

WFWP USA: June HerStory Award: Becoming Heroes for One Person at a Time

Grace Kisile
June 24, 2023



On June 24, 2023, WFWP USA held a virtual National [HerStory Award](#) ceremony emceed by Mrs. Katarina Connery, Vice President, WFWP USA. The HerStory awardees represented various backgrounds. The common denominator among them was that through overcoming life's insurmountable challenges, they were able to bring incredible value to the lives of countless others. Mrs. Connery greeted all the participants and then proceeded to welcome WFWP USA president, Mrs. Kaeleigh Moffitt.

President Moffitt expressed the value of the HerStory award: "The idea of celebrating HerStory is making sure that the story of women and wisdom of women is being told as we celebrate the achievements that are happening right here and

right now."

Each of the three awardee were introduced with her bio as well as a personal sharing from the WFWP leader who recommended her. President Moffitt virtually presented the award and each awardee was able to share her story with the participants.

Read their stories and lessons (below) upon receiving the HerStory Award or click on the link to watch the video.

The first speaker of the day was Mrs. Julie Phippen, Founder and CEO, Sewpportive Friends.

Watch Mrs. Julie Phippen's message [here](#).



Mrs. Julie Phippen

Mrs. Phippen shared the story of how her compassion as a mother led her to start her organization, encouraging the continued education of girls in several African countries through teaching them how to sew and address the feminine hygiene crisis that was affecting their education.

"When I was a young girl...my grandfather would tell me many stories about Africa, igniting my imagination. He was a missionary and spent quite a bit of time in Africa... He filled me with a strength of purpose to help others and to preserve wildlife.

"In 2013 my family had the opportunity to visit Zimbabwe. After visiting the communities, I was inspired and...wanted to do more. In 2016, preparing for a return trip to Zimbabwe..." she

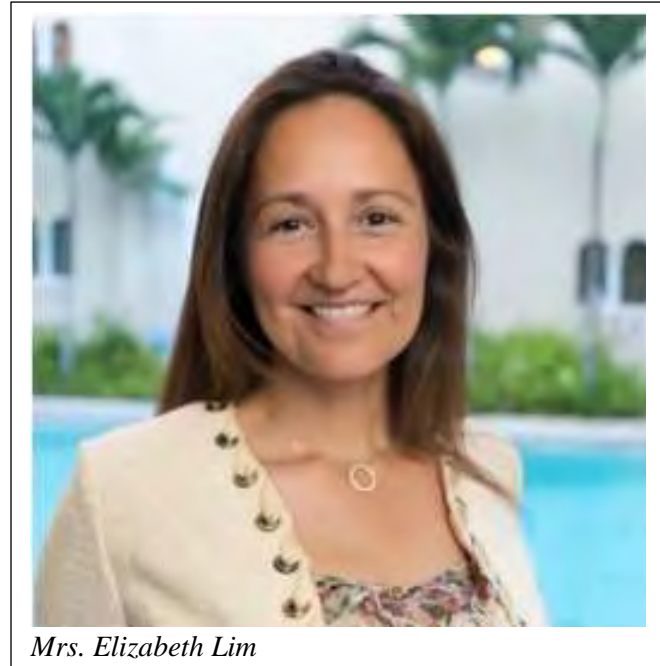
learned about "the high dropout rate of girls in these rural villages due to lack of feminine hygiene products. I could not imagine my daughters not being able to attend school due to a lack of feminine products." And so she decided she needed to bring the products to the "daughters of Zimbabwe." Upon finding the quality of the reusable hygiene products on the market to be sub-standard, she decided to sew her own and brought them to Zimbabwe. "The first village we delivered to, the headmaster asked me if I would demonstrate to the girls and women how to use these items. A mother stood up and said, 'Please, would you teach us how to sew these items?'" This request was repeated by many in the next villages they went to, and from this emerged her initiative, Sewpportive Friends. "In 2017 I returned to Zimbabwe with friends and taught two sewing classes. We saw the excitement and hope the project provided for these girls and women. Hope provides courage and courage brings change in thought and action. And the change was clear in subsequent visits to these communities, as formal sewing groups had been formed. They were productive, they were learning and supporting each other." She has been on this journey ever since. "I will be leaving next month for Zimbabwe. It will be my 17th trip...since 2016. I could not have imagined that my simple idea seven years ago would have touched so many lives."

