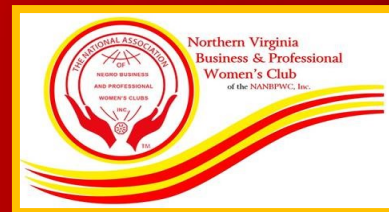




# NOVA IN TOUCH IN TUNE

[www.novabpw.org](http://www.novabpw.org)



VOLUME 5 ISSUE 2

DECEMBER 2022  
Glynda Mayo Hall, *Director Public Relation*

## *President's Message*



Reflecting back on this year, there were multiple life transitions for most of us as we resurfaced after a two year COVID hibernation period. Fear accompanied that transition and resulted in increased personal space boundaries, hybrid work schedules, sparsely attended events and for many, the decision to not break out of the cocoon at all! Those that made the choice to “Just Do It” regardless of the risk, realized what most of the world prior to the pandemic had forgotten, the power of the human touch and our need for relationships. When you really think about it, isn't that the reason Christ came in the first place? God sent His Son to make a full proof avenue for us to reconnect with Him! Wow! So, if God who is the creator of all things, the Alpha and Omega, the beginning and the end, saw that fixing His relationship with us was vital to our survival, we must also realize that the relationships we have with each other are just as powerful and life changing. During this holiday season, take time to connect and reconnect with family and friends. Give the gift of caring and sharing that will last long after the holiday season is over!

We love what we do because making a difference in the lives of others is what really matters most! Our goal for the Northern Virginia Business and Professional Women's Club is to continue impacting our communities in a positive manner through meaningful programs, activities and services for years to come!

On behalf of the Northern Virginia Business and Professional Women's Club, may God Bless and keep you and your family during this holiday season!

Janet Ford, *President*  
NOVABPW

December 2022





**Dr. Darla Sligh**

*Happy  
Holidays!*

**NORTHERN VIRGINIA  
BUSINESS AND PROFESSIONAL WOMEN'S CLUB  
2022 HOLIDAY SOCIAL**

**DECEMBER 18, 2022**

**1PM - 4PM**

**1757 GOLF CLUB, ASHBURN, VA**

**BRING A GIFT FOR EXCHANGE (\$20 MAX)**

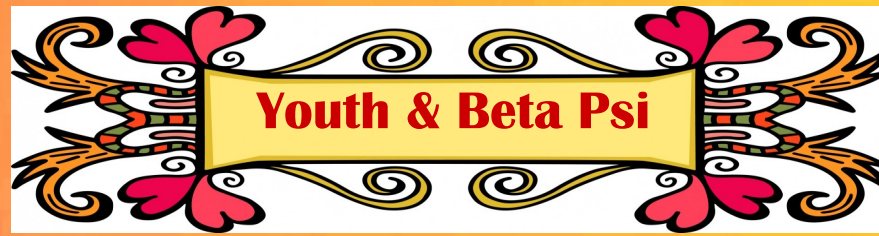
**RSVP BY 11/28/2022**

**NOVABPWPRESIDENT@GMAIL.COM**



December 2022





**Cassandra Hamler**



**Janielle Walker,**

President of Beta Psi,  
Virginia Commonwealth University



**Eden Elias,**

Beta Psi  
Recording Secretary  
University of Virginia.



**Vision Board**



**Sydney Ricks** Sydney Ricks, First Vice President. represented NOVABPW and the Mid-Atlantic District at the NANBPWC, Women of Spiritual Encouragement "Call to Prayer" on December 18. Her inspirational words were delivered with passion and truth. She also earned a certificate for her commitment in all Beta Psi events.



**Barika** has a passion for helping individuals and businesses bloom successfully. She is a certified professional coach, specializing in helping people uncover and develop action plans to support their organizational and individual goals. Having worked with executives throughout her career she has the unique ability to understand the challenges facing senior leaders. Her coaching style allows her to serve as a trusted advisor. She establishes trust and helps leaders move away from seeing organizational limitations and deficiencies and towards visions complete with possibilities and solutions. Barika holds a bachelor's degree in English from the University of Virginia and enjoys spending time with her husband and daughters.



