

2018 UNCSW PTP62 Delegate Reports Summary
New York, NY
March 11 – 23, 2018

This report is a summary of 12 individual reports, including 11 PTP delegates and 1 informal report from Heart Ambassador who attended, David Dante.

Reports:

Sheva Carr – Script with opening exercise

*Cami Peterson-DeVries

Stephen Dinan

*Nancy Griffis

*MarySue Heilemann – PowerPoint presentation with links

*Shayndel Kahn

Devaa Haley Mitchell

*Sadhvi Siddhali Shree – Video slideshow

Erin Toppenberg

*Hudson Toppenberg

Jennifer Warren

* report contains photo(s)

In addition to “Women Illuminated” and “Women/Girls and the Media,” delegates attended and commented on a wide range of sessions, from Consultation Day to panels on UN grounds and the daily UN NGO Morning Briefings to receptions and a circle gathering. To the person, delegates profoundly appreciated the UN CSW62 experience. All reported new learning, being personally inspired, and mentioned the value of the connections they made through individual encounters. Conversations with presenters, other PTP delegates and people they happened to meet were among the most memorable moments, especially those occasions meeting and getting to know other PTP delegates.

New collaborations, new projects and deeper relationships were common themes. A few examples: Stephen mentioned he is now filming dialogues for an online summit; Siddhali is going to launch a podcast featuring the stories of advocates and survivors of human trafficking; Cami has already shared films with colleagues and others who work in the juvenile justice system,

While all the reports are interesting, inspirational, and contain evidence of unmistakable momentum toward gender equity and peace building, I would like to highlight three submissions I think might effectively be used as is or with minor editing to support an orientation of new PTP delegates or PTP might want to share more broadly with delegates and others. They are the following:

1. Sheva Carr: Contained in each introduction of panel members there is a concisely identified gender equality issue in the media and a list of best practices
2. MarySue Heilemann: The report is in the format of a PowerPoint presentation. In addition to a pictorial presentation of the sessions MarySue attended, this report contains a comprehensive overview of CSW, its place in the UN, the relevant structures and documents and historical milestones.
3. Sadhvi Siddhali Shree: The slideshow is accompanied by piano music inspired by the event, composed by Siddhali

For convenience, and ease (I hope), I have put individual reports into a mostly uniform format and incorporated all into one document with a table of contents. Because of the size of the file, MarySue's PowerPoint can be accessed through a DropBox link.

It has been a joy to read these reports, each one a treasure. Thank you.

Most Sincerely,

Nancy Griffis
Heart Ambassador
Pathways to Peace Delegate

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Name: Sheva Carr

In this case, I feel that my CSW experience this year really happened BEFORE and AFTER CSW. In the preparation, and interview process for selecting our panelists, I did dozens of hours of learning and growing before ever arriving at the CSW.

As such, the script that emerged for me as the moderator of our PTP panel feels like my report (below) along with the following added learnings:

I learned to lead by listening in a much deeper way than ever before. Rather than imposing a vision on a group and giving orders, I found myself listening to the guidance and heart calling of others and holding a space for their goodness to emerge in ways it was telling me it wanted to. This felt like a feminine quality of leadership and an expression of the new world emerging. I was deeply moved by two films- “The Mask You Live In” which made the suppression of feminine energy in men the clear source of gender inequity and violence in the world and gave a tangible map for remaking that mess and “Equal Means Equal” which shocked me with the truth that women are still not recognized under the US Constitution. This latter fact is a life changing defining learning that will produce a shift in the directional momentum of my life’s work.

The rich experiences of the UN abound, and a film of the panel will be available shortly. But here is my script which summarizes the learnings of putting the panel together:

MODERATOR SCRIPT FOR PATHWAYS TO PEACE PANEL FOR UN CSW 62:

Women, Girls, Power, Storytelling and #Me Too

Welcome! (To those of you joining us here, live streaming, and watching the recording. ??)

Take 10 seconds to turn to the person next to you and tell each other your favorite movie or favorite television show.

(GONG)

Ok- think about the movie or TV show you told your partner- do you know

Who wrote it?

Who directed it?

Who produced it?

Who distributed it?

Who financed it?

If you are like me, you may not pay as much attention to that as the ingredients of the food you eat.

And yet, the media meal we consume is profoundly influenced by who cooked it up.

Here at the United Nations Commission on the Status of Women, we are (by definition) an international audience.

And yet, chances are- even though we come from countries all over the world- at least 80 % of you just picked a movie or TV show that was written, directed, produced, distributed, and financed by North American Caucasian men.

And the fact that this population is overrepresented in our media meal has a profound and detrimental impact on our health and justice as individuals and as a society.

It is not that we don't want Caucasian American men to make movies and have a voice. But when that ingredient is overrepresented in the media meal it is like having a cake made with 80% salt. It creates distortions in perception and impact that have tremendous and at times unintended consequences, including the creation of a culture conducive to sexual harassment and violence.

My name is Sheva Carr, and I am the Co-Vice President of United Nations Peace Messenger Organization Pathways To Peace, and the founding

President of HeartAmbassadors. It has been my great privilege to have convened this panel, inspired by the fact that at Pathways To Peace we've identified that media and the arts are one of the 8 critical pathways to creating a global culture of peace.

More women have died in gender based violence than all the worlds soldiers in all the worlds wars combined. We cannot bring a culture of peace without addressing gender based violence. And we cannot address gender based violence without addressing the modeling of media. Without gender equity in media, it cannot take its full place as a potent pathway to peace.

Today we are here to provide a gap analysis of gender equality in media, address its impact, and create a recipe for action and social change that will help us close that gap together.

I will say that the good news we start with is there are so many outstanding experts and compelling projects addressing this issue, we did not have space for all of them on the panel. We plan to share more with those of you who are interested in the virtual space after the panel. To give as many women here a voice as we could also meant eliminating a live question and answer session between you and the panelists. So we have sign up sheets at the back and front of the room, you have question cards on your chairs – please put your email address on them- and you can write to us from here or the live stream in real time at support@heartambassadors.com - where the conversation can continue with all of us virtually.

To save time, I also ask you (it will be tempting not to!) to hold your applause until the very end.

TONYA: With that, it is my great pleasure to introduce our first speaker, Tony award winning Broadway actress director and storyteller, on the #TimesUp Data Collection Committee, Tonya Pinkins.