Looking back, Mrs. Phippen reflected on the challenges that she and her friends have had to overcome,

noting that "the process was quite intimidating at times... We have experienced wonderful progress and we still face challenges...we know other issues will arise, but working together for the betterment of humanity will provide a way...I'm grateful every day to be able to help others, to see the positive change in the communities we've been welcomed in, and to continue learning from others... We are a global family when led by love."

The second speaker was Mrs. Elizabeth Lim, Founder, Scream, Run, Tell.

Watch Mrs. Elizabeth Lim's message [here](#)



Mrs. Elizabeth Lim

Mrs. Lim began with the words, "I am going to do something I don't normally do," as she explained her decision to read her entire speech from a script she had written. "I will let you know why."

Mrs. Lim began with her testimony that, "There is absolutely nothing that I have done on my own, there has always been someone to help me along the way." In fact, she shared, "I have failed most things. And not by a little but rather a lot. School was really difficult." As a non-native English speaker, Mrs. Lim shared how through her teachers, "I was able to do what in my eyes was considered impossible." First, she learned English. Next, she survived some of the hardest years of middle school for her, winning her first ever award. In high school "all the teachers advocated for me and helped me

through that. I learned through them how to advocate for myself and the things that I needed." In college, she once again fell behind. "As I was a dyslexic student, school was very difficult and at times I would fail and have to start over again. I was also working full time just to keep shelter. I went on failing college...until I graduated in 1988...as an EMT." Through the journey, however, "I used my strengths and used them for good. I embraced my weaknesses that helped me to have compassion for others and keep myself humble."

She next shared about her early life and her family. "My first recollection of life was hunger. I knew nothing of the color of my skin, nor did I care. All I knew - I was hungry. And for a child that was the difference: who had food and who didn't." She shared how she was soon separated from her sisters and taken in and protected by nuns. "I was happy there, I was fed." Here she developed "the first stages of trusting God. I remember learning to pray and having a grateful heart." Soon after she moved in with her grandfather, which she tearfully remembered as "the best thing that ever happened to me. I knew I was loved and belonged. But that ended shortly." She moved once again, this time taken by strangers to live in America with her mother and her sisters. "Until this point I knew nothing of my mother. I had almost forgotten the little girls that I had called sisters. I was in a strange land with strangers." While it took time to cultivate her relationship with her mother, Mrs. Lim shared how she was "a visionary woman...Yes, she left us behind for a short time to give us a better life. She believed in people and doing good for others. As soon as she brought us, she brought her siblings, her cousins and others. And she is still a beacon of light. She says, 'I am a social worker for God and there is still lots to do.'"

"I've seen hardship in my life," reflected Mrs. Lim. "I am the story of your next door neighbor, the story of what people hide. I share this story in hopes that someone today will know they're not alone. I'm not ashamed of where I came from or who I am, or who I have become. This is my journey, and in it I have learned to be more kind and even see more good in people. I have learned to have a willing heart and to never give up...I choose what defines me. I'm steadfast in faith no matter what my circumstances are. The desire to help those around me and a genuine love for people - that is what I want people to remember me for, for those qualities led me to become an EMT...and later creating the SRTell method, a program helping children and parents to see the possible signs of abuse before it happens while not robbing the innocence of children. What defines me as a woman is my kind heart, willingness to care and help others, respecting nature and knowing I am a daughter of Heavenly Parent."