# Youth Our Priority



**Madam National President Sherelle Carper is with Second Vice President Cassandra Hamler, Director of Education, Phyllis Coleman Lacy, and Beta Psi Jaya Tuggle and Sydney Ricks.**



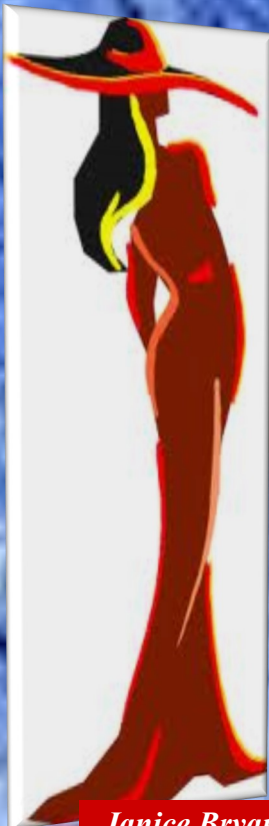
**Beta Psi President Janielle Walker, First VP Sydney Ricks, author Jaya Tuggle, and public speaker, Lara Moore enjoyed the Holiday Party. Our new Youth members Chela Hess and Grace Carper also had fun!**



# Youth Our Priority



# Winter



Janice Bryan  
Brenda Nicholson  
Bobbie Jean DeHaven  
Deneen Davis  
Monique Hampton  
Constance Morris  
Sherelle Carper  
Glynda Mayo Hall  
Darnell Wise Lightbourn

January 1  
January 1  
January 3  
January 22  
January 22  
February 25  
March 5  
March 30  
April 2

## Birthday Wishes to Our Madam National President

*Happy Birthday Sherelle*



**YOU ARE...  
BEAUTIFUL**  
Ecc. 3:11  
**VICTORIOUS**  
Rom. 8:37  
**ENOUGH**  
2 Cor. 12:9  
**CREATED**  
Gen. 1:31  
**STRONG**  
Phil. 4:13  
**AMAZING**  
Ps. 139:14  
**CAPABLE**  
Mark 10:27  
**CHOSEN**  
1 Thes. 4:4  
**NEVER ALONE**  
Matt. 28:20  
**ALWAYS LOVED**  
Rom. 8:38



Love  
Your NOVABPW  
SISTERS

**Yvette Steele.** Passing of your husband,  
Pastor Emerson Steele.



Your NOVABPW  
SISTERS



*Joy to the World  
Prayer and Praise!!*

**IRON  
SHARPENS  
IRON**  
PROVERBS 27:17

As iron sharpens iron so a  
woman sharpens the  
countenance of her friend







**Bobbie Jean DeHaven**



A very special appreciation to our President Janet Ford, Outreach Committee Chair, Jeannie DeHaven, and Glynda Mayo Hall for their donations to the **Western Fairfax Christian Ministries Fall Fundraiser in behalf of the Northern Virginia Business and Professional Women's Club**. A very special appreciation for Sister Nicole Guess' attendance in representation of the Club.

The Northern Virginia Business and Professional Women's Club Outreach Committee, proudly partnered with the **Delta Sigma Theta Sorority**, for Thanksgiving this year. A donation of a \$200.00 gift card to Guilford Elementary School. This card was donated to our committee by our National President, Sherelle Carper, Chair of the Global Affairs Committee.



The Antioch Baptist Church, located in Fairfax Station, Virginia have graciously awarded the BPW Outreach Committee with 10 fifty dollar gift cards (\$500), for the residents of **Carried To Full Term**, for Christmas.

This Winter we will be adopting a (Title One) elementary school in Fairfax County. A survey regarding basic needs of items in the classrooms, that are generally purchased by the teachers, will be completed by the staff and submitted to our committee for review. The items on the list will be prioritized and purchased and delivered to the school. A special appreciation to the social worker at Centre Ridge Elementary, Joanne Hartle.



# Political Awareness



## April Ryan

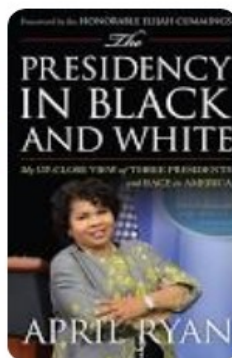
April Danielle Ryan born September 5, 1967 is an American reporter, author, and White House Correspondent for *The Grio*. From January 1997 to November 2020 Ryan served as a White House correspondent and Washington, D.C., bureau chief for American Urban Radio Networks. In 2017, she joined CNN as a political analyst. In May 2017, the National Association of Black Journalists named Ryan as the "Journalist of the Year".



2022



2018



2018



2016



# *Political Awareness*

## Power of the Sister Vote



**Janet & Janielle went to  
VOTE on Election Day**



Join Black women from across Virginia as we discuss issues impacting us during the Virginia General Assembly Session, hear from legislators and policy experts, and learn how we can take action 365 days a year.

