



International Women's Day

Kelley Manning: Hello, and welcome to Women Going Beyond Wealth podcast. This is episode # 11. In the last podcast, we teased that this episode was going to focus on college planning. Since it is the time of International Women's Day, we thought it more appropriate for a change of course – a quick but hopefully impactful conversation about a couple of women – that you may never heard of – that made a difference in the world. Remember, the intent of this podcast is to encourage women to live joyfully, to live a life of value, a life of legacy, one that leads you to your best life. A life of intention. A life of abundance. March 8th is recognized as International Women's Day. A celebration of women. A celebration of you.

Have you heard of Irena Sendler? Irena was a Polish social worker in the 1940s that worked for the Polish Underground and rescued 2500 children from the Warsaw Ghetto. When Warsaw became German occupied during World War II, the Polish Jews - and people of other cultures that were deemed unworthy by the Nazi's - were moved into an area called the Warsaw Ghetto and were eventually shipped to concentration camps. Irena was not a Jew. Her work took her into the Ghetto, and she worked amongst the Jews. She saw the Jews' doomed and horrific future. So, she and the Polish Underground went to work – convincing 2500 parents that their children's future depended upon them being smuggled out of Poland – to an orphanage or convent or to foster or adoptive parents. Can you imagine having to convince a frightened parent that the best chance of life for their child or children was to let a stranger smuggle them out of Poland and give them a new Gentile name? Hoping upon all hope that their children not only lived but led a good and happy life? Irena was passionate, thoughtful, and determined to help these kids. She kept a list of every child's Jewish/Polish name and the child's new name. These records were kept in a jar buried in a friend's backyard. The hope was that if the parents survived, there was a way for them to be reunited with their child or children. Irena Sendler was a normal woman who became extraordinary and courageous in a challenging time. For more information on Irena, I highly recommend the book, *Life in a Jar* by Jack Mayer.

Let's learn a little about Rebecca Lee Crumpler. She was the first African American female physician. The magazine, Marie Claire, highlights Rebecca in a February 2021 article that lists several Black History Female Heroes. Rebecca was raised by her aunt in Pennsylvania who worked as the town's doctor. Rebecca followed in her aunt's

influential footsteps - she became a nurse and then attended New England Female Medical College and earned her MD in 1864 – in the middle of the Civil War. Even in the North, this is an era that African Americans were not granted access to many Colleges and Universities. Yet, as an African American woman, she not only attended college, but she also followed her passion and went to Medical School. Unfortunately, because of the color of her skin and the fact that she was a woman, the medical community did not respect her opinions nor her medical advice. Yet, she persevered! Rebecca practiced medicine in Boston, Massachusetts – working with poor women and children. After the Civil War ended, she moved to Richmond, Virginia and continued her work with the poor as well as working with freed slaves through the Freedman’s Bureau. She later moved back to Boston to continue her work with women and children. She published a book titled ‘A Book of Medical Discourses’ and became one of the first female medical authors in the United States. The book was based on her experiences as a physician – focused on the medical conditions of women and children, that emphasized prevention – a thought that was controversial at the time. She did all of this while also being a wife and a mother. Thankfully, she has been recognized for her extraordinary work – according to Wikipedia, Syracuse University established 2 societies in her name – the Rebecca Lee Pre-Health Society and the Rebecca Lee Society – the first societies named after an African American Woman.

These are 2 normal women who truly lived extraordinary lives. They likely made mistakes – just like you and me - along the way, but persevered – by being intentional, passionate, and determined. We shouldn’t compare our lives to theirs – they lived in a different time and season. But we should use them as an example. To live our life to the fullest. To be extraordinary when the time calls for it. To be passionate. To be the woman you were meant to be. That is the best way to celebrate International Women’s Day!

Thank you for spending time with me today. Again, my name is Kelley Manning, Financial Advisor at Beyond Wealth Advisors. If you enjoyed this Women Going Beyond Wealth podcast, please share with your friends. The podcast can be found at the Beyond Wealth Advisors website, under the Podcast+ tab. I would love to hear any ideas that you have for future podcasts. Please reach out to me at 816.246.8450. You can also follow me on Facebook and Linked In.

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Sources:

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