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Shanghai and Beijing Hub Celebrate the "Pink October"



It's Pink October again – the Breast Cancer Awareness Month of each year when the health campaigns are organized globally to increase the awareness of breast cancer and the importance of its early diagnosis worldwide, as well as to raise funds for research into cause, prevention and cure of the breast cancer. Study finds that breast cancer has become the No. 1 health threat to the females nowadays...

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Shanghai and Beijing Hub Celebrate the "Pink October"



It's Pink October again – the Breast Cancer Awareness Month of each year when the health campaigns are organized globally to increase the awareness of breast cancer and the importance of its early diagnosis worldwide, as well as to raise funds for research into cause, prevention and cure of the breast cancer. Study finds that breast cancer has become the No. 1 health threat to the females nowadays. Risk factors for breast cancer include age, family history, and radiation exposure... just to name a few. And China has witnessed a steady rise of incidence of breast cancer over the past few years.

To call for the attention of the society to early prevention and treatment of breast cancer, GE Women's Network Shanghai and Beijing Hub joined force with GE Healthcare team and organized special "Pink October" events in Shanghai and Beijing respectively.

On Oct. 13, WN Beijing Hub, together with GE Healthcare and Beijing Oncology Hospital, organized an education program and free body examination under the theme of "Pay Attention to Women's Health & Go For Early Detection" at Yi Zhuang, the China base of GE Healthcare. More than 200 people participated the education program, and over 300 people received free body examination, including female employees of GE, their family members and friends from closet communities. " Our goal is to conduct the educational program and offer free examinations every year to improve women's health quality in China" said Kaiyun Mi, Co-leader of WN Beijing Hub and Leadership Development Leader at GE Healthcare, "Today, women are facing more challenges at work and home. We want to help our sisters to build up the knowledge base of the disease fundamental, and encourage them to do self-detection often and pay attention to earlier treatment".



Oct. 20, a warm and sunny Saturday in Shanghai. More than 150 GE female colleagues with their mothers and sisters attended the "Pink October" event at the Huashan Hospital. Wendy Zhang, Work Life Balance Leader for GE Women's Network China Hub, gave a speech at the opening ceremony, followed by the medical consultation by five breast disease experts from Huashan Hospital who volunteered to offer their time and expertise to the all the attendees. Our mothers and sisters received palpate mammo exams, and 50 of them also received free X-ray mammo exam on site. By talking to the medical experts, the event participants learnt more details about the causes, risk factors and self-

detection methods of breast disease, and received personalized medical recommendations from the doctors.

Both "Pink October" events were very well received by hub members as the provided great opportunities to our members to learn how to protect ourselves and stay healthy. In addition, the events also extended the GE family's care to our members' mothers and sisters. The pink ribbons connected all the females together with the warm feeling of care and love.



Shanghai Hub — Meeting with Female Technology Leaders - Donna Fairbanks & Kathleen Amm



How to balance work and life is one of the most favorite topics among female technologists. On October 15, 2007, more than 15 female colleagues had a great session on the topic of work/life balance and how to work effectively in multi-site global teams with Donna Fairbanks and Kathleen Amm, both with an engineering background.

Donna started her career with GE Aerospace in Binghamton, New York. With the progression of leadership roles her responsibility changed a lot over the years and she moved to many different places with her family. With a strong support from her husband, Donna makes effort to spend as much time as she can with the family to better balance her work and life.

Kathleen is currently the manager of the Electromagnetics and Superconductivity Lab at GE Global Research, where she works with her team to deliver innovative technologies to GE Healthcare, GE Energy, and GE Aviation. Her husband also works for GE and they have two kids. So Kathleen and her husband have reached consensus on how to better take care of the children: if one of them is busy at work or traveling, the other one will spend more time at home.

Both Donna and Kathleen shared with the audience about their work experiences in GE. They believe GE is a performance driven company, so through the solid execution of projects a technologist builds the reputation in technical field and trust from business partners. They also understand the importance of networking, and made good suggestions to the audience to talk with people of different backgrounds and learn from each other.

After the one and a half hour interactive discussion, all the attendees were so impressed with their energy, passion and positive attitude. They had a very happy networking time and really appreciated Donna and Kathleen's experience sharing.

Learn Martha's Thoughts on Building Technical Career

Have you thought about your career path, especially when you are a woman in the technology area? Do you want to learn valuable experience from other senior female technology leaders?

On November 8, 2007, Martha Gardner, the Quality Leader of GE Global Research, one of the five female "GEGR Principal Scientists" in 2007, shared her thoughts on building a technical career. This is the second time for Martha to have the round table with WN members at CTC. She was impressed by the development of women researchers at CTC since 2003. 14 female employees attended this event hosted by WN WIT Committee. Most of them do the job related to technology. Even some of them have no technical background but they believe they can learn something useful from this topic.