Mrs. Lim then shared some lessons. "As women, we should never think less of ourselves because of the lack of titles. For as we walk through life we are heroes for one person at a time. We are teachers to children as we help and nurture them with a smile. We must walk upright, for we can move and shift the energy of one room for good. We can stand tall for peace and bring peace into our homes. Through this we will bring peace into our communities, our countries, and our world, and that's how it was intended. We should share our shoulders for the youth so they can see how to shape the world for good. Let us be engaged in small acts of kindness. Honestly, we never have to ask a true woman to have compassion because she's already living it."

In closing, Mrs. Lim gave her thanks to Mother Moon, and she concluded where she began: "It was so important for me to share in front of all of you and have you see my weakness of having to read. Know that no matter how we struggle we can always help others, and we should never stop helping."

The third and final awardee of the day was Mrs. Jan Whalen, President, Whalen Voices, LLC.

Watch the Mrs. Jan Whalen's message [here](#).



Mrs. Jan Whalen

"When I think of my story, I think of three challenges," Mrs. Whalen began. "Those three challenges are opportunities."

"The first challenge is that I am the oldest of eight. That meant that my youth was spent on a lot of caring for siblings and not a lot of fun. It was a little bit lonely because I didn't really feel a part of the group as much as I felt in charge of the group. And yet, later I discovered that I am very comfortable with people of any age, and I can lead in committees and in different groups. So I have to say, thank you mom and dad for your choices."

"The second challenge is that I missed a month of first grade. In my day first grade was the time where you learned how to read. And so as you can guess I was not a really great reader." She didn't connect the missed time in school with

her challenge in reading, however. Instead, "I was thinking to myself, 'I don't think you're very smart and you're just not as good as other people.' So that was a feeling that I carried with me for a long time." In college, she visited a second grade class and thought to herself "I could do that." She went on to teach for several years, including remedial reading and human relations. This led her to create a program called Character Safari. "What this was is we trained teenagers to think about what made them successful in high school, and they would go down to the elementary and middle schools and talk to them about their values and how to survive high school." She recalled one moment in particular when she took these high schoolers to speak at the Cedar Rapids area Chamber of Commerce for the education meeting. "Those kids, they made a presentation and they were so confident, so poised, and everybody listened...as they told the adults how you inspire children. I was on the side and I said to myself, 'This is the best speech of your life.' She sees now how all this educational work she has done has had to do with her own self esteem that she struggled with.

"The last challenge was about my vision." When she was young her hope was to follow in her mother's footsteps: have children and be a housewife. However, when that did not work out, "I didn't know what to do because I had no Plan B. So I started to follow what was called to me...I was a sheep in a meadow, just testing everything." She shared some of the areas of her life where this applied, such as moving many times, experiencing different Christian denominations and trying out many different kinds of jobs. "After teaching several years, I was a presentation coach and then a book shepherd. I wrote my first book in 2011, called Rock Solid Confidence, and went on to write three more books...Whenever I start a project I get so excited and think, 'This is it, this is my purpose!' And I would love to have one purpose, but it was not to be. It was sort of like climbing several hills but never quite getting to the top of every one." She expressed her gratitude for all those who have supported her throughout her life journey. "So many people were there to tell me what the next right thing would be." After a lot of exploration, "I finally got it. My epiphany came one day when I was reading a poem called 'When you look at the stars and yawn.' And there were three lines that Aaron Zeitlin had said. Every time I read these lines I swear I can hear God's thunderous voice:

If you look at the stars and yawn,
If you see suffering and don't cry out,

...

Then I have created you in vain.'

She explained that while heavy, she feels it means "I need to use my voice. My real job is to see them. To see the people that are in my world. To comfort their worries and pain and to tell them about their gifts and their talents, because a lot of times we don't know that. To let them know that they are worthy, special and loved, and to be a light to help them bloom and grow."

Mrs. Whalen concluded that what she has discovered is, "These three challenges and any others I've had drive my passion for serving."



HerStory Award

Throughout history we have heard much about 'his story,' which means there is still so much of 'her story' yet to be told. To unearth these incredible stories, WFWP USA recognizes and honors women not only for their outstanding accomplishments in various fields of endeavor, in the form of a HerStory Award, but especially for the story "behind it."