**Register by December 20 to receive a special gift!**  
[blackwomensroundtableva@gmail.com](mailto:blackwomensroundtableva@gmail.com)

**SAT • JAN 28 • 10 – 11:30AM**

### Save the Date

#### **Power of the Sister Vote** Black Women's Roundtable VirginiaVirtual Advocacy Day

Join Black women from across Virginia as we discuss issues impacting us during the Virginia General Assembly Session, hear from legislators and policy experts, and learn how we can take action 365 days a year.

Register by December 20 to receive a special gift!

For more information, to register, or to partner,  
please contact [blackwomensroundtableva@gmail.com](mailto:blackwomensroundtableva@gmail.com).



SPONSORED BY THE BLACK WOMEN'S ROUNDTABLE VIRGINIA



December 2022



This Tuesday, Virginia will hold a special Firehouse Election to fill the vacant seat of Rep. Donald McEachin, who passed away last month. If I advance, I will be on the ballot for a Special Election, which will take place on Feb. 21, 2023.

I am running for Congress to continue delivering for the people of Virginia, and to make sure their voices are heard in Congress. Rep. McEachin left a tremendous legacy for Virginia's 4th Congressional District, and I am committed to continuing that service, and to breaking barriers as Virginia's first Black woman member of Congress.



I have a track record of results, championing the passage of major progressive laws and fighting on behalf of my constituents in greater Richmond for the past 17 years. I have earned a reputation as a strong legislative champion for Virginians. I have passed landmark laws to protect voting rights, safeguard abortion access, tackle climate change, rebuild crumbling schools, expand Obamacare in Virginia, protect workers' rights, and reform Virginia's criminal justice system.

Where would we be without voting rights, a thriving economy, civil rights, and health care? I don't even want to have to think about that answer. I want to continue to help Virginia thrive, for my family and yours. But I can't do this alone.

As a Black woman who leads, I am asking for the help of my Higher Heights community. I am asking you to encourage your friends and loved ones in Virginia-04 to flex their power and get out to vote on Tuesday.

I am ready to provide Virginia with the leadership it truly deserves, and I am relying on the Black Women Lead network's support to ensure we have one more champion in the halls of Congress fighting for the issues that we all care about most.

I thank you in advance for your support.

Thank You,

Jennifer McClellan, Candidate for Congress, Virginia-04

P.S. You can also sign up to volunteer by visiting [here](#).



# Northern Virginia Business and Professional Women's Club

## Think **Heart** Think Health

(One Heartbeat at a Time)

Think Heart  
Think Health

MOVING FORWARD  
WITH A PURPOSE



Glynda Hall

Glynda Hall



Think Heart Think Health Program on November 5, 2022 started out with Members MOVING in Place or joining other members and friends in the neighborhoods with a *Walk A Thon*, run or exercise to boost the heart rate. At 10:30 Members and guests joined a Zoom Program and Panel Discussion on Stress and Heart Health, Water and Heart Health and Exercise and Heart Health, all necessary in achieving and maintaining optimal Heart Health.

Panelists

Think Heart  
Think Health



Marshelle Morris



Robin Campbell



Ebony Pearson



National President, NOVABPW President, First VP, Second VP, and Outreach Chair  
Think **Heart** Think Health Walk A Thon

December 2022



# MEMBERSHIP IN ACTION



*We are so proud of you!*

CONGRATULATIONS

DENIECE "SASSY" BROOKS  
ON YOUR APPOINTMENT!

ZETA PHI BETA SORORITY,  
INCORPORATED

COMMONWEALTH OF VIRGINIA

VENDOR RELATIONS  
COORDINATOR



#PKZMADE #PKZPROUD

Co-Founder Darnell Wise Lightbourn, Second VP, Cassandra Hamler, and members Mary Swanson and Sandra Cooper represent NOVABPW and other organizations in Mobile Vote.



Madame National President & Ombudsman Tim Carper Celebrating their Anniversary in NY.



Madame National President working at the Polls.



Madame National President & Second Vice President at Operation Giveback with Kappa Alpha Psi & Omega Psi Phi



December 2022



# Black Women's Agenda Town Hall 2022



**BWA Townhall 2022 — I Am The Change: Empowerment Through Economic Freedom** — 45th Annual Symposium! You can access the recording of the panel's lively and informed discussion, led by Symone Sanders-Townsend, at the [link below](https://www.youtube.com/watch?v=Q4ZUjv1spXw). <https://www.youtube.com/watch?v=Q4ZUjv1spXw>