JENNIFER: Writing is not the only ingredient in our media meal that is cooked up mostly by white American men. This problem has been so pervasive in the hiring of directors in Hollywood, that 21 years ago Jennifer Warren founded the Alliance of Women Directors as an antidote. Yesterday we presented her with the HeartAmbassadors Lifetime Achievement Award for this pioneering work to elevate the status of women. She's asked me to begin her talk with a

short film clip that illustrates how important it is to see our diverse selves represented in the arts and media.

LENORA: Even with the Alliance of Women Directors providing Hollywood with a vast pool of women directors to hire, the discrimination continued in such a systemic way that the American Civil Liberties Union was able to present a case to the Equal Employment Opportunities Commission, who took it to court and won. Here to tell this remarkable story of advocacy for women, also the recipient of a HeartAmbassador award for elevating the status of women, is Lenora Lapidus- the Director of the Women's Rights Project at the American Civil Liberties Union.

MARYSUE: When women are not telling stories, as directors, as writers, then the roles of women in storytelling become distorted with some very disturbing consequences. For Example, our next guest will explore how the misrepresentation of nurses in media has posed an international public health risk and nursing shortage. Joining us next from the UCLA school of nursing and a multi media producer, is Dr. Mary Sue Heiliman. Welcome Marysue.

CRISTINA: Misrepresentation of nurses as a predominantly female profession is just one example of a pervasive misrepresentation of women in general in media. One NGO is tackling this issue directly- it is my pleasure to introduce Cristina Escobar, from The Representation Project.

GWEN VIDEO: Because women have been so pervasively misrepresented and their voices in mainstream media so systematically suppressed, one of the movements I discovered in preparing this panel are grass roots efforts to create alternative content distribution platforms for women's voices. One of those platforms, founded by Tess Cacciatore who you see behind the camera filming this panel, is the Global Womens Empowerment Network- since Tess is behind the camera and not on stage, here is a short clip of her work.

DEVAA: Another of these alternative distribution platforms for women's media is the Shift Network, Co Founded by our next panelist Devaa Haley Mitchell and her husband Stephen Dinan. Shift Network has offered the Inspiring Women With Soul Summit for the last 7 years. It is my pleasure to introduce Devaa Haley Mitchell.

RACHAEL: The idea of a trusted network played a critical role in our next panelist's story. For 20 years women and girl's voices went ignored, until Rachael Denhollander found a trusted network to share her voice- The Indianapolis Star Newspaper. It is a privilege to introduce one of my personal heroes and a HeartAMbassador Justice Award Recipient, Rachael Denhollander. Rachael was the first to successfully expose the sexual violence perpetrated by Olympic Gymnastics Doctor Larry Nassar, paving the way to justice and safety for hundreds of other women and girls. Thank you for being here Rachael.

AMIE: For Rachael and the more than 250 other women in the Larry Nassar case to finally be heard, the news media had to listen and then accurately represent their story. But what about places in the world where women and girls still don't have access to the media? I am so heartened and inspired to introduce Amie Williams, founder of Global Girl Media, an NGO tackling this issue directly.

The girls in Amie's video, and program, want to see diverse and inspiring female role models in media. Our final media piece offers exactly that.

Before I play it for you, there is something I must address. As we are moving toward the end, I want to acknowledge that it would be naïve and in poor taste for me to tie this panel package up with a pretty bow. We cannot deny that the current status of women in the media is not pretty. And yet, as the curator of this panel learning and growing from these incredible women and others you have yet to meet in our virtual space, a recipe of consistent best practices emerged for me from their collective wisdom that I want to highlight.

The ingredients are as follows:

A woman raises her voice within a trusted network or to a trusted person and tells a true story- alternative content distribution platforms are rising up all over the world to provide these trusted networks for women's true stories to be told.

That trustworthy person or network exposes this woman's story in a respectful way in media

Seeing her story, an army of other truth telling women are empowered to stand up like her and speak

Together they link arm in arm with law enforcement, and policy makers, to bring justice and create social change that elevates the status of women. Retelling this complete journey through the media then models a solution based story telling that further enrolls others in ending a culture of enabling and moves the the dial toward gender equity and peace- a world that works better for all.

We've seen this recipe in Rachael's case- in the ACLU and EEOC case for women directors- and in so many other examples today - This final video, from a project partnering with Pathways To Peace called Operation Big Sister- demonstrates the use of every ingredient in this recipe to stop the sex trafficking of women and girls in Iceland.

PLAY VIDEO

This short premiered yesterday at the inaugural Women Illuminated Film Festival, which I am proud to have been a part of launching with my partners Tess from GWEN and Cristina from The Representation Project. A film festival parallel to the Commission on the Status of Women for movies by women made for everyone, it is yet another example of an alternative content distribution network arising for women's voices to be heard.

But if I could leave you with only one thing today it is this: you don't need to launch a film festival or a media network to be a content distributor. Each of YOU is a content distributor - through the media you choose to consume, through the words you speak and type into your devices- and perhaps most important of all, when you choose to be a safe listening. You might just be the trusted network that holds the space for the next voice that will rise up and change the world. Thank you for choosing to be here to hear THIS media message.

Please bring your question cards and sign up sheets to Robert at the front of the room or Cami at the back of the room. Thank you to each of our panelists for being that voice that is changing the world. (APPLAUSE)

Name: Cami Peterson-DeVries



United Nations CSW 62 Report

Attending this event was an opportunity of a lifetime. This opportunity was to share in the passion and movement of advocacy on equal rights for women. This was a privilege and honor to being a peace messenger. Being a peace messenger has a deep meaning. The responsibility of this position is to promote and carryout peace around the world. This is a task that can be difficult to accomplish and has multiple layers that require attention. During the UN CSW 62, many opportunities presented themselves to share in peace and to support the many areas of peace when working through issues related to women.

There were many opportunities to address issues that face women. The overarching area is to have gender equality for women and girls. One area that Pathways to Peace provided support was related to women in the media. This forum allowed for dialog and education on the many challenges that women face in media. This includes women as producers, actors in film and television, and in social media. Learning about these issues through film and panel discussions was a great experience. The UN CSW has information on evaluating the discrimination that occurs in the media since 2015. Based on statistics, it seems that little progress has been made. It was important to be involved with this event and support the mission of eliminating bias in the media, not just in the United States but also around the world. This was very meaningful and personally influenced my work to address women and men stereotyping in the media. I personally have shared the films with those in my work and those who work in the juvenile justice system.

