone. And so

500

01:43:13.400 --> 01:43:31.429

Annie Ranger: they're asking for a holistic approach is needed from government financial institutions and individual entrepreneurs and many others to help develop and promote women, entrepreneurship and entrepreneurship. Education relationships are needed between companies and schools. They're asked. They're saying, early education, early access.

501

01:43:32.260 --> 01:43:33.140

Annie Ranger: So

502

01:43:34.330 --> 01:43:43.909

Annie Ranger: and then again, evidence showing that when you empower women you're in power in humanity, where we neglect a woman who we neglect to society. When you have left a woman, you up to society.

503

01:43:44.630 --> 01:44:04.619

Annie Ranger: And then my second Ngo panel. It was feminist condendrums on working on men and masculinity, global perspective. And it was by the International Center of For Research on Women, the Narrative Trust in collaboration with Unesco. And it's the American Jewish World Service

504

01:44:04.810 --> 01:44:08.029

Annie Ranger: and the panelists. I named up. All the panelists.

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01:44:08.740 --> 01:44:12.109

Annie Ranger: Do you want me to read all of that as well? Cheva?

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01:44:15.580 --> 01:44:16.690

Annie Ranger: Okay.

507

01:44:16.810 --> 01:44:37.510

Annie Ranger: I'll go on to the panel. This one I love because I think this has touched on what I would say. It took me a second to unmute. So just remember we have. I mean, you want to summarize the spirit of this knowing there are blind members of our community who won't see your slides. Okay, perfect.

508

01:44:37.660 --> 01:44:49.250

Annie Ranger: Thank you. So the main themes for this day. And again. I think it ties in A little bit of a Loretta was talking about the change, the narrative, I think

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01:44:50.040 --> 01:44:57.999

Annie Ranger: the big thing for me was change the narrative education, changed the narrative, and then transform mentalities

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01:44:58.860 --> 01:45:02.720

Annie Ranger: selling mentalities with the capital. M. E. N.

511

01:45:03.530 --> 01:45:21.650

Annie Ranger: Talking about masculinity as an ideology, you know, women can also embody masculinity. They talked about the patriarchy versus the new Liberal man. They talked about people and stories promoting the good woman versus the bad women and power relations.

512

01:45:21.780 --> 01:45:37.440

Annie Ranger: What I thought was also interesting was this one. They were talking about the gatekeepers in many countries. the gatekeepers, the people who would maybe be responsible and help in changing. The religious leaders and political leaders go hand in hand.

513

01:45:37.590 --> 01:45:51.919

Annie Ranger: and they will tell a story to promote what their agenda is. things like misquoting the Bible and teachings, omitting parts like women, needs to be submissive to their man, but they'll leave out the rest like

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01:45:52.450 --> 01:45:53.950

Annie Ranger: So many

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01:45:54.220 --> 01:46:21.199

Annie Ranger: boys and men act masculine, masculine out of fear, and the boys are vulnerable. To what does it mean to be a man? The conversation of teaching this. What that was also interesting was they were teaching when someone said, we should teach men to treat women like their mothers or their sisters. And then someone said, Well, how about just teaching men to respect women because they're humans, you know, the same equal that was very kind of very powerful.

516

01:46:21.520 --> 01:46:28.999

Annie Ranger: again, early education, early childhood is to help a person move up in life

517

01:46:29.070 --> 01:46:36.130

Annie Ranger: again, changing the mind, set shifting mindsets, transforming mentalities.

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01:46:36.210 --> 01:46:47.900

Annie Ranger: There's a toxic masculinity. and what that does to men's mental health violence. Men who witness it are more likely 12 times more likely to commit violence

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01:46:48.200 --> 01:46:49.760

Annie Ranger: and

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01:46:49.800 --> 01:46:58.010

Annie Ranger: really need to find commonalities to get men align need to change the narrative, and I feel like the same like talking again.

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01:46:58.170 --> 01:47:08.269

Annie Ranger: Changing this conversation, I I feel we go into it more later. But I feel like in every aspect of every topic. How covered this throughout

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01:47:08.790 --> 01:47:18.469

Annie Ranger: the 2 weeks is, how do we change the conversation. How we change the narrative. our narrative, we tell ourselves, and the narrative that is told about

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01:47:18.980 --> 01:47:19.820

Annie Ranger: us.

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01:47:21.500 --> 01:47:31.230

Annie Ranger: And then I went to the big Round Table, and that was amazing for me, that was so powerful to see so many women there, so many women coming together, so many brilliant women.

525

01:47:31.290 --> 01:47:48.220

Annie Ranger: All trying to work towards the same goal. And I put in my report. One of the countries I heard speak was Greece, and that

meant a lot to me, because my ancestral

526

01:47:48.330 --> 01:48:02.610

Annie Ranger: All grandparents came from Greece, so I felt like my ancestors were rooting me on there at that moment. and I love the fact that she talked about. You know, how the importance of digitalization for everything and education, socializing shopping, information.

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01:48:02.770 --> 01:48:12.880

Annie Ranger: they've been getting Greece along. It's been getting girls more more involved in stem and research. they have an innovation lab for women. They are taking

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01:48:13.290 --> 01:48:28.399

Annie Ranger: a lot of interest in technology and education, entrepreneurship, focusing on work, life balance. And they're also taking safety measures to prevent harassment. They have passed a stronger penal code for crimes against women violence and harassment.

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01:48:29.050 --> 01:48:36.689

Annie Ranger: so that what and that again being in the the big hall was, and being at the UN

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01:48:37.100 --> 01:48:49.429

Annie Ranger: so empowering. And at this point I'm realizing I don't know that much about the UN. I don't really didn't even know that much. I really went with an open heart and an open mind, and realizing how much I I really wanted to learn.

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01:48:49.550 --> 01:49:03.659

Annie Ranger: it was very humbling, and I also just had to learn how to even like listen like the little white headset that you put on your ears. that I I've had it like I was sitting there and just watching a lot of people because I was on my own and

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01:49:03.900 --> 01:49:10.060

Annie Ranger: and learning on my own. So it was a lot of watching and navigating. So that was kind of fun for me, too. But

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01:49:10.510 --> 01:49:34.349

Annie Ranger: and then the third one I went to was at night is the virtual one. It was your fieria, the defrauding, attempting to empower

rural women, and I won't need to go into that too deeply. But I was interesting for me to learn. that even in 2,012, that nonprofits had contributed 870 billion to the Us. Economy that was amazing, and that in 2,007

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01:49:34.700 --> 01:49:52.470

Annie Ranger: that nonprofits had estimated a loss of 40 billion per year to fraud and being someone who's donated in the past that you don't think of people fraudulent. So my heart went out. I was very so much respect to you all for

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01:49:52.950 --> 01:50:01.130

Annie Ranger: putting, I think, a toolkit. I I think I almost feel what I got out of this was how to detect the fraud and what to do after it is detected.

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01:50:01.410 --> 01:50:07.349

Annie Ranger: and the fact that you shared it when so many other. Ngos, don't.

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01:50:07.840 --> 01:50:10.740

Annie Ranger: don't share it. I feel like

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01:50:10.940 --> 01:50:21.530

Annie Ranger: what you did should be a toolkit for every nonprofit to have to go by So I do I feel like it's it's and how you

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01:50:21.980 --> 01:50:25.800

Annie Ranger: yeah, I I learned a lot from this one as well.

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01:50:26.200 --> 01:50:36.069

Annie Ranger: on how you handled it, and how you talked. Look at that! The person who committed the fraud, and with compassion towards the situation that got her to commit the fraud.

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01:50:36.080 --> 01:50:45.529

Annie Ranger: That's even help me since I've been home. When people say, Well, how can that person do this? And I'm like, Well, look at the reason why the person did it. So thank you.

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01:50:46.330 --> 01:50:48.699

Sheva Carr: Thank you so much.

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01:50:48.730 --> 01:51:02.330

Annie Ranger: So. And you and you let focus on the big picture which is so important on the Sdgs and the Stg. 16, which I did. I looked up everything. So thank you. I I was the history, you know, Major, so I've done a lot of research since I've been back.

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01:51:02.390 --> 01:51:05.820

March 8, International Women's Day.

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01:51:06.070 --> 01:51:14.490

Annie Ranger: so I did not actually go to. And this so this year's theme was the digital digit for all.

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01:51:14.700 --> 01:51:29.490

Annie Ranger: So for me. The International Woman's Day, to be in New York, where it was founded was so amazing for me. But it was also amazing to be around all these women. It was very reflective day for me. I did not go to the big

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01:51:29.740 --> 01:51:35.719

Annie Ranger: I didn't get a ticket to go to the UN, and it also But

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01:51:35.890 --> 01:51:38.119

Annie Ranger: I took the time to walk around the city.