Each HerStory recipient has been selected for her courage, compassion, and commitment to using her gifts and talents to uplift others, despite often overwhelming challenges. Upon receiving this award, we ask the recipient to share a few practical points of lessons learned as they overcame trials and tribulations, in order to encourage other women, and also to share those nuggets of wisdom with the next generation.

This award encourages all women to know that by investing into people and relationships, you have influence and thus already are a leader regardless of title or position, and thus have the ability to accomplish extraordinary things for the sake of the greater good!

This is a tribute to all the women around the world who are not just leaders, but *peace leaders* that are "Living by the Logic of Love."

[Click Here to Nominate Someone for the HerStory Award](#)



Jan Whalen

Jan is a teacher, a book creation coach, and a mentor to writers who believe the best way we can share the wisdom of our age is to tell and write our stories. In addition to her literary achievements, Jan has dedicated herself to nurturing emerging writers.

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Elizabeth Lim

Elizabeth Lim is an advocate for the prevention of sexual abuse of children through education and empowerment. Currently, as founder & CEO of Scream Run Tell (SRTELL), Ms. Lim oversees internal and external operations as well as funding and community education.

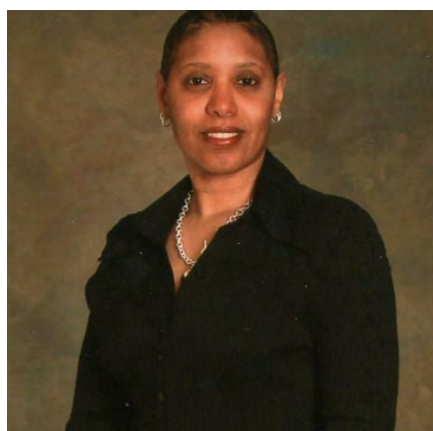
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Julie Phippen

During subsequent trips to remote schools in rural Zimbabwe where she was supplying basic education materials, Julie learned that young girls not properly equipped for the menstrual cycle, aren't allowed to attend school

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Kedma Ough

Ms. Kedma Ough has helped further our organizational transformation initiatives by building, facilitating, and guiding a team of expert coaches to drive high-level execution of transformation strategies and deliver consistent and accurate coaching into our client engagements. Having advised more than 10,000 small businesses for the last 20 years, she believes that everyone deserves a chance.

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Simone Doroski Miyazaki

Simone is the current Mrs Hamptons and recently awarded Mrs. Community Service. She has been an avid community service activist and has done community service both in the US and overseas. She is also a real estate agent with Nest Seekers International. A jack of all trades and passionate to see change wherever she goes.

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Gloria Petersen

Ms. Gloria Petersen has dedicated over four decades to her work and passion. During this time, she founded Global Protocol Academy. Previously, she spent sixteen years in civic and corporate roles developing her professional presence, business etiquette, and international protocol experience. After her stint in the corporate world, she received the industry-related training and certification needed to develop her entrepreneurial vision. She continues to train extensively in the image, etiquette, and protocol fields.

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Saundra McNair

Honorable McNair has clerked for the late Civil Rights attorney and Chancellor of NCCU, Julius Chambers and worked as a lawyer and an administrative judge for the district of Columbia. Her honorable work led her to being awarded the 2012 MLK Drum Major for Service Award from former President Barack Obama.

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Donna Paige Riley

Ms. Donna Paige Riley also known as the Etiquette Lady. She is the founder of Paige's Etiquette Seminars, L.L.C., a company specializing in business and school etiquette, image consulting, and personal and professional development training. She has over 25 years in the etiquette and image fields, is nationally recognized as an etiquette expert and image consultant, has traveled extensively training and speaking around the country, has also been a guest on several radio and television programs, and hosts her own Blogtalk radio program titled What is Etiquette Anyway.

