

Black Women Networking, Intl Inc

Falling in Love Again

Challenge of the Month



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It's Time!

A new month, full of Opportunities and Possibilities. Sisters, summer is winding down and our kids are returning back to school. This month, I want to challenge each of you to fall back in love again. Fall back in love with everything YOU!

As women, we give so much of ourselves to make other people's dreams come true. Now, it is time to turn the table. Part of this month's challenge is encourage you to make a conscious and concerted effort to getting back into all of the things that bring you joy. From scrapbooking to bubble baths. From line dancing and power walking to journaling and meditating. From starting a blog to starting a business, BWN is here to help you. We have sisters who have your best interests at heart, and we will provide you with the encouragement and support you need to grow personally, spiritually and professionally.

Beginning August 1-5, start mapping out your success plan. Kick-off Day will be August 6, the day of our conference. Even if you are unable to attend, the conference will be live on Facebook.

As we strengthen the state of our sisterhood union, we want you to be a part of the movement. Sisters, it's time!

When are the Tax Free Weekends for 2016?

To help drive the economy during the slower shopping months of the year (July & August), the state governments of various US states decided to temporarily not collect taxes on various items. Due to this normally being for one weekend only, it was referred to as a "Tax Free Weekend" or a "Sales Tax Holiday." Full details of this are available by state on <https://www.freetaxweekend.com/>.

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Alpha and Omega Ads offer a number of products and services: Banners, Postcards, Brochures, Catalogs, Online Printing Service, Flyers, and Custom Designs.

Web Development/Design and Hosting, Print Products, Business Cards, including Full Color and Glossy Business cards, Calendars, Letterhead, Envelopes, Tent Cards, Table Tents, Business Branding, Social Media, Online Presentation, Business to Business Relationship, and more.

BWN's Sister Spotlight: Sister Kelly Winfield



The Computer Science field has one of the biggest gender gaps in all occupations; with only 18% of the degrees going to women. But there stands Kelly Winfield a rare find not only being a woman but also African American.

Sister Kelly Winfield was born and raised in the Hampton Roads area of Virginia. Using the internet, books, and her own determination, she taught herself how to write computer code and in 2006, she built her first website.

Since then, she has only furthered her knowledge on the subject; earning her Bachelor's Degree in Computer Science in 2011. With the idea "To give all businesses the opportunity to market and advertise on a big business level," Alpha Omega Ads was born. Just like the name implies, it handles the beginning to the end of your advertising and marketing needs. Providing online & offline marketing services to all business nationally & internationally, Alpha Omega Ads wants to ensure business owners has the best advantage in a world many find hard to navigate.

Understanding the obstacles of being a female in a male dominated world; Sister Kelly has made it her mission to educate women and improve their brand as well as their online presence. One of the first members to join BWN, she found her home as BWN's webmaster.

As a takeaway, Kelly was asked what makes her most happy about being a member of BWN. She replied, "Through this networking community, I am looking forward to working with more women by providing high quality products at a reasonable price. As the world of technology changes, I hope to help each of my sisters further their business goals by providing their business with an everlasting impression."

Facebook: [@alphaomegaads](https://www.facebook.com/alphaomegaads)

Phone: (757) 330-0644

Email: alphaomegaadvertisement@gmail.com

Website: <http://alphaomegaads.com>

**Please Help Me
Welcome Our New
Members to Our
BWN Sisterhood!**

**Sharaka Cuyler
Fayetteville, GA**

**Katherine McHaynes
Ferguson, MO**

**Sandra Morno
Houston, TX**

**Tiberia Morris
Atlanta, GA**

**Keena Smith
St. Louis, MO**



Life Lessons: Sister Luberta Lytle

My self-esteem went in the tubes during my teenage years. After, I became a teenage mother at the age of 14 and again at 16, I felt like everybody looked at me completely different. People's perceptions of teenage mothers are very judgmental. Oftentimes, they make you feel like you've been infected with some type of contagious disease and if they interact with you, they will become infected too. Being a teenager is hard enough and adding a baby into the mix just creates more

stress to an already stressful situation. Keep in mind, I had two kids within a two-year time span. During my pregnancies, I lost friends and gained a lot of enemies. I only had one true supporter and that was my MOM!! She always told me to do my best and not worry about what people had to say about me. She encouraged me, but she also kept it real. She told me that life would not be easy, but that I could do anything if I put my mind to it. I enjoyed our talks, but when I had to be alone with my own thoughts, self-doubt would come in and all of the positive energy went right out of the door. It was a true struggle trying to make it through each day and hold my head up high, when deep down inside I felt just horrible about my life. My low self-esteem continued on through high school. Even with the issues of having two different "baby daddy's" that did not want to have anything to do with me or the babies, I still graduated with extra credits.

