



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

presents the

**SECOND ANNUAL**

*Women's History Jazz Luncheon*



*Awards Program*

**CELEBRATING VISIONARY WOMEN**

*Empowered and Engaged!*

**APRIL 6, 2019**



Country Club of Fairfax

Sherelle T. Carper, President  
Janet A. Ford, First Vice President and Program Chair  
Glynda Mayo Hall, Program Co-Chair

## *Historical Overview*

The National Association of Negro Business and Professional Women's Clubs, Inc.

In July of 1935, Mrs. Ollie Chinn Porter, President of the New York Club, extended an invitation to local clubs, organized as Business and Professional Women's Clubs, to join and form a national organization. The Founders were Emma Odessa Young, Ollie Chinn Porter and Effie Diton of New York City; Bertha Perry Rhodes, Josephine B. Keene and Adelaide Flemming of Philadelphia; and Pearl Flippen of Atlantic City.

After a year of meetings, the first convention was held in Atlantic City, New Jersey on July 9-11, 1936, at the Asbury Methodist Episcopal Church on Artie Avenue. Mrs. Ollie Chinn Porter was elected as the first national president. The aim of this newly formed national organization was then, as it is today, to attract women of high caliber to organize similar clubs within their communities. Facing the realities of the times, their daring and inspiring goals were to share their experiences and exchange information; to protect their interests and to encourage and develop opportunities for black women in businesses and professions.

The founders were owners, managers, college graduates, and other professionally licensed women, who had managed to realize some measure of personal success. Over the years, NANBPWC, Inc., has grown in numbers and scope, conducting many needed community service activities that go far beyond the original purpose. Women have come a long way and so has NANBPWC, Inc.

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### The Northern Virginia Business and Professional Women's Club

In October 2016, members from the Millennium-Seat Pleasant Business and Professional Women's Club in Maryland initiated actions to form a new club in the Northern Virginia area. The initial interest meeting was held on Sunday October 16, 2016, in Centreville, Virginia. The group unanimously agreed to proceed with establishing the new club. Under the leadership of Mrs. Sherelle T. Carper and Ms. Darnell Crewe Wise Lightbourn, the group began to organize, recruit officers, and attract new members.

On July 8, 2017, the Northern Virginia Business and Professional Women's Club (NOVA BPW Club) was chartered with 42 active members as a new club of The National Association of Negro Business and Professional Women's Club, Incorporated (NANBPWC, Inc.) in the Mid-Atlantic District.

The NOVA BPW Club of the NANBPWC, Inc. aims to promote the mission and great work of the trailblazers before us. We look forward to fostering and building fruitful relationships with the surrounding community, organizations, and businesses in the Fairfax, Loudoun, and Prince William areas.

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### Black National Anthem

### *Lift Every Voice and Sing*

By James Weldon Johnson

Lift every voice and sing, till earth and heaven ring,  
Ring with the harmonies of liberty;  
Let our rejoicing rise, high as the listening skies,  
Let it resound loud as the rolling sea.  
Sing a song full of the faith  
that the dark past has taught us,  
Sing a song full of the hope  
that the present has brought us;  
Facing the rising sun of our new day begun,  
Let us march on till victory is won.



*Sherelle T. Carper*

**STRATEGICALLY F. I. T.**  
Fierce. Imaginative. Trendsetter.

Candidate and Proven Leader  
for  
*National President*  
April 6, 2019



Greetings to My BPW Club Sisters and Assembled Guests,

It is my distinct honor to bring you greetings and welcome you to our Second Annual Women's History Jazz Luncheon and Awards Program on behalf of the members of the Northern Virginia Business and Professional Women's Club. It is my pleasure to have you join us in "Celebrating Visionary Women – Empowered and Engaged", such as the amazing women award recipients who have made a tremendous impact in their communities through more ways than one. They represent scores of African-American women in our history who "dared to dream" and make a difference.

We take pride in hosting this year's historical program under the leadership of Madam Chair Janet Ford and Madam Co-chair Glynda Mayo Hall, along with their Committee members, who have poured their hearts and souls into this event to make it memorable for you! We extend our heartfelt congratulations to them all.

As we carve out an entire month of March during the year, it is our honor to reflect on our ancestors who paved the way for African-American women's freedom such as the ones featured on the cover of this year's Women's History Program Journal. They represent women from diverse backgrounds, education and struggles! We take pride in the commendable legacies they have left behind so that we will never forget.

I want extend my gratitude to Ms. Tyra Garlington for serving as our illustrious Mistress of Ceremony and the magnificent jazz band, *Common Ground*, for featuring selections as a tribute to the "Queen of Soul," Ms. Aretha Franklin.

As the President and Co-Founder of this club of phenomenal women, Darnell Wise Lightbourn, Co-Founder and I are truly grateful for their continued support to improve the betterment of our communities and well-being of our people.

To God Be All the Glory!

