

MEGAN YOUNG



graphic
designer

HOLISTIC
COVID HELP

GET SUNLIGHT FOR WELLNESS

- Vitamin D deficiency increases your risk of COVID-19 infection
- Get 10-30 minutes of midday sunlight daily for your body's vitamin D production, and take a supplement in the winter as needed
- Ancient Chinese medicine says the sun gives the body qi.



TCM

Taro root for
stomach health
and absorbing oils

Mushrooms for
stomach health
and cancer prevention

Bamboo shoots for
digestive health
and healthy stomach

Eggplant for
excellent liver
and lower cholesterol

SPICES FOR LONGEVITY

1. GINGER

2. TURMERIC

3. CARDAMOM

4. SPIRULINA

Wishing you a good year,
good health and good
memories for the new year

新年好

HAPPY
LUNAR
New Year

January 22, 2023

@pearlinstituteofnewyork



WELLNESS IS
IMPORTANT!

Try these
healthy exercises:

- Tai Chi
- Qigong
- Yoga
- Kiat Jud Dai

**30 minutes of exercise
a day might help reduce
Alzheimer's symptoms.**

HELLO SPRING 立春



又是春天。地球就像一个熟知诗歌的孩子。
"IT IS SPRING AGAIN. THE EARTH IS LIKE A CHILD THAT
KNOWS POEMS BY HEART."
RAINER MARIA RILKE

4 FEBRUARY 2023

TCM SPINACH

ANTIOXIDANTS
REDUCE RISK
OF DISEASE



CARROTS

ANTIOXIDANTS
REDUCE RISK
OF CANCER



BROCCOLI

DECREASES
INFLAMMATION
LINKED TO
DISEASE



大寒

Major Cold

每个冬天都有它的春天

Every winter has its spring.
- H. Tuttle

2022 January 20

@pearlinstituteofnewyork

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RESEARCH

The P.E.A.R.L. Institute engages in teaching and research in social work, holistic well-being, and human service-related disciplines, with a particular focus on the AAPI population. We train and support researchers in generating and disseminating culturally relevant knowledge, such as bridging Eastern and Western care practices, through comparative studies.

1

RESEARCH PROGRAMS

Our recent research work focus on Chinese Seniors' Health/Mental Health Comorbidity Study, the Impacts of Covid-19, Racism, and Xenophobia on Chinese International Students' Mental Health, the Efficacy of Chinese Wellness Self-Management (C-WSM) Program on Chronically Mentally Challenged Adults, assessing SW Group Worker Competencies - The Adaption of the Objective Structured Clinical Evaluation (OSCE), and Efficacy of SHIC Wholistic Service Model on Domestic Violence Survivors.

2

GRANTS AND FELLOWSHIPS

The P.E.A.R.L. Institute is committed to providing grants, scholarships, and fellowships to scholars who are actively engaged in research work in social work implementation among Chinese and other Asian Pacific populations. Funding is dependent on continuous fundraising and grant-seeking efforts by the organization as well as generous support from our sponsors.



Volume 1

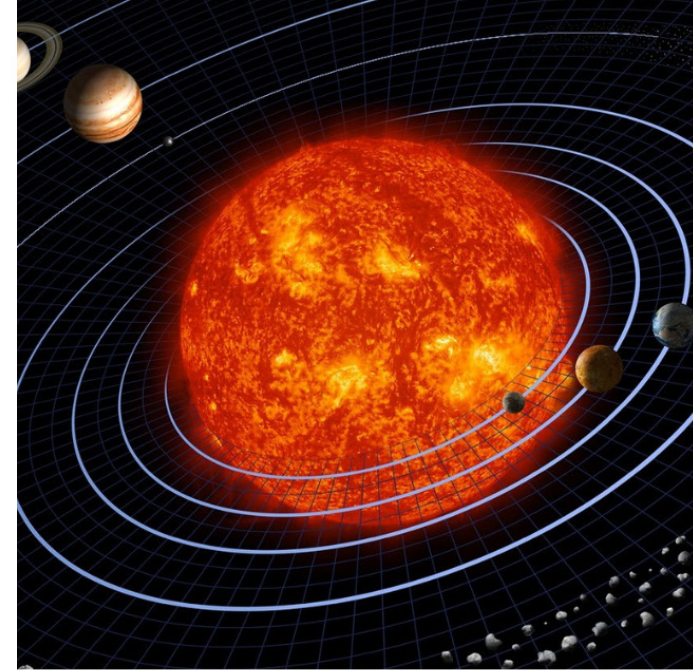
P.E.A.R.L.

INSTITUTE OF NEW YORK

Easy
HEALTHY
DINNER
IDEAS

HOLISTIC
LIFESTYLE
TIPS

<https://www.pearllyny.org/>



CIRCLES ARE EVERYWHERE

Hermes Trismegistus once said, "God is a circle whose center is everywhere and whose circumference is nowhere."

The circle has been said to symbolize many concepts. It can represent unity or wholeness. You can see it clearly in our planets. Circles occur naturally in nature.

They can symbolize timelessness, eternity, the universe, God and self. The humble circle is even known as the portal of the sacred.

For thousands of years, numerous religions from all over the world have been using circle emblems.

Some include Christianity, Buddhism, Judaism, Islam, Indigenous cultures, among others.

The circle is a way to connect us all. It's only fitting for a peaceful shape with no harsh corners.

The YinYang is another circle that symbolizes the universe and it's balance of opposite energies whether hot and cold, or good and evil.

The YinYang also demonstrates four patterns of knowledge, including the mind, body, spirit, and heart. Those four subjects can paint a picture of the status of the health of our selves.