Another area that was interesting, motivating, and encouraging was the daily UN NGO Morning Briefings. These meetings were an opportunity to ask and encourage UN Delegates to support specific causes. The Beijing Declaration and Platform for Action document was referenced multiple times during this session. After reviewing this document there were many noted opportunities to be a messenger of peace. The Commission is committed to improving the opportunities for women around the world. This UN commitment was heard

on a daily basis on this panel. Another notable item of these meetings was the strong presence of young women and girls advocating for changes. These meetings also provided an understanding on how important it is to identify messages that need to be promoted, garner strong support, and work together for advocacy and communication of the message. There is many opportunities to make a difference through this venue if we can work together on the message. Having the ear of the UN members is a great opportunity to get



movement on the important issues.

Another opportunity was to listen to women who continue to be submitted to harmful traditional practices. This was an opportunity to be a voice of support for the cessation of these practices. It is great to know that progress toward discontinuing these practices is being made. The women leading the countries of South Sudan, Ethiopia, Eritrea, and Somali to cease this practice was impressive. It was great to observe how women have become empowered to make change by becoming unified.

In closing, this was an incredible experience and one that I am forever grateful. If this were to be an opportunity for me again, it would be important to take these key learnings, and collaborate with others on how to be a unified voice to be the best messenger of peace possible.

Thank you so much for allowing me to represent your amazing organization as a messenger of peace it was an honor! Cami Peterson-DeVries

Name: Stephen Dinan

Here's a brief report from me...

I was deeply moved to be part of this delegation and touched by the leaders who we engaged. We attended several days of sessions at the United Nations, the special media #metoo panel and reception, the film festival and parallel sessions.

As an example of what was so powerful, we met a lovely Ethiopian woman named Abaynesh Asrat who is on the organizing committee and she invited us to a smaller parallel session. There were only 3 white faces in the room, including ours, and many African women leaders of note, who explored difficult issues about how to uplevel remote health care with an entrepreneurial approach and to address female genital mutilation. Two of the women confessed that they had undergone FGM and that it was not just poor and uneducated people still practicing. This was a powerful and eye-opening dialogue. Abaynesh said that she would like me to get involved with the #heforshe campaign and track next year.

We also sat in circle with Kenyan elder women AND youth leaders and felt inspired.

In terms of collaborations, we ended up connecting more deeply with Tonya Pinkins, who was on the #metoo panel and are now filming dialogues for an online summit that includes voices like Eve Ensler and Marisa Tomei. We are engaged in an active conversation about bringing more leaders from the Shift Network to offer skillsbuilding trainings for free. We're helping Jean Shinoda Bolen on her efforts to have India host a 2022 UN Women's Conference.

We grew many connections and budding friendships and clarified more how our daily work at The Shift Network can better support and link to these amazing women leaders from around the world. Thanks for letting us be part of the delegation!

Name: Nancy Griffis

Nancy Griffis
Heart Ambassador
UNCSW62 PTP Delegate Report

A first for me, as a Heart Ambassador, Pathways To Peace delegate to the 2018 United Nations Commission on the Status of Women.. What a privilege! This experience has expanded my awareness, opened my heart and mind and connected me with our world and the gender equity issues we face in ways I have felt but not been able to articulate.

I came away knowing there are specific things even I can do now, toward living into a life long heartfelt desire to work toward greater peace in the world. I was introduced to the Pathways to Peace vision card in 2014 through the on line PTP Bootcamp, run by Sheva Carr and Marilyn King. The card has lived on my refrigerator since - a daily reminder and inspiration. Thank you so very much for this opportunity to join in the momentum and share my report.

I arrived on Sunday to attend the Consultation Day Program, and during the week attended:

two Pathways to Peace parallel sessions – “Women Illuminated” and “Women/Girls and Media” and

two special events – “Reuniting Masculine and Feminine in the Era of #MeToo,” and “Renew, A HeartMath Experience”

In addition, I spent one morning on the grounds of the United Nations.

During a meeting for delegates months before the event when asked to describe what we might expect, Sheva stated that if she had to boil it down to one word, the word would be, “chaos.” We laughed. She went on to explain the magnitude and mechanics of the event, creating a context. Sheva also advised we avoid rigidity with regard to outcomes, along with the need to impose the type of structure we may have used when attending conferences in the past. Good advice. I was open to something new and my only expectation

was that whatever my experience, it would be a perfect next step in my unfolding blueprint within a context of global citizenry.

As one of many, crossing the threshold of the doorway at the Burrough of Manhattan Community College, I felt as if I were stepping into a moving canoe on a fast paced river. The spirit of the event took over immediately. Many, like me, were most interested first in the basics - location and directions to bathrooms and where to get a cup of coffee. Others focused on convening in noisy pods - planning, exchanging materials and information, renewing friendships, searching for new faces to meet and connect with. There was no mistaking the air of excitement and anticipation. High energy and pleasant chaos.

On my way into the auditorium, my own phone signaled the arrival of text messages and e-mails - arrangements to distribute Women Illuminated and Women in the Media flyers. Choosing a seat near the podium I settled down to learn about who's who and what's what -CSW62, NGO CSW/NY (a coalition of hundreds of organizations and individuals), the structure, priority theme (Challenges and opportunities in achieving gender equality and the empowerment of rural women and girls.") and people.

The audience had the pleasure of seeing and hearing the dance and music of the Mager Indigenous Youth Dancers from Nepal which went a long way in helping my nervous system calibrate to the over all experience, not only in the moment but also what was to come over the next few days.

We heard from UN, CSW62 and NGO CSW/NY leadership after which Sizani Ngubane, founder of Rural Women's Movement, South Africa delivered the keynote address. I was astonished by facts she shared and moved by Sizani's own story.

Among the facts I learned.....in her country, women produce 85% of the food and own less than 2% of the property; drought since 2013 requires individuals to rise daily at 1:00 a.m. to get water, then dig on the side of the river and wait for 7 or 8 hours for enough to carry home.

One of the many examples she shared from her own experience was listening to Freedom Radio, under the bed at 3:00 a.m. She was 6 years old. Sizani

declared that from a very young age she knew she had to be part of the solution for the problems of her people.

Panelists provided perspectives on the concerns of rural women: climate; land and property rights; combating violence against rural and indigenous women and girls and migrant farm workers. There was a response from the Hon. Marilou McPhedran, Senator (Canada) Committees: Human Rights, Aboriginal People and Security and Defense.