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01:51:38.380 --> 01:51:41.719

Annie Ranger: and being there really was

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01:51:42.260 --> 01:51:50.510

Annie Ranger: This. This came to me at a time that's been pivotal in my life. I've been looking at my life and my choices.

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01:51:50.520 --> 01:52:02.640

Annie Ranger: and trying to decide which choice was mine, which was what it hasn't been so. It was very interesting. for me to be around and look at all the different women doing different things in their lives

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01:52:02.700 --> 01:52:03.710

Annie Ranger: is

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01:52:03.750 --> 01:52:14.290

Annie Ranger: what I can say. I put up some of these. the statistics, which were very frustrating, and I will say

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01:52:14.740 --> 01:52:21.560

Annie Ranger: this week I will! I probably cried and felt so much in so many of these panels.

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01:52:21.650 --> 01:52:24.399

Annie Ranger: which was so interesting. I think

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01:52:25.450 --> 01:52:27.609

Annie Ranger: I will say that at this point, but

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01:52:28.740 --> 01:52:35.000

Annie Ranger: a UN studied that every hour 5 women or girls are killed by someone in their own family.

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01:52:35.450 --> 01:52:39.430

Annie Ranger: that to me was an astonishing and like

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01:52:40.110 --> 01:52:49.460

Annie Ranger: terrible But it is then 245 million around girls, age 15 and older, have been experienced sexual or physical violence

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01:52:49.640 --> 01:52:52.639

Annie Ranger: by an intimate partner that was in 2,018

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01:52:52.850 --> 01:53:02.500

Annie Ranger: less than two-thirds women, H. 25 to 54 participate in the labor force compared to more than 90% of men the same age.

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01:53:02.670 --> 01:53:12.239

Annie Ranger: They're saying that Antonio Guterres, he was saying. The patriarchy is fighting back progress one over decades is vanishing.

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01:53:13.130 --> 01:53:19.690

Annie Ranger: and the gender equality is about 300 years away, according to the latest estimates, from the UN. Women.

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01:53:20.580 --> 01:53:21.810

Annie Ranger: and

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01:53:21.920 --> 01:53:27.710

Annie Ranger: it was in March of March eighth, 1,857, in New York city.

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01:53:27.960 --> 01:53:33.159

Annie Ranger: when the International Woman's Day began.

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01:53:33.260 --> 01:53:45.389

Annie Ranger: female textile workers marched in protest of unfair working conditions and unequal rights for women. And here we are 166 years later. Women are still fighting for equal rights. Pretty

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01:53:46.300 --> 01:53:47.660

Annie Ranger: pretty

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01:53:49.980 --> 01:53:51.720

Annie Ranger: at this moment. But

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01:53:51.880 --> 01:54:06.790

Annie Ranger: And then International Women's Day, I put this, and this is a personal for me. march eighth is extra special. It's my son's birthday, and he happens to be living in New York. his first year living in New York, and why I'm bringing this up is

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01:54:07.000 --> 01:54:21.609

Annie Ranger: he is the perfect example of he is. and masculine, but he's not toxic masculine. He is really a combo of masculine and feminine energies. He's really kind and sweet and sensitive and empathetic. It is also strong and protective.

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01:54:21.620 --> 01:54:25.049

and it hit me even more so on this day.

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01:54:25.150 --> 01:54:31.739

Annie Ranger: so. And then I also, you know, walking around and seeing so many women in with diverse backgrounds and stories.

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01:54:31.860 --> 01:54:51.459

Annie Ranger: It really made me reflect. And my decision. I to be a stay home, mom. You know it was my choice, and it I was really a privilege that I got to make this choice even though it wasn't maybe the best financial decision for our family. It was still my decision, and I do believe it was the best decision given our family dynamics at the time.

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01:54:51.770 --> 01:54:59.349

Annie Ranger: it didn't make it harder to get back into the workforce. And That is something I never really thought of when I was younger.

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01:54:59.450 --> 01:55:04.369

Annie Ranger: but I did feel that after my kids grew up.

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01:55:04.580 --> 01:55:06.430

Annie Ranger: But

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01:55:07.080 --> 01:55:12.939

Annie Ranger: It was also my daughter what happened to be in New York at the same time on a work business trip.

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01:55:12.960 --> 01:55:26.939

Annie Ranger: So on International Wednesday, on a day that I was wondering what my decisions were if they were right to stay home. I got to see both of my kids thriving so for me. That was It helped me feel a little more empowered in my own decision

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01:55:27.020 --> 01:55:29.189

Annie Ranger: to stay home.

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01:55:29.250 --> 01:55:51.050

Annie Ranger: But part of that day also affected is, they are saying globally, women do 3 times as much unpaid care work, and domestic work as men and After my kids grew up I decided to go. I did get a job which was amazing. I was excited. I went back to work, and they might realize that my parents needed caregiving. They both became

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01:55:51.070 --> 01:56:00.840

Annie Ranger: dependent overnight, and my brothers told me it was my obligation, as the female in the family, as the daughter and the family to take care of them.

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01:56:00.980 --> 01:56:04.350

Annie Ranger: and I look back now, and I realize I I didn't.

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01:56:04.580 --> 01:56:13.399

Annie Ranger: I didn't quit my job and go take care of my parents because I was the girl. I did it because it was in my heart, and it was the only thing I knew how to do.

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01:56:13.410 --> 01:56:20.570

Annie Ranger: so that helped me feel I'm a little more empowered again, realizing that it it wasn't so much because

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01:56:21.030 --> 01:56:26.020

Annie Ranger: I was the daughter. I had to do it. It was just really who I was so

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01:56:26.910 --> 01:56:35.369

Annie Ranger: And then, because the theme was digital, did you tell me? I just want to pause you for one moment with that? Okay.

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01:56:35.390 --> 01:56:36.840

Sheva Carr: the honor.

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01:56:37.040 --> 01:56:37.830

Okay.

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01:56:38.770 --> 01:56:43.400

Sheva Carr: Everything that you said first of all, but also just to honor

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01:56:43.630 --> 01:56:45.210

Sheva Carr: that

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01:56:45.630 --> 01:56:52.820

Sheva Carr: it was who you are, in part because of how gender is indoctrinated in our society.

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01:56:53.320 --> 01:57:01.690

Sheva Carr: It was who you are, but it's also who your brothers are. They were just disconnected from to their end to your nation.

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01:57:02.430 --> 01:57:03.140

Yeah.

595

01:57:04.460 --> 01:57:12.560

Annie Ranger: And I think for their own good, which is a whole another, I think, overlooking this whole 2 weeks

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01:57:12.700 --> 01:57:15.509

Annie Ranger: I I could jump ahead to to really

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01:57:15.610 --> 01:57:25.619

Annie Ranger: I I think you can go to any rural part of our world or any big city of our world.

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01:57:25.800 --> 01:57:29.930

Annie Ranger: And you're gonna find, maybe not the severity, but the same, you know

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01:57:30.160 --> 01:57:35.859

Annie Ranger: called power, greed, fear, anger. You know things are taught.

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01:57:36.250 --> 01:57:41.810

Annie Ranger: and and we need to be teaching kindness and love and and compassion. And

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01:57:41.890 --> 01:57:43.560

Annie Ranger: yeah, I will tell you I

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01:57:43.800 --> 01:57:54.389

Annie Ranger: it's interesting that you brought that up, because in my own little family, what what's going on in those times was I? It was

almost like a war raged against me.

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01:57:54.900 --> 01:58:00.149

Annie Ranger: and it was interesting. But that happens everywhere.

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01:58:00.760 --> 01:58:23.659

Annie Ranger: Yes, you know. And so I honor the piece you came to that you did it because it was your hard alignment. Yeah, I also want to honor your brothers. We're not connected to their heart right? And and people do. And this is what helps me. And this is, I think, how we have to think about it. People only do what they know to do you. You can't expect

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01:58:23.670 --> 01:58:27.629

Annie Ranger: to to teach someone something they're not ready to hear yet.

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01:58:28.170 --> 01:58:33.420

Annie Ranger: you and you can't expect someone to have your viewpoint.

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01:58:35.350 --> 01:58:43.929

Sheva Carr: Amen. And that's where Loretto was with us. The biggest discovery of how do we dialogue across viewpoints?

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01:58:43.950 --> 01:58:58.370

Annie Ranger: It's like honoring rather than aggressively 100 and and and I think, a in every aspect that was to. I mean, we're talking about education. I think we need systemic change, and every topic that we've covered

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01:58:58.440 --> 01:59:01.429

Annie Ranger: and that was covered. It's systemic, you know.

