



The Sisters Global  
NEWSLETTER  
2022 MARCH  
EDITION



## WELCOME

THANK YOU for reading the Sisters Newsletter, where we present ideas that our Sisters hold near and dear in heart and mind. Let's remember to reach out and celebrate family and friends this season.

We're so thankful for all the support and positive feedback we've received from our Sisters!

Be sure to stay connected with us on all the activities of the Global Sister Coracles on Discord, and social media channels, and SPREAD THE LOVE!

## HELLO SPRING

March is the first month of spring in the northern half of the world.

It is named after Mars, the Roman god of war. The birth flower of March is the daffodil.

Learn more about festivals around the world.

FINISH READING ON PG. 4



## MONTHLY CALLS CORACLE

OUR CALLS are the first Monday of each month. In March, the call is focused on helping women with women's health and wellness issues. We share resources and encouragement about this topic on our website and social media platforms.



## BOOK CLUB

The Sisters Global Book Club is a fun way to share your love of books and make new friends.

This month we feature our favorite book to read and discuss this month. Share opinions or explore deeper meanings found within the text on Discord.

FINISH READING ON PG. 3





Global Healthcare Leadership Around the World



# GLOBAL



# SISTER SPOTLIGHT



## EMPOWERED WOMEN

### Cynthia Hundorfean

*President and CEO, Allegheny Health Network*

**IN MARCH**, we feature Cynthia Hundorfean, CEO and president of Allegheny Health Network (AHN), an eight-hospital, health care system based in Pittsburgh, Pennsylvania. Hundorfean arrived in 2016 at AHN and took on the challenge of changing delivery of care to patients. Turning to her core principles, vision and strategy for improving healthcare from the bottom up, she instituted a turnaround plan which was highly effective with increased hiring of female executives who she also mentored. She embodies what we admire best in our “Empowered Women” -- an innovative leader who has worked in bold strokes to get health care right for the patients and communities served by AHN. Hundorfean’s extraordinary efforts to transform AHN have been recognized both regionally and nationally. In 2019, she was selected by Modern Healthcare magazine as one of the nation’s “Top 25 Women Leaders,” joining a distinguished list of executives whose work positively influences American health policy, care delivery models, and the industry as a whole. She’s a member of the Women’s Health Activist Movement, a Pittsburgh-based advocacy group. Learn more at [www.ahn.org/about/leadership](http://www.ahn.org/about/leadership)



# QUOTE OF THE MONTH

“I am a woman with thoughts and questions and sh\*t to say. I say if I’m beautiful. I say if I’m strong. You will not determine my story — I will.” — Amy Schumer



## BOOK CLUB TONI MORRISON

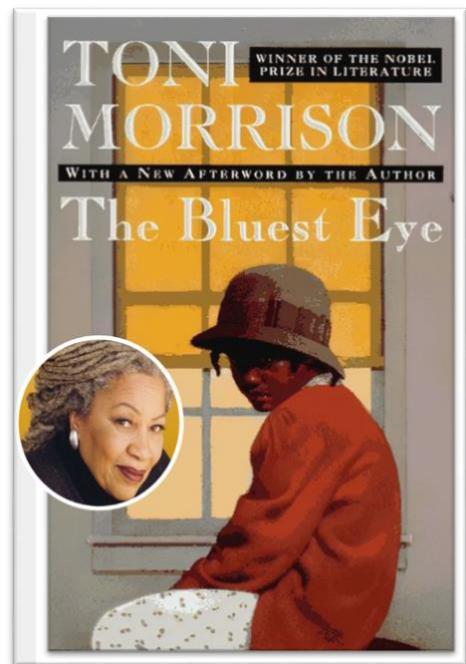
**THE BLUEST EYES:** From the acclaimed Nobel Prize winner—a powerful examination of our obsession with beauty and conformity that asks questions about race, class, and gender with characteristic subtlety and grace.

In Morrison’s acclaimed first novel, Pecola Breedlove—an 11-year-old Black girl in an America whose love for its blond, blue-eyed children can devastate all others—prays for her eyes to turn blue: so that she will be beautiful, so that people will look at her, so that her world will be different. This is the story of the nightmare at the heart of her yearning, and the tragedy of its fulfillment.

