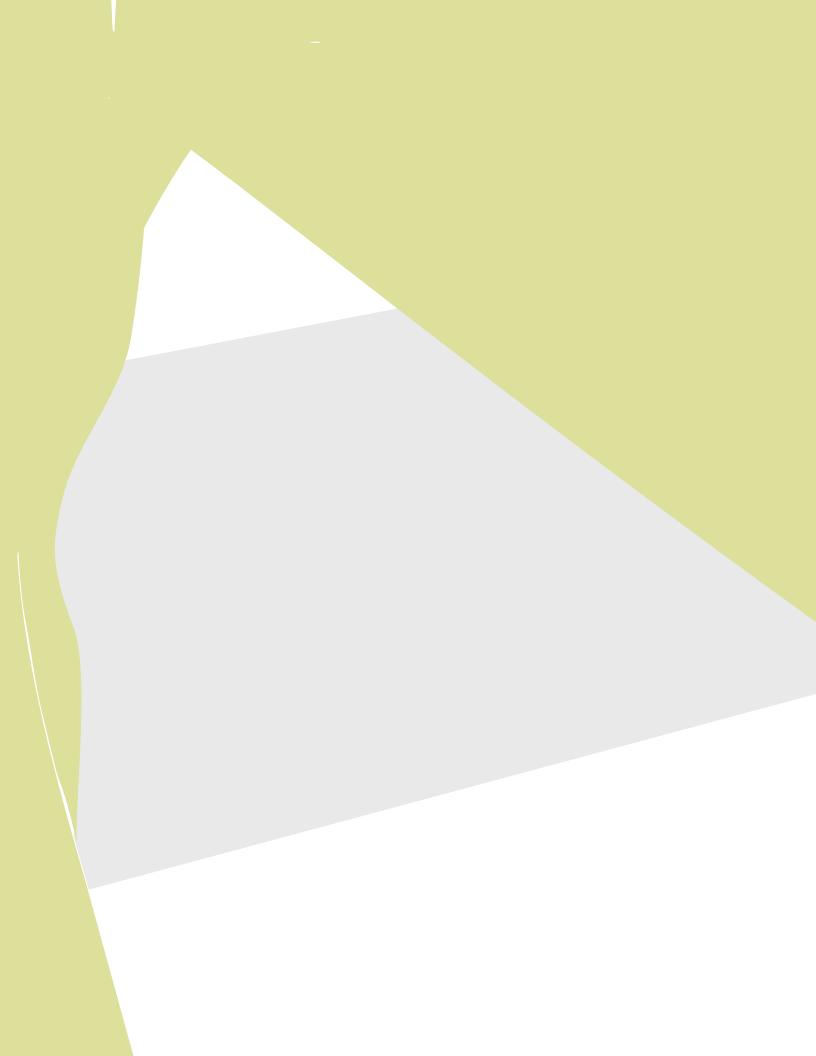
Letter from the Focal Point for Women Congratulations to ... Around the UN ... Violence against women Around the world ... Women and health In your interest ... Work/life Recommended reading Websites



## AROUND THE

 The flm "Sisters in Law" showing how female lawyers and judges from Cameroon apply the Convention in local courts to defend women subjected to domestic violence and in cases of gender inequality. High Courts spearhead decisions on these issues.

The Convention has been signed and ratified by 186 countries; 8 have not. Ms. Rachel Mayanja, Special Adviser on Gender Issues and Advancement for Women, remarked that many challenges prevail in various regions of the world with regards to violence against women. The issue takes many forms and each conflict has to be dealt with accordingly. Furthermore, it is not enough to have laws. The Secretary-General emphasized the need for the United Nations to "support CEDAW's full implementation".



combat the global scourge of all forms of violence against women. A list of the names and backgrounds of the members of the new Network can be found at:  $\frac{1}{44}$   $\frac{1}{4}$   $\frac{1}{4}$ 

The Secretary-General noted that new grants amounting to \$10.5 million for 13 projects in 18 countries and territories will be awarded this year. He noted that his campaign  $\begin{bmatrix} \mathbf{F} & \mathbf{E} & \mathbf{a} & \mathbf{a} & \mathbf{a} & \mathbf{a} \\ \mathbf{F} & \mathbf{a} & \mathbf{c} & \mathbf{a} & \mathbf{a} \\ \mathbf{e} & \mathbf{a} & \mathbf{c} & \mathbf{a} \\ \mathbf{e} & \mathbf{e} & \mathbf{e} & \mathbf{e} \\ \mathbf{e} & \mathbf{e} \\$ 

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 The International Day for the Elimination of Violence against Women was held on 24 November 2009 with the Secretary-General launching the Network of Men Leaders as part of his campaign to end violence against women. The Network of Men leaders consists of current and former politicians, activists, religious figures and community male advocates who are committed to

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due to its inactivity. The Committee on the Elimination of Discrimination against Women issued a report calling for Japan to intensify its efforts to promote gender equality. The causes of the country's shortcomings in gender affairs consist of the lack of female leadership, the economic recession and the country's lack of involvement in its conventional politics. Some of Japan's current gender inequalities include the following:<sup>4</sup>

- Women earn only 60 to 70 per cent of men's wages;
- Women are legally required to wait six months before they can remarry;
- Children born out of wedlock are widely discriminated against;
- The legal age of marriage for women is 16 years of age;
- Married couples are not allowed to have separate surnames;
- There is a lack of clear definitions for incest and marital rape;
- · The penalty for rape is minor;
- There is only one rape crisis centre in the entire country;
- The age of consensual sex in Japan is 13 years, as opposed to 16 years in many countries; and
- Pornographic video games and cartoons portraying rape and sexual violence against women are widespread and accepted in the
- country.