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Justine Jane Manabat

Ms. Manabat is a dedicated health services teacher that focuses on student-centered learning that aligns with the National Career Academy Coalition and its National Standards of Practice that provides guidance to help students attain their highest potential.

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Kim Evans

For over 30 years, Ms. Kim has served as a positive catalyst to create transformational changes and lucrative results for individuals and businesses. She specializes in individual and business development, including start-ups, turnarounds, assessments and transitions. Kim is a personal development specialist, and enjoys working with individuals and businesses to develop interpersonal skills, and achieve new levels of success.

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Dr. Marilou G. Tablang-Jimenez

Dr. Marilou G. Tablang-Jimenez is the new Medical Director of the Addiction and Mental Health Center at MedStar Montgomery Medical Center. She was born and raised in the Philippines until age 18. She graduated with a Bachelor's Degree in Psychology from the University of Maryland, College Park, and received her Medical Degree from De La Salle University.

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Dr. Imani Ma'at

Dr. Imani Ma'at is an Award-Winning Health Educator, Author, Poet, Wellness Consultant, and Talk Show Host with 22 years of experience at the Centers for Disease Control and Prevention as a Health Scientist. Her goal is to help people to thrive - not merely survive!

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Grandmother Pershlie Ami

Grandmother Pershlie “Perci” Ami is a member of the Hopi/Tewa Tribe, from the Village of Walpi, Az. She is an ambassador for Grandmothers who are educators, wisdom gathers/sharers, guides, messengers, and earth protectors.

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Cassandra Tindal

Ms. Cassandra A. Tindal / CEO / Executive Producer of; WOM MEDIA LLC.; "Womenz Straight Talk" is a native New Yorker who in 2015 applied her skills as a writer, journalist, and television producer; to strategically form a communications network that provides media-rich content, on-demand video, and editorial publications to a broad audience.

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Dr. Uwa Onyioha Osimiri

Her Excellency, Chief, Dr. Uwa Onyioha Osimiri is the Founder and President of the African Women Mobilization Commission a non-profit organization mobilizing women to become leaders through training, conferencing, and global engagement. Dr. Osimiri is the Spiritual Leader of Chiism International and holds 6 Nigerian Chieftaincy titles.

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Rev. Tina Brown

Rev. Tina Brown, ordained in 2005 through Unity School of Christianity, has a rich history in ministry. Rev. Tina pioneered Unity Center of Truth, where she was Senior Minister for six years. She also served as associate minister at Unity Church of Little Rock and Unity of Phoenix, and was Co-pastor of Celebration Church, Sherwood, AR.

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Sandra Wilks

Sandra Wilks is a Philadelphia native, graduate of the Philadelphia School System and the recipient of a Business Certificate from the University Of Pennsylvania Wharton School Of Business. Ms. Wilks is also the founder of “Art of Conversationality” a marketing and promotions consulting business. Her talent is creating ways to help small business owners become more visible and have a better means for distributing their information and literature. A business woman and entrepreneur for a major portion of her life, Ms. Wilks has earned the title of *Marketing Consultant Extraordinaire*.

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Dr. Madelene Clark-Alexander

Reverend Dr. Madelene Clark-Alexander PhD.CC has been very active and successful in her life. As a preacher, teacher, and motivational speaker, she has always had the passion to serve others and that led her to obtain a Diploma Psychology from Ashworth College, her Bachelor of Science Degree with a concentration in Human Services, Springfield College, followed by a Master’s Degree in Ministry and a Doctoral Degree in Christian Counseling, graduating Cum Laude, Andersonville Theological Seminary.

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Congresswoman Yvette D. Clarke

As the Representative of the Ninth Congressional District of New York, Congresswoman Clarke has dedicated herself to continuing the legacy of excellence established by the late Honorable Shirley Chisholm, the first Black woman and Caribbean American elected to Congress. Hailing from central Brooklyn, Congresswoman Yvette Diane Clarke feels honored to represent the community that raised her.

