



Women of Power: Dynamic

Volume II

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Bringing to light the courageous, influential, bold, innovative women who are rarely included in our history books, and who have been obscured from us for far too long.



I hope this *Women of Power Series* inspires you to start living your deepest heart's desire in a much bigger way than you have ever done before.

Even if no one seems to know about you, even if the attempt seems futile, even if your dream seems ridiculous to the people around you...and even if your dream is forbidden in your culture—please, take a stand for the spirit running through you, take heart and do it anyway! We're with you and we love you and your spirit!

compiled by Angela Treat Lyon

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Cover image: Georgia O'Keeffe, "Hands," 1918, Alfred Stieglitz



Hawa Abdi

...has never raised her fist in anger against another human being...but she could perform three C-sections on dirt-poor women, wash her hands, then go straight outside, stare down an army of gun-toting hardcore fanatical Somali militiamen, and with four words send them running for their lives on a light-speed rainbow of shame and self-loathing without even blinking.

"[Dr. Abdi is] equal parts Mother Teresa
and Rambo." —*Glamour*

One Woman:
90,000
Lives
Changed

KEEPING HOPE ALIVE

Nobel Peace Prize Nominee

DR. HAWA ABDI

With SARAH J. ROBBINS

Dr. Hawa Abdi: once appropriately described once as "one part Mother Teresa, one part Rambo."

Click on the title to get her book:

[Keeping Hope Alive: One Woman: 90,000 Lives Changed](#)



Susan B Anthony

...pummeled and arrested for attempting to vote in 1872. Times haven't changed much. Women are still directly and indirectly getting pummeled. Do you ask yourself every day, "am I doing what I can to help stop legislation against women's rights? What petition can I sign, what action can I take to help us women stay free of oppression?"



Harriet Chalmers Adams

In 1925, the National Geographic Society didn't admit women, so Harriet Chalmers Adams, adventurer and female badass, founded the Society of Woman Geographers.

She was regarded as the foremost woman explorer of her time, traveling to Latin America, eventually writing about her travels for National Geographic magazine. She proved that women had the same adventurous spirit and the same fortitude to see the world as any man!



Josephine Baker

During World War II, performer Josephine Baker served with the French Red Cross and was an active member of the French resistance movement. Using her performing career as a cover, Baker became an intelligence agent, carrying secret messages written in invisible ink on her sheet music. She was awarded honor of the Croix de Guerre, and received a Medal of the Resistance in 1946.



James Barry

...was, in fact, a woman who disguised herself as man in order to study medicine, and in 1809, she was admitted to Edinburgh University. After graduation, was assigned to various British colonies where noted for "his" care & struggle to improve the standard of life of patients.

When she died in 1865, after 46 years working as an army medical officer, it was then that her real identity, Margaret Ann Bulkley, was discovered. Among her many achievements she was the first British surgeon to perform a successful C-section.



Clara Barton 1821-1915

...was the founder and first president of the American Red Cross. She acquired her broad skill set of urgent medical care, long-term care for invalids, locating and reuniting lost family members and soldiers, etc., through her "on-the-job training" during some of the bloodiest battles of the Civil War. Prior to the war, she was a schoolteacher with no medical background.



Mary and Molly Bell

...were two young women from Pulaski County, Virginia[who disguised themselves as men and fought in the Civil War for the Confederacy for two years.



Elizabeth Blackwell

...said she turned to medicine after a close friend who was dying suggested she would have been spared her worst suffering if her physician had been a woman. She became the first woman to receive a medical degree in the United States, as well as the first woman on the UK Medical Register.



Amy Carmichael

...a Christian missionary working in India, was the first person brave enough to rescue and shelter children trapped in sexual slavery. During her ministry she rescued over 1,000 children.



Julia Child

...was an American spy during WWII for the Office of Strategic Services (precursor to CIA). She became a top secret researcher for the director of the OSS, the legendary William "Wild Bill" Donovan. And later, she worked to reduce the threat of U-boats, the deadly Nazi submarines.



Rigoberta Menchú

...was an indigenous rights activist in Guatemala who began campaigning for social reforms and women's and indigenous rights as a teenager. She was forced to flee to France in 1982 because of her activism.

WINNER OF THE NOBEL PEACE PRIZE



I, Rigoberta Menchú
An Indian Woman in Guatemala

'A moving account of gruesome repression, gut-wrenching poverty and vicious racism ... A call to conscience.' *The Nation*

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In 1992, she received the Nobel Peace Prize in recognition of her work for social justice and ethno-cultural relations based on respect for the rights of indigenous peoples. She also has run for Guatemalan president twice.

Her book, a global best-seller, reveals her remarkable life as a Guatemalan peasant woman, reflecting on the experiences common to many Indian communities in Latin America. Menchú suffered gross injustice and hardship in

her early life: her brother, father and mother were murdered by the Guatemalan military. She learned Spanish and turned to catechistic work as an expression of political revolt as well as religious commitment.

Menchú vividly conveys the traditional beliefs of her community and her personal response to feminist and socialist ideas. Above all, these pages are illuminated by the enduring courage and passionate sense of justice of an extraordinary woman.

Click on the title to get her book, [I, Rigoberta Menchú](#)



Kim Phuc

...was pictured in a world-famous and iconic photograph from the Vietnam war, running naked from an airborne attack, horribly burned with napalm, in June of 1972 (see next page).



Since then, Kim has found peace, and a message she can offer, borne of her suffering. She runs The Kim Foundation International, and she acts as a Goodwill Ambassador for UNESCO. She has transformed into a viable, visible symbol of peace and hope. Hers is an important story of resilience, courage, and forgiveness.



Georgia O'Keeffe

One of the greatest American artists of the 20th-century. "I've been absolutely terrified every moment of my life - and I've never let it keep me from doing a single thing I wanted to do." O'Keeffe is known as the 'Mother of American Modernism.'



Georgia O'Keeffe's *Canna Lily*, typical of her flowing, smoothly blended style

Read more in this [wikipedia article](#)



Georgia O'Keeffe's *Blue-Green*



Arnold Newman, *Georgia O'Keeffe sitting at Ghost Ranch*, 1968.

Georgia Totto O'Keeffe, 1887 – 1986

Born near Sun Prairie, Wisconsin, O'Keeffe first came to the attention of the New York art community in 1916.

She made large-format paintings of enlarged blossoms, presenting them close up as if seen through a magnifying lens, and New York buildings, most of which date from the same decade.

In 1929, she caused a sensation by splitting from photographer husband Alfred Stieglitz for part of each year, working in her beloved Northern New Mexico, which she made her permanent home in 1949. O'Keeffe is well-known for depicting the cloudscapes, bones, hills and flowers specific to that area.



Keiko Fukuda Shihan

passed away at the age of 99, the last surviving student of the founder of judo, Jigoro Kano, the highest ranking female judoka in history.

In 2013, she was promoted to 10th dan (degree) black belt, a rank that at the time was held only by 3 other people, all men living in Japan.

She left her homeland and refused marriage to achieve her dreams of training in judo, constantly battling gender discrimination which kept her from being promoted.

Thank you for being my wonderful reader!

I hope you have enjoyed this edition
of the Women of Power Series.

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