*Sherelle T. Carper, President and Co-Founder*

The Northern Virginia Business and Professional Women's Club  
Candidate for National President

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



## ***Janet A. Ford***

Program Chair

Northern Virginia  
Business & Professional Women's Club  
(NOVA BPW)  
2019 Women's History Jazz Luncheon  
and Awards Program

### **WELCOME!**

It is with great pleasure that I welcome you to the Second Annual Women's History Jazz Luncheon and Awards Program! Our theme "**Celebrating Visionary Women!**" is so fitting in today's environment as we see women of all cultures and ethnic backgrounds become the "First" in so many professions across the globe! We as women are making the choice to embrace and cultivate the excellence and vision within, while believing that all things are possible if we continue to move forward in personal and professional development, in spite of the opposition. We also have a responsibility to take the hand of our sisters, young and old, and be the support they need regardless of the inconveniences or lack of public acknowledgement.

One of our goals as the NOVA BPW Club is to be a positive voice and reliable resource in our community for women who are looking for an organization that embraces and celebrates the excellence in their lives, no matter how great or small the challenge may be. Today's Women's History Jazz Luncheon and Awards Program is designed to do just that! Look around and see the array of talent, age groups and accomplishments represented in the room ranging from high school to doctoral degrees, business owners to corporate executives. Our Clubs' desire is to recognize and acknowledge those women in our community who are opening doors of opportunity, promoting personal and professional growth in our young women and stepping into roles that will promote positive changes today and tomorrow!

Thank you for joining us as we "Celebrate Visionary Women" in the Northern Virginia Area!



## **Glynda Mayo Hall**

Program Co-chair

Northern Virginia  
Business and Professional Women's Club  
(NOVA BPW)  
2019 Women's History Jazz Luncheon and  
Awards Program

### **GREETINGS!**

I am pleased to extend warm greetings as you participate in support and presence in our Second Annual Women's History Jazz and Awards Luncheon. Meticulous preparations have been underway to do everything in our power to assure your experience is one above expectations.

Our very special appreciation to the many hearts and hands that have worked untiringly on the Women's History Program (WHP) committee. To our WHP committee, our president, first vice president and WHP program chair, our youth, other members of the Northern Virginia Business and Professional Women's Club, and their families, thank you for the sacrificial work, dedicated time, and deliberate expansion of self to produce **"Celebrating Visionary Women Empowered and Engaged."** A theme that embraces women who live life from an empowered perspective. Visionary Women who value truth and history, confirm that our ancestors made choices and strategic sacrifices, and continue to make purpose-driven and strategic choices to pave the path for ourselves, our youth, and each other. Women who acknowledge their empowerment by their engagement in the phenomena that shout reciprocity.

Today, we are honoring *Visionary Women* in our reflections, memories, fellowship, and in this program. And so, we honor and acknowledge *You* for joining us in spirit, support, and especially your presence as we honor the nominees and honorees for their outstanding contributions to women, youth, and our community.

Thank you for joining us and thank you for your partnership of support and attention as we acknowledge and salute some of the women and youth who have served our Northern Virginia community as businesswomen, entrepreneurs, professionals, community advocates, servants, and activists.



### **Women's History Committee**

Janet A. Ford-Chair  
Glynda Mayo Hall-Co-Chair  
Sherelle T. Carper, President  
Deniece Sassy Brooks  
Delores (Dee) Clark  
Sandra Cooper  
Dr. Wallicia Gill  
Angela Peabody  
Vera Wilkes



The National Association of  
Negro Business and Professional Women's Clubs, Incorporated  
1806 New Hampshire Avenue, NW Washington, DC 20009-3206  
Telephone: 202-483-4206 ♦ Fax: 202-462-7253 ♦ Website: nanbpwc.org

*"Moving Forward with a Purpose"*

**NATIONAL PRESIDENT**  
Diane E. Toppin  
Jamaica, NY  
nationalpresident@nanbpwc.org

**FIRST VICE PRESIDENT**  
Dr. Lavern Holyfield  
Duncanville, TX  
1stvicepresident@nanbpwc.org

**SECOND VICE PRESIDENT**  
Gwendolyn J. Wilson-Banks  
Matthew, NC  
2ndvicepresident@nanbpwc.org

**RECORDING SECRETARY**  
Cynthia L. Alley  
Pearland, TX  
hmabpwclub@gmail.com

**FINANCIAL SECRETARY**  
Gail Thames  
Cedar Hill, TX  
treasurer@nanbpwc.org

**TREASURER**  
Lois R. Branch  
Central Islip, NY  
financialsecretary@nanbpwc.org

**DIRECTOR OF MEMBERSHIP**  
Annie R. Lucas  
Plainfield, NJ  
membership@nanbpwc.org

**DIRECTOR OF EDUCATION**  
Cheryl D. McKay  
Greensboro, NC  
education@nanbpwc.org

**MEETING COORDINATOR**  
Evelyn Baird  
Wake Forest, NC  
meetingcoordinator@nanbpwc.org

**EXECUTIVE DIRECTOR**  
Robin M. Waley  
Washington DC  
executivedirector@nanbpwc.org



Greetings,

Congratulations to President Sherelle T. Carper and the members of the Northern Virginia Business and Professional Women's Club of The National Association of Negro Business and Professional Women's Clubs, Incorporated on their 2<sup>nd</sup> Annual Women's History Jazz Luncheon April 6, 2019 at the Fairfax County Club.