The continuity of the circle is a perfect demonstration of the relentless ebb and flow of all we know about the natural world. Even seasons change in a pattern, an endless circle cycle.

If you see a circle today, think about all of humanity and nature, and be kind to everyone and everything around you!



EST. 1624

VISIT NEW YORK CITY

The Big Apple



STORY MODE

#MAGAZINE

#Winter 2022

Nighttime
Routine
Ideas

A Different Story
For Every Day
Of The Month

The Best
*Winter
Outfits!*

Upcoming
Events And
Competitions

***Sometimes, Coming Up With
Breakfast Ideas Can Be Hard.***

Let us make it easy for you with these healthy smoothie options!

1. Summer Special



Ingredients:

- 1. 1/2 cup yogurt, preferably a flavored variety
- 2. 2 cups any berries frozen
- 3. 1 tablespoon chia seeds
- 4. 1 cup any milk or liquid

Recipe Source: <https://www.spendwithpennies.com/our-favorite-berry-smoothie/>

2. Pink Party



Ingredients:

- 1. 1/2 cup any type of milk or liquid
- 2. 1/2 cup yogurt or dairy-free yogurt
- 3. 4 ounces strawberries fresh or frozen
- 4. 1/2 cup blueberries fresh or frozen
- 5. 1/2 teaspoon vanilla
- 6. optional 1 teaspoon to 1 tablespoon of honey

Recipe Source: <https://www.whiskaffair.com/strawberry-blueberry-smoothie-recipe/>

3. Green Dream



Ingredients:

- 1. 2 cups spinach
- 2. 1 to 1 1/2 cups any type of milk or liquid
- 3. 1 apple
- 4. 1 frozen banana
- 5. optional 1/4 avocado or any other fruit you enjoy

Recipe Source: <https://downshiftoLOGY.com/recipes/green-smoothie>

Thank you for supporting P.E.A.R.L. Institute of New York and thank you for reading!
Let us know if you enjoyed this content and if you want to see any other topics covered.

LET'S CONNECT



Show Them What You're Made of!

We here at Bookhaus have a lot to be thankful for. We wanted to reach out and say "thanks" to you for supporting us as we grow and expand our library into the next year.

As a token of our appreciation we're offering free shipping until December 31st with promo code FREESHIP.

Click Here To Learn More

Dreams, Goals, And Aspirations? ss



Literary Classics

Our Classics category consists of over 450 titles, and growing! We've recently acquired rare early edition novels, including two second edition Dracula novels and four first edition copies of Pride and Prejudice.

[View Collection >>](#)

Children's Literature

Whether you have a little one who has recently become obsessed with Dr. Seuss or a teenager looking to dive into the latest fantasy novel craze, we have something for kids of any age.

[View Collection >>](#)



Journals and Supplies

We hope that these books will inspire you to write a novel of your own! Track your ideas and craft your chapters with some of our famous Journey Journals from our International Landwalker series.

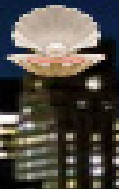
[View Collection >>](#)

Let's Connect!

Follow and tag us and one of your friends on Facebook, Twitter, and Instagram for a chance to win a giveaway. Prizes are given away several times a year; details [on our site](#).



**P.E.A.R.L. Institute of
New York**



Our mission is to help Chinese international students and senior citizens.

Join P.E.A.R.L. Institute

as we create a Chinese International Student Service Center, programs for Social workers, and keep the public informed about wellness and traditional Chinese medicine natural remedies.

Current Projects



Advocacy

The P.E.A.R.L. Institute advocates on behalf of individuals, families, and communities in or from the Pacific Basin region. The Institute provides access to credit counseling and culturally competent bilingual professionals in mental health, legal, and other critical health services.

[read more >>](#)



Research

P.E.A.R.L. Institute is researching the efficacy of Chinese Medicine (TCM) in Chinese adults with mental illness, the impact of COVID-19, Displacement and Resilience in International Students, and the Chinese Institutions of Social Work Objectives (National Clinical Research (NCR) 2020).

[read more >>](#)



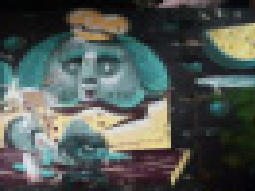
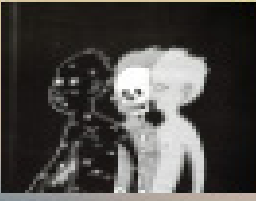
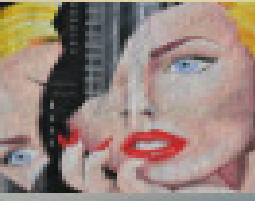
Fundraising

P.E.A.R.L. completed

[read more >>](#)

Upcoming Events!

Please Join Us



Spread the word. Party at our place!