Although she left us more than two years ago, Toni Morrison and her singular oeuvre live on in our hearts and mind, rippling like concentric circles over fathomless depths as she upends and transforms myths of race and redemption, personal and political.

### ABOUT THE AUTHOR

The brilliant mind behind **Beloved** would have been 91 years old today.



# CELEBRATIONS AROUND THE WORLD

## JAPAN UENO PARK, TOKYO, JAPAN

March 17 to April 3, 2022 - Cherry Blossom Festival

Cherry Blossom Festival Japan Dates: March 17th to April 3th, 2022 ; Ueno Park. JR Tokyo Ueno Station. One of the busiest festivals in Tokyo, Ueno Cherry Blossom Festival, is a favourite amongst visitors and locals alike. It's been a prominent party spot for decades. <https://www.japan.travel/en/spot/1675/>



## SPRING EQUINOX, MEXICO

March 20-21, 2022– The Spring Equinox Festival

The spring equinox, which takes place in March each year, has been celebrated as a period of rebirth, fertility, and harvest long before Spaniards arrived in the country. Since the festivities are tied to Mexico's pre-Columbian history, the biggest events take place at surviving Mesoamerican temples. <https://www.tripsavvy.com/festivals-and-events-in-mexico-march-4159867>



## KEUKENHOF TULIP GARDENS, AMSTERDAM

March 25 to May 15, 2022, Keukenhof Tulip & Flower Festival

The Keukenhof Gardens near Amsterdam provides visitors with a feast for the senses! With 7 million flower bulbs bloom over 32 hectares, the park is awash with the sight and scent of blossoming flowers. <https://www.amsterdamtips.com/whats-on-amsterdam-march>



## PASIFIKA FESTIVAL, AUCKLAND, NEW ZEALAND

March 19-20, 2022 – The Pasifika Festival

The Pasifika Festival is a Pacific Islands-themed festival held annually in Western Springs, Tamaki Makaurau Auckland. The festival presents a wide variety of cultural experiences, including traditional cuisine and performances from Aoteroa, Cook Islands, Fiji, Niue, Samoa, Tonga and Tuvalu.. <https://www.aucklandnz.com/pasifika-festival-2022>



# THE SISTERS' CORACLES

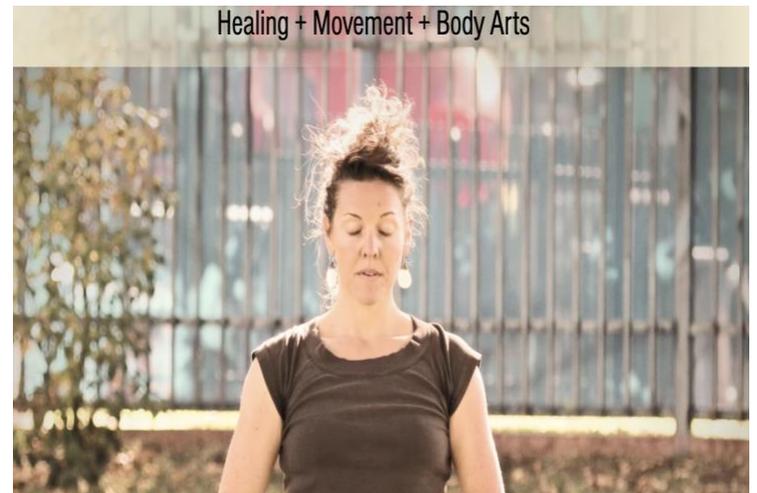


## THE RETREAT CORACLE

Refresh your soul, spirit and mind

## THE SISTER MIND SESSIONS CORACLE

Share your wisdom, lessons learned, memories and stories.



Healing + Movement + Body Arts

## CONNECTING ON SOCIAL MEDIA



[Monday Monthly Call Coracle](#)

[Spotlight Coracle](#)

[Retreat Coracle](#)

- [Discord Retreat Recording](#) (for Current Sister Members)
- [Youtube Retreat Recording](#) (for Founding Sisters who are not current Members)

[Sisters Mind Sessions Coracle](#)

[Sister' Projects Coracle](#)

[Seeds Coracle](#)

[SEEDS Currency](#)

[Newsletter Coracle](#)

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## THE SISTERS' PROJECTS CORACLE

Refresh your soul, spirit and mind