Our courageous founders were visionaries who believed in the strength of women. Their vision/our vision continues to empower us as we promote and protect the interest of African American business and professional women and foster good fellowship among them. NANBPWC focus on Leadership, Entrepreneurship, Technology and Service continues to support future generations.

It is important to recognize the strength of women and honor their accomplishments. I commend the Northern Virginia Business and Professional Women's Club for their commitment to their community. Congratulations to your award recipients, continue to share your gifts. with others, mentor business and professional women on your journey. You make a difference by mentoring business and professional women on your journey.

To the members of the Northern Virginia Business and Professional Women's Club, I look forward to seeing you at the 82<sup>nd</sup> National Convention in Fort Lauderdale, Florida July 2019

Thank you for being part of the NANBPWC, Inc. community as we "Move Forward with a Purpose".

Sincerely,

Diane E. Toppin  
National President/CEO

**LIVING PAST NATIONAL PRESIDENTS**

Frankie Jacobs-Gillette, Jacquelyn B. Gates Shipe, Dr. Julianne Malveaux,  
Peola Smith-Smith, Sandra A. Coleman, Marie E. Castillo



## Mid Atlantic District

The National Association of Negro Business and Professional Women's Clubs, Inc.



*April 6, 2019*

*To the Members of the Northern Virginia Business and Professional Women's Clubs, Inc.*

*I am honored to extend congratulations to you on your Second Annual Women's History Jazz Luncheon and Awards Program. Your theme: Celebrating Visionary Women - Empowered and Engaged is most appropriate for this occasion. Our 18<sup>th</sup> National President, Dr. Julianne Malveaux, established Women's History as part of our national program. Programs such as this enhance our legacy.*

*Heartfelt congratulations are extended to your intended awardees.*

*Indeed, the honorees have distinguished themselves in their respective professions and/or communities.*

*May God continue to bless you as you work in your communities.*

*Delores Alexander  
District Governor*

Dear Friends:

On behalf of the Fairfax County Board of Supervisors, I'd like to take this opportunity to welcome you to the Northern Virginia Business and Professional Women's Club (NOVA BPW)'s 2nd Annual Women's History Month Jazz and Awards Luncheon. This event celebrates the accomplishments of women in the community, and honors individual women for their contributions to serve as champions for women's equity in our region.

This year's Women's History theme is "Celebrating Visionary Women: Empowered & Engaged." This spirit of empowered and engaged women is seen throughout Fairfax County. I am proud to have witnessed the progress created by women every day in our region. The positive changes towards women's equity that we have seen in our society is a testament to the resilience, strength, and powerful voice that women leading at the forefront of causes carry. Strong women everywhere continue to inspire members of our community to join together to stand for beliefs important to us and to provide an outspoken voice for progress.

Again, welcome to the 2nd Annual Women's History Month Jazz and Awards program, and best wishes to the Northern Virginia Business and Professional Women's Club for continued success.

Sincerely,



**Sharon Bulova**  
Chairman

## A Message from Chairman Bulova

*FAIRFAX COUNTY  
BOARD OF  
SUPERVISORS*



SUITE 530  
12000 GOVERNMENT CENTER PKWY  
FAIRFAX, VIRGINIA  
22035-0071  
TELEPHONE: 703-324-2321  
FAX: 703-324-3955 TTY: 711  
CHAIRMAN@FAIRFAXCOUNTY.GOV





## *Spoken Word*

**Introducing Melanie Joyce Johnson** ... an author, passionate writer, poet, and spoken word orator, a performance and oral art that is word-based and that focuses on the aesthetics of word play such as intonation and voice inflection. No stranger to motivational prose, she specializes in spiritual and inspirational writing. She writes, not because she has to, but because she loves to and believes God has called her into this purpose.



In her most recent accomplishment, she won honorable mention in Arlington, Virginia's 2017 Moving Words Poetry competition. Her highly sought out poems are visually poignant and scripturally saturated to encourage the hearer's soul.

In 2011, Melanie co-founded Sisters With A Purpose Ministries (also known as SWAP Ministries) and in 2017 she founded Survival Sisters' Peaceful Oasis an organization aimed at helping Christian women make better relationship decisions, improve their self-esteem, and gain tools on how to heal from trauma and escape Domestic Violence. Melanie has a Bachelor of Science degree in Psychology and a Master of Arts degree in Psychology and Counseling. She is currently in pursuit of licensure to counsel domestic violence survivors. Melanie is an Independent Contractor with Safe Harbor Christian Counseling of Northern Virginia providing mental health counseling services focused on Cognitive Behavioral Therapy, Mindfulness, and Mindfulness Meditation.