My low self-esteem set the tone for the relationships that I endured in my twenties. I wanted to be loved especially after my biggest supporter passed away. I felt all alone. In such of this feeling, I endured mental and physical abuse during most of my twenties and into my thirties. It wasn't until I finally realized that I needed to start loving myself and I had to get out of my unfulfilling relationship/marriage— my life changed. I walked out of my marriage, knowing this was the best decision that I could make for me and my children to have a better life. Oh, but it did not work out like I thought because by this time, I had three children. Only one of them wanted to live with me. The other two elected to stay with their father. I was devastated!

Being a mother and hearing your children tell you that they could have a better life with their father instead of you are words no mother wants to hear. I allowed them to stay and I went through with the divorce. Trying to cope, I turned to alcohol for support. I became a functioning alcoholic for a few years, until one day it hit me, "It's okay that your children decided to stay with their father. You are still be their mother. You have got to quit beating yourself up over their decision". That day, me and alcohol broke up. I decided to return back to school and I started focusing on the child that stayed with me. I know my other children think that I don't love them like I love my oldest son, but that's really not true. I love all of my children the same and want nothing but the best for them. However, I will not allow my youngest children to continue with this *let's blame mom for our bad choices and our downfalls*.

My life has had a lot of ups and downs, but they have made me stronger and the woman that I am today. I continue to grow and love myself more and more each day. I hope this will help somebody realize that you are worthy to be loved, but first you must love yourself!!!!

Dream.Believe.Achieve

<http://www.lubertalytle.com/>





Sister to Sister Conference

The State of Our Union

5231 MEMORIAL DR. STONE MOUNTAIN, GA.

DYNAMIC SPEAKERS TRANSPARENT PANEL & ENTERTAINMENT

Saturday August 6, 2016

10am-3pm

Artist



Michelle Hodges
Comedian



Diane Washington
Gospel Recording Artist



Jacqueline Richards
Pride Award



Donna Spellan
Trailblazer Award

Honorees

Politics

Leadership

Family

Sisterhood

Economics

Community

Marshiela Hall
Prophetic Dance

PANELIST

Kisha Jones-Pate
President & Founder



Coco Williams
Demopolis, Alabama



TaShawana Guy
Houston, Texas



Tiberia Morris
Atlanta, Georgia



Addie Lamour
Mobile, Alabama



LaShana Middleton
Atlanta, Georgia



Erica Darrington
Mobile, Alabama



Adria Robinson
Atlanta, Georgia



Tierra Destiny
Atlanta, Georgia



Alishia Goodridge
New York City, New York



Nicole Harston
Columbus, Ohio



Paula Lamar
Long Island, New York



Tammie Lilly
Hempstead, Texas

Other panelist include: Kisha Loughthead, Jasira Monique, & Autumn Morris

www.bwninternational.org



For more info contact bwninternational1@gmail.com (470)331-6018

Sisterhood STANDOUTS

Submit your accomplishments to:
getnstep@outlook.com by **August 15**,
to appear in the September edition.



On Fi-yah!

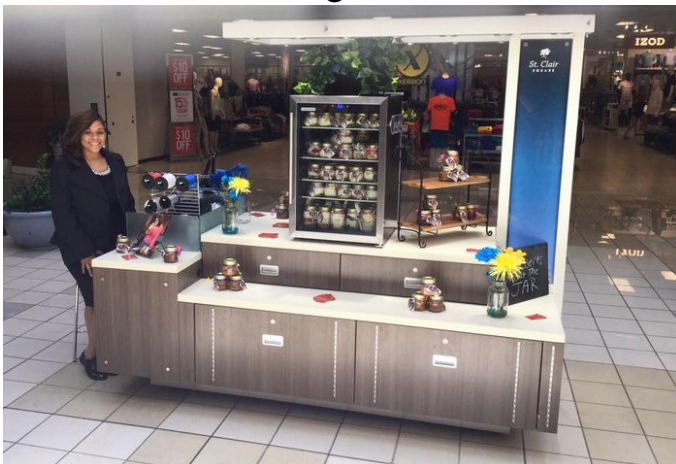
Congratulations, Sister Christina Harden on your grand achievement. Christina received 1st-place recognition for Best Home Business with Gold Canyon Candles. Way to rock it like a BOSS!

