

GWWN: 15 Years in 2010
Yesterday's Vision – Today's Reality
November 4, 2009

Dear Members and Friends,

Our networking events are a great time to gather, get to know one another, and gain valuable information on important topics. Our most recent event on November 4 titled **“Women Wellness Matters: Cervical Health and You”** was a part of a public education initiative to educate women 30 years or older about HPV and the benefits of regularly receiving the HPV test.

Dr. Marie Savard, ABC News medical contributor, facilitated the event. Dr. Savard is one of the most trusted voices on women's health, wellness, and patient empowerment. Dr. Savard spoke about cervical cancer and the need for the Human Papilloma Virus (HPV) test, stating that this test, in conjunction with a pap smear, helps identify abnormal cells that can lead to cancer and can determine if women are at increased risk.

Dr. Savard's newly released book, *Ask Dr Marie: Straight Talk and Reassuring Answers to Your Most Private Questions*, addresses sex, reproductive health, fertility, menopause, hormones, and more! Each participant received a complimentary copy.

NAFE, GWWN and HealthyWomen (HW) organization joined in partnership to host this breakfast networking event. HealthyWomen's, HPV campaign and free copies of Dr. Savard's, newly released book “Ask Dr Marie:..” were supported by Qiagen.

To learn more about HPV and cervical cancer, visit Dr. Savard's web site at www.drsavard.com and HealthyWomen's organization web site at www.healthywomen.org

Thank you for attending this special event. We missed you if you did not attend and look forward to seeing you at the next event.



From left to right: Elizabeth Cahill, Marilyn Dawson, Dr. Marie Savard,
Frances Simpson, Mary Greene, Candace Johnson, Cheryl Blount, Marisa Bushee
Photographer: Marty Williams

GWWN: 15 Years in 2010
Yesterday's Vision – Today's Reality
December 10, 2009

Dear Members and Friends,

The Women-ful Holiday Celebration for the Greater Washington Women's Network on December 10, 2009, was a time of networking, sharing, relaxing and fun. The end of the year is an idea opportunity for reflecting, valuing our accomplishments, embracing others' good fortune, and affirming goals for the coming year.

We were exuberant as we cheered and toasted the New Year. We look forward to a prosperous, successful, and healthy New Year as we let go of the former to embark upon 2010. Our energy and beliefs were raised to a new height to achieve greater things. Everyone left, renewed, and in high-gears for an exciting new beginning.

We thank you for being apart of this celebration. You were missed if you did not attend, but look forward to seeing you at the next event.



Photography: Erica Brown Wicks

GWWN: 15 Years in 2010
Yesterday's Vision – Today's Reality
March 11, 2010

Dear Members and Friends,

“Be Your Own valentine: Take Charge” was an event that focused on “you”, appreciating your self-worth, skills and talents, and developing characters that allows you to believe in yourself in any situations. Women sometimes do not know and value their self-worth.

This event was held in March. It was postponed from February because of the snowstorm.

Ms. Dorman was our speaker at this event. Her words were fresh, powerful, inspiring, and encouraging. She shared four words to help women take charge of their lives: Clarity, Commitment, Create, and Connect. Ms. Dorman shared her personal experiences and her passion to help others address challenges and achieve business and career success.

Ms. Dorman is founded and currently serves as President and CEO of The Dorman Group LLC, a certified women-owned business enterprise. Prior to establishing The Dorman Group LLC, Lynda served in several executive leadership positions within the non-profit sector, including appointments with the BET Foundation, American Red Cross and Lawyers for Children America. She is a dedicated and passionate leader, entrepreneur, and community leader.

At the event, in honor of celebrating women, there was also a surprise special pampering treat for guests. It is amazing how a hand treatment can be so relaxing! A slice of a special decorative cake, along with a hot beverage were served in vintage china and added to the relaxation.