## 2022 FREEDOM FUND VIRTUAL BANQUET

**KEYNOTE SPEAKER:  
KAREN BOYKIN-TOWNS**



**Wednesday  
December 14th**

**NAACP**  
*Arlington Branch*

December 2022



# Holiday Celebration



December 2022



# Holiday Celebration



December 2022





## **NOVABPW FUNDRAISERS**

# **Scholarship Fundraiser**

*Moving Forward With a Purpose.  
"Reaching New Heights"*

**Join Us In Raising**

**\$5,000 In 10 DAYS**

**November 20–November 29**

*Scholarships for Students in Northern Virginia Counties:  
Fairfax, Loudoun, and Prince William*

**\$19.35 + include Eventbrite fees**  
**<https://5000in10days.eventbrite.com>**

The Northern Virginia Business and Professional Women's Club is requesting your support of \$19.35 (the year our National Organization was established) in support of our scholarships. To date, we have hosted Youth and Beta Psi programs for students and given over \$20,000 to high school seniors who are from Prince William, Loudoun, and Fairfax Counties. This Scholarship fundraiser will start on November 20, and end on November 29, 2022. Your contribution is tax deductible.

*Extended until December 31...*  
*Donations are tax deductible*





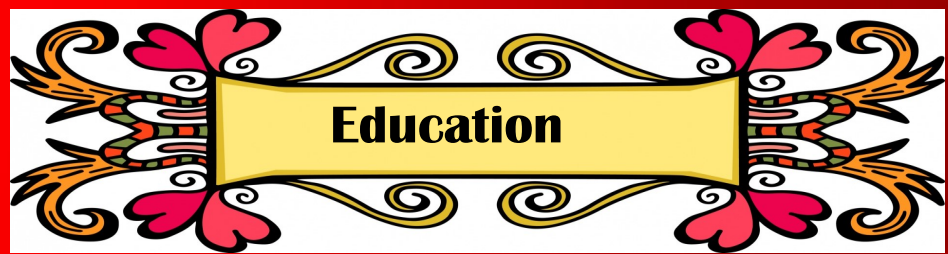
# We Did It!

## Raised \$5,000

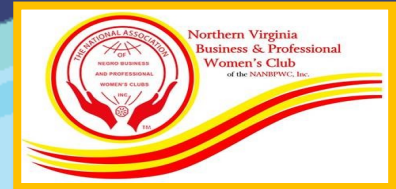
\$5,000 in 20 Days Fundraiser as of 12.17.22		
Source		Amount
Eventbrite 1	\$	3,044.90
Eventbrite 2	\$	1,421.75
PayPal	\$	786.25
Checks	\$	309.35
Total	\$	5,562.25

*Thank you to our  
Members, Partners, Family, and Friends  
for your support and financial donations  
of our programs and initiatives.  
You, have made a significant **Difference** to our work,*





**Phyllis Lacey**



## **Education Committee Presents Financial Virtual Workshop**

**Thursday, February 9, 2023  
7pm - 8:30pm**

**cityfirst BROADWAY**  
#strongertogether

OUR VISION - A society in which every individual, family, and community has the opportunity and the access to capital and resources which will allow them to improve their well-being and prosper.

• **SPEAKER: LaShanya Washington**

Senior Vice President & Deputy Chief Credit Officer

**Autumn Leatham**

Senior Vice President & Commercial Banking Team Leader

**City First Bank**

1432 U Street NW

Washington, DC 20009

Website: <https://www.cityfirstbank.com>



**Financial Virtual Workshop:**

City First **BROADWAY** Bank - Investing in One's Future

Presented by:

NOVA Business and Professional Women's Club, Inc.

Education Committee



CONTINUING A TRIBUTE TO A PHENOMENAL WOMAN

# DR. DORSETT

December 2022

Part 2

**ORGANIZER OF  
INTERNATIONAL  
NANBPWC  
DONATIONS :**

## **RICE**

To feed hungry families

## **SEWING MACHINES**

To encourage economic development

## **EYEGLASSES**

To enhance childrens' ability to read and write

## **SNEAKERS**

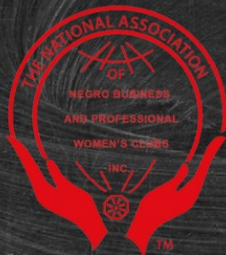
For a more comfortable walk to school

## **MOSQUITO NETS**

To ward off mosquitos, potential carriers of malaria, and to enable a decent rest

## **WATERWELLS**

For drinking, farming and hygiene



**ORGANIZED  
BUILDING A**



**MEDICAL  
CLINIC**





[\(Watch the 84th National Convention Sneak Peek Video\)](#)

## **Get Ready for the 84th National Convention of the NANBPWC, Inc.**

Join National President Sherelle T. Carper  
and club sisters in Aurora-Denver, Colorado, July 17-23, 2023.