***Looking forward to seeing you
at our Open House!***

Sunday, April 30
1:00-5:00 pm
25 W. 31st. St. 6th FL
New York, New York 10001

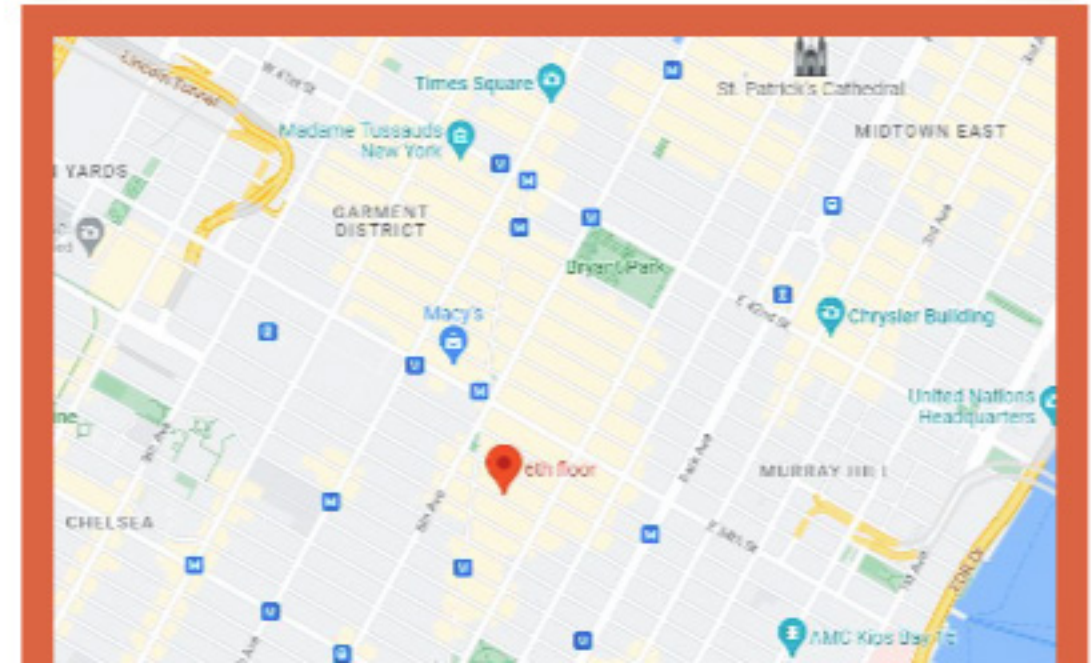
P.E.A.R.L. Advocacy & Wellness Center will provide culturally competent and congruent individual counseling sessions for Chinese-speaking international students and seniors living in New York City utilizing our self-healing and integrative care model. The center will also run culturally congruent peer support groups and other healing workshops. By pairing international students with seniors through the intergenerational connection program, the center aims to provide mutual support for both parties.



[Email Your RSVP Here](#)



***P.E.A.R.L. Institute of New York is dedicated to the
education, advocacy, research, and dissemination of
information that contributes to culturally competent social
work practice and other human services programs serving
the United States, Pacific Rim populations and beyond.***





Come Visit Us! Open House Event Soon!

Sunday, April 30
1:00-5:00 p.m.
25 W 31st St, 6th FL
New York, NY 10001

[RSVP By Email Here](#)



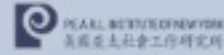
PEARL's Advocacy & Wellness Center will provide culturally competent and congruent individual consulting sessions for Chinese-speaking international students and seniors living in New York City utilizing our self-healing and integrative care model. The center will also run culturally congruent peer support groups and other healing workshops. By pairing international students with seniors through the intergenerational connection program, the center aims to provide mutual support for both parties.



PEARL Institute of New York is dedicated to the education, advocacy, research, and dissemination of information that contributes to culturally competent social work practice and other human services programs serving the United States, Pacific Rim populations and beyond.



Join Us!



P.E.A.R.L. Wellness Center OPEN HOUSE

Please join us to celebrate our new Wellness Center
and learn about upcoming programs and events!

Sunday, April 30, 2023
1:00-5:00 PM

AT

25 W 31st St, 6th Floor,
New York, NY 10001

A cocktail reception will follow

RSVP Required

PEARL Institute of New York is dedicated to serving the API populations in United States, Pacific Rim and beyond. We provide culturally competent, multilingual programs, services and information through advocacy, education/training, and research. We share our knowledge and expertise with social service agencies, educational institutions, and government agencies both here in the U.S. and abroad, to improve wellness, emotional health, and social harmony.

PEARL Wellness/Advocacy Center provides a wide variety of services which include:

- Individual and group counseling for Asian international students who have English as their second language.
- Self-healing and Integrative Care workshops for API adults & seniors living in New York City metropolitan areas.
- Staff training and professional development workshops for those working with API populations.



PEARL.NY.ORG
info@pearl.ny.org



[Register Here](#)



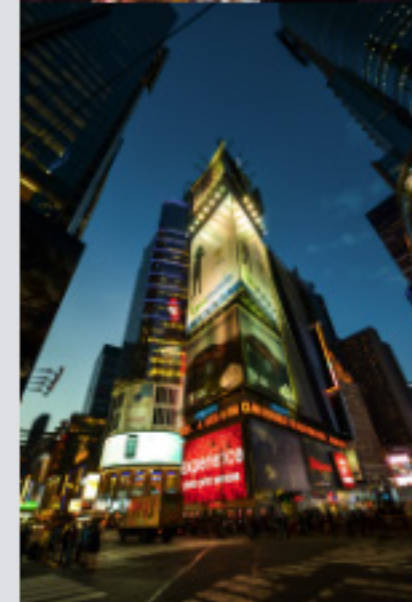
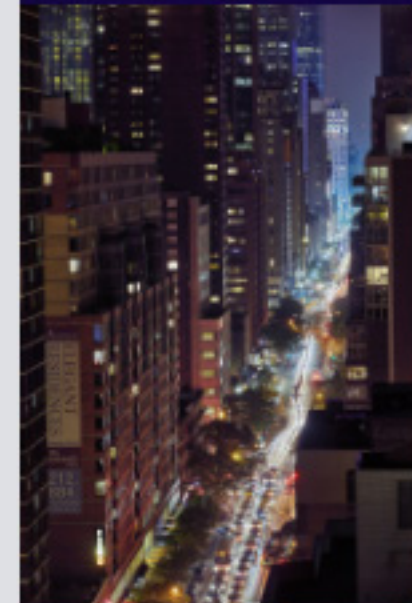
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[About Us](#)

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info@pearl.ny.org

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Thank you for reading!