One panel member awakened me to the plight of migrant workers in my home state of NY., and while not mentioned specifically, it was jarring to be reminded of a group of migrants who work within 40 minutes of my home every summer – the workers who come to the famous race track in Saratoga Springs.

There was strength and wisdom in The Respondent's urging to become aware of and use the systems and legislation already in place to effect change and address issues of gender equity. She highlighted the need and opportunity for active service at the grass roots level politically and through legislation, which brought a clarifying question to mind for me. Where will I serve?

PCI Media: "Women's Stories for Empowerment and Change" was perfectly placed on the day's agenda following lunch. The audience was transported through four countries and the lives of four women, illustrating the power of storytelling. My number one take away from this segment was the "Seven Golden Rules for Storytellers," which is written on a Post-It and displayed near where I write. Briefly stated:

Know your audience

Speak to the heart

If content is king, distribution is the kingdom (with apology from Sean, but 'queen' just didn't work)

Create a surround sound experience – message from several different places

Work with trusted voices

Conversation, not content

Stories work

I left Consultation Day orientation to obtain my ID badge. The systems in place to manage and move over 10,000 registrants is noteworthy. How fun it was to run into other PTP delegates in the line. We completed the process easily and

headed for the grounds of the United Nations where three of us stood for a photo before the well known Sphere Within a Sphere sculpture. Two African women in the brilliant colorful dress of their Lagos, Nigeria took our picture, then we switched and took theirs. We danced and laughed and hugged and exchanged names and organizations. They were both doctors. I was their new friend, “Nancy! From Nigeria!” We laughed. We were sisters, regardless of country. A snippet in time, a lasting memory imprinted within my bodymind.



The relevance of the Golden 7 was underscored the very next day at the film festival and awards ceremony, a day of edutainment co-founded by Sheva Carr, Tess Cacciatore and Cristina Escoba. For me, it was a riveting binge of film - facts and stories that captured my heart, mind and attention. After the first two, Miss Representation and The Mask You Live In I was so engaged I didn't want to miss anything! I surprised myself by uncharacteristically forgoing food and rest for an entire day, not to mention a trip up town for a change into evening attire for the red carpet! The day was brought to a close

by a celebratory reception and awards ceremony. For a few moments a spotlight was cast on several women whose work exemplifies a few of the myriad ways people choose to live into their value of ending violence and creating a more peaceful world through gender equity.

Some things that hit home for me :

My personal desire to get more involved,. Upon seeing the turquoise display for Big Sisters, meeting Amy Ruggiero in person and the 4.5 minute short about the Icelandic women, their grass roots effort and its effect on human trafficking I knew this is one place I will focus.

<https://www.youtube.com/watch?v=vVbWqpq8Muw>

Sheva's words, "we cannot have peace without gender equity, or gender equity without peace" and, more women have died from domestic violence than all the soldiers in all the world's wars was a personal call to get involved.

The unconscious and conscious ways of enculturation and the fundamental necessity for all to become knowledgeable and skilled in the domain of emotions and how to manage emotional energy

The issue of depression in Latina women

The efficacy of edutainment, storytelling and the importance of media distribution

It is incorrect to assume that "all men" as written in The Constitution of the United States means all humans.

The commute from where I stayed and Manhattan was 45 minute to an hour. After the intensity of the film festival and the late night hour, I took some time the following morning to figure out the subway and once again visit the UN where I stood for some time before the blue light of the living memorial to the late Secretary General, Dag Hammarskjöld, the Chagall Peace Window and sat for a while in The Meditation Room radiating peace and vitality especially to those of our delegation and members of the afternoon panel, "Women/Girls and Media: Power, Storytelling, and #MeToo.



That afternoon I settled into my seat, in a packed house of about 250 or more between my friend and fellow delegate, Shayndel Kahn, and a new acquaintance from Ireland. I was curious about the theme of this session, “Which stories get told and by whom. Though unclear about the order, I want to mention a couple of items of notice and significant resonance. One, the brief opening exercise. Members of the audience turned to a neighbor and shared a favorite movie or television show after which we learned a particularly startling fact that although the audience was made up of people from all over the world, chances are their favorite choices were produced, written, distributed and financed by a caucasian male from the US. I was surprised to learn 80% of the world’s media comes from the United States, and what goes out comes mostly from one perspective. How can this be?! And, the United States ranks 50th among nations who are actively working toward gender equality.

Of emotional resonance, the showing of a Facebook posting of a 10 year old girl receiving a birthday gift , a doll with a prosthetic leg just like hers. Role

models are important for children and adults alike. And, seeing role models who look like you goes a very long way in supporting and nurturing empowerment and the pursuit of deeply held dreams and desires.

Another aspect of this session was most fascinating, instructive and memorable. It modeled the art and mastery of meeting facilitation while maintaining composure. It was the way Sheva and Robert managed a situation near the end of this wonderful session.

Time to close was coming to its scheduled limit. The weightiness of the issues the panelists so clearly articulated could be felt throughout the room. Then, the last panelist would not be dissuaded from completing her agenda, and the audience became enrolled. It was a recipe that challenged peace and portended an unfortunate turn of events, however, the speed and deftness of the no-time-to-think-on-the-spot-in-the-moment choices of the facilitators resulted in a complete shift in momentum. While I could not see but felt, was the mood of the audience (including me) shift from gloom to exhilaration after watching the Operation Big Sister animated short film that brought the session to a close. We left that session uplifted and inspired at the very real possibility of making a difference each in his or her own way, a perfect segue for continued discussion and sharing at a reception sponsored by The Shift Network,

I must mention one additional highlight. At this reception I met Obheeb (whose surname escapes me at the time of this writing). Obheeb is another person whose voice I have heard often on HeartStart call and who I have admired from afar.



From left to right: Obheeb, Amy, Shayndel and Nancy

The following day featured an interactive HeartMath showcase, followed by another time of networking and fellowship. In the evening I attended a Shift Network special event.

“Renew: A HeartMath Experience for Leaders, Executives and Group Wellness Stakeholders” was an opportunity for Heart Ambassadors and delegates to see how Robert and Sheva speak to organizational leaders about the value of the HeartMath system. A group of about 25 gathered in a u-shaped configuration to learn and experience for themselves the mental, emotional and physical shifts possible using these simple researched-based tools.