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01:59:02.430 --> 01:59:19.700

Annie Ranger: No, I mean, I'm happy because this I I could have this this whole. I'm going through the week so that I can get to the point where I'm like. Oh, my gosh! Like, no matter what panel I want to. Even then the big briefing or a little one, they're all pretty much the same. Them, you know.

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01:59:20.290 --> 01:59:21.620

Annie Ranger: So

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01:59:21.650 --> 01:59:37.260

Sheva Carr: well, your. Your your information is powerful. I want you to read the slide that you just went away from. Okay for a moment, just because all your data has been incredible and I've learned so much I had. I did not know. And this touches my heart.

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01:59:38.060 --> 01:59:41.939

Sheva Carr: I did not know that we are in the decade of

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01:59:42.060 --> 01:59:51.560

Annie Ranger: the African American. You think you said right? Yes, how could we be in the last year of that period, and I had no idea and not know it.

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01:59:51.690 --> 01:59:53.690

Sheva Carr: That is horrifying.

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01:59:54.190 --> 02:00:22.270

Annie Ranger: you know. Shove it so interesting because I do like when I say synchronicity, I'm sitting here listening to everyone talk about the panels and all the important things they learned at the UN. And I'm like, how did I just go to all these Ngo panels like, what did I do? And but I learned other things. And now I'm realizing I'm giving you a different view. Like, I'm giving you different eyes. That's why these report backs are so important. And it's so. It is the way we can clone ourselves. None of us can be everywhere.

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02:00:22.270 --> 02:00:28.499

Annie Ranger: So that I'm giving myself a little bit of like, okay, this is amazing what you're giving us. Thank you.

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02:00:29.050 --> 02:00:38.140

Annie Ranger: So, okay, although women make up close to half the world's population 259 million fewer women have access to the Internet than men

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02:00:39.360 --> 02:00:49.460

Annie Ranger: by 2,050, 75 of the jobs will be related to stem areas. Yet today, women hold just 22%

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02:00:49.750 --> 02:00:52.320

Annie Ranger: at positions and artificial intelligence.

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02:00:53.620 --> 02:01:00.749

Annie Ranger: A study of 51 countries revealed 38 of women had personally experienced online violence.

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02:01:01.690 --> 02:01:19.629

Annie Ranger: I can even say, my dog, I I I know people. I know women. My daughter has had it, you know. So it's it's interesting. I think every one of these panels. I've also known either women personally that have had every one of these things done to them if I, for you, myself or my, you know my family. So okay.

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02:01:21.340 --> 02:01:30.510

Annie Ranger: March ninth day 4. So I went to 2 Ngo in person, panels and one virtual, and Geo. Panel and I'll

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02:01:30.650 --> 02:01:42.009

Annie Ranger: I don't want to repeat so much. So when I go on I'll so the fourth one I went to was reimagining public safety and paths to healing for women

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02:01:42.040 --> 02:01:46.520

Annie Ranger: and girls, and how to end workplace violence and harassment.

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02:01:46.970 --> 02:01:49.169

Annie Ranger: and the panelists for paves.

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02:01:49.260 --> 02:02:00.690

Annie Ranger: and they spoke about how to create healthy and safe workplaces, strategies to prevent violence and advance gender justice through a human development lens. And that was Arlene Lamas

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02:02:00.700 --> 02:02:08.240

Annie Ranger: and the Nellie shelter. reimagining violence prevention through holistic empowerment. And that's Jodi Singh.

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02:02:09.170 --> 02:02:14.100

Annie Ranger: And the first talk pave was really interesting, because

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02:02:14.310 --> 02:02:17.349

Annie Ranger: this was all about workplace violence

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02:02:18.020 --> 02:02:31.180

Annie Ranger: and They go in and train. What one thing I loved hearing, which is so interesting, and I, as a manager, I on unfortunately had to

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02:02:31.940 --> 02:02:40.109

Annie Ranger: I witnessed a a good friend and colleague be let go because someone was complaining that he used, you know, threatening.

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02:02:40.380 --> 02:02:45.139

Annie Ranger: you know, verbiage with him. So I've I've witnessed this happen.

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02:02:45.300 --> 02:02:58.679

Annie Ranger: But what this was interesting was human resources used to protect employees. Now it protects employers that And I'm finding that with more people that I know who are working now.

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02:02:58.730 --> 02:03:01.150

Annie Ranger: So I thought it was interesting.

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02:03:01.730 --> 02:03:18.020

Annie Ranger: And then, on an average 250 to 330 billion every year is lost in the Us. To workplace violence. That was, I thought, very interesting. and the numbers, if you want to hear them the 22

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02:03:18.080 --> 02:03:29.329

Annie Ranger: point 8. So it's 743 million globally. So one in 5 persons in employment have experienced at least one form of violence and harassment at work during their work life.

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02:03:29.640 --> 02:03:39.740

Annie Ranger: 277 million, nearly one in 10 persons in employment have experienced physical violence and harassment. Women are twice as likely as men to experience

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02:03:40.230 --> 02:03:46.810

Annie Ranger: 38.7% of women were more likely to experience violence and harassment over their working

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02:03:46.970 --> 02:03:55.740

Annie Ranger: life compared to 26% of 26.3% wage, and celebrated women are more at risk than self employed. Women and men

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02:03:55.790 --> 02:04:03.399

Annie Ranger: and young women are 2 times Twice as likely as men to have experienced sexual violence and harassment at work.

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02:04:03.540 --> 02:04:10.380

Annie Ranger: Then migrant women were almost twice as likely as non migrant women to report sexual violence and harassment.

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02:04:11.600 --> 02:04:15.129

One thing I thought, it's really, really interesting through this was

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02:04:15.600 --> 02:04:27.899

Annie Ranger: you know, we we hear on the news about migrant women and and people fling their countries, earthquakes and war. And you don't really think of what's really happening to these migrant women and children.

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02:04:27.990 --> 02:04:33.910

Annie Ranger: And this really made me sit here and think about it. Now Pave, this was paves

646

02:04:34.550 --> 02:04:49.980

Annie Ranger: pamphlet, and I I won't read, but it was just a pamphlet on what they do. And research suggests that 5 workplaces attributes more predictive of whether you slide this slide back. So you great yeah. Sorry.

647

02:04:50.490 --> 02:05:03.570

Annie Ranger: talking about workplace, mental health and well being. They really want to go in and they train work with the human resources. And and they're trying to teach

648

02:05:04.130 --> 02:05:12.600

Annie Ranger: boundary setting. You know that disrespect non include inclusivity, ethical cutthroat piece of. They're talking about what

649

02:05:12.680 --> 02:05:15.059

Annie Ranger: people find hard at work.

650

02:05:16.300 --> 02:05:37.049

Annie Ranger: they want protection from harm. They need connection and community. They want work, life balance. They want to matter at work, they want opportunity for growth. They want worker voice and equity. That is a beautiful matrix. I just take a screenshot of it. I think it was pamphlet, yeah, we're training

651

02:05:37.700 --> 02:05:41.740

Annie Ranger: they. It seems like a good training they go into. Yeah. So

652

02:05:42.040 --> 02:05:49.970

Annie Ranger: oh, good. I'm happy. You like, I didn't know I I kind of put everything in so that you could see it. The purpose of it. It's awesome, thank you.

653

02:05:50.360 --> 02:06:09.440

Annie Ranger: And then this was the other part of their pamphlet, and it again. It it just really went into. They talk about their post training survey they talk about, you know, their pay prevention, training, real life scenario based training, healthy boundaries. They give a sort of training.

654

02:06:09.500 --> 02:06:33.289

Annie Ranger: it's that they're talking about how effective it is for their employees and the Hr officers. basically what what they go in training of the trainers and the benefits that it happens. And they're just talking about. I mean, it's amazing. A 1 billion dollars a week are paid directly for work ha compensation. And I think what I learned most on this. What this, and then also Nellie's, is

655

02:06:33.360 --> 02:06:42.179

Annie Ranger: the money spent on. I was call it dysfunction versus the money spent on helping, which is amazing to me.

656

02:06:42.620 --> 02:06:44.060

Annie Ranger: if I could.

657

02:06:44.150 --> 02:06:46.020

Annie Ranger: if that makes sense.

658

02:06:46.480 --> 02:06:47.549

Annie Ranger: But

659

02:06:48.080 --> 02:06:58.540

Annie Ranger: So they're saying, 130 billion a year spent to workplace violence, related legal expenses, property damage, and lost productivity in 2,021.