A baptized believer for twenty-three years, Melanie has served as a commissioned local missionary in Charlotte, North Carolina and as a short-term missionary in Honduras. Melanie believes in sincere, deep, unashamed worship, and following the Holy Spirit's leading in ALL things. She trusts that God desires that she explicate on the issue of domestic violence within and outside of the church. Her personal vision is to utilize her creativity and spiritual support skills to bring harmony to the world and bring connectivity back to God. Melanie's favorite scripture is Philippians 4:6-7: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Melanie's varied background in spirituality, psychology, and counseling have provided the perfect foundation for expounding on women's issues. As an author she has co-authored a 9-week devotional book, *It's Over: Finding Freedom By Breaking Negative Strongholds* and published her first book of poetry, *Unashamed: Revealing Truth* in 2014.

Melanie currently lives in Alexandria, Virginia and worships with the Thirteenth Street Church of Christ in Washington, D.C.

## *Mistress of Ceremonies*

**Introducing Tyra Garlington** ... author, inspirational speaker, local, national and international talk show host, business owner and survivor.

They coined the term “steel magnolia” to describe a Southern woman whose delicate exterior belies an unbreakable core. Although she is not Southern by birth, Tyra Garlington’s life and professional experiences give the right to “steel magnolia” as her own.



The Cincinnati native holds a master’s in psychology from San Diego State University. Tyra has been a teacher and principal, whose belief in the ability of children to rise above their bleak surroundings helped to turn around an entire school. She has been a member of the clinical staff at University of California, San Diego, helping tormented individuals find their way to peace. She has worked at IBM as a marketing consultant for 22 years, in higher education administration, and local, state and federal governments. Most recently, in Fairfax County, she was the Deputy Director in the Office of Public Affairs. She has been a volunteer mentor and Education Pillar Chair on the Board of Leadership Fairfax, in Fairfax Virginia, guiding the development of the next generation of leaders and setting the course for the educational goals of the program. She continues to deposit in this and future generations through her servant leadership in Rotary International, several ministries in her church, and life skills coaching.

When Tyra enters a room, people see the smile, the style and grace. She says she is always blessed. She calms the jittery nerves of young speakers and is herself the quiet calm at the center of any storm – even those in her own life.

For Tyra Garlington, there have been many obstacles. She has suffered abuse, a brain tumor, loss and cancer and she stood her ground against each one, calling on her unlimited faith and belief in God. In typical “steel magnolia” fashion, Tyra Garlington turned her internal pains into talks that would help others who faced insurmountable odds. She is drawn to charitable and service organizations that tackle domestic violence, homelessness and children who live in worlds they cannot control. The Steel Magnolia from the Mid-West will be there to help them.

Tyra’s believes that nothing that has happened in her life will be wasted. She further believes, her next chapter will be shaped by her need to continually learn, engage, and encourage, others both personally and professionally.



*Debra Smith Beale*  
Owner  
Deva Hair Gallery & Boutique



*Michele Ruth Jones*  
Founder & President  
Time To Fly Foundation

*Business Nominees*



*Angela Y. Moody*  
President & CEO  
EDJ Associates, Inc.



*Angela M. Peabody*  
Executive Director & Founder  
Global Woman P.E.A.C.E. Foundation

## *Business Nominees*



*Ingrid Parrish-Hicklin*  
President & CEO  
Ingrid's World, LLC



*Yvette Steele*  
Evangelist, Author, Founder  
JADE Ministries

## *Professional Nominees*



*Jacqueline D. Griffiths, M.D.*  
Medical Director  
NewView Laser Eye, Inc.



*Angela M. Peabody*  
Executive Director & Founder  
Global Woman P.E.A.C.E. Foundation

## Community Nominees



*Danielle Brown*  
National President  
Jack and Jill of America, Inc.



*Lavern J. Chatman*  
Community Leader  
Philanthropist

## Young Entrepreneur Nominees



*Olivia Nicole Coopwood*  
Author, Blogger, Host  
*Mom Talk* A YouTube Live Show



*Skylar Raiyn Johnson*  
Founder & CEO  
Sew Fly Sky, LLC



Dr. Janalyn Edmonds  
Retired Professor of Nursing



Dr. Mamie Parker  
Conservationist and  
Retired Executive



Lynn Garner  
Elementary School Teacher

## Judges



Barbara Owsley  
Executive Recruiter



Monique Hampton  
Human Services Specialist



Leslie Robinson  
Retired Nursing Administrator

## Northern Virginia Business & Professional Women's Club Business Award Honoree

### Angela M. Peabody



Angela Peabody is the Executive Director and Founder of Global Woman P.E.A.C.E. Foundation, a 501c3 organization founded on the principles of eliminating violence and injustices against women and girls. The mission is to empower women and girls through education to eradicate gender based violence with emphasis on female genital mutilation (FGM). She holds a Bachelor's Degree in Broadcast Journalism from Columbia University.