CEDAW member Yoko Hayashi hopes the Government will eventually provide more support to women, will identify more female advocates who will fight for women's rights and will cooperate with male champions of gender equality in the country.

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 Mexican women have been increasingly gaining control over rural production in the country, since men have left to seek better job opportunities in the cities or in the United States. Although rural women are highly involved in agricultural work, they are employed without

consciously tried to enjoy it. My ballroom dance teacher, Andrei, says dancing is just as good and maybe better than high impact aerobic exercise. It also actively stimulates the mind through the coordination of feet, body and arms and builds up self-esteem".

Change your dance styles. In addition to ballroom dancing, take lessons in Middle Eastern dance, zumba or hip-hop, as I have done. Consequently, I am happier, less stressed and possess higher self-esteem. I am always thrilled to go to my dance sessions like a little girl eager to go to her ballet class!

#### • Practice yoga.

Equally valuable to dance are my yoga classes. Marlene, my yoga teacher for 3 years, confirms that "yoga helps to bring

our body, mind and spirit into balance. Through yoga, and specifically through the conscious awareness of our breath, we become 'present' to the sensations we are experiencing on a moment-by-moment basis. We learn how to listen to our body and curb the flow of unproductive thoughts through our minds".

#### Try strength training.

Weight resistance training develops lean muscle mass, which in turn burns more calories. It will not necessarily give women bulky muscles; instead, it im (c) Climb the stairs at work or at home.

(d) Jump rope for 10 minutes at a time, building up the number of repetitions to increase endurance.

(e) Turn on your favorite dance music such as Gloria Gaynor's "I Will Survive" and dance your heart out?! Again, dancing burns off calories and can be so much fun.

The fifties can be your best years. Exercising releases serotonin, "the feel-good hormone". This gives you a post-exercise "high" which results in profound and positive effects—physically, mentally and emotionally. Nurture and develop a charmed and healthy life, regardless of your age!

IN YOUR INTEREST .

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The World Health Organization presented a report entitled "📊 .na.n aːːːː a,'. .nːː .// a .n a". It states that despite the progress achieved, women's health is still an urgent priority since societies and health systems fall far short. The report reviews various health issues affecting girls and women throughout childhood, adolescence and adulthood and notes that ្វវa a.n ្វដ្ឋារ ្ត្រៃ រាវរាមដ្ . A. Mile women may live longer than men, they are not necessarily healthier. The greatest gap lies in the area of maternal mortality. The report also highlights the problems of sexuality and reproductive health in young girls and women in developing countries. Poor women often suffer from the hazards of HIV/AIDS and early childbirth merely due to a lack of information and contraception. Other health challenges include road traffic injuries in adolescent girls, suicides of women between the ages of 20 and 59, and cardiovascular disease and stroke in women over 60 years. In sum, women and girls face major health challenges throughout their lives and must be provided with quality healthcare.

ັ່ນໃຊ່ມີເຊັ່ອ ເຊັ່ນໃຊ້ອີນໃນ ແລະ ມີເມີດ ທີ່ຜູ້ໃຊ້ເຄັ່ງ ເກດ, ກໍ່ Good nutrition in early childhood is central to reproductive health of future years. In addition, the report highlights the need for a supportive environment free from gender-based health inequities to assist girls to develop physically, socially and emotionally and prevent the onset of substance abuse, mental disorders and disease later in life. Furthermore, the health of older women, which is often neglected, warrants greater consideration, particularly in poor countries.

  benefits to the employer, lessons learned and personal experiences of employees who have used a flex-time arrangement.

An article, The second second

, written by Tory Johnson (CEO/founder of Women for Hire) and Robyn Freedman Spizman (a renowned consumer advocate), instructs and gives steps and tips which will help you start you a business you would love and achieve from home, and also find a company which has policies to allow you to work from home. The authors encourage the readers to be able to balance work, home, family, and other commitments.

## WEBSITES

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The International Initiative on Maternal Mortality and Human Rights(IIMMHR), a partnership of international, regional and national civil society organizations aims to reduce maternal mortality and achieve improvements in maternal health through a human rights approach. The website presents case studies, conference reports, research, speeches, tools, and methodologies that address the connection between maternal mortality and human rights.

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International Fellowship of Reconciliation's (IFOR) website. IFOR's Women Peacemakers Program empowers female peacemakers and encourages women to be involved actively in peacebuilding, which is essential for their development. The website contains write-ups of the achievements and the goals of IFOR as well as articles, newsletters and success stories of simple women who fought non-violently for their rights.

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This informative website lists and gives a brief background of the current female heads of State and Government worldwide in office, including leaders of self-governing external territories.

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The Institute for Women's Policy Research (IWPR) researches and distributes the results regarding the needs of women. It encourages public dialogue, and provides support to families and communities. With the help of policymakers, scholars, and public interest groups, IWPR discusses issues like poverty, work and family, and women's civic and political participation.

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This is the official website of the International Center for Research on Women (ICRW) whose advocacy is their research on women and girls in the developing countries. They focus on child marriage, gender and AIDS, and the third millennium goal which aims to promote gender equality and the empowerment of women.

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Focal Point for Women in the Secretariat

Tel.: 1 212 963 6828; fax: 1 212 963 9545 E-mail: *network-newsletter@un.org*