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02:06:59.050 --> 02:07:09.850

Annie Ranger: And Annie, for some reason, when you read, they're sliding over it over, you know, it's because it's a blocking. So I mean, let me see if I can. Oh, there, okay, perfect. Sorry.

661

02:07:10.000 --> 02:07:21.099

Annie Ranger: 4.5 billion paid national in medical costs relate to domestic violence which employers pay through higher insurance premiums.

662

02:07:21.830 --> 02:07:30.729

Annie Ranger: and for every dollar invested in workplace safety. 3 or more is saved. So what they're trying to say is, why are people not.

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02:07:32.150 --> 02:07:34.060

Annie Ranger: you know, doing this more?

664

02:07:35.820 --> 02:07:45.159

Annie Ranger: A moral imagination, combined with creativity and moral courage, enables both individuals and businesses to act more ethically in society.

665

02:07:50.490 --> 02:08:07.069

Annie Ranger: and then Pave has come up there, and they said, they're in seed funding now for a college. All gender version app called my power app, which I think would be amazing, because I think college is

having 2 kids gone through college. Colleges are like a breeding ground for harassment and and violence.

666

02:08:07.110 --> 02:08:15.760

Annie Ranger: so they're coming up with an interactive AI driven violence prevention app. But that was interesting, that it has empowerment, self-defense on it.

667

02:08:16.610 --> 02:08:19.400

Annie Ranger: and then

668

02:08:20.750 --> 02:08:24.960

Annie Ranger: going into Nellie's. Before that again, they talked about

669

02:08:25.050 --> 02:08:38.660

Annie Ranger: 4.1 5 billion spent on humanitarian responses between 2016 and 2,018, but only 51.7 million less than point 2 was spent on

670

02:08:38.830 --> 02:08:42.569

Annie Ranger: on gender-based violence. Prevention for women and girls.

671

02:08:43.610 --> 02:08:56.219

Annie Ranger: in again 2021. The who indicates that approximately one in 3 women between the ages of 15 and 14 worldwide have been subjected to either physical or sexual violence in their lifetime.

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02:08:56.480 --> 02:09:05.890

Annie Ranger: and then Nellie's is in Canada, and so they said. Nearly 4 in 10 Canadian women have experienced sexual assault since the age of 15,

673

02:09:06.720 --> 02:09:14.899

Annie Ranger: and again in Canada every 6 days. Approximately every 6 days a woman is killed by her partner in Canada.

674

02:09:15.480 --> 02:09:22.469

Annie Ranger: That was different. If you go back to the one and worldwide, they said, every hour 5 women

675

02:09:22.560 --> 02:09:23.670

Annie Ranger: her killed

676

02:09:23.880 --> 02:09:28.479

Annie Ranger: in Canada every 6 days one woman is killed by her partner.

677

02:09:30.590 --> 02:09:35.609

Annie Ranger: so Nellie's is a shelter that is

678

02:09:36.870 --> 02:09:58.629

Annie Ranger: about empowering women. If we provide emergency shelter with the ultimate goal of securing long term, affordable housing in Canada. they support women and children to reclaim their voice, which I love through empowerment, education programs, validating young women and teaching them self value. This really spoke to my heart a lot. I. I tend to have a lot of women

679

02:09:58.650 --> 02:10:05.409

Annie Ranger: clients, and usually have gone through some type of trauma usually at the hands

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02:10:05.550 --> 02:10:07.600

Annie Ranger: of

681

02:10:07.960 --> 02:10:09.040

Annie Ranger: A man.

682

02:10:09.140 --> 02:10:13.200

Annie Ranger: So not always, though, but so it was interesting

683

02:10:13.350 --> 02:10:37.489

Annie Ranger: for me, supporting women in their efforts to have their voices heard. Nellie's is committed to affecting change, including removing barriers and improving the conditions that affect women's lives. They're really trying to move from crisis to prevention. And this is what I love, because I think prevention like, basically, you know, they're saying that harassment is not going to go away. Necessarily, violence might not go away. But so how can we prevent this.

684

02:10:37.550 --> 02:10:41.160

Annie Ranger: and so working with schools and working with elders as well.

685

02:10:41.170 --> 02:10:53.009

Annie Ranger: and bracing how we can end violence, disrupt the narrative again, disrupt the narrative. Right? This was interesting, said writers need to write happy stories, not, you know, not just dystopian stories.

686

02:10:53.120 --> 02:11:07.809

They talked about Mark Margaret Atwood, I guess, was in town. She's the one who wrote the henman's tale, and they met her the night before, and she was there like, why do we just, you know, why does everyone just want sad, bad stories. Why can't we start writing happy stories? I thought that was interesting.

687

02:11:08.320 --> 02:11:25.280

Annie Ranger: they talk about transformative justice focuses on the mind, body and soul, the to my heart of the individual as well as their individual and collective past, present, and future. Intergenerational violence and trauma is approach with respect and knowledge need to help, and

688

02:11:25.490 --> 02:11:35.550

Annie Ranger: the gender based violence and violence against women and girls and lack of education among migrant women and children. Again, the migrant women and children.

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02:11:35.580 --> 02:11:50.579

Annie Ranger: And now he's works in trauma, informed a R Ao. Base which I found was anti-racial, anti-appressive based strength, based transformative justice and nonviolent communication, and they use

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02:11:50.710 --> 02:11:59.590

Annie Ranger: down below. You'll see they use the empowerment for self defense. Is that it? Think you'll run, fight.

691

02:11:59.630 --> 02:12:19.810

Annie Ranger: tell about it. Then they have rock and water, which is a rock and water anti bowling techniques. and they use to raft and jackal imagery and chat to raff and jackal was. The giraffe was a kind

of way of speaking. Jackal was kind of more of a attacking, so it's very interesting on what

692

02:12:20.170 --> 02:12:30.800

Annie Ranger: what they were talking about how to lots of women in the panel, and the audience were talking about being harassed at work, just men thinking that they could

693

02:12:31.020 --> 02:12:38.980

Annie Ranger: say anything. They want it to these women at work, and how you know it. Just so this is trying to give people a stronger voice also,

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02:12:39.870 --> 02:12:42.949

Annie Ranger: kind of having people back off as opposed to being fearful.

695

02:12:46.840 --> 02:13:04.720

Annie Ranger: And then the fifth one, which was interesting. again, it was the fifth and Geo. Panel, and it was empowering women's voices and choices to inform battering intervention and policies and the panelists is Dorothy Steckie Hallie. She was family piece initiative.

696

02:13:04.810 --> 02:13:22.550

Annie Ranger: and she's also from the International Public Policy Institute and Sharon Sullivan. They worked in the Ages office, also in Kansas. and this one, I thought, was so interesting. The the one of my big takeaways was

697

02:13:22.920 --> 02:13:46.279

Annie Ranger: that working Dorothy was saying. How working with victims, she said. Like after the seventh, you know, victim would walk in, but have the same offender like the same batter. That's when she realized they need to start working with the batters, and I mean not necessarily the victims. so that that was really really interesting. So that was their take was

698

02:13:46.450 --> 02:13:58.240

Annie Ranger: also offenders need to take ownership with their behaviors, but also their healing. Again, healing is here. People that are cruel usually have been exposed to cruelty and their child head.

699

02:13:58.300 --> 02:14:06.570

Annie Ranger: And what this turned into, which is what I realized was most of it was talking about what and how they kept their doors up, and how they could still help

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02:14:06.630 --> 02:14:21.260

Annie Ranger: group kind of groups. it wasn't necessary. Group 30, but they have battery intervention groups. And what happened during Covid when they had to close down the office. And so they very quickly had to learn

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02:14:21.490 --> 02:14:37.830

Annie Ranger: zoom. And they learn how I had to learn how to get people online. And so when they close the doors, they started the online battery intervention groups again online, and they kind of took over. They talked about the steps that they took to keep it a safe space on Zoom, but it's still empowered victims.

702

02:14:38.470 --> 02:14:57.329

Annie Ranger: And the most of this panel was talking about the present cons and and the survey they sent out, but it was, they learned that guys learned that they needed the intervention. And I think helping seeing other people online. Some people who normally wouldn't be able to make it into the group in person, we're able to make it online,

703

02:14:57.350 --> 02:15:15.240

Annie Ranger: and then also some people that may have had issues on having a safe place at home to go online or access computer or have computer literacy. And this I'll throw in really interesting for me. Because again, not I didn't really hear anyone talk about agism throughout the 2 weeks.