Again, I was treated to witness two highly skilled, heartfelt professionals - masters of a large body of knowledge, skillful at presentation, delivery and group facilitation. One example is how Sheva and Robert took something basic and conveyed several key concepts on multiple levels. They used the initial query about what participants wanted to get out of the session and

coached participants to name feeling words and values that describe what they would get or how they would feel if they got what they wanted from the session. They recorded these words on the flip chart. Some outcomes were related to important and significant personal challenges. When the time came to present the Depletion to Renewal Grid, the group had already been exposed to cutting through external circumstances and events to the heart of the matter. Sheva and Robert recorded the emotions identified by the participants, grouping them according to the four quadrants of the yet to learn grid. Voila! The theory and direct application connection was instantly visible when it was time for that segment. Along those same lines, all outcomes, regardless, whether personal or professional, were treated compassionately with therapeutic neutrality. The efficacy of the tools was self evident and everyone could see the personal and professional usefulness of learning the tools.

A few additional key takeaways and reminders for me as I pursue my own HeartMath training .

Practice. Practice. Practice. It takes practice over time to come to a new baseline of peak performance.

Become aware of and use my own stories.

The best way to really learn something thoroughly is to teach it to others.

Once again it was enjoyable to socialize after a session to engage in conversations, discussions and sharing with other delegates and the participants. Thanks to Stewart Levy from Healthwell for making it possible.

In fact, it was difficult to break away when the time came to convene for an exploration of how we can “bring more healing wisdom to the exposure of abuses and the transformation of dysfunctional patterns.” This special event: “Reuniting Feminine & Masculine in the Era of #MeToo: Spiritual Pathways to Personal Healing and Cultural Evolution,” featured Stephen Dinan, Devaa Haley Mitchell, Rabbi David Ingber, Tonya Pinkins and Mark Matousek with a musical invocation by a renaissance songstress, Kristin Hoffmann.

My heart opened to listen and became heavy as I listened to a reading that described a personal history of violence and abuse within one family and learned from one of the panelist that the level of her trauma precludes her from receiving bodywork from a male therapist.

It was the end of a long full day and my system needed rest. Before saying 'good night' I was blessed to once again be in the presence of Ohbeeb. Quite spontaneously we began to chant and dance our expression of love , joy and appreciation. Others joined, and before long about 20 people were celebrating a form of healing and connection, a fitting conclusion the this special event and my first experience as a Pathways to Peace delegate.

I came away from CSW62 with a sense of resolve to do my part, the likes of which I do not recall. Time will tell. One thing is certain. I have completed the perfect next step in my unfolding as a global citizen.



Lynne Jensen, Shayndel Kahn, Nancy Griffis

Name: MarySue Heilemann

Because of the size of the file, please use this DropBox link: PTP-Report-MarySue Heilemann-4-15-18-rev.pptx

Name: Shayndel Kahn

Delegate to UN Pathways to Peace

Arriving in New York, waiting on line to get my delegate pass I was awestruck at the variety of people there were from all over the world. With pass in hand 2 other Pathways to Peace delegates decided to go to the UN grounds. There we found 2 women from Argentina, 2 doctors from Africa and a bunch of others from different countries. The moment I stepped on the grounds and then went inside I felt like I was standing on Holy ground. There was something alive, magical that touched my soul deeply. We went into the chapel and in silence and prayer I felt the amazing work that the UN is doing and has done to keep peace alive in our world.

The many panels that I went to touched me deeply. There was a panel with High school students who decided to help girls and women in India get sanitary napkins so that they could go to school and not be shamed and be clean. They helped to find someone to go and make a documentary called: "Period: End of Sentence". A man helped to design a machine that makes sanitary napkins and the girls are now going out and selling the products to other villagers. Quite inspiring indeed!

The panels on women in the media, the women's film festival were moving and inspiring as well.

I came back feeling hope for this world. There is so much good happening that we do not hear about. There are so many things being done to elevate the status of women around the world – especially in developing countries.

I am inspired to find projects to work on as I, too would like to be part of being the change I want to see in this world.

Shayndel Kahn

Pathways to Peace delegate to 62nd UN Commission on the Status of Women

Name: Devaa Haley Mitchell

UN DELEGATE REPORT By Devaa Haley Mitchell 4.18.18

It was a deep honor and pleasure to be a part of the Pathways to Peace Delegation to the UN CSW in March 2018. Being someone who is a strong advocate for women's rights and empowerment, it was a very eye-opening experience to come to more deeply understand the challenges facing women today in a global context.

Here are a few highlights:

- It was wonderful to be a part of Consultation Day and begin to hear stories from women around the world. A strong take-away was hearing how women's stories can travel much farther and much wider when we really focus on HOW we are telling those stories, so they are as relevant and interesting as possible to the audience.
- We were part of a powerful conversation about sexism that was hosted on the UN Grounds, and the ways it plays out across society. I especially appreciated the words of a young Scandinavian activist who was inviting the women to invite the men to be a part of the solution in a deeper way. There can be a danger of demonizing men and pointing the finger in their direction, and yet there are suffering as well in the way that our society has been setup.
- We met so many amazing women who were part of the Pathways to Peace delegation this year. And I do have to say that I think our panel on Women in Media was probably the best one that we experienced at CSW (though we are biased).
- In addition to the formal Parallel event and the reception that we helped put together, we were grateful for the deeper relationships that were seeded with several panelists including Tonya Pinkins, Lorna Lapidus, Sheva Carr, and Rachel Denhollander, and Jennifer Warren. We were able to record some longer interviews with these women that we'll release as part of some #MeToo Dialogues. Grateful!

- We were invited into an intimate sharing circle with women from various parts of Africa, and we discussed the realities of female genital mutilation – which is happening not just in rural areas, but also in the cities. And it’s still happening among more educated families as well. The group discussed working together after the UN CSW to create a new piece to the Bill of Human Rights giving women rights over their own bodies.
- We spoke with a Nigerian movie celebrity about her personal activism against the marriage of girls in her country and around the world. Her parents tried to marry her off when she was a teenager and she had to fight her father in court after she resisted. It’s still a very widespread issue.
- We discussed what it would take to have men show-up in greater numbers to the CSW and what would make it more appealing to men. We explored the idea of having my husband, Stephen Dinan, getting more involved in HeForShe, as he’s a strong advocate for women and would love to pave the way to get more men involved.
- We sat in a circle of Kenyan politicians’ wives and younger girls. I was especially inspired by the words of an elder Kenyan woman who was the first woman to enter Parliament, paving the way for others. She was very inspiring!