After a celebrated career as a Television Broadcast Journalist in her native Liberia, West Africa, Angela immigrated to the United States, following the bloody and brutal military overthrow (coup d'etat) in Liberia. She worked in the Transportation Industry in the Washington, D.C. Angela developed the passion as an advocate for women and girls against injustices and violence after her sister was killed by her husband in domestic violence.

Angela is an award-winning author and the first Liberian woman to publish a full-length novel, *Exiled – within the Bowels of American Society* and *When the Games Froze*. The proceeds from her second novel were donated to help build a school in Liberia, The Hope Academy. She also co-authored the biography of Sarian Bouma; *Welfare to Millionaire*, two children's books, produced *Global Woman Magazine*, a training manual, and an educational toolkit on FGM.

In 2014, Global Woman P.E.A.C.E. Foundation held the first Walk To End FGM in the U.S, which has become a popular international annual event in Washington, D.C. Peabody and her organization were instrumental in getting legislation passed in Virginia to criminalize the practice of FGM as a class 2 felony, in 2018 and in 2019 they helped push a Bill through the Virginia Senate for FGM to be included in the Family Life Education curriculum in all Virginia Public Schools. She trains law enforcement, school nurses, and teachers, speaks to faith, civic, and community based organizations, and host a survivor's FMG support group.

She is the recipient of several awards: Female Entrepreneur of the Year, Liberian Image Awards, Women & Media Award from the Women's Institute for Freedom of the Press, Global Health Services Award from National Association of Negro Business and Professional Women, Susie Stevens Award, Print Journalism Award from the Ward Fund, Global Impact Award from MSP Club NCA, and the Impacting Lives Globally Award from Alpha Kappa Alpha Sorority. Angela is the former Chair of the D.C. Chapter of the National Writers Union, Board of Directors of the National Association of Women Business Owners and on the Advisory Board of Tigerlily Foundation.

Angela is a charter member of the Northern Virginia Business and Professional Women's Club. She continues to spread her message about injustices against women, women's empowerment and human rights violation through Global Woman P.E.A.C.E. Foundation.

**Northern Virginia Business & Professional Women's Club  
Professional Award Honoree**

**Jacqueline D. Griffiths M.D.**



Jacqueline D. Griffiths M.D. is a native Washingtonian who earned her undergraduate degree at Yale and her medical degree from the University of Michigan. Her Ophthalmology residency was completed at Georgetown University Medical Center.

She is a Board-Certified Ophthalmologist who began performing laser vision correction practically from its inception in this country and participated with the LASIK trials to get the procedure approved by the FDA. She is recognized as an expert in her field and has lectured around the world to her colleagues about the latest in refractive surgery. Recognized by The Academy of Ophthalmology for her vast experience in the field, she was appointed Chairperson for the Refractive knowledge-based panel of the Academy which develops content for the maintenance of Board Certification.

Dr. Griffiths has been in private practice since 1994. She started her own practice and laser center, NewView Laser Eye, Inc. in 1999 where she serves as the Medical Director. NewView is the first and only Laser Eye Center in Reston, VA and one of a handful of woman and minority owned laser centers in the world. New View's Mission is to provide Excellence in Ophthalmic services by giving Personalized attention to every patient. She has repeatedly been voted "Top Ophthalmologist" by Washingtonian Magazine, the Washington Post, and Northern Virginia Magazine.

Services include Laser Cataract Surgery, Advanced Technology IOLs, Custom LASIK & PRK, NearVision CK, Laser Floater Removal, Comprehensive Ophthalmology, Eyelid Surgery, Botox Cosmetic, Facial Fillers, and an Optical center providing the latest high quality designer frames and lenses for the entire family.

Dr. Griffiths is the current Ophthalmology Section Chief of Reston Hospital Department of Surgery, the former Chief of Ophthalmology at both the Reston Ambulatory Surgical Center in Reston, VA as well as Loudoun Hospital in Leesburg, VA. She is a Diplomate of the American Board of Ophthalmology, a Fellow of the American Academy of Ophthalmology, a member of the American Academy of Ophthalmology, American Society of Cataract and Refractive Surgery, the Washington National Eye Center and other professional organizations.

Dr. Griffiths enjoys Tennis, Swimming, Snorkeling, Biking, and Travel. In addition to the hobbies, she is a proud member of Alpha Kappa Alpha Sorority, Inc. and the Reston Chapter of the Links, Inc. She is happily married to Darren Jones and they celebrate 20 years of marriage this year. They live in Great Falls, VA with their spoiled Wheaten Terriers, Charlie and Bella.



## Northern Virginia Business & Professional Women's Club Community Award Honoree

### Lavern J. Chatman



A tireless advocate, staunch supporter, dedicated community leader, and a firm believer in giving back to others, Ms. Chatman has been involved with philanthropic efforts in the Washington, D.C. region for more than two decades. Ms. Chatman served in senior leadership positions in marketing and business/fund development for non-profit and community organizations. She worked for decades as an advocate and promoter for minority and small businesses, developing strategic partnerships, fostering community engagement and advancing diversity and inclusionary initiatives.