704

02:15:15.240 --> 02:15:36.199

Annie Ranger: But it was interesting that they talked about someone who's oh, the other one was 61 years old and couldn't get on. Zoom, I'm like, wait, wait! Don't tell me. 60 months old, because I just I feel like so again to me that was an age, it was more access. It was more people having access to learn how to use it or have access to habit. So that that was an interesting

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02:15:36.300 --> 02:15:48.639

Annie Ranger: thought people. Some people were able to be more vulnerable online, they found, and it helped other people open up their vulnerabilities.

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02:15:48.660 --> 02:16:12.890

Annie Ranger: They also found out that some partners were reaching out to them, which was more helpful, and they then they conducted a follow up survey. and most said that online was a positive experience, but some felt like they were more alert in person. Some felt like they like the personal like. If they had a personal question. They didn't want everyone to hear. They could walk us to the side of the room and talk to someone about that. So they're just talking about the pros and cons of being online.

707

02:16:13.600 --> 02:16:20.650

Annie Ranger: so. But they also realize they need to work with the offenders and the batterers.

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02:16:21.980 --> 02:16:29.329

Annie Ranger: And then this one I loved your moving the needle a quality and empowerment of women and girls.

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02:16:29.610 --> 02:16:46.009

Annie Ranger: And this was you all, with tes and pathways to peace and so I don't need to go over too much of it. But what I would say was so interesting for me was moving the needle, the the name again moving the needle, a quality empowerment of women and girls really

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02:16:46.200 --> 02:16:57.630

Annie Ranger: didn't didn't let me know like who didn't tell me what I was going to be seeing through, and that's not a bad thing, but it was like, Oh, this is so funny! This is what I'm all about. So I loved this

711

02:16:57.700 --> 02:16:58.950

Annie Ranger: so

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02:16:59.129 --> 02:17:18.910

Annie Ranger: I feel well. I love the saying. Since wars begin in the minutes of men, it is in the minds of men that defenses of peace must be constructed, and that is everything that we're here for. Right? So how do we change? How do we get that conversation? How do we? What, what are the words, we need

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02:17:18.920 --> 02:17:27.340

Annie Ranger: to convince everyone that again, when women and girls are empowered, all people are empowered in our world, this change for the better.

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02:17:27.490 --> 02:17:35.339

Annie Ranger: So this one I don't know if I need to go over too much. But what touched me was, we opened with Tammy's beautiful, vibrational healing music

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02:17:35.600 --> 02:17:48.389

Annie Ranger: And the whole conversation covered ways to gain equality and empowerment through lab peace and our peace, energy, union balance, changing thoughts and behaviors. I do use vibrational healing music in my

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02:17:48.520 --> 02:17:58.999

Annie Ranger: my sessions. So I love that and I love the talk about energies of the masculine and feminine, the in in the Yang, and each person the balance of harmony within ourselves.

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02:17:59.160 --> 02:18:06.440

Annie Ranger: And I do feel like so much of this is the energy of masculine and feminine, not necessarily a man or a woman. I I do think it's more about the energies.

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02:18:06.730 --> 02:18:20.000

Annie Ranger: And then I love, of course, the power of our heart rhythms and our heart, rank, coherence and incoherence, the changes, how it our hormones and nervous systems, and how, with a coherent heart and brain, there's less depression and less anger.

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02:18:20.309 --> 02:18:27.149

Annie Ranger: Less people sleep better and process food, but it just everything. We we just work better

720

02:18:27.290 --> 02:18:37.219

Annie Ranger: on all levels. And then the electromagnetic field of earth, and our bodies align love that or earth, rhythms and heart rhythms can affect each other.

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02:18:37.660 --> 02:18:51.519

Annie Ranger: and our collective human emotions affect our global

state. And this is You all said it so powerfully so, and then Yoga, Union and peace in our piece need a culture of peace to join in union.

722

02:18:51.820 --> 02:18:53.899

Annie Ranger: The universal consciousness.

723

02:18:54.260 --> 02:19:09.329

Annie Ranger: Change your thoughts, change your behavior. That's my big belief. the 8 actions of peace you whenever and foster our culture of peace through education. So these are things that I just keep thinking are so important.

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02:19:11.049 --> 02:19:26.900

Annie Ranger: And then march tenth day 5. I did go to the civil society briefing where you hear from the Member States, the everyone, the UN. Women civil society representatives of the C. As. W. 67. In the outcome document, negotiations, process

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02:19:27.780 --> 02:19:29.500

Annie Ranger: and

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02:19:30.420 --> 02:19:33.110

Annie Ranger: that was

727

02:19:34.690 --> 02:19:37.950

Annie Ranger: so interesting as well.

728

02:19:38.610 --> 02:19:51.120

Annie Ranger: hearing everyone speak. And this is more about have having everyone speak and ask questions about what's going on, you know, in their countries. But one thing I thought was really interesting was Hurry

729

02:19:51.370 --> 02:19:54.739

Annie Ranger: Who is the chair of Ngo?

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02:19:55.430 --> 02:19:58.560

Annie Ranger: as Csw. And New York? She

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02:19:58.570 --> 02:20:06.409

Annie Ranger: started off and asked everyone in the room like who in the room has been a victim or no, someone who's been a victim of online bowling or harassment, and almost every hand went up in the room.

732

02:20:06.660 --> 02:20:27.790

Annie Ranger: And then this is just what everyone kind of went around talking about things that are pertaining to their countries, and one thing I thought was again very interesting as well was someone in in the room had asked what was going on with the women in Afghanistan because there was a panel of Afghanistan and women, and someone said, Who is you know? How? How are we sure that they're safe?

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02:20:27.930 --> 02:20:42.019

Annie Ranger: And you know, they answered, that they gave them training, you know, safety measures were shared, but who really knows? And that was one thing that I found most interesting in in this. When people from Member States

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02:20:42.060 --> 02:20:48.039

Annie Ranger: or from the Ngos asked the panels from the UN. The chair.

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02:20:48.600 --> 02:20:49.620

Annie Ranger: you know.

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02:20:49.780 --> 02:20:57.660

Annie Ranger: how how can you change? how can you help us? And they're like we can only do so much. Your, we can take this, and you can take this back to your

737

02:20:57.750 --> 02:21:07.300

Annie Ranger: you know we can tell your countries and your you know, ministers and your investors to do things, but it's not up to us, you know. We can't make them change. So that was really interesting.

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02:21:07.690 --> 02:21:12.970

Annie Ranger: that people just really want help from the UN. I mean that.

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02:21:13.040 --> 02:21:32.589

Annie Ranger: And anyway. One thing they said, which was gender

digital divide. Don't let Silicon Valley be the Death Valley of gender equality. They want occlusion, not just illusion and tech industry, which is becoming bigger than the government. I thought that was really interesting. The tech industry I do like the ticket industry is becoming bigger than government.

740

02:21:32.910 --> 02:22:03.330

Annie Ranger: People talked about again. The 300 Year Gap. Adolescent girls need to be in touch with their delegates. and someone had mentioned. You know that the women come to the New York make money, you know, for Csv. 67. Why don't they have this more of a voice in the negotiations? And the answer really was that it's difficult, but they are, you know, more and more civil society and young people are getting a seat at the table. So that's what I kind of took away from this

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02:22:03.970 --> 02:22:14.330

Annie Ranger: and they had 87 ministers, 145 statements, 6 heads of state. in the ministerial roundtable, and it the night before.

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02:22:14.530 --> 02:22:24.870

Annie Ranger: and that was Thursday night, and they had 87 ministers, 145 statements, 6 heads of State Vice President's Prime Ministers participated in negotiations. We're still ongoing at this point.

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02:22:25.420 --> 02:22:26.320

Annie Ranger: So

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02:22:28.300 --> 02:22:30.959

Annie Ranger: and then I took some pictures

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02:22:31.480 --> 02:22:45.870

Annie Ranger: that meant, and then this I thought was interesting. So I was when I was right before I left that briefing I popped into another one and it they were talking about. I think it was

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02:22:45.990 --> 02:22:51.309

Annie Ranger: like maybe the 7 States I they would. Maybe it was like Chile

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02:22:51.760 --> 02:23:09.859

Annie Ranger: Columbia. And one thing really, briefly, before I left,

and I, my ears popped up. They were thinking, chile, for so much advancement, you know, and and what they're doing, and I thought it really made me, even though I hadn't met the girls the women from Chile yet. I felt a part of them because of this whole

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02:23:09.940 --> 02:23:16.520

Annie Ranger: this whole journey, and on the way out I ran into Loretta, and and we took a picture.