Again, I am deeply grateful for the experience! We hope to attend again in the future, if possible, and support the continued flowering of this potent gathering and it’s potent work for women around the world.

Name: Sadhvi Siddhali Shree

My name is Sadhvi Siddhali Shree and I'm a delegate and representative of Pathways To Peace.

I had the honor to attend the UN CSW 2018 for one week with the amazing opportunity to dive deep into human rights issues, particularly focused on women. My week was jam packed with UN Side Events: UN Global Counter-Terrorism Strategy, Opening Parliament Assembly (overflow room), Digital Center Violence, Hate Speech and the Role of Men, Male Champions of Change, Women Illuminated Film Festival, Women in Media (parallel event of Pathways to Peace), Modern Day Slavery and the Impact on Girls and Women, Preventing Violent Extremism through Women's Empowerment, Women in Films Forum, #MeToo Says Survivors: Human Rights, Gender and Trafficking, Freedom of Communication and Gender Equality, Empowering Women & Promoting Gender Justice in a Muslim World. I also did an interview for the WOMAN documentary because of an email invitation from the NGO CSW.

The experience at the United Nations truly changed me because of the education I received about women's issues. I was most interested in learning about different women's empowerment programs around the world, the role and need of education in rural areas, human trafficking, and efforts to raise women's status in the Middle East. By attending mainly UN Side Events I gained an insight that goes far beyond reports and social media because of the personal interaction with other attendees and feeling the presence of the speakers. It's difficult to describe the energy of the room. It reminded me of my college days, but with a high level of importance. I kept having to pinch myself because it has always been a dream to be part of some kind of UN experience and it was a dream coming true — an opportunity to help and contribute to the global conversation.

What was inspiring was to see different people from all around the world combatting issues in their own way with the goal of sharing best practices, sharing the simple reminder that we can all make a difference if we put effort and work together, that our time is not wasted, we must work hard and not succumb to the pressures of government and society, and to always raise our voice. We are stronger together.

Some of the highlights of UN CSW 18:

- Empowering women is by itself a counter act of terrorism
- Women are targeted as a tactic of terrorism
- Rape is a weapon of war
- Terrorist rob women of education to keep them small
- Out of hunger and desperation, women join terrorists groups to

survive

- 20-30% of women are joining ISIL
- #MeToo was a very dominant and unifying theme
- Gender Violence has moved to the online world
- Technology is a blessing, yet it has become a space for hate

speeches, which violates human dignity

- We need punishment, fines and prison for digital crimes
- Women are 27 times more likely to experience abuse online
- 1 in 10 of online abuse are over 15 years old
- Female journalists, politicians, and public commentators get

severe reactions

- Revenge porn is one of the biggest online abuses as well as stalking, invasion of privacy, harassment, threats

tone

- 58% of people stay away from online debates because of the
- Suggestions: make media company liable for digital crimes
- Sexual violence is a core of trafficking
- Trafficking is a weapon used by terrorists
- Terrorists use sex slavery to fund their war
- Families are selling their organs to pay for their daughters

release from trafficking

- Prostitution is #MeToo on steroids (survivor panelist)
- Proposition of Nordic Model to end trafficking

One of the most important things I learned was the “power of storytelling.” Inspired by the Women in Media panel and the Women Illuminated Film Festival, I’ve decided to launch a Stopping Traffic podcast that aims to tell the stories of survivors and advocates on human trafficking (from all around the world) as part of our ongoing Stopping Traffic film and movement efforts. Though we will launch the podcast within the next 3-6 months, I’m grateful that the inspiration from

the CSW is already turning into action. We're planning our next Kickstarter campaign for the podcast launch already.

Since I help run a retreat center, another idea is to review my notes in full detail after allowing the information-overload to digest and create a mini-workshop at our center this way I continue to share with other guests what is happening in our world and what they can do in big and small ways. I created a short video slideshow of highlights from my UN CSW journey accompanied by piano music I composed, which was inspired by the event:

Video: <https://vimeo.com/user16524166/review/264914767/f4a51f86c3>

Or, <https://vimeo.com/264914767> password: ptp2018

Name: Erin Toppenberg

‘I always feel the movement is a sort of mosaic. Each of us puts in one little stone’

-Alice Paul (women’s rights activist)

Having the pleasure of attending this years CSW, and having the privilege of attending in years prior I can say that without question this feels like a movement that is gaining momentum! This is a movement of women empowerment yes, but it is much more as it is really about a movement of human dignity, brilliance, and balance for both women and men.

This year the offering of the first women’s film festival brought about a collective idea and showcase that not only explored women’s issues and potentials, but a very informative documentary exploring the conditioning of our boys and all that it leads to. As a mother to two girls, I was very taken with this movie. It shattered ideas and beliefs that I had not really explored from such a tender honest place. Can It be that we as a society set up boys to devalue any feminine qualities from a young age and reward behavior and attitudes that are about power and control? Well yes- I know this to be true on some level to see and hear from a male’s perspective how burdening and conflicting this is to our young boys, was definitely a heart opener for me. I felt compassion for the conditioned journey that so many boys are forced on. Why is it not okay for boys to cry and show emotion? It is from this emotion that empathy and compassion is cultivated. A new light was shined onto this duality of being for boys and men that I had not yet gleaned.

The panel that inspired me the most was that of the “Little Stones’ documentary screening and commentary. It highlighted 4 women working through the creative arts to bring about change. There was a dancer who used dance to help trafficked survivors get back in touch with there bodies. A clothing designer who was teaching women of Kenya how to sow so they were able to make a living wage as opposed to selling themselves. Another women highlighted was a graffiti artist who used her art to bring awareness to domestic violence as it was something she had lived through and was trying to end the silence that surrounds it. The last artist was an inspiring rapper from Senegal who used the microphone to spread messages about FGM and the atrocities girls facing with this practice. All together these women created a tapestry of what it looks like to follow your passion and create a platform for social and emotion change.

I was able to attend many more events and panels that informed my mind and my heart, and was even asked to speak at circle gathering about the clean water work that I do. The connections that have bloomed from that circle will be lasting relationships that will empower women and provide clean water to many communities.