PEARL Institute
of New York
supports

Chinese International Students!

PEARL is proud and excited to
provide a selection of 3 different
educational opportunities.

1. The Internship Fellowship is for
students in the field of social work,
psychology, alternative medicine, public
health, public administration,
international education, and graphic
design.

It is one year long.

2. The Research Fellowship is for
graduate and doctoral students, as well
as post-doctoral researchers. During
your time, you must create a
publishable manuscript.

3. The Volunteer Fellowship is for
students who agree with PEARL's
values and would enjoy supporting the
Institute's operation and activities.

A minimum of six months is required.

If you've ever wanted to see the Big
Apple, while being part of something
larger than yourself, this may be just
what you are looking for!

[Learn More Here](#)

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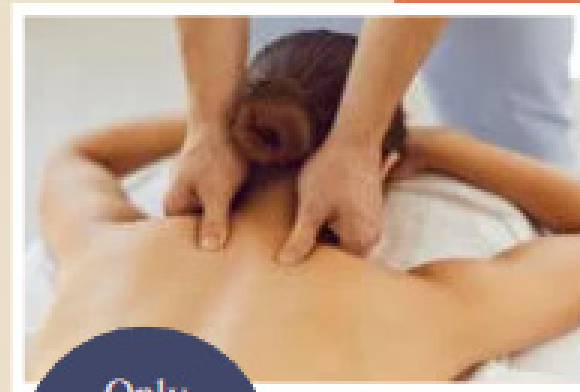
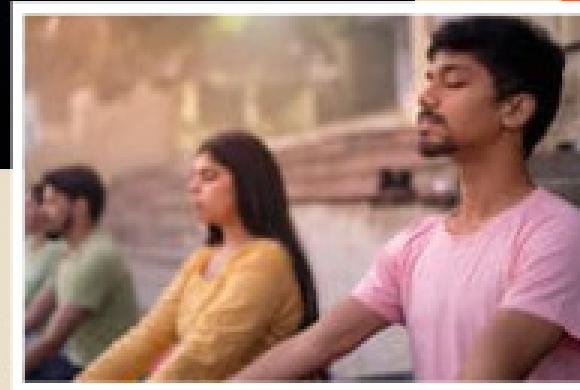
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WEEKEND WORKSHOP

BREATHING TECHNIQUES
and wellness routines



Only
\$25

CONTACT US

ABOUT THE SPEAKER

The luxury hotel offers world-class service with restaurant and lounge facilities, multi-purpose services, meeting rooms and dining facilities. These guest rooms contain furniture, artwork and more.

SERVICES

- Accupuncture
- Breathing Technique
- Healthy Tips
- Wifi
- Massages
- Singing Bowls
- Wellness Info

<https://www.pearllyny.org>
info@pearllyny.org



25 W 31st St. 6 FL, New York, NY 10001

Please Join Us
For Food And Fun At The

OPEN HOUSE

FOR

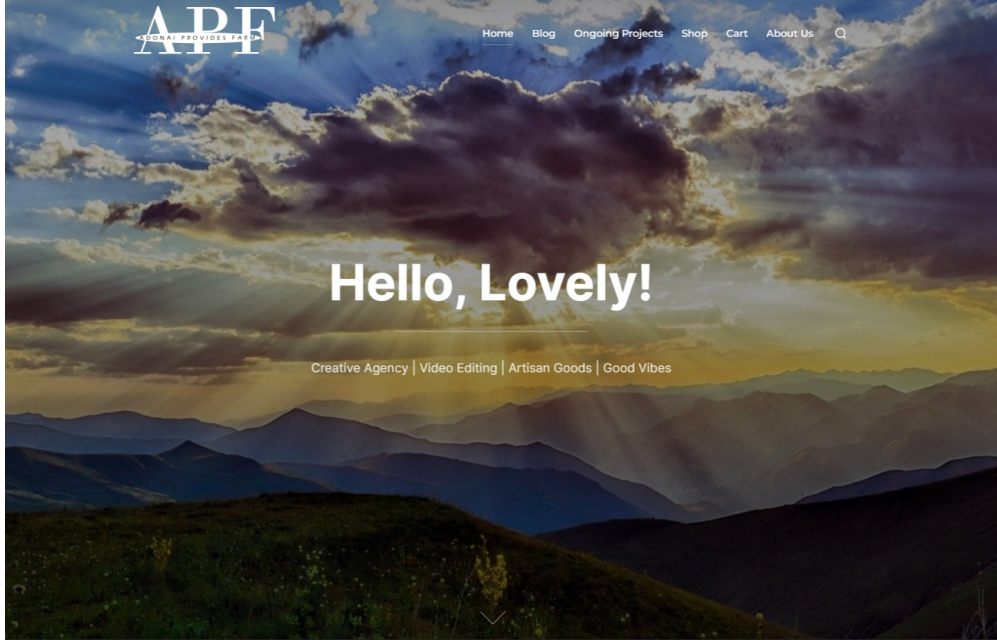
P.E.A.R.L. INSTITUTE OF NEW YORK
美國亞太社會工作研究所

Sunday, April 30
1:00-5:00 p.m.

25 W. 31st st. 6th FL
New York, New York 10001



This flyer will be printed on
100% recycled stock. Please recycle.



Hello, Lovely!

Creative Agency | Video Editing | Artisan Goods | Good Vibes

Small Batch, Small Business, Big Heart



Hello, I'm Megan, the owner of Adonai Provides Farm! Welcome.

Here at APF, we specialize in content. YouTube videos, How-Tos, as well as delivering small batch artisan products. We strive to bring you the best goods and services possible. Please check out the channel by clicking the flower below!