It has been quite a few years that I have known this young lady. She is a leader, great business woman example; and has a heart of gold. My story of her began with an unpaid vendor refund. I was hosting an event and she was to be my vendor. I had to cancel my event, but I did not have all of my vendor refund right away. She did not ask me about her refund. However, I remained in touch with her on my progress. At my next event, I gave her a complementary table in lieu of her refund. We have been networking/business partners every since! I could not be more proud that God included her in my life. She has become an ear for me on personal matters and I love her greatly. Despite all of what I have just said her business colleagues has voted her the 2016 Change Your Mind, Change Your Life Award. Congratulations, Tina Adams-Turnipseed!!! You will receive a gift and a card!!!! Well deserved!

Submitted Online by Rhonda McAlister to (BWN Gold Club Members Only)



Congratulations, Sister Yashicka Mckinney!



Be on the look out for Desserts Out of the Jar coming to a mall near you. Sister Yashicka has signed with 6 different malls: St. Clair Square, South County, Mid Rivers, Chesterfield, West County, and Saint Louis' Galleria Mall.

She's scheduled to be in the malls until the end of the year. Visit a location and get your fill of these delectable desserts.

Raising Awareness

BWN supports many causes and as an organization, it is our mission to spotlight, raise community awareness and inspire those who are dealing with various health issues and personal concerns.

August is.....

August 1-31: Children's Eye Health and Safety Month
www.preventblindness.org

August 1-31: National Breastfeeding Month
www.usbreastfeeding.org

August 1-31: National Immunization Awareness Month
www.cdc.gov/vaccines/events/niam/default.htm

August 1-31: Psoriasis Awareness Month
www.psoriasis.org

August 1-7: World Breastfeeding Week
www.worldbreastfeedingweek.org

August 7-13: National Health Center Week
www.healthcenterweek.org

August 22-26: Contact Lens Health Week
www.cdc.gov/contactlenses/contact-lens-health-week.html

This is a great way to receive material to distribute to your guests at your chapter events.

Source: <https://healthfinder.gov/NHO/nho.aspx?year=2016#574>

Black Girls Workout, Too!

"Curves are good..in the right places! Statistics show that 4 out of 5. African-American women are overweight or obese and we have to change that!"

Ellen and Lana Ector (63-years young), Atlanta-based mother-and-daughter fitness duo have put together "Black Girls Workout Too", an exercise program that pushes females to rigorously increase their heart rate while toning their entire body.

Grab an accountability partner and check out <https://www.facebook.com/officialbgwt/>.



Here, you will find how to start the 21-day diet challenge. It has been said that anything you do for 21-days becomes a habit. Let's change our body habits.

Dangerous Drills

Football season has begun. During daily practices, especially, Two-A-Days, it is imperative to keep your student athlete hydrated. As high temperatures rise throughout the month, it is also imperative to keep an eye on a watch for **Heat Illness**.

Heat Illness: Athletes who play and practice in hot environments are at risk of heat stress. Heat stress can result in a spectrum of disorders ranging from mild, such as heat rashes and heat cramps, worsening to more serious conditions of heat exhaustion and heat stroke.

Fast Facts

High school athletes, especially males, are at the highest risk of suffering exertional heat illness requiring treatment in U.S. hospital emergency rooms. Centers for Disease Control and Prevention. www.cdc.gov

31 high school football players died of heat stroke complications between 1995 and 2009. Annual Survey of Football Injury Research, 1931-2009

64.7 percent of football players sustaining a heat illness were either overweight or obese. Centers for Disease Control and Prevention. Heat illness among high school athletes — United States, 2005-2009. MMWR Morb Mortal Wkly Rep. 2010

Exertional heat stroke has proven to be 100 percent survivable when immediately recognized and aggressively cooled on site. Korey Stringer Institute. <http://ksi.uconn.edu>. | University of North Carolina Injury Prevention Research Center. www.iprc.unc.edu

Source: <http://www.coachsafely.com/heat-illness/>

KidEntrepreneur Update:

Lil' Miss

Samiyah "Love" Womack

Last month, we introduced this spunky, eight year old, runway model/actor/voice over talent/designer business owner to all of you. This native St. Louisan began her modeling career at the age of two and this month, we are happy to report that Samiya has made a major career move.