The CSW indeed feels like a movement of momentum that is blossoming of caring women who unite to learn from one another, connect and conspire to make the world a better place for all girls, boys, men and women of the world. It is blessing to be there as the knowledge and inspiration that I experience lives and moves through me to hopefully continue to put my stone into this great weaving and uplifting of consciousness and humanity. To share with others and continue the ripples that come from the gathering. When each of us follow our hearts -the intelligence that connects and weaves is absolutely a magical beautiful mosaic, such is the CSW!

Thank you for the opportunity to be a delegate with Pathways To Peace, it is a great honor.

Love,
Erin Toppenberg

Name: Hudson Toppenberg

Being a delegate was an eye-opening experience. Thanks to Pathways to Peace I was able to have the opportunity. Joining panels taught me a lot about different places, different issues, and different people. Some of my favorite parts were the Film festival. They were hard-to-watch films, but they were educational and very important to be seen. Another of my favorite activities was the circle panel I was speaking on. I met some amazing people, learned so much, and gave out tons of hugs.

It was really different this year, I feel like being one year older I was a little more mature. That helped me to understand the complex topics and issues that are discussed at the United Nations a lot better. One issue I wasn't aware of was FGM. I learned about this from Sister Fa, a rapper who uses her music to educate people on FGM.

I can't thank Pathways to Peace enough for giving me the opportunity to be a delegate. The experience has changed and inspired me. I will share what I have learned with children and adults. Thank you again!!



Name: Jennifer Warren



April 13th, 2018

Before I begin, I first want to thank Sheva Carr, Robert Browning and Tezikiah Gabriel of Pathways to Peace, who did a phenomenal job of creating such a diverse and fascinating panel of women to investigate the different aspects of Women in Media for the United Nations Commission on the Status of Women. It was such a rich experience that I hardly know where to begin. Therefore I think my best bet is to organize it chronologically.

Monday morning, March 12th, there was a thin, cold sun shining on a very chilly New York City. Walking up 2nd Avenue from the subway to the Anthology Film Archives building, I truly wasn't sure what the Women Illuminated Film Festival would consist of. Being that it was co- founded by Tess Cacciatore and Cristina Escobar, and Sheva Carr I presumed that it would document some parts of the world of the NGO, but realizing that only opened up the possibilities even more. As entered I waved to Sheva just as the lights were going down, darkening the auditorium. The first screening was a feature entitled Miss Representation, followed by the powerful The Mask You Live In, both were directed by Jennifer Seibel Newsome, CEO and founder of The Representation Project. It was fascinating to see both features directly following one another, both looking at the dysfunction in the communication between the sexes, but first from the female, then the male point of view. Where did this lack of understanding or even lack of basic communication come from? There seems to be some basic disconnect with the ways we raise girls to be women, and the very different ways we raise boys to be men. We see that the roots of domestic violence begins all the way back in early childhood. Why does America, which is supposed to be the most advanced and modern of all nations, seem hardly better than the Middle East in raising our boys to be feeling, sensitive human beings? We too raise them to be tough, that they shouldn't cry, and should hide their real feelings from childhood on. This leads to most American men being disconnected from their emotions, causing them to constantly live in the mask that the title refers to. I found both

films very disturbing and certainly disheartening, but also enormously illuminating and the first step toward fixing something is to understand it.

Earlier Sheva had said that there “can’t be peace without gender equality, nor can there be gender equality without peace,” The basis of that reality began to appear, but more shocking still was a another new fact that Sheva mentioned. The new fact was that more women have died from domestic violence than all the world’s soldiers in all the world wars, put together. That astonishing and appalling statistic bowled me over, while also illuminating the vast chasm that seems to be built between the sexes. It also served to highlight the necessity of having men join the women’s’ movement. Here we are preaching to the choir when the problem is not exactly the women’s problem, since we are the victims. The problem is the man’s problem beginning with how they were raised by both their mother and their father. There’s no way to solve it but through opening up discussion between the sexes, between male and female.

The festival presented many other fascinating films, both feature length and short, covering a vast territory with it’s subject matter. From Catalina, a short film discussing ways to deal with the epidemic proportions of the American Latina’s fight with depression, to Stopping Traffic, a documentary whose intent was to inform and unite people to end human trafficking. Once again I found that the diversity of the films, both in point of view and in origin provided such an unexpected combination that it gave the festival an original, yet rounded point of view, on the issues at hand. There wasn’t one film that didn’t make you think about the subject in a new and different way. All in all, it was wonderfully original and while somewhat depressing it was stimulating as well.

Later in the evening there was a lovely dessert reception, followed by the Awards Ceremonies. Mrs. Onari Duke, a lawyer and former First Lady of Cross Rivers State, Nigeria, was being honored with the GWEN Award for her work around early- marriage, as was Rahama Sadau, Nigeria’s foremost actress and activist. Then Lenora Lapidus received the Heart Ambassador’s Lifetime Achievement Award for her work as the Director of the Women’s Rights Project of the American Civil Liberties Union. Following that I too was presented with the Lifetime Achievement Award for advancing gender equality in storytelling. I felt deeply honored to be celebrated along with of women of their stature. There was a lovely feeling of community with the audience, which was augmented by the fact that my son Barney Gimbel and

friend Kent Broadhurst were able to be there. Also, one of my board members from the Alliance came with camera in hand to document the occasion for the AWD newsletter. It was a truly special evening.

The next afternoon was very sunny and very cold with a smattering of snow. We all reconvened the next day for the official panel at NYU's large Social Hall at 5th and 43rd streets. The panel was entitled "Women/Girls and Media: Power, Storytelling, and #MeToo. It was organized by the NGO, Pathways to Peace in conjunction with the United Nation's Commission on the Status of Women.

The theme of our panel was "Which stories get told, and by whom, is central to achieving gender equality". Being that I had just read an article just days before in the New York Times about the new statistics for the 2017 regarding female employment in the film industry. The article pointed out that women had just lost ground. Now they accounted for only 24 percent of protagonists in the 100 top grossing films of 2017, a decrease of five percentage points from the year before. So our theme about which stories get told, and by whom, really hit home. What I hadn't expected to discover was the infinite variety of ways that this lack of gender parity impacts our daily life, mostly without us even being aware of it.