Located on the east coast of North Carolina, we make small batch products for your home, office, and kitchen. Explore our Instagram page linked down below and catch us soon at local Farmer's Markets.

Explore our shop and find something for your everyday use! We're here to provide for you. New items will be created and released periodically, I'm working on tailored clothing, stuffed animals, and custom wood furniture.

Thank you for supporting a small business!



Feel free to peruse the site and check out our newest collection of luxe pillows perfect for your bedroom, office space, or living room! Soft pillows reduce stress and bring joy!



Please feel free to contact us with any questions or comments!

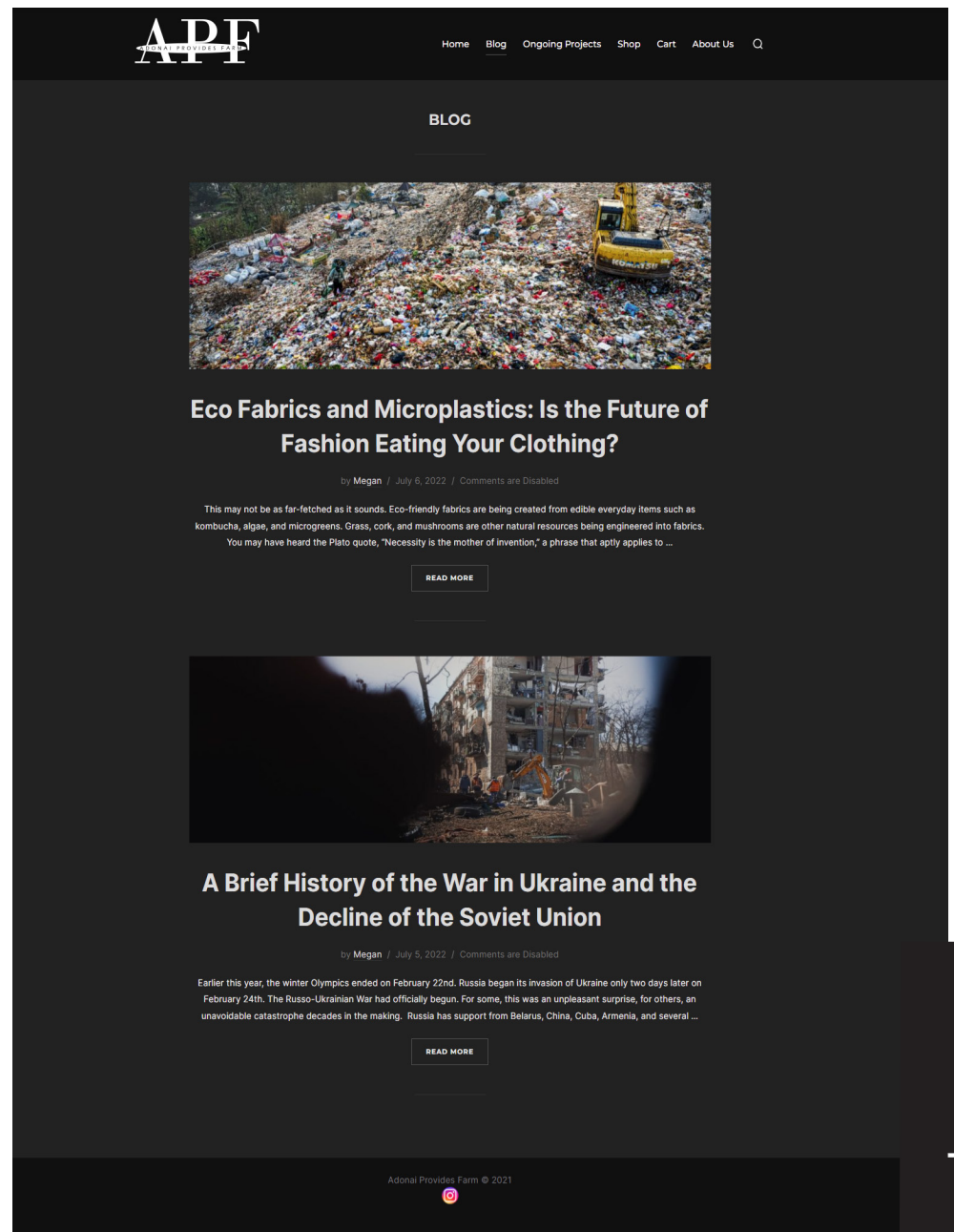
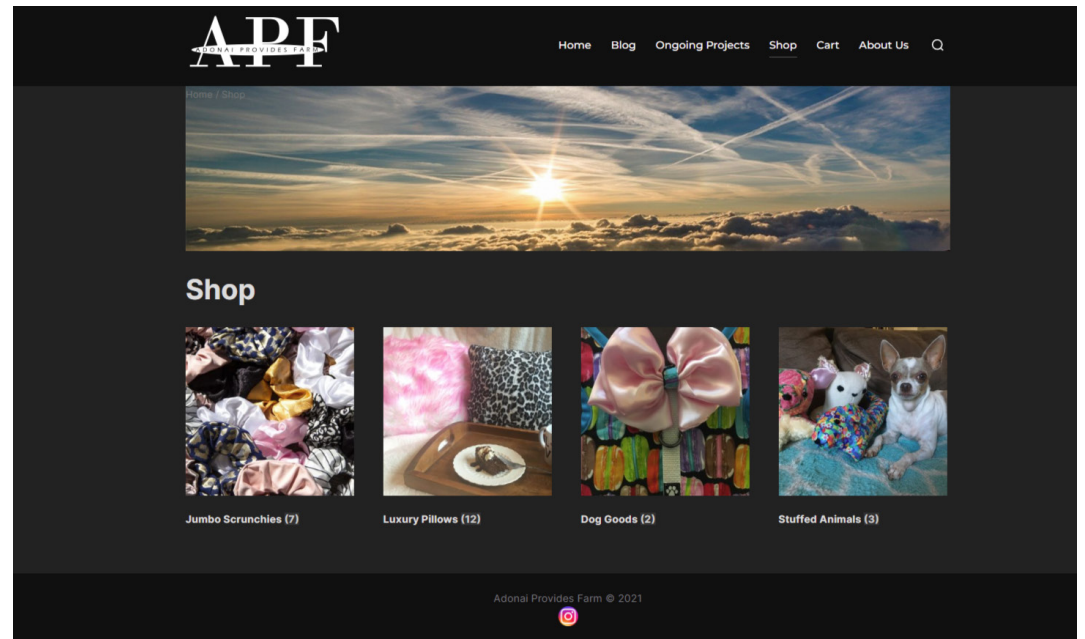
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Your email