Ms. Chatman was also a former candidate for the United States Congress 8th District of Virginia. In 2014 she ran as the only women in a field that included seven male candidates. As a first time candidate for political office she competed at the highest level in debates, national media drives, and raised over \$500,000 with a campaign appearance and endorsement from Oprah Winfrey.

She served as the pulse of the Northern Virginia Urban League (NOVAUL) for almost a decade, first as a volunteer, then as a member of the board of directors, serving as the President and CEO of the NOVAUL from 2003 to 2011, leaving a legacy of excellence and empowerment for generations to come. Under Ms. Chatman's leadership, NOVAUL became one of the preeminent organizations in Northern Virginia addressing issues of youth empowerment, financial literacy, affordable housing, closing the education achievement gap, and social justice. While there are myriad highlights from her tenure at the NOVAUL, one of her lasting contributions was her steadfast development of the Freedom House Museum. Out of commitment to her community and a dedication to its history, Ms. Chatman spearheaded a development campaign for this two-year project, raising over \$400,000 to build, design and create a permanent memorial that tells the story of the domestic slave trade in Alexandria, VA. Today, this historic memorial is the headquarters of the NOVAUL. Her efforts have been recognized on the local and national level with a series of awards, including the 2009 National Urban League Woman of Power Award for distinguished leadership.

In 2008 Ms. Chatman convened over thirty-two grass roots organizations to form the Nova Coalition to lead voter education and empowerment efforts throughout Northern Virginia and promote civic engagement on nonpartisan issues in the community.

Ms. Chatman presently serves on the Board of Trustees for Arena Stage, chairing the 2018 and 2019 Annual Gala, she has served on the Board of Directors for Archbishop Carroll High School, Washington, D.C.; The Campagna Center, Alexandria, VA; Fairfax County Chamber of Commerce, INOVA Alexandria Hospital, The Community Foundation of Northern Virginia, WETA Public Broadcasting, and Chaired the Diversity Council for AARP Virginia. Ms. Chatman served on The National League of Cities, Council on Youth, Education & Families, the World Bank's D.C. Community Outreach Grants Committee, and the Cardinals Circle for the Archdiocese of Washington D.C, and is a Past President, of the Arlington (VA) Chapter of Links, Incorporated and a member of Delta Sigma Theta Sorority.

## Northern Virginia Business & Professional Women's Club Young Entrepreneur Honoree

### Olivia Nicole Coopwood



On December 26, 2016, Olivia Coopwood wrote her first blog that reached over 700 viewers and a minimum of 6,000 Facebook shares each week. Olivia's blog entitled, "Moms, Sports, and Babies" focuses on how she overcame the struggles and juggled life as a single mother while being a student-athlete at Coastal Carolina, a Division One University.

After graduating from Coastal Carolina in 2017 with a bachelor's degree in Communications and a Minor in Journalism, Olivia was motivated to do something more to help and encourage other young moms and launched her blog as an official business blog called, Moms, Sports, and Babies. She later went on to create an inspirational YouTube channel called, "Mom Talk".

"Mom Talk" was originally created as an open discussion platform where 3 to 5 young moms between the ages of 18 to 31 could sit around a table and discuss suggestions and ideas about raising toddlers, overcoming postpartum depression and dealing with relationships. Olivia later video recorded each "Mom Talk" session and shared it with other mom's for inspiration and information. The small group settings allowed Olivia to mentor and create a safe and comfortable environment that allowed the moms to openly discuss sensitive topics without fear or hesitation. Olivia's hope is that "Mom Talk" will inspire young moms all over the world!

In December 2018, Olivia graduated with a 3.4 GPA from Virginia Commonwealth University with a master's degree in Strategic Public Relations. She set the school record in the 400 meter hurdles at the NCAA Division One Regional Championship for track and field. Her daughter, Nya Coopwood, born April 18, 2016, was at every practice!



Olivia Nicole Coopwood is the author of her first book entitled, "Freedom", a poetry book to help people who suffer from depression and anxiety. "Freedom" will be published March 2019.

Moms, Sports, & Babies  
[www.msbnicole.weebly.com](http://www.msbnicole.weebly.com)

## Northern Virginia Business & Professional Women's Club Young Entrepreneur Honoree

### Skylar Raiyn Johnson



Following in her entrepreneurial mother's footsteps, 11-year-old fashionista, Skylar Raiyn Johnson is the founder and CEO of Sew Fly Sky, LLC; a fashion platform based in Northern Virginia.