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02:23:16.550 --> 02:23:39.240

Annie Ranger: and that was that. And then I went to my seventh and Geo. Panel. Let's talk about it. This meant a lot to me. I have a you know, I substitute in elementary school, and kids do Tiktok. There I have a 25 year old daughter who is in the entertainment influencing, you know kind of business, and Tik Tok drives me crazy. So I thought this would be interesting to see what they had to say.

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02:23:40.010 --> 02:23:48.429

Annie Ranger: And I see, I see, some negative ramifications of Tiktok, but also seen some positive personally. So this was saying how.

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02:23:48.460 --> 02:24:13.140

Annie Ranger: despite the growing influx of users on Ted Talk in recent years, and undoubtedly influential space it creates. There's a lack of research towards the app involving social culture issues. So Jessica Abram is at. She's a part of the She's at Lee High University, and they're doing research on it now, on research, on how it impacts body image, mental health and overall. Well being.

752

02:24:13.200 --> 02:24:29.380

Annie Ranger: And I personally have seen what it does to to kids. And you know, kids that are grounded and and and probably I would say, when I use the word, you know no better, but it still affects them so I can only imagine what it it does to the younger kids.

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02:24:29.500 --> 02:24:38.519

Annie Ranger: they're saying, Help Gen. Z. Get their news and political news and lifestyle and social engagement. You know, the algorithms can be a problem.

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02:24:38.640 --> 02:24:56.099

Annie Ranger: but they're also saying that tik tok can be good for an online community for those that don't have a community but it can also

cause a problem with mental health issues and depression for others. So they're trying to figure out how they can, you know, work with it, how they can combat the negative aspects of it.

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02:24:56.320 --> 02:25:06.709

Annie Ranger: Also, some people need to learn how to use it responsibly. You know, some people can do it. Some people need to learn how to get off some people they can set time limits. So they were talking about.

756

02:25:07.250 --> 02:25:13.140

Annie Ranger: You know how to learn how to get the information out, so people can use it

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02:25:13.320 --> 02:25:14.560

Annie Ranger: responsibly.

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02:25:16.360 --> 02:25:19.300

Annie Ranger: and then I threw in.

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02:25:19.610 --> 02:25:21.620

Annie Ranger: I went home.

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02:25:22.070 --> 02:25:31.259

Annie Ranger: I went back and the rest was online. And March thirteenth, through seventeenth. I did 2. I did the Ngo panel on. Listen to the

761

02:25:31.620 --> 02:25:32.370

Annie Ranger: the

762

02:25:32.860 --> 02:25:42.299

Annie Ranger: we meet the women who pioneered the compassionate chile eccentric constitution, and then I did the one that's always commitment. And I feel like they're important. I'll explain why.

763

02:25:42.470 --> 02:25:49.410

Annie Ranger: So yeah, I felt like this. I felt tied to this, so I really wanted to listen to it. and

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02:25:52.070 --> 02:25:53.200

Annie Ranger: and

765

02:25:53.240 --> 02:26:11.320

Annie Ranger: what I got out of it without having to go through it all because you you know it. This is the fear of foundation. Heart. Ambassadors meet the women who. to the Constitution I thought the most interesting part of it all was first of all, they got the chance to do it. But did they really get the chance to do that? Was my question. Because.

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02:26:11.480 --> 02:26:25.650

Annie Ranger: you know, they asked. They delivered to a a text full of hope and light, and media transformed it into a book of dying sorrow. And why not advance in the protection of social rights, nature, equality, and social justice?

767

02:26:25.710 --> 02:26:37.599

Annie Ranger: And I that got me because I realized it was the barriers. I made it so difficult. The misinformation, the press. I don't think they had enough time. The bots in the media.

768

02:26:37.680 --> 02:26:44.499

Annie Ranger: There was not enough time or resource to explain the proposed constitution for people to truly understand it completely.

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02:26:44.580 --> 02:26:59.539

Annie Ranger: And my thought is, this is what's going on. And they're saying that technology is bigger than governments. And we're talking about education. And we talk about false information out there. It's like again, if if things aren't changed.

770

02:27:00.300 --> 02:27:02.209

Annie Ranger: how are we gonna get

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02:27:02.860 --> 02:27:11.540

Annie Ranger: the good past? how are we going to change? If if we are fighting now against

772

02:27:12.450 --> 02:27:19.180

Annie Ranger: technology and and a louder voice. if that

773

02:27:21.050 --> 02:27:33.479

Annie Ranger: and then my last one was the when it's Ari's commitment. And to me, that didn't say anything. It was interesting, so I sat through it. So one is ours commitment on this contribution to multilateral zoom.

774

02:27:34.060 --> 02:27:36.140

Annie Ranger: and it was

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02:27:36.840 --> 02:27:53.670

Annie Ranger: a combination, a contribution of Latin America and the Caribbean in intergovernmental form, as an example of commitment to gender equality and empowerment in the autonomy of women. So that's all I really knew is organized by the government of Argentina, and a collaboration with you and women, and Eklac

776

02:27:54.000 --> 02:27:56.210

Annie Ranger: and I named off all the women

777

02:27:56.660 --> 02:28:06.020

Annie Ranger: and all the it was such powerful woman again I I overwhelmed me. Like to see these women are just so.

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02:28:07.540 --> 02:28:19.590

Annie Ranger: So highly educated, so powerful, and to listen to them. Speak. It's amazing. Maria Duck! Herman Squeeze was introduced. The panel she oh, hold on! She

779

02:28:19.970 --> 02:28:31.189

Annie Ranger: is the chief of gender affairs. I know Maria del Carmus. We is the permanent rep of Argentina to you and ambassador to the UN.

780

02:28:31.360 --> 02:28:46.390

Annie Ranger: and she introduced everyone because she had to leave, and she was gonna go into room for because they were saying that, you know, there's still people debating if women don't have the right to qual. So that was interesting, that

781

02:28:46.920 --> 02:28:50.130

Annie Ranger: that there are different debates going on at the same time.

782

02:28:50.230 --> 02:29:10.100

Annie Ranger: But this one was care builds piece, and without knowing what the bleness ours. Commitment was, it was a proposes, a way forward towards a care society with agreements and innovatively innovative areas for transformative recovery, with gender equality and sustainability.

783

02:29:10.630 --> 02:29:23.270

Annie Ranger: And this was all about care, and it spoke to my heart again, And recognized care as a national, universal human right. Care. Economy demand that care is a universal right.

784

02:29:23.400 --> 02:29:36.689

Annie Ranger: Affordable care generates an economy. Care generates economic growth. They need to look at care as an investment, not a cost. They need to have the industry of care. They feel like it's gone backwards. Since Covid

785

02:29:36.750 --> 02:29:43.580

Annie Ranger: again. Care, build peace. People who give care are more empathetic, and people that are more empathetic or less violent.

786

02:29:43.660 --> 02:29:56.830

Annie Ranger: there is a gender gap with who provides care. It should be a gender Co responsibility with resources need to treat people, children, elders disabled with dignity and give the caregivers dignity

787

02:29:57.010 --> 02:30:21.589

Annie Ranger: need to create jobs, regulate from home workers and care workers need to have information on your care workers and benefits and support and pay. They need comprehensive public policies and laws. And they spoke about the global alliance of Care and Mexico, which I know, I think Loretta brought up, and I did not know that this so global alliance of Karen, Mexico, now has 114 members, and in Mexico they're now mapping real time care work

788

02:30:22.210 --> 02:30:23.650

Annie Ranger: and

789

02:30:23.780 --> 02:30:34.469

Annie Ranger: it's basically a care. Society should be a way of life.

They need care culture, taking care of life, deployment, the freedom, equality they also need fiscal pact and financial resources, again spoke to me.

790

02:30:35.140 --> 02:30:44.339

Annie Ranger: I I spent a lot of time in hospitals and nursing homes, and I just to see I think our elders need to.

791

02:30:44.510 --> 02:30:55.870

Annie Ranger: They've given so much of their life they need to leave and go out with dignity. And then the caregivers care workers work so hard and really

792

02:30:56.230 --> 02:30:59.519

Annie Ranger: and I think we need more support for them.

793

02:30:59.680 --> 02:31:23.229

Annie Ranger: So that meant a lot to me. It's interesting again. No mistake on what I've ended up. Panels I listen to. And this is my my theme. So what I basically went over. I'm like, what did I? I went home. What did I hear? What was the overlying themes for everything, and it was education. Get everyone reading by third grade their grade level so they can learn social studies, humanities, maths, and add the A. But I also.