Subject

Your message (optional)

SUBMIT





Luxury Pillows

Showing all 12 results

Default sorting



Classic Royalty Damask Crisp Blue with White 18x18 in.

\$50.00

ADD TO CART



Cute Sea Life Outdoor Pillow 12x20 in.

\$30.00

ADD TO CART



Faux Fur Candy Bubblegum Aesthetic 12x12 in.

\$35.00

ADD TO CART



Faux Fur Candy Bubblegum Aesthetic 18x18 in.

\$56.00

ADD TO CART



Faux Fur Huskey Likey in Grey Goes with Everything 12x12 in.

\$35.00

ADD TO CART



Faux Fur Huskey Likey in Grey Goes with Everything 18x18 in.

\$56.00

ADD TO CART



Faux Rabbit Fur in Everyday Grey 18x18 in.

\$50.00

ADD TO CART



Faux White Leopard Extra - Minky Luxe 18x18 in.

\$52.00

ADD TO CART



Faux White Leopard Fleece 18x18 in.

\$50.00

ADD TO CART



Patriotic Nautical Life Pillow with Sea Blue Pom Poms 12x12 in.

\$30.00

ADD TO CART



Patriotic Nautical Life Pillow with Sea Blue Pom Poms 12x20 in.

\$43.00

ADD TO CART



Surreal Floral in Blue and Purple

\$43.00

ADD TO CART



Jumbo Scrunchies

Showing all 7 results

Default sorting



Jumbo Scrunchie Forever Classic Stripe Black and White

\$17.00

ADD TO CART



Jumbo Scrunchie Honey Gold Rose Floral

\$17.00

ADD TO CART



Jumbo Scrunchie Leopard Print Gold Rush with Navy

\$17.00

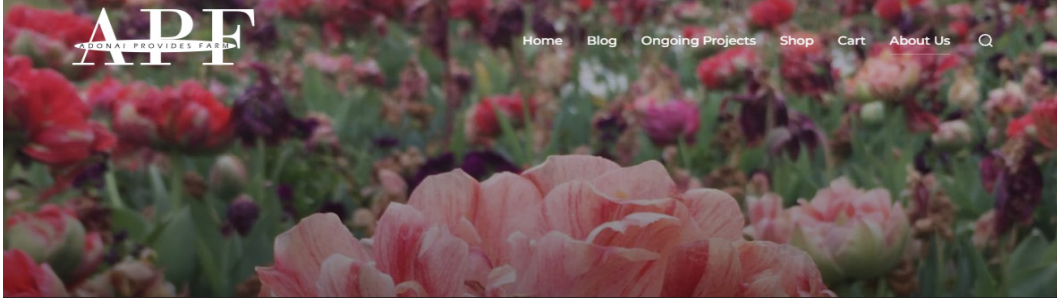
ADD TO CART



Jumbo Scrunchie Leopard Print Navy Rush with Gold

\$17.00

ADD TO CART



About Us At Adonai Provides Farm



Hello, my name is Megan. I specialize in crafting homemade goods. I set up shop in my current hometown around eastern NC. I really enjoy making goods such as pillows and scrunchies. I also have a large garden where we save vegetable seeds and grow seasonal produce organically.

I strongly believe that small business are our future and the practices we use to make our products is very important. Eating healthier has made a huge difference in my life and I would encourage you to do research and look into it as well. And no, I'm not saying give up the ice cream or meat! I'm saying know what's in your products and know where and how that meat was brought up. We need to move to a more sustainable world for all of us.

Adonai Provides

We started our small business in hopes of bringing better food and products to the table. The name "Adonai" in Hebrew means God. So our name is essentially "God Provides Farm." We truly believe that He has done a lot in our lives and continues to bless and help us on a daily basis. Thank you so much for reading this, we really hope you enjoy and appreciate our homemade and handcrafted products. Explore our shop and check us out on Instagram!



Feel free to contact us with any questions or comments.

Your name

Your email

Subject

Your message (optional)

SUBMIT

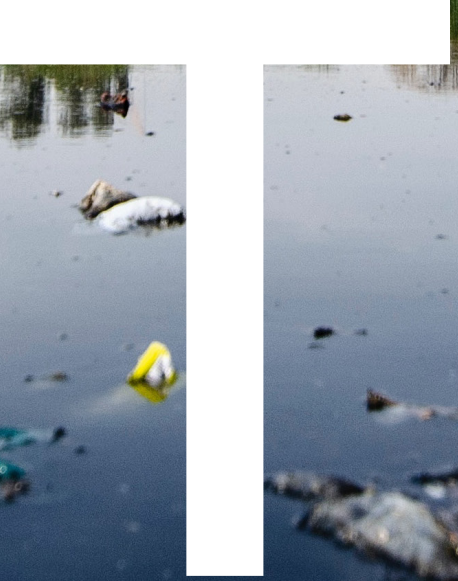


Is the Future of Fashion Eating Your Clothes?