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April 8, 2010

Dear Members and Friends,

“Double Features: Personalize your Networking Style and A Time to Celebrate”, was an event designed for participants to be the speakers. Each person had an opportunity to share their personal networking style and experience. There were interesting stories shared regarding networking. A few pointers were as follows:

- ◆ Develop a style that is comfortable for you.
- ◆ Share your talents and strengths with others.
- ◆ Listen to the person talking and provide feedback by restating some of the information to let the speaker know that you were listening.
- ◆ Come prepared with a short description of how others can help you and how you can provide service.
- ◆ Use your name tag as a way to get attendee's attention (i.e., on your name tag write something unique such as “Ask me about?”).
- ◆ Follow up immediately after the meeting.
- ◆ Use your calendar and other technology databases to flag a message periodically (i.e., quarterly, every six months, etc.).

A time to celebrate component allowed participants to pay tribute to someone who had made an impact on their life. This was a very special component of the program because people need to be recognized.

One guest was so excited about the previous event that she brought her mother with her at this event. This was a great way to express her love and appreciation for her mother. Sometimes we do not take a moment to say “thank you”. There were a lot of take-away techniques for everyone.

Thank you for attending this special event. We missed you if you did not attend and look forward to seeing you at the next event.

GWWN: 15 Years in 2010
Yesterday's Vision – Today's Reality
June 10, 2010

Dear Members and Friends,

2009-2010 Program Year

GWWN 15 years in 2010, yesterday's vision, today's reality is our theme for this program year. It is unbelievable that GWWN has been empowering and advancing women for 15 years. We can truly attest: "GWWN is a member operated organization in which women gain valuable experience, information, business and leadership training, and recognition. We seek to encourage the interaction of women in many arenas."

We thank all volunteers and everyone who contributed to GWWN this program year. GWWN is a powerful volunteer organization and once again you have proved it.

We look forward to serving others during the decade! The best is yet to come.

GWWN Annual Leadership and Awards Program

Our 7th Annual Leadership and Awards Program honored high achievers and those who have given back to the community unselfishly. The Mistress of Ceremonies was our own member Sherreen Ogletree, former Executive Director of GWWN, and President & CEO Wiltech Systems Group. She has also held various board positions in GWWN.

Our keynote speaker, Marissa Levin, founder and CEO of Information Experts (IE) www.informationexperts.com gave a powerful speech on the topic, "Leadership: Influence, Execute and Succeed." She shared eight major lessons learned from her personal business experience that anyone can use to achieve anything in life. The lessons learned are as follows:

Lesson One: Everything You Do Matters. It all Counts.

Lesson Two: Know your Core Values, and Stay True to Them.

Lesson Three: Leadership Has Nothing to do With Your Needs & Everything to do With the Needs of Others.

Lesson Four: Responsible Leaders Willingly and Proudly Give Back.

Lesson Five: Link Every Decision to Business Strategy.

Lesson Six: Choose Your Web of Influence Carefully.

Lesson Seven: Surround Yourself with Mentors and Advisers That Have Experience, Where You Want to Be.

Lesson Eight: Embrace The Journey.

Everyone was empowered by her words of wisdom and speech.

GWWN's scholarship recipients: Muala Mutinda Ndaka and Jessica Ofelia Stamp are outstanding students who have demonstrated leadership and academic excellence. Each received a \$1,300.00 academic scholarship. Network Enterprise Wave Services was a major contributor to the leadership and award program. All sponsors, donators, members, families and friends were proud of our award recipients.

<i>GWWN Women of Achievement Awards</i>		
<i>Woman of Distinction</i>	<i>Entrepreneurship (nonprofit)</i>	<i>Special Recognition</i>
Bishop Dr. Diana L. Dunn <i>Spiritual Community Leader and Business Woman, Founder and Senior Pastor of Gateway Cathedral of Praise</i>	Tyna L. Gaylor <i>Executive Director Suited for Change</i>	Sherreen Ogletree <i>President & CEO Wiltech Systems Group Advisor to GWWN Board and 2000-2001 Executive Director</i>
<i>Mentorship</i>	<i>Entrepreneurship (for Profit)</i>	<i>Special Recognition</i>
Elizabeth (Liz) Lightfoot <i>Counselor, St. John College High School</i>	Wanda Alexander <i>Principal Owner /President & CEO Horizon Consulting</i>	Linda Worley <i>President and CEO Worley Consulting, LLC Veteran Supporting Member</i>
<i>Network Champion</i>		
Frances Simpson <i>GWWN Chair, Community Service Committee</i>		

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