

[35th San Mateo County Women's Hall of Fame](#)
[The Commission on the Status of Women](#)
[*International Women's Day, March 8, 2024*]

Speech Given by: Rosanne Foust - President & CEO, [SAMCEDA](#)

"I am here today because of my love for our community, my work both professionally and personally, and, in large part, because of my interactions with so many of you in this room. You brought me here on your shoulders and your wings.

I am also blessed with a solid foundation of family and friends including my SAMCEDA family. My Mom Claire (who I am 100% sure is in heaven) who gave me her unconditional support and selfless love, my daughters Julia and Lydia who always knew that they were, are, and always will be my first priority and that I have their backs no matter what; for the many inspiring women and dear friends who are in my circle including the two who nominated me Dani Gasparini and Stacey Wagner. And I will never forget the men who lift me up, especially my husband Jim, because he makes me laugh every day and I carry his love and support with me always.

In preparing for today I was wandering around our house looking for and frankly praying for inspiration. What could I share with all of you that would connect with your lives and journeys?

As I was looking at the life size cutouts of Elvis, Dolly and Cher, the pink pacifiers, and pink ruffled baskets I thought about last weekend where I was blessed to be surrounded by family and friends to celebrate two life events, a milestone birthday, and the impending birth of our first grandchild.

The weekend was awesome; and to be honest it was also exhausting, humbling, inspiring, joyful, melancholy, and scary! With all these emotions rolling over me I found myself in our kitchen (where we keep the wine and chocolate) along with two inspirational signs that begin my message to you.

The first one says: "There is Always, Always, Always Something to be Thankful for" and the second one says, "Just One Life." Every day, multiple times a day I see those signs and they wrap beautifully into the advice my Mom gave me so long ago:

- *Be grateful.*
- *Don't waste time on anger, let stuff go.*
- *Work hard at whatever you are doing.*
- *and*
- *It costs nothing to be nice and kind, so be nice and kind.*

Sounds simple right? It's not. At all. It's hard.

How then do I weave all this into my life and work? I strive for the 70/30 rule (when I first drafted these remarks, I kidded myself by saying 90/10 then it went to 80/20 and I finally said "let's get real Rosanne you are at 70/30 on a good day.")

70% of the time I focus my energy and abilities on doing what fills me up. It is all about getting stuff done. Good stuff. Meaningful stuff. It's about bouncing over challenges, learning something new every day and evolving as a woman, a mother, a wife, a community member and embracing my personal mantras: owning who I am and kicking ass with class.

What about the other 30%? Recognize it's inevitable. The noise, distractions, doubt, worry, disappointment, and anger. And it's ok. I accept it and try to reduce it as much as possible.

And that leads me to my final bit of advice/wisdom. Give Yourself Grace. If that is the only thing you remember of what I have said today, please hold onto it. Give yourself grace.

In closing I want to thank Tanya Beat and the Commission on the Status of Women and our Board of Supervisors for all they do every day to acknowledge and appreciate the contributions of women in our community. I want to thank our MC Dani Gasparini for keeping it fun and focused.

To my fellow inductees I have something for each of you to remember this day. You have and will continue to light the way for those before and after you. I hope this candle reminds you of the light you are to your families, your colleagues, and your communities. Thank You."