Fast fashion never purchased is a waste of resources just to be manufactured and discarded as new clothing is released monthly or quarterly. Americans send over 80 pounds of clothing a year to the dump. Not a negligible amount, 85% of textiles wind up in landfills. Nearly 64% of clothing is made from microplastics. Items made from plastic fabrics including spandex, polyester, and nylon take 20-200 years to decompose, and even then plastic doesn't disappear, it goes into the environment. Not even in your home are you safe from microplastics. Microparticles break off from rugs, curtains, clothes, or anything fabric. The average household dust is 33% microplastics. This can be reduced by voting with your dollar and purchasing cotton, bamboo or other natural, not synthetic, fabrics. It's important to care because of the negative health effects of microplastics in the body.

People are bombarded with microplastic from numerous industries, including fashion, homegoods, and food. Each type of plastic having different health consequences adds to the complexity of the issue. According to a study from February 2021, microplastics can cause physical stress and damage, inflammation, obesity, hormone disruption, tumor increases, abnormal sexual development, and liver changes, while nanoplastics are smaller and more difficult to study. If you care about the ocean, fashion is not your friend. Fashion contributes to 20-35% of microplastic in the ocean. Clothing manufacturing is also responsible for 20% of industrial water pollution. In a never-ending informational deep dive, there is another issue with the fashion industry. 10-20% of pesticide use happens for the textile sector. Pesticides hurt the workers applying them and damage the environment, pollinators and aquatic life alike.

There are programs that drive the development of eco-friendly fabrics. At the Fabricademy in Barcelona, different biological fabrics are being developed every year. Keep your eye out for their new worldwide program coming in September 2022. There are Fabricademy locations in other metropolises around the globe with world-renowned mentors and eco-conscious leaders. Some of the other locations include Tuscany, Italy and Amsterdam, Netherlands. It is imperative that everyone works together to reduce their plastic impact for the good of the entire natural world. If you see the importance, take the steps mentioned above such as choosing natural, organic fabrics, supporting eco-friendly companies instead of fast fashion, and keep fighting for awareness. This problem will not go away and it will not solve itself. Change requires action.



This may not be as far-fetched as it sounds. Eco-friendly fabrics are being created from edible everyday items such as kombucha, algae, and microgreens. Grass, cork, and mushrooms are other natural resources being engineered into fabrics. You may have heard the Plato quote, "Necessity is the mother of invention," a phrase that aptly applies to the need for environmentally-conscious fabrics. If you care about the environment, or future generations, you should be concerned with the link between microplastics and the fashion industry. Microplastics are accumulating in our bodies, scientifically proven nearly 25 years ago. Most fast fashion is created from microplastics, with 88% of newly created pieces containing freshly manufactured plastics. This is a significant problem because fast fashion not only generates horrifying amounts of plastic waste, but is also created using vast amounts of water. One single shirt requires just under 700 gallons, and a pair of jeans uses 2000 gallons.





For the first time in recent history, there are more women participating in board meetings than ever before, but not holding top executive positions in the C-Suite. Why? The answer depends, varying from country to country. A recent Harvard study found that countries that have mandatory board diversity quotas, aimed at getting women into the boardroom, are still lacking in gender parity. The top five countries with the most women directors include France, Sweden, Italy, Belgium and Germany. The countries with the least women on boards are South Korea, Mexico, Japan, Russia and Hong Kong.

Numerous countries have stated that talent acquisition is driven by choices focused on inclusiveness in a bid to improve gender diversity. The same Harvard study revealed that companies pushing to break the lack of gender parity barrier were all doing the same key practices. They were focusing on mindfulness to fight stereotypical gender biases, had specific achievable diversity goals and defined clearer paths to leadership positions. They were also starting programs for up-to-date development and training, encouraged sponsorships, mentorships and understood the importance of providing a more sustainable work-life balance that benefits all involved. Work-life balance is important because work satisfaction leads to company loyalty. A prominent data provider, Dynata, has researched what factors play a part for professionals and the necessary leadership mindset. In the U.S., a mere 46% of professional women are inspired by the possibility of wealth, authority and renown. That is problematic because Dynata's findings show that women need to be inspired by wealth, authority and renown in order to reach top senior roles. In the past, desiring power and wealth has been societally portrayed as a masculine behavior. The modern workplace is in desperate need of a serious leadership facelift to disprove that misconception.

Senior roles are for driven people that want to make a tangible difference to their companies. A natural next step would be for women to move from middle management to C-Suite roles. If a woman has motivation to bring value and success to a business, they should work to fight against stereotypes, focus on aspirations for inspiration and never stop climbing the path toward leadership opportunities.

In 2021, the Wall Street Journal published a study by LeanIn.org and McKinsey reporting that based on current trends, it will take 100 years to complete gender parity. With 19% of C-Suite positions held by women, and 46% of entry-level positions held by women, parity seems like a distant dream. Don't be deceived, female leadership is within reach, as long as the public keeps pushing for parity. Hurdles need to be identified and removed. One issue in the U.S. is that men get promoted at a 30% higher rate than women.