Skylar began her love of fashion and design at the young age of 8 after suggesting that she and her mother "Upcycle" instead of disposing of her old, outdated clothes. Recognizing Skylar's desire to learn sewing, her mother enrolled her into private sewing lessons. Through those lessons Skylar learned the mechanics of the sewing machine and crafting of clothing patterns. Skylar has expanded skills to sketching and creating her own fashion designs. She has even been hired to make clothes for public officials such as Phyllis Randall, Chairwoman of Loudoun County Board of Supervisors, and Christina Bouweiri, owner of Reston Limousine and Travel Service Inc. and Sterling Women. Skylar also teaches beginners' private sewing lessons, volunteers teaching classes at Loudoun Public Libraries, and volunteers to make clothes for less fortunate children in Africa.

Aside from her few television and radio appearances, Skylar has also been asked to speak about her business endeavors at schools such as London Towne Elementary school, Herndon High School, and Shenandoah University in Winchester, Virginia. In the fall of 2018 Skylar won the first place prize in the "Make it in Wool, Virginia" competition.

Skylar's personal short term goals include starting her own fashion line and partnering with a clothing manufacturer to create an online platform to sell her designs across the world. Skylar has prepared for her goals by taking her time to learn and have fun with her craft, while perfecting it. Not rushing to take off before she was ready has allowed her to create quality, creative garments. She is very excited about the future of Sew Fly Sky, LLC.



- EST. 1830 -

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# UNDISPUTED

## AUTO CARE

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**Angela Peabody**

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**Business Award Honoree**



**Angela Moody**



**Debra Smith Beale**



**Lavern Chatman**

*Congratulations*

**Community Award Honoree**



**Michele Jones**



**Ingrid Parrish-Hicklin**

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# *Congratulations*

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**2019 Business  
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Mrs. Karen Williams*



**Northern Virginia Business and Professional Women's Club  
2019 Women's History Jazz Luncheon April 6, 2019  
"Celebrating Visionary Women: Empowered & Engaged"**

**Programme**

Musical Prelude ..... **Common Ground Jazz Band**

**Opening**

Introduction of Mistress of Ceremony.....Darnell Wise Lightbourn

Introduction of Dais Guests.....Tyra Garlington  
*Mistress of Ceremony*

Welcome .....Janet Ford  
*Program Chair*

Greetings .....Delores Alexander  
*Governor, Mid-Atlantic District*

.....Sherelle T. Carper  
*President, NOVA BPW Club*

Occasion.....Kristina Russell  
*National Youth Leader and Youth Director, Mid Atlantic District*

*National Negro Anthem*.....*Lift Every Voice and Sing*

**Common Ground Jazz Band**

Invocation ..... Nicole Dias  
*Chaplain, NOVA BPW Club*

**Lunch**

*Special Selections* ..... **Common Ground Jazz Band**

Introduction of Keynote Speaker.....Tyra Garlington

Spoken Word Keynote .....Melanie Joyce Johnson

**Presentation of Awards**

Video Presentation .....Deja Adore Dozier, *President*  
Pamela Ellis, *Member*

NOVA BPW Club Awards.....Glynda Mayo Hall  
*Program Co-Chair*

*Introduction of Nominees & Award Honorees - Business, Professional, Community Service*

NOVA BPW Club Awards.....Dr. Wallicia Gill

*Introduction of Nominees & Award Honorees - Young Entrepreneurs*

**Common Ground Jazz Band**

Acknowledgements and Closing Remarks.....Sherelle T. Carper



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### WALT'S FAVORITE SHRIMP - 25 SHRIMP 19.99

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### CHICKEN BREAST STRIPS - 25 PIECES 19.99

Golden-fried chicken breast strips. Served with honey mustard. 4,520 Cal

### PETITE MAINE LOBSTER - 8 TAILS 49.99

Chilled, Petite Maine Lobster Tails served with cocktail sauce. 540 Cal

### PARROT ISLE JUMBO COCONUT

### SHRIMP - 25 SHRIMP 25.99

Hand-dipped, tossed in flaky coconut and fried golden brown. Served with piña colada sauce. 2,670 Cal

## WHOLE DESSERTS

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### VANILLA BEAN CHEESECAKE 31.99

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Celebration menu available for private-dining events only. No substitutions. Advanced reservations required. Call your local Red Lobster and select option 3 to speak to a manager. Full bar available.

## TIPS FOR ORDERING

### 10-14 people

1 Feast  
1 Pasta Feast  
1 Party Platter

### 15-19 people

2 Feasts  
1 Pasta Feast  
1 Party Platter

### 20-25 people

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2 Pasta Feasts  
2 Party Platters

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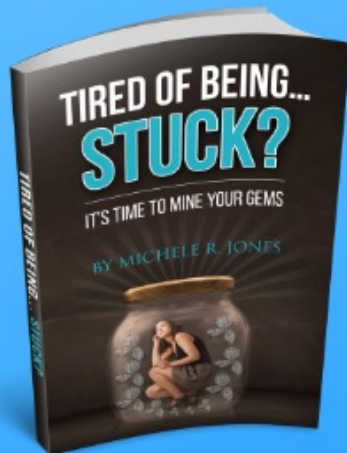
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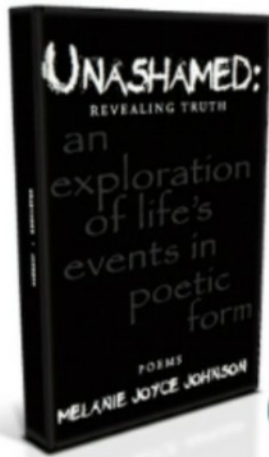
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AJ loves the Porsche brand because of the tight Porsche community, rich history and individuals passion speaks very highly about the Porsche Museum and Factory in Stuttgart or Leipzig. He strongly recommends if given the opportunity, you should take the tour. The tour is very informative.

