



Not every conversation
will change your life,
but any conversation can.

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Satellite Sisters
Radio Show?



MAY 4, 2007

Welcome to Sisterlogue

COMFORT ZONE

Recently, I took a drive up north to Ventura County, California to a beautiful little city called Ojai. Most of you already know that I don't normally travel out of my 10 mile radius. I make an exception for the idyllic city of Ojai though. A quaint haven for artists and families, Ojai is a straight shot for me up the 101 North to Route 33. I like any place that can be found on a route rather than a freeway, provided there are no major left turns! As I pulled into the village, I was so happy to see right in front of me, my getaway for two days: [The Oaks at Ojai Fitness Spa](#). Yes, I was going to kick back, eat right and experience the healing powers of letting go.

Well, I was right at home at The Oaks. First of all, it's all about the parking. I loved the simplicity of the Spanish Revival building with parking on all four corners of the property. I felt safe knowing exactly where my little Jenny car was at all times. Inside, there is a warm lobby with kind folks at the front desk ready to help. The no-nonsense approach to classes and eating is printed on the daily schedules. I felt like I was at camp for grownups. My sisters may be surprised to hear that I really enjoyed the community meals, night seminars and group activities. My short stint at summer camp when I was a girl did not really work out for me. I have to admit, I did deviate slightly and swim my solo laps in the lovely pool in the early morning before everyone was up. Oh sure, I had a killer vitamin C facial with Meg (because let's face it, it's my face!) and was tempted by all the other pampering services available - but that proved to be just an added bonus. The Oaks, as I discovered, is about learning what goals you do have and making those changes for yourself. It is about feeling comfortable enough to admit some of your food choices are not working for you anymore.

I learned in just 48 hours that salt is not my friend. Yes, salt. I always thought it was, but after years of waking up with swollen eyes, I was amazed that in just two days of salt-free scrumptious meals, I could see again in the morning! Now, here is my challenge: how can I stay low salt in my real life? Why can't the fabulous staff at The Oaks be there in my Cozy Kitchen when I get home? I did take home two dozen salt-free morning muffins and they are ready to pop in the microwave.

I guess it is about finding your homeostasis. See, I learned that at the nighttime seminar about hypnosis. We are constantly in search of balance and I am going to have to find that in my life, one meal at a time.

We can't all be guests at The Oaks, though that would be great. I can make small changes at home to help me reduce the salt intake and the morning puffiness. For those of you Satellite Sisters who are thinking of an affordable, delicious and fun girlfriend getaway, check out [The Oaks in Ojai](#).

You too may come away with an Ah ha moment like me, or just the healthy glow that comes from exfoliation and Total Body Conditioning followed by veggies and dip at 4:45.

I was a good camper after all.

Sheila Dolan
Santa Monica, CA

ATTENTION DENVER!

We've moved! You can now hear us on KKZN-AM 760, Denver's Progressive Talk, Saturdays 6pm-9pm. Listen in as you head out or relax into your Saturday eve!



YOU CAN HEAR US!

Satellite Sisters can now be heard on your local radio station, on XM Radio Channel 155, online through our live stream and podcast at www.satellitesisters.com.

YOUR LOCAL STATION

We are on the air six days a week, live Monday through Saturday. On Monday through Friday, we are live from 9 a.m. to noon Pacific Time (noon to 3 pm ET). Some stations carry only our weekend show, which we do live on Saturdays from 6 a.m. to 9 a.m. Pacific Time (9 a.m. – 12 p.m. ET). Your local station may carry us at that time or may tape the show and run it at another time over the weekend. [Please check our complete local schedule here.](#)

XM SATELLITE RADIO

Satellite Sisters is also carried live Monday through Saturday from 9 am to noon Pacific time (noon to 3 pm ET) on XM Satellite Radio. Check out their women's talk channel Take Five XM 155. Satellite Sisters is also rebroadcast on XM 155 from 3 am to 5 am ET (Midnight to 2 am PT).

ON OUR WEBSITE

If you are away from your radio, you can listen to Satellite Sisters live at www.satellitesisters.com. We'll be there for you live from 9 am to noon PT (noon to 3 pm ET) Monday through Friday and 6 am to 9 am PT on Saturday (9 am to noon ET).

PODELLITE SISTERS!

The wait is over! To the many, many of you who have written to inquire about podcasts of Satellite Sisters, we can now officially say, "Yes! You can listen on demand to our show!" Check out Podellite, the official Satellite Sisters podcast, at www.satellitesisters.com! 24/7, your

Satellite Sisters are here for you.



On the Show This Weekend and Next Week:

SATELLITE SISTERS OF THE WEEK

As you may know, the Satellite Sisters are huge fans of all dogs and anyone who helps the canine cause! That's why when we heard about Rande Levine and all the volunteers at the Los Angeles based, non-profit dog rescue, Karma Rescue, we had to talk about it! You'll be amazed with all the work Rande and this extraordinary organization has done for the abused and neglected dogs on death row...getting them quality care and finding them loving homes! **(Saturday)**

WALKING FOR HEALTH...AND FRIENDSHIP!