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Sharon Lund

Sharon Lund has danced with life and death throughout her life. She is a fearless pioneer, worldwide educator and advocate, a spiritual counselor, and a Metaphysical minister. She has worked and volunteered for decades around HIV/AIDS and end-of-life issues. She is an author and loving and devoted single mother. She is a woman of faith who lives her life with passion and purpose.

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Julia Mueller

Julia Mueller is a 20-year Clinical Hypnotherapist, Master Trainer of Hypnotherapy and owner of A Mind & Body Connection since 2003, Julia is also an author and best-selling author. She has opened private practices on the Gulf coast of Florida, Sedona, Arizona. and most recently in Bloomington, Indiana, until her Bloomington business was shut down due to COVID.

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Cathleen Trigg-Jones

Cathleen Trigg-Jones is a social entrepreneur and executive with a background in journalism, media production, public relations and marketing. She has created and leads three independent media companies: iWomanTV, the first streaming news and entertainment network created by women and about women; Catscape Productions, an award-winning multimedia production company; and Trigg Global Media, a strategic marketing, crisis communications, and business consulting practice.

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Jennifer Gammons-Mujica

Jennifer Gammons-Mujica is a natural born teacher, certified Agriscaping Educator helping homeowners plant elegant and edible landscapes, and Founder of Living Well Organic (currently Farmer Jen Organics) since 2013 to educate how toxin free earthbound living supports optimal health and fresh food can be homegrown even in the barren desert.

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Dr. Ann Higgins

Dr. Ann Higgins is a Co- Pastor of Creative Christian Arts Ministries International. And President of the World Dance Council UNESCO-Nassau Bahamas Section. She is a Dancer, Choreographer, Author and Producer. She has been working in the area of the performing Arts for over fifty (50) years.

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Vanessa Dowdy

Mrs. Vanessa R. Dowdy is the Chief Executive Officer of *Amour Finer Touch*, where she plans and creates conferences, seminars, weddings and other events. She is also the Executive Officer and co-founder of *It's A Girls' Thang* (an entity of Greater Hope Baptist Church), where she has organized and hosted events for women and girls for over two decades. In April of 2017, she launched PEARLS which is a program designed to empower girls aged 3-18 while teaching them basic life skills.

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Anjanette Foster-Miles

Anjanette Foster-Miles is a certified Life Coach and Mentor, and Founder of SISTALUV. She launched a movement called "SISTALUV" in 2013 which focuses on breaking the stigma to Mental Health, designed to be a help to the disadvantaged. Anjanette strongly believes in minimizing stressors and struggles in the community to eliminate depression for families.

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Theresa Pettaway

Theresa Pettaway is the Founder and Executive Director of Pettaway Pursuit Foundation. She is a black mother of three premature babies. She experienced the trauma of early labor, teenage pregnancy, postpartum depression, being a NICU parent, lack of educational perinatal resources, and systematic racism during her pregnancies. Her experience inspired her to be a maternal and child health advocate.

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Pastor Janet D. Reid

Pastor Janet D. Reid, Founder of Blood Covenant Sisters International, Ministries INC. since 2012, upholds her mission to enhance, encourage, equip and empower those who are downtrodden, unloved and feel they are forgotten or have lost their way.

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Heidi Lieb-Williams

Heidi Lieb-Williams is currently the Chair of Alaska’s Governor’s Council for Disabilities and Special Education and GCDSE Executive committee. She serves as a member of the Intellectual/Developmental Disability & Mental Health (IDD-MH) Advisory Council, and the Special Education Advisory Panel (SEAP).

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Nishia Slater

Overcoming unimaginable obstacles and using her life lessons to help many more women become empowered through her work, Nishia Slater is known for her role as the owner of Star Life Wellness Group LLC.