The panel included leaders in film, media, and advocacy with an infinite variety of backgrounds and expertise. We had Rachael Denhollander, the gymnast and #MeToo survivor who broke the Larry Nassar case with a female reporter from the Indianapolis Star newspaper. Her speech wasn't so much about her own court case, but rather about the fact that the many documented complaints about Larry Nassar, over a 15 year period, were routinely bypassed by all the male reporters that saw it. She recognized that this case would in all likelihood, only be pursued by a woman. Thus, it was only when a female reporter pursued yet another complaint, that Rachael Denhollander got involved.

Each of the panelists came at the issue from a totally different standpoint. MarySue Heilemann pointed out that the way nurses have been represented in media, particularly in television and film, has brought down the numbers of nurses presently applying for nursing school to dangerously low levels. As viewers, we hardly recognize the fact that the recent representations of nurses in media have almost always been either sexualized, fantasized, or

demonized. All you have to do is remember M.A.S.H, or Nurse Ratchet in *One Flew Over the Cuckoo's Nest*, or our recent Nurse Jackie to see her point, a point that somehow doesn't even register with most film or television watchers.

Then Lenora Lapidus, director of the Women's Rights Project at the ACLU, informed us of the ACLU's investigation into the endemic discrimination against women directors by the Hollywood studios. The ACLU's investigation got the federal government involved through the EEOC, who soon began an investigation of their own. Word now has it, that in the near future EEOC will be pronouncing their findings and subsequent penalties against the studios.

When I got up to speak, I began by making an odd point on behalf of the Alliance of Women Directors, it was that the lack of employment was not actually the prime reason for our outspoken advocacy. The more serious problem goes back to the central theme of this panel, the importance "of which stories get told, and by whom". It's only been relatively recently that I have come to fully understand the enormous importance of seeing role models in molding ones' aspirations. When you realize that only 7% of the top 250 films were stories told by women even though women make up 52% of the world's population, that you begin to understand the enormous lack of mentoring that still exists for women. The feeling of being invisible, of being alone in the world, is created by rarely seeing images that reflect you or your life. Women's need for role models is just as crucial as it is for men, however men create 93% our of stories while women only create 7%. I ended with a call to action, reminding the audience that they can influence the studios by voting with their feet, as well as making their opinions known through the use of the internet.

I can't begin to mention every one of the panelists and the variety of issues they addressed but the thing I was struck by was the infinite variety of ways this issue affects us on a daily basis, and the enormity of this unseen impact.

The day following the panel I went to the United Nations itself to observe some of the panels there. It was exciting and impressive to see the vast number of men and women, young girls and boys who had gathered at the UN from all parts of the world in order to find ways to solve the endless problems derived from the lack of gender equality. However, it also made one despairing at the possibility of actually solving any of these problems because

they are so vast and so diverse. It feels like these problems have almost spun out of the control of humans. It almost makes one despair hearing the many stories about how the internet has “cut both ways.” While it has been an enormous help connecting people over the vast, empty regions of many of our underdeveloped countries, it has also caused increased violence through the number of men stalking women through the internet’s tracking devices. This has become an increasingly difficult problem to control all the way from Eastern Europe to many of the South American countries..

That’s one reason why the United Nation’s “call for action” became such an important part of these panels. We need help discovering how individually we can become agents of change. How can we, individually, begin to fix some of these seemingly intractable problems when you hear such statistics as the United States being 50th on the list of the nations actively trying to advance gender equality. One way is to support the United Nations goals through working with their Commissions as Pathway of Peace has done, but another is to try to find ways to implement the work of the UN on the local level.

Several weeks later, after we had all returned to our regular lives, Sheva emailed the panelists, thanking us for participating. She also noted that most of us wouldn’t know this, “but a standing ovation is an almost unheard of event in a UN context. CONGRATULATIONS!” No, we didn’t know and this news was truly the best reward we could have received.

Sincerely, Jennifer Warren



Name: David Dante, Heart Ambassador Informal Report

As I reflect on my time in NYC participating in the Women Illuminated Film Festival on 12 March 2018 and the Pathways to Peace PMO panel on 13 March 2018, I've become more aware of how ingrained gender stereotyping, human stereotyping for that matter, really is throughout the world. I observed this first hand at the film festival. As the organizers and participants in the film festival were being photographed on the red carpet, the professional photographers (both women and men) there mentioned several times how beautiful the women looked in their outfits. This was a topic that was specifically addressed in one of the films screened involving stereotyping. I felt those being photographed tighten energetically. At the same time I imagined the photographers were reacting the way they typically do. I felt and chose to radiate compassion for each person involved in this interaction (photographers and those being photographed). It was a powerful experience for me to witness and be a part of. I encourage individuals to at least send compassion to others when observing something that feels off in their system.

The human stereotyping covered in the films ranged from the objectification of women (as shown in "Miss Representation"), to the conditioning of men (as discussed in "The Mask You Live In") to not have/express emotions except for ones such as anger, frustration, etc.

From my observation and interpretation, it appears that some of the problems the world is facing, from human trafficking to children delivering babies before their bodies have developed enough to handle the birthing process, to mental illnesses such as depression have some of their roots in the stereotyping of people.

What I appreciated about the film festival was that it did not leave the audience members in a place where they felt overwhelmed and in a place of helplessness with the many problems in the world covered in the films involving stereotyping. Instead, the films chosen left the viewers with a greater awareness of what's going on and a variety of actions they can take to help improve the things in the world for the greater good. As a starting place, I would recommend that individuals view Miss Representation, The Mask You Live In, and Equal Means Equal.

This same approach was used by the Pathways to Peace panel. The panelists discussed/shared the problems they have experienced/observed and the actions they are taking or have taken to address them. Again, the panelists were leaving the audience participants with actions they can take for the greater good.

In addition, the panel also engaged the audience much more. From having audience members share answers to specific questions with each other, to singing out loud so our voices are heard and the tone for the panel was further established, to an opportunity for the audience to network during the panel. I felt it was quite deserving of the standing ovation that was giving.

I talked with a few other audience members, who I did not know, who had been to other panels. These individuals expressed appreciation and gratitude for not just being dumped on and left in a heavy place, which they had experienced at some of the other panels. I feel the conclusion of the Pathways to Peace panel was a significant part of people feeling more uplifted. The conclusion was a short film showing how everyday citizens changed the culture of their entire nation. They did not leave it solely up to their government, law enforcement, and NGOs. They became active participants in creating change. Seeing a real life example of change taking place for the greater good of humanity helps shift people's attitudes from hoping, wishing, and believing things can change to knowing they can change.