In Canada, more than 90% of C-Suite positions are held by men. Women make up approximately a third of both manager and senior manager positions. What hinders gender parity and slows workplace progress? A group of women experts in the C-Suite weighed in and shared common findings. The main points of resistance to progress are a woman professional's own confidence, the type of hiring methods, awareness and concern for gender parity by an organization, the ability to value their own



skills and having a group of support, whether mentors and coaches or family and friends. Latin America has men-centric cultural views, with women treated as the weaker gender. It is common for men that harass women in the workplace to receive no punishment. Authority is abused and women being taken advantage of are overlooked. When women come forth with accusations and men are fired, businesses must move forward with gender parity to encourage a safe and diverse workplace. The U.K. has announced gender parity to be completed by 2036. Four years were added to the original estimate of 2032 as a result of the COVID-19 pandemic. Any governments that resist modifying diversity requirements for businesses will miss out on potential profits that women leaders bring to the table. Multiple countries have admitted to lack of gender parity in regards to physical violence in the workplace and how those problems are handled. Women are more likely to be discriminated against in the event of an inappropriate situation. Speaking out can result in being terminated or forced to resign under pressure from management. Policies and power dynamics can change when women and men together speak out in favor of gender parity. Investigating the lack of balance in gender parity in boardrooms and the C-Suite is important for not only women, but for business success. A Research Institute disclosed that boards with at least one woman performed 26% better than the peer group over six years.



companies with women CEOs have nearly 20% better equity returns than others. Even throughout the pandemic, boards with women still performed better. Let women increase your business's growth by utilizing all available top talent. Womanless executive teams had the displeasure of a profit deficit of 18%. Almost a third of global GDP comes from 500 top corporations. Not even 7% of board members were women, and the underrepresentation is vexing. More board members need to be women in order to combat lack of gender parity faster. As of now, Europe has 35% of boards made of women, and the Middle East is the lowest to represent women, with 10%. All countries with regulations that progress gender parity have higher women representation, but countries with no regulations have no obligation to fix diversity so representation remains low. Public outcry can bring attention to any problem when enough people are spurred into action. The call to act for gender parity will continue until work diversity and conditions are sufficient. Most of the increase of women in the C-Suite is coming from newer market countries. Developing nations are reassuring hotspots of corporate diversity. Despite the bright outlook and higher percent of women representation in boardrooms, the increase rate of changes has reduced. Globally, just under 17% of board members are women. Consistent effort from all countries will be necessary to make meaningful progress.



So, what can we do? Encourage women professionals in your life to strive for top executive leadership positions. Contact your local government and let them know you want better policies for parity. Write to CEOs of male-dominated companies and demand representation of women in C-Suite roles. It can be as easy as discussing available leadership positions with your boss and letting them know you are interested. You can also seek out resources for women in business that help women through their leadership journey. All of us together can drive change and create a positive impact for women in the workplace.



UKRAINE WAR

Solidarity with Ukraine



Ukraine gained independence on January 26, 1918 from on-again, off-again Russian control beginning in the mid 1400's. Starving people in Austria and Germany forced Russian troops out so they could get food and provisions. Their brand new freedom was fleeting. Immediately after, neighboring countries Poland and Russia started vying for ownership of the newly independent Ukraine.

After a civil war, Russia ended up with two-thirds of Ukraine and Poland won a third. In 1922, Ukraine became the Ukrainian Socialist Soviet Republic as part of the USSR, or the Union of Soviet Socialist Republics. In the beginning, Ukraine liked the idea of benefits from being part of a group of allies known as the Soviet Union, but that excitement quickly faded.

Bad news was broken that the Soviet Union was a ploy to make one large dictatorship, but freedom wouldn't come again for Ukraine until several decades passed. The Soviet Union was officially dissolved in 1991, shortly after Leonid Kravchuk won the presidential election. His successor Leonid Kuchma gave Ukraine the great gift of democracy. In early 2014, Russia invaded Ukraine and annexed Crimea.

Right now, Ukraine needs significant help through acceptance into the European Union, which offers numerous economical benefits. That desire may be difficult to fulfill, as Ukraine's previous president Viktor Yanukovich declined to sign a European Union agreement.

End in sight - Or not?

Despite misconceptions, this war is still ongoing, and casualties are increasing daily, with a current body count of 354,000.

Early last year, the winter Olympics ended on February 22nd. Russia began its invasion of Ukraine only two days later on February 24th. The Russo-Ukrainian War had officially begun. For some, this was an unpleasant surprise, for others, an unavoidable catastrophe decades in the making.

Russia has support from Belarus, China, Cuba, Armenia, and several others. Ukraine's supporters include all the NATO (North Atlantic Treaty Organization) countries, as well as the United States, United Kingdom, Japan, South Korea, and more. This conflict has now been ongoing for over 120 days.

Three to five thousand civilians including hundreds of children have lost their lives within the last three months. Around five thousand have been injured. Several thousand Ukrainian soldiers have died, as well as fifteen to twenty thousand Russian soldiers.

If you are wondering why this is happening, let's take a historical look.





The US media coverage of the war in Ukraine is relentless, but how do regular citizens feel about these developments? Almost 60% of Americans are concerned about other countries being invaded by Russia, a quarter are somewhat concerned, and 15% aren't worried.

In mid-March, the United States announced a \$1.5 trillion spending budget with nearly 1% going to Ukraine aid. Ukraine was given \$13.6 billion. Over a third of Americans think the aid amount is fine, and just under a third think not enough aid is being given. 22% of Americans are unsure about the amount, and 12% think 1% is too much.

If you are like many others, you are wondering when the war in Ukraine will end. Will Ukraine be back under Russian control? The answer isn't simple, and no one can say with complete certainty. The end guestimate is based on several factors including war models, information analysis, and how long Russia's roughly 1,200 missiles will last.

Russia itself has announced the war's end to be September or October of 2022. People are dying, starving, and other countries are being negatively affected economically. Fingers crossed for an immediate end, but another 100 days seems likely. For now, the world is watching and only time will tell.