Our theme is, "Pursuing Black Excellence: With Purpose and Passion."  
Share in the excellence and join the excitement with the LETS Institutes, Denver City Tour,  
Youth Club, Beta Psi, Ombudsmen activities,  
and our Signature Mary E. Singletary Vocal Arts Competition for Emerging Artists.

Registration opens this February 2023!

Save the date and book your single, double, triple, or quad Hyatt Regency Aurora-Denver  
stay today.

Book online or by calling 303-365-1234 | #2 for Reservations and present group code  
NANBPWC.

**[Click Here: Poll: Do you plan to attend the NANBPWC 84th National Convention?](#)**







*Northern Virginia  
Business & Professional  
Women's Club*  
of the NANBPWC, Inc.



PRESENTS IT'S

*Women's History Program*  
***Best Friends Luncheon***

**"CELEBRATING WOMEN WHO TELL OUR STORIES"**



**MARCH 18,**  
11PM-2PM **2023**

**ADMISSION: \$85**

**DURING THE CELEBRATION WE WILL HAVE FASHIONS, VENDORS, GIFTS, AND FUN.**

**CRYSTALVIEW WEDDINGS & EVENTS**

**12025 LEE JACKSON MEMORIAL HWY • FAIRFAX, VA 22033**

5000FLYERS @275 Printed & Designed by A Touch of Heaven 240.299.1737

December 2022





December 2022





## 2023 CALENDAR

www.wiki-calendar.com

JANUARY							FEBRUARY							MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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MAY							JUNE							JULY							AUGUST						
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21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
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SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
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							29	30	31												31						

### HOLIDAYS AND OBSERVANCES:

Jan 1 - New Year's Day	Apr 10 - Easter Monday	Jun 19 - Juneteenth	Nov 11 - Veterans Day
Jan 2 - 'New Year's Day' day off	Apr 18 - Tax Day	Jul 4 - Independence Day	Nov 23 - Thanksgiving Day
Jan 16 - Martin Luther King Jr. Day	May 5 - Cinco de Mayo	Sep 4 - Labor Day	Nov 24 - Black Friday
Feb 14 - Valentine's Day	May 14 - Mother's Day	Oct 9 - Columbus Day	Dec 24 - Christmas Eve
Feb 20 - Presidents' Day	May 29 - Memorial Day	Oct 31 - Halloween	Dec 25 - Christmas Day
Mar 17 - St. Patrick's Day	Jun 14 - Flag Day	Nov 7 - Election Day	Dec 31 - New Year's Eve
Apr 9 - Easter Sunday	Jun 18 - Father's Day	Nov 10 - Veterans Day' day off	

*Compliments of the In Touch On Tune, Editor, Glynda Mayo Hall*



**ALWAYS START YOUR  
DAY WITH A PRAYER**





## NOVA IN TOUCH IN TUNE

# Newsletter



### 2023 CALENDAR SUBMISSIONS

**SUNDAY, March 20, 2023**

Submissions for the March 2023 edition are due by 5:00pm EST on Monday, March 13, 2023.

Submissions for the June 2023 edition are due by 5:00pm EST on Monday, June 12, 2023.

Submissions for the September 2023 edition are due by 5:00pm EST on Monday, September 11, 2023.

Submissions for the December 2023 edition are due by 5:00pm EST on Monday, December 11, 2023.

Submissions to:

Glynda Mayo Hall, Public Relations at:

[ggmayo1950@gmail.com](mailto:ggmayo1950@gmail.com)

**WORD COUNT:** All articles/stories should contain no more than 650 to 800 words.

**ARTICLES:** All articles/stories must be original work that reflects the views of women, most especially women of color. Program information for submission and all other submissions must be written and submitted in Microsoft Word document. Please do not submit PDF documents. Please do not submit photos that are embedded in the word document or in an email. **All photographs must be submitted in JPEG or PNG form.**

**ANNOUNCEMENTS:** The length of announcement must be no more than a paragraph of 6 lines. Your announcement should be something that pertains to women, girls, or students, events, meetings, conferences, etc. If there is an accompanying image with an announcement, it must be in JPEG or PNG form. Your announcement must be received no later than the Monday 5:00pm, a week prior to the Sunday publication unless a different date is announced to accommodate business of the Club.

**Thank you. We look forward to receiving your contribution to our Newsletter**  
**NOVA IN TOUCH IN TUNE**

## We Are Still In A **Serious** PANDEMIC Wear Your MASK!