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Julie Phippen

June 27, 2023 · GWPN National Assistant



HerStory Award: Julie Phippen, June 24, 2023

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Watch the whole herstory program from June

During subsequent trips to remote schools in rural Zimbabwe where she was supplying basic education materials, Julie learned that young girls not properly equipped for the menstrual cycle, aren't allowed to attend school. As a mother, she thought of how fortunate her daughters are, imagining them not attending school was not an option. With that in mind, She decided to do something to help girls in those rural communities. Otherwise these girls drop out of school or repeat grades because they miss school during their menstrual cycles. With vision, compassion, talent and the generosity of wonderful individuals, Julie founded Sewpportive Friends in May 2016.

Read more about her here: <https://www.sewpportivefriends.org/about>





Her Story Award

Women's Federation for World Peace USA hereby recognizes

Julie Phippen

On this day, June 24, 2023. We honor your commitment to making an impact in the lives of young women and their communities by providing them with resources to cater for their health, education and lives through your heart for community service and activism and motivating others to do the same, based on your journey of overcoming unimaginable challenges. We applaud your service to the community filled with love and compassion.

Kaeleigh Moffitt

Kaeleigh Moffitt

President, WFWP USA

Vice President, WFWP International (North America)

PREVIOUS

Elizabeth Lim

NEXT

Kedma Ough



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Elizabeth Lim

June 27, 2023 · GWPN National Assistant



Watch the whole herstory program from June

Elizabeth Lim is an advocate for the prevention of sexual abuse of children through education and empowerment. Currently, as founder & CEO of Scream Run Tell (SRTELL), Ms. Lim oversees internal and external operations as well as funding and community education. Recognized on a national level for the SRTELL method of child sex abuse prevention, Ms. Lim has trained in law enforcement, medical, child care, and family counseling professionals to enhance their efforts to end sex abuse against children. She conducts training, keynote, and workshop programs for numerous local and national conferences, social and civic organizations, and elementary and pre-schools. In partnership with the Florida Crime Prevention Association, Ms. Lim provides workshops on the SRTELL method, which trains law enforcement, counselors, and advocates on the most advanced, cutting-edge techniques and strategies in the prevention of child sex abuse.

More about her organization here: <https://srtell.org/>





HerStory Award

Women's Federation for World Peace USA hereby recognizes

Elizabeth Lim

On this day, June 24, 2023. We honor your commitment of championing the cause of eradicating sexual abuse through education and the empowerment of both children and adults to be well informed and advocate for change based on your journey of overcoming unimaginable challenges. We applaud your service to the community filled with love and compassion.

Kaeleigh Moffitt

Kaeleigh Moffitt

President, WFWP USA

Vice President, WFWP International (North America)

PREVIOUS

Jan Whalen

NEXT

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Jan Whalen

June 27, 2023 · GWPN National Assistant



Watch the whole herstory program from June

Jan has been assisting speakers and authors for over 25 years with programs tailored to client's needs. The first step in the process is to identify major presentation strengths. Clients come to understand their unique blend of experiences, talents and abilities which allow for greater impact in any speaking arena. The approach is to focus on defining each speaker's platform and clarify the conversation. Direct exploration of past experiences and present goals are utilized to plan for future speaking venues for an impactful reach.

She is a book creation coach, and a mentor to writers who believes the best way we can share the wisdom of our age is to tell and write our stories. In addition to her literary achievements, Jan has dedicated herself to nurturing emerging writers. As a mentor and writing workshop facilitator at different events, she has guided countless aspiring authors, imparting her wisdom and expertise with generosity and compassion.

More about her work here: <https://www.whalenvoices.com/>





Her Story Award

Women's Federation for World Peace USA hereby recognizes

Jan Whalen

On this day, June 24, 2023. We honor your commitment to making an impact in the lives of others by your nurturing and encouraging spirit to help them find their voice through their life experiences and sharing their stories and in so doing creating a community of change. We applaud your service to the community filled with love and compassion.

Kaeleigh Moffitt

Kaeleigh Moffitt

President, WFWP USA

Vice President, WFWP International (North America)

NEXT

Elizabeth Lim



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