794

02:31:23.410 --> 02:31:25.189

Annie Ranger: I wanted to add in

795

02:31:25.340 --> 02:31:50.769

Annie Ranger: that we need to teach to analyze information and misinformation. comments again, like, maybe intuition, you know. Yes, we need access to technology. And as a access to education. But I think we need to teach people how to it with all the misinformation going out there. If there's a way to teach how to analyze information. And and this information would be something.

796

02:31:50.770 --> 02:32:09.570

Annie Ranger: big one is changing the narrative, changing the inner stories. We tell ourselves the outer stories. change them and tell us what it means to be a man he' to thrive. I think we need to, you know again, teach self, love, love, kindness, empathy, compassion, non-judgment. We are one. Humanity, dignity.

797

02:32:10.000 --> 02:32:17.749

Annie Ranger: human humane respect, peace. You need to thrive. Be a good ancestor, I think, if everyone realizes to be a good ancestor, to leave

798

02:32:18.030 --> 02:32:38.309

Annie Ranger: release the old stories, forgiven, heal to thrive, heal offenders, not just victims. Then the care care, society empathy deserves. Everyone deserves care, care, lead to peace care helps the economy. We need to give elders dignity. They deserve support, caregivers, self empowerment and prevention. Another big one.

799

02:32:38.310 --> 02:32:59.870

Annie Ranger: I think we need to teach self protection, both physical and online, teach prevention. Discernment needs support. Everyone needs to pitch in governments, institution companies, schools, mentors, and geos grassroots. All need to work on common goals, and then people all over the world deserve the same thing, the same humanity, dignity, access, respect, equality, peace, hope, and the chance to thrive.

800

02:33:00.550 --> 02:33:10.539

Annie Ranger: So that was pretty much you know. I then got home. You know. I have to say it was. It was

801

02:33:11.050 --> 02:33:21.490

Annie Ranger: really impactful for me to see how many brilliant women they were all over the world, speaking different languages, sharing their culture, their challenges in succession successes, and, you know, helping to work gender.

802

02:33:21.580 --> 02:33:25.720

Annie Ranger: bring gender equality and education technology to women in use.

803

02:33:26.660 --> 02:33:32.729

Annie Ranger: It's helpful, you know. It's very helpful to see how many people are coming together to help push forward in a positive way.

804

02:33:32.920 --> 02:33:48.950

Annie Ranger: But and I would say I was moved to tears a number of

times about the violence and harassment and power of a woman. It was emotional. definitely had empathy and can relate to so many stories. I heard the stories and felt their pain and frustration. But I also, you know, heard their hope.

805

02:33:49.090 --> 02:33:59.780

Annie Ranger: you know, and I I know either again. Either I or another woman I know, has been personally, you know, been experienced assault, rape, harassment, abuse, online bullying, discrimination, even murder.

806

02:33:59.860 --> 02:34:12.429

Annie Ranger: So sitting and listening to all of them. speak all the panels, all the briefings. It's pretty much people want the same thing, you know, human dignity, access, respect, equality, piece, hope, in the chance to thrive.

807

02:34:12.570 --> 02:34:18.239

And what I again I I mentioned this already now, because we could be anywhere in the world, and

808

02:34:18.930 --> 02:34:28.539

Annie Ranger: again in a rural part of any country or a big city of any country, and we could be lacking access to education, technology and health care.

809

02:34:28.600 --> 02:34:30.509

Annie Ranger: You know, we have

810

02:34:30.750 --> 02:34:34.229

Annie Ranger: communities here in the Us as well. So

811

02:34:34.810 --> 02:34:38.809

Annie Ranger: I feel like we really just need to help

812

02:34:41.030 --> 02:34:44.280

Annie Ranger: teach. Learn. You know, people teach, learn.

813

02:34:45.320 --> 02:34:50.259

Annie Ranger: fear, violence, anger. We need to teach love, peace, non-judgment, empathy, and kindness.

814

02:34:51.180 --> 02:34:59.340

Annie Ranger: and then one thing that it hit me when I got home was I realized that I had found

815

02:34:59.360 --> 02:35:11.259

Annie Ranger: actually another way. I became my grandfather and realized my grandfather had immigrated. One of my grandfather's had to immigrated over when from Greece, when he was 15, with \$10 in his pocket, and his first home was at 30.

816

02:35:11.590 --> 02:35:20.149

Annie Ranger: It was 30, first, 30, s, and 30 first and second. and I was staying at 30, ninth and second. and

817

02:35:21.430 --> 02:35:36.049

Annie Ranger: My son also lives right near there. So, realizing we weren't very far from where my grandfather first lived in 1901 in America, when he immigrated over, and then also to my uncles, were American concert generals and many of the countries that I heard speaking.

818

02:35:36.130 --> 02:35:45.140

Annie Ranger: So I realized in March I was, you know, walking from my hotel to the UN. And even though I was walking definitely my own path.

819

02:35:45.290 --> 02:35:49.410

Annie Ranger: I definitely had my family's footsteps and roots deeply ingrained.

820

02:35:50.290 --> 02:35:53.799

Annie Ranger: And that's it. I feel like

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02:35:54.290 --> 02:36:04.419

Annie Ranger: I walked away thinking we really need system and change in almost every area of our world. You know, we need to help change from the top down. But I believe we need to focus on the young young kids.

822

02:36:04.880 --> 02:36:10.319

Annie Ranger: So that is it. In a nutshell we can all strive to be better ancestors for our future children.

823

02:36:11.000 --> 02:36:14.309

Annie Ranger: Beautiful Annie! Thank you. I was long.

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02:36:14.420 --> 02:36:19.189

Sheva Carr: I what was that? I hope it wasn't too long. I just try to.

825

02:36:20.260 --> 02:36:31.479

Sheva Carr: Well, you know I've had feedback recently that my relations to the Earth element is off, but I feel like I have a different relation to that element in terms of time.

826

02:36:31.790 --> 02:36:41.350

Sheva Carr: So to me. this is, there's a medicine all around in these report backs.

827

02:36:43.230 --> 02:36:50.919

Sheva Carr: and there's medicine for you in integrating your experience by giving it to us.

828

02:36:52.690 --> 02:37:00.030

Sheva Carr: and I want to hold that space as sacred by opening as big a space as you need

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02:37:01.050 --> 02:37:08.709

Sheva Carr: to give us your experience. And I personally like I have had to multitask. But I'm cool with that.

830

02:37:08.930 --> 02:37:13.349

Annie Ranger: Yeah, because I personally received so much value

831

02:37:13.690 --> 02:37:15.840

Sheva Carr: from everything you said.

832

02:37:16.680 --> 02:37:22.629

Sheva Carr: and they'll let, and you're getting confirmation of that. From other zoom Hollywood squares

833

02:37:22.670 --> 02:37:29.230

Annie Ranger: it was awesome. I learned so much. I'm so grateful for the detail.

834

02:37:29.380 --> 02:37:32.750

Sheva Carr: so grateful for your precision.

835

02:37:33.900 --> 02:37:42.660

Sheva Carr: Your heart. This is why the teach. The present backs are so valuable, because we feel your heart in a way that no written

836

02:37:43.740 --> 02:37:46.740

Sheva Carr: report could give us.

837

02:37:47.730 --> 02:37:57.649

Sheva Carr: And so for me it was hugely meaningful. I feel like I know you as a person so much more okay. hump up from Lisa Marie

838

02:37:58.070 --> 02:38:00.760

Annie Ranger: so kudos in the chat

839

02:38:00.850 --> 02:38:09.850

Annie Ranger: I have to say I was the only way I knew how to do it. I mean towards the end I skipped out. You know. There's the even. Of course we can all

840

02:38:10.220 --> 02:38:23.209

Annie Ranger: add in more. But it was the only way that I could make sense of getting it all out is I didn't know what to leave out, so we got it all. I'm not good for effective and efficient. No?

841

02:38:23.250 --> 02:38:33.920

Sheva Carr: Well, let's let's let effective have multiple definitions. And let's let efficient have a lot of different definitions to. And we

842

02:38:34.640 --> 02:38:36.010

Sheva Carr: to me

843

02:38:37.220 --> 02:38:42.380

Sheva Carr: like, I, I'm not right about this or anything. It's just how I feel in my heart.

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02:38:43.060 --> 02:38:50.559

Sheva Carr: The whole point is, space hasn't been made and opened for these issues. Money hasn't been assigned

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02:38:50.670 --> 02:38:53.100

Sheva Carr: in equal proportion to these issues.

846

02:38:53.120 --> 02:38:56.069

So how do we know that us.

847

02:38:56.700 --> 02:39:03.220

Sheva Carr: doubling the length of our members, call for this issue? Isn't medicine for the world

848

02:39:04.220 --> 02:39:16.270

Sheva Carr: to say, we prioritize this, we value this. We're opening a bigger space for this in the world. then, is in the schedule. I'm down for that. That's my.