For so many people, walking is a lifestyle, a health program, and a social outlet! Introducing walkstyles.com: a free social networking site guaranteed to enhance your walking life by linking you up with other inspired walkers and active-life products. We're talking to Sue Parks, the innovative founder of this motivating walking resource, on her mission to help us all Live Well and Walk Far! **(Monday)**

FINDING "THE" DRESS

We all know that planning a wedding can involve a struggle to hold on to sanity, savings, and a sense of humor! Good thing Emmy-nominated writer Elisa Zuritsky kept all three together as she embarked on her own adventure to find and re-find "the" perfect wedding dress! Elisa shares her wedding dress "Tale of Woe" and invites you to confess your own! **(Friday)**

SATELLITE SISTERS CIVILITY CHALLENGE

As you know, we Satellite Sisters are doing our best to make the world a more civil place. So thank heavens for our Envoy of Civility, Dr. PM Forni, author of Choosing Civility: The Twenty-Five Rules of Considerate Conduct. Are you up to the Civility Challenge? Join us as we tackle and reclaim civility! **(Wednesday)**

LAB RATS

In the spirit of sisterly consumer advocacy, Sheila and Monica are back as Lab Rats! They ask the questions... they seek the answers.... so you don't have to! So just sit back and listen and forever shop savvy! If there are any consumer products out there that you want us to test, just e-mail us and leave the investigative work up to the Lab Rats! **(Friday)**

ANATOMY OF A SECRET LIFE

Everyone has secrets...and often times secrets can be both healthy and liberating. But when do secrets become destructive? And what drives a person to live a double life? Dr. Gail Saltz, author of Anatomy of a Secret Life: Are the People in Your Life Hiding Something You Should Know?, uncovers the human propensity toward secret-keeping, in all its manifestations, and reveals how we can understand it...once the secret's out! **(Wednesday)**

JULIE'S INTERNATIONAL NEWS ROUND UP

Our own sister Julie is no stranger to international travel. And the more Julie experiences abroad, the more she realizes the world is not getting smaller, it's getting stranger! So don't miss Julie's update as she takes us

around the globe and back with her uniquely-Julie international report!
(**Tuesday**)

ON THE COZY COUCH WITH SHEILA

Need to take a break? Are you thinking too hard? Want an escape from the daily grind we call life? Well, grab your snacks, kick up your feet, and join us On the Cozy Couch with Sheila! Don't miss all of Sheila's mundane and trivial news of the day! (**Thursday**)

THE LEAN PLATE CLUB

Welcome to the Club you'll never want to quit! We love the Lean Plate Club! There are no dues or requirements, except a desire to eat smart and move more! And who couldn't use some new, insightful ideas and tips on health, nutrition, exercise, diet, and balancing smart choices?! Join us as Sally Squires, award-winning medical and health writer for The Washington Post, brings us the latest lessons in health and nutrition!
(**Monday**)

THE CUBICLE SURVIVAL GUIDE

Ah yes, the often complicated and perplexing protocol of cubical life! 40 million of us across the country spend a huge portion of our waking hours in an office cube! So how do we make sense of the unwritten rules, codes, and etiquette of cubical culture? James Thompson, author of The Cubicle Survival Guide: Keeping Your Cool in the Least Hospitable Environment on Earth joins us with "cube tips," quizzes, and hilarious examples to guarantee successful cubical survival! (**Tuesday**)

AVON WALK FOR BREAST CANCER

SASSY Susan Greif returns to Satellite Sisters as our courageous and inspiring Satellite Sister-at-Large! Susan formed a group to support herself through a recent diagnosis of breast cancer...appropriately called SASSY(Sisters About Supporting Susan, Yeah!) As she boldly walks in the Avon Walk for Breast Cancer in Washington D.C., she'll be giving us the hit-the-pavement report on walking to find a cure! (**Saturday**)

DREAMING OF SLEEP?

It's time to get serious about sleep! Sleep deprivation in infants, children, and teens has reached epidemic proportions! And it's probably no secret that once families resolve their sleep issues, other issues get laid to rest as well. Jennifer Waldburger, co-author of The Sleepeasy Solution: The Exhausted Parent's Guide to Getting Your Child to Sleep joins us to share her secrets to getting your child to sleep and setting your own sleep schedule straight! (**Thursday**)



TO ORDER OUR BOOK, Satellite Sisters UnCommon Senses, go to Amazon.com or BarnesandNobel.com. Or ask for the paperback at your local bookstore. What are the five uncommon senses? Well, we think the most important is the sense of connection. The others? You'll have to read the book, but we promise its fun. It's all about growing up together and the things we learned along the way.

TO NOMINATE YOUR OWN SATELLITE SISTERS OF THE WEEK, email us at sisters@satellitesisters.com. Remember, we are looking for any kind of group (neighbors, former college roommates, walking groups) who have accomplished something great together. You need not be actual sisters (though we have to admit we ARE suckers for great sisters

stories.) Just email us with your story.

MISSED A SISTERLOGUE? Good news! We archive Sisterlogue as well. Just go to <http://satellitesisters.com/sisterlogue.html> and click on the date/title that you missed.

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