She is officially part of the Osbrink Talent Agency in Los Angeles, CA. This CEO is taking her many accomplishments in stride while still enjoying being a kid. Look for her in print, on camera and doing voice overs. Congratulations, Samiyah! Information provided by: MO/IL Director, Mrs. Tina Adams-Turnipseed

FREE KidEntrepreneur Conference

"Laying the Foundation Early!"

TRAINED TO BE A BOSS
Conference
August 5, 2016
10:30AM-2:30PM
Stonecrest Library - 3123 Klondike Road, Lithonia, GA
WORKSHOP INCLUDES

- Leadership Training
- Financial Literacy
- Investment Training
- Kid Friendly Entrepreneurial Games

BLACK INT'L KID ENTREPRENEUR

"Don't wait until you're a adult to follow your dreams... B.I.K.E is on the move."

LUNCH WILL BE PROVIDED
Open to all kids ages 4-19
NO COST -MAKE A DONATION
<https://www.eventbrite.com/d/ga/bwn-kids/>
Contact: Kisha Jones-Pate bwninternational@gmail.com (470)331-6018

www.bwninternational.org

Back-to-School Tips: Make Learning a Priority



Photo: www.pcog.org

Summer is coming to an end. As your child approaches a new school year, here are some tips to help you and your child get started on the right foot.

- Take time to visit your child's school beforehand.
- Talk about school each day. Make it fun!
- Ask to see classwork. Or, check their book bags.
- Have your child read aloud to you each evening.
- Encourage your child to discuss new ideas and opinions.
- Show appreciation for good efforts. Immediate praise and feedback really shows your child that you are proud of them.
- Practice afterschool plans and make sure your child knows where to go in an emergency.

BWN's Social Media Platforms:

- **Multi-level Marketing (MLM) Mondays:** Post information about your home-based and/or network marketing business.
- **Twitter Tuesdays:** Post your Twitter handle on our **@BWNINTL** thread using **#BWN**. We will send you and/or your business a shout out.
- **Website Wednesdays:** Post your business links, contact info and any events or promotions you are having. **This is a free advertising tool.**
- **Thankful Thursdays:** Every day we live to see is a day to give thanks. Feel free to share what you are thankful for with us.
- **Fan Page Fridays:** Promote your Facebook Business/Fan/Group Page. We also ask that you support your sisters by **Boosting** their visibility on Social Media. It's requires little effort. Please <LIKE> and <SHARE> one another's pages. Show them that you are one of their biggest fans.
- **Super Saturdays:** Spend the weekend shopping, saving & supporting your BWN Sisters. Post any specials and campaigns you are hosting.

Facebook: We have added new groups on Facebook. Use the "Search" box to locate current **BWN** groups/pages.

BWN Gold Club (Black Women Networking) **MEMBERS ONLY**

BWN(BLACK WOMEN NETWORKING) **Open to members and the public.**

Email: bwninternational1@gmail.com

Twitter: @BWNINTL

Celebrating Your Special Day!

To all of our sisters who are celebrating a special occasion during the month of August.

Your BWN family shares in your joy. We extend our love, acknowledgements, and we wish you all the best.



BWN brings you the world!

WEEKLY AGENDA

Monday: If you missed our call on August 1, our next calls will take place: Aug.15 and 29, 9:00 PM EST

Prayer Call Tuesdays:
Every Tuesday, 9:00 PM EST

Wind Down Wednesdays
August 3, 17 and 31, 9:00 PM EST

BWN would like to spotlight your business. We welcome any sister that would like to appear as our featured guest on our Monday or Wednesday evening call.

Please Note:
We are adding new events all of the time. Receive Up-to-Date Notifications, Chapter News and other Important Announcements by visiting our Black Women Networking FB Pages.

BWN's Conference Call Line:
(712) 770 4005, PIN: 646645#

Special Thanks:

Special thanks to our founding chapter, BWN Atlanta, for hosting this year's Sister to Sister: The State of Our Union Conference. Our sisters, along with our BWN leaders, spared no expense and have worked tirelessly preparing for what will be a memorable experience for all. The event is open to the public.

Registration is still open to anyone who wants to participate in the festivities.



**Membership
has its
Privileges!**

WE'RE ON THE WEB!

www.bwninternational.org