849

02:39:16.780 --> 02:39:32.880

Sheva Carr: that's my heart. I love it, and you know we honor everybody's needs. So people who had other appointments, they made notes to you in the chat they went. They'll watch the recording because we're not bound any more by time and space. We have.

850

02:39:33.080 --> 02:39:35.240

Sheva Carr: This is digital access.

851

02:39:35.570 --> 02:39:39.650

Annie Ranger: Yeah, this is not recorded in perpetuity forever.

852

02:39:40.470 --> 02:39:43.680

Sheva Carr: or at least as long as this tech will work.

853

02:39:44.330 --> 02:39:51.170

Sheva Carr: So I celebrate you, Annie, I honor you. I honor Carolyn. I'm working out now, so I have that

854

02:39:51.660 --> 02:39:56.559

Sheva Carr: space for me in the midst of it all, but I'm good with it.

855

02:39:57.050 --> 02:40:02.840

Annie Ranger: and you can see you have some devoted fans. You've stuck it through. I'm sorry.

856

02:40:03.070 --> 02:40:08.400

Sheva Carr: and I want to open the space for there sharing and questions, but I just want to

857

02:40:08.640 --> 02:40:11.330

Sheva Carr: honor the context of my choice.

858

02:40:11.640 --> 02:40:14.930

Jean Westney: and that we.

859

02:40:15.130 --> 02:40:19.999

Sheva Carr: We support everybody here to do what they have to do to take care of themselves. We're all good with that.

860

02:40:21.680 --> 02:40:25.150

Sheva Carr: Anything anyone wants to add or share.

861

02:40:26.330 --> 02:40:33.150

Jean Westney: yes, any one of the things that I found so valuable was your

862

02:40:34.010 --> 02:40:43.900

Jean Westney: zoning in on the need for our young people, for for everyone to have more discernment around digital media

863

02:40:44.150 --> 02:41:02.650

Jean Westney: and and on just having a bigger picture. What is happening culturally, and how our our attitude shaped so much by our culture and society. And how can we begin to question those in a way that's not angry.

864

02:41:02.660 --> 02:41:08.300

Jean Westney: but hopeful, and has solutions so thank you so very

much.

865

02:41:08.800 --> 02:41:12.920

Annie Ranger: Thank you. They I I do. I have a a big

866

02:41:14.110 --> 02:41:22.480

Annie Ranger: the, I think the education part getting kids to read, you know, but also learning. I think everything's so fast now everyone's a fast fix.

867

02:41:22.620 --> 02:41:41.609

Annie Ranger: And so people just believe whatever they hear and and gosh knows what's out there. I mean, there's so many things out there. So that's the whole thing about fake news. And I think that's what happened to me, for, like even the constitution. The Chilean Constitution. is so. Yes, thank you.

868

02:41:42.570 --> 02:41:46.690

Annie Ranger: Well, I want to add to that so interesting

869

02:41:47.180 --> 02:41:50.500

Sheva Carr: Robert and I met with the

870

02:41:50.540 --> 02:41:54.360

Sheva Carr: superintendent of schools for San Mateo County and Friday

871

02:41:55.200 --> 02:41:57.500

Sheva Carr: about heartmath interventions.

872

02:41:57.810 --> 02:42:13.970

Sheva Carr: and found out they are spearheading a huge lawsuit which we could probably look up and get more info at least to marry. We will do it. against the big social media companies in Silicon Valley, which all are based in San Mateo County.

873

02:42:14.630 --> 02:42:17.799

Sheva Carr: for the

874

02:42:18.410 --> 02:42:25.900

Sheva Carr: impact social media has had on the mental ill of of this

generation of children and teenagers.

875

02:42:30.450 --> 02:42:37.479

Annie Ranger: Yes, I I and you know I do work with the kids. And yeah, there's studies. It's so much such

876

02:42:37.620 --> 02:42:53.170

Annie Ranger: lots of depression. There's suicide. I will. I can go into it. Then that's what I'm trying to do as we've trying to figure out. How do we go into the school systems to to teach kids? You know, if it's mindfulness, it's hard, you know what? I believe in something bigger than themselves?

877

02:42:53.200 --> 02:42:57.829

Annie Ranger: and and being grounded.

878

02:42:58.180 --> 02:43:02.770

Annie Ranger: going inside versus outside. it's huge. Shaba.

879

02:43:02.800 --> 02:43:04.940

Sheva Carr: Yeah.

880

02:43:07.170 --> 02:43:13.120

Sheva Carr: Anything else anyone wants to share or ask from our gathering today.

881

02:43:15.210 --> 02:43:26.790

Camille van Hoegaerden: you know just appreciation for all your detail. And I love this slide where you kind of summed up all the corresponding things to all the events that you you went to. That was really really helpful, you know.

882

02:43:27.440 --> 02:43:28.870

Oh.

883

02:43:29.190 --> 02:43:34.269

Annie Ranger: thank you, Lisa. Marie found it. She put a link in the chat

884

02:43:35.270 --> 02:43:41.420

Sheva Carr: to the lawsuit that was launched in March. There you go.

885

02:43:45.330 --> 02:43:51.489

Sheva Carr: Yes, they're trying. They're trying to get kids off their phones off apps.

886

02:43:51.610 --> 02:43:57.349

Sheva Carr: And so their hearts and into connection with each other.

887

02:44:04.880 --> 02:44:07.339

Sheva Carr: You want to share something, David.

888

02:44:08.790 --> 02:44:12.289

David D: No, just thank you. All for the time today.

889

02:44:12.610 --> 02:44:14.590

David D: information feedback.

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02:44:14.830 --> 02:44:17.329

David D: And I've just been sitting in

891

02:44:17.740 --> 02:44:24.040

David D: holding the frequency for whatever needs to be broadcast outwards. for a greater grid

892

02:44:24.050 --> 02:44:26.729

David D: that they flow out as an imprint.

893

02:44:26.940 --> 02:44:33.790

Sheva Carr: and we honor David as the only man that was here through the whole time.

894

02:44:34.950 --> 02:44:48.729

Sheva Carr: You know I'm I met with the one of the chairs of the gender equity working group for the G. 20 c. 20, last night. and she was quoting on the saying that

895

02:44:50.320 --> 02:45:00.510

Sheva Carr: man and woman, masculine feminine are 2 wings of a bird,

and we need them flying together for humanity to take off. So thank you, David.

896

02:45:00.780 --> 02:45:02.820

Annie Ranger: you're welcome.

897

02:45:04.560 --> 02:45:05.810

Sheva Carr: Yeah.

898

02:45:05.950 --> 02:45:06.640

Yeah.

899

02:45:06.960 --> 02:45:14.850

Sheva Carr: Well, I honor this space, and that we expanded time to allow for it. But I'm personally enhanced by that.

900

02:45:15.870 --> 02:45:22.489

Sheva Carr: I know our members will watch the recording as it serves them, but it's recorded in the energy fields.

901

02:45:23.750 --> 02:45:34.790

Sheva Carr: And, Annie, your work and your transformational experience at the UN. Is changing the world in ways that it will work better for all. So thank you.

902

02:45:35.010 --> 02:45:42.459

Annie Ranger: Thank you for giving me the chance. It was amazing, and remarked, it was just

903

02:45:43.400 --> 02:45:45.030

Annie Ranger: so honored. So thank you.

904

02:45:45.080 --> 02:45:53.340

Sheva Carr: And just watch as a result of giving voice. Today it moves things in new ways. It's gonna move. Now.

905

02:45:53.650 --> 02:45:59.130

Annie Ranger: let's so this is, this is a huge part of the process. It's not an afterthought.

906

02:46:00.220 --> 02:46:07.630

Annie Ranger: No, definitely. I'm still processing it. I'm still wondering how it how this is. Gonna affect, you know, and change my my forward path.

907

02:46:07.970 --> 02:46:16.459

Annie Ranger: Cool. Well, keep us posted. I will thank you. Thank you. Everyone. Have a great day. Thank you for the time. Thank you for the experience, and

908

02:46:17.230 --> 02:46:18.450

Annie Ranger: I'm sending live

909

02:46:18.830 --> 02:46:23.140

Sheva Carr: anything else. Anyone else needs to be complete today.

910

02:46:25.530 --> 02:46:32.620

Sheva Carr: All right, much love everyone polarity practitioners. I'll meet you in 35 min in the same zoom.

911

02:46:33.390 --> 02:46:38.820

Annie Ranger: Bye, everybody.