Some hobbies AJ enjoys are taking long walks and hikes with his wife and dog. He enjoys traveling the world, trying different foods and has a big passion for road biking. If you, a family member or friend have any interest in purchasing or leasing a vehicle, contact him. AJ is looking forward to hearing from you!

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## House of Wood Neighborhood Outreach Program

The House of wood Neighborhood Outreach Program was founded in 2010 as a faith-based initiative in Fairfax, Virginia. Our goals are to provide community support through a variety of Academic, Christian Fellowship, Character Building, Mentoring and Personal Development Programs. Our target audiences are youths in the underserved parts of our community and their families.

We will partner with other faith-based and non-profit organizations in the community to identify those who may need the types of services that we offer. Also, we will collaborate with community leaders and community service groups to exchange ideas about how we can best serve the greater community, both individually and collectively.

The ultimate goal of the House of wood Neighborhood Outreach Program is to lead our program participants to the loving grace of God meeting their earthly needs and helping them open their hearts to receive His love.

## VOLUNTEER AND SHARE YOUR TALENTS WITH THE HOUSE OF WOOD NEIGHBORHOOD OUTREACH PROGRAM

- Night of Hope - 4th Saturday in June
- Back To School - August
- 4th of July Parade - July
- Thanksgiving Baskets - November
- Toys for Tots - December
- Donations

### Contact Information:

Vicki Wood  
 Phone: (703) 581-5259  
 Email: Vwood4@version.net



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**ADULT MEMBERSHIP APPLICATION**

**Please type or print: If more space is required, submit as an attachment include applicant's name on each page**

|                                               |                            |                            |                        |      |                  |                |
|-----------------------------------------------|----------------------------|----------------------------|------------------------|------|------------------|----------------|
| Club Name:                                    |                            |                            | District:              |      | Date:            |                |
| <b>Type:</b>                                  | <b>Adult (21+)</b>         | <b>Young Adult (18-35)</b> | <b>Member-at-Large</b> |      | <b>Corporate</b> |                |
| <b>Category:</b>                              | Professional               | Business: Owner:           | Yes                    | No   | <b>Status:</b>   | Active Retired |
| Name:                                         | Ms. Mrs.<br>Miss           | Last:                      | First:                 |      | Middle:          | DOB:           |
| Home Address:                                 |                            |                            | City:                  |      | State:           | Zip Code:      |
| Telephone:                                    | This is: Home Work<br>Cell |                            | E-Mail Address:        |      |                  |                |
| Name of Employer/Business:                    |                            |                            |                        |      | Telephone:       |                |
| Work Address:                                 | City:                      |                            | State:                 | Zip: |                  |                |
| Occupation/Title:                             |                            |                            |                        |      |                  |                |
| Certifications:                               |                            |                            |                        |      |                  |                |
| Have you ever been a member of NANBPWC, Inc.? |                            |                            | No                     | Yes  | Dates:           |                |

**Education (Please indicate highest level of education obtained):**

|                  |              |
|------------------|--------------|
| School Attended: | City, State: |
| Degree/Major:    |              |
| Diploma:         | Yes No       |
| Date Completed:  |              |

**Organizational Affiliations:**

|                                   |                |              |
|-----------------------------------|----------------|--------------|
| Name:                             | City:          | Office Held: |
| Name:                             | City:          | Office Held: |
| List special skills or interests: |                |              |
| Sponsor                           | Sponsor's Club |              |

**References:**

|      |         |           |
|------|---------|-----------|
| Name | Address | Telephone |
| Name | Address | Telephone |

**Attach Resume and Copy of Degree(s), License(s) or Certification where not prohibited by law.**

**Signatures:**

|             |                                  |      |
|-------------|----------------------------------|------|
| Applicant:  |                                  | Date |
| Acceptance: | Local President/Membership Chair | Date |
| Approval:   | Governor/Vice Governor:          | Date |

**Club Instructions:** After receiving signature of District Governor, submit original application package, New Member Roster, Adult Department Dues Transmittal, and Check for New Member Joining fees to National Office.

**Send a copy of the new member application package to the National Director of Membership.**

|                    |                        |      |                     |    |
|--------------------|------------------------|------|---------------------|----|
| <b>Office Use:</b> | Joining Fees Received: | Date | Amount              | \$ |
|                    | Posted to Database:    |      | Member Packet Sent: |    |



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