Started from the ideal life after retirement, Martha pointed out that a successfully managed career path can guarantee the ideal retirement life someone wants. For the freshman in the technology area, "focus" plays an importance role in one's career, especially in the beginning. We shall make ourselves become the expert in certain area and become the "go to person" whom others will select first for help. When it comes to the various positions Martha has taken, one attendee wondered how she could do well in some areas, which she didn't know about before. Martha told us that she got a lot of help from others, especially the experts in those areas. Martha herself will never be hesitating to ask for help. She has many mentors in different areas who gave her lots of advice and guidance on technology, career and other aspects. The Round Table ended on a high note with every attendee beginning to seriously think about her career path.

Beijing Hub — Stress Management Workshops for Women in GE



A research by Shanghai JiaoTong University shows that a woman is usually under more pressure than a man is. When the stress level is getting too high, consequently, it affects physical healthy, and lead to increased heart rate, a rise in blood pressure, muscular tension, irritability, and/or depression.

To help the female employees to better handle the pressure from work and/or home, WN Beijing Hub invited Prof. FAN Fumin, a famous psychologist from the Tsinghua University to hold two sessions of stress management workshop in September and October at two GE Beijing offices respectively. More than 90 GE employees attended the workshops.



At the workshops, Prof. Fan applied two different approaches of group psychological parameters. One was to train people with methods of participating style and experiencing style based on a pleasant learning process. Another approach was designed as a seminar that helps attendee recognize the source of stress, impact and stress management skills.

"We received very positive feedback from attendees about the workshop," said Chu Fei, project leader of WN Beijing Hub who initiated the workshop, "The primary goal of this workshop to raise awareness of stress management among female employees. Throughout the workshops, people talked, discussed and shared various topics related to their stress source from career development, personal life, and family needs. We really believe that those skills enable us to manage pressures and then do better both at work and our life."

"Close To You, Feeling So Warm" - WN Blind Date Party



"Where is my Mr. Right?" "I am so coped up with work, no time to look for a girl friend"... We often hear this kind of complaints from people around us. They are our colleagues, friends and even sister and brothers. They are smart, well educated and successful in career. However, they have had much luck for love for some reasons.

Targeting professionals both inside and outside of GE, WN Beijing Hub organized a big singles party, under the theme of "close to you, feeling so warm" in November with zealous support from SUN, Nokia, Schneider, Microsoft and COESA.

On Nov. 10, in a countryside park called "Miluyun" in Beijing. 43 singles took part in a series of activities for their dating journey of "Close to you". The activities included electric network through, landmine and words puzzle etc. All of the activities are designed as either group work or couples work that to help daters mingle and be introduced to one another with whom you might feel the chemistry.



"We just need to create a relaxed and comfortable atmosphere and put our singles resources together." Said Carrie Lin, Leader of WN Beijing Hub "I wish they could find their mate through this activity."

To follow the event up with the party attendees, Geff from GE Healthcare built a web community named "Close to you" which is open to all participants of this event. So the party is just the beginning...

Hong Kong Hub — Personal Financial Planning - Funding for Retirement and Child Education

In November, GE Women's Network HK Hub launched a regular Lunch Guest Speaker Series to our hub members and Women in Commercial (WIC), and kicked off the series with the topic of "Personal Financial Planning".



To be a successful lady nowadays, we should not be only good at work, good at taking care the family but also should have the expertise on how to manage the money (both personal and husband!!!!) wisely.

On November 12, 2007, more than 20 ladies in Hong Kong joined the luncheon of Personal Financial Planning. The Account Manager of Fidelity, our Pension Scheme Fund Manager in Hong Kong was invited to present the topic. Throughout the two hours, the Account Manager shared a lot of basic financial planning strategies and useful products available in the market. Her statistics really showed that the current saving of most ladies are not enough and there is a need to put more focus on how to invest wisely for our retirement and our child.



The feedback from the participants was very good and some of them even requested a private appointment with the Account Manager for a better personal financial planning!

Cookie Workshop & Christmas Tree Decoration in HOLF

Jingle bells, jingle bells, jingle all the way ...

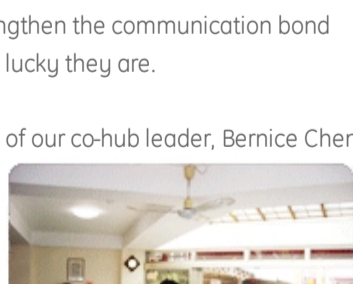
While we are preparing our coming Christmas time happily, have you ever thought of some underprivileged children in the world?



On December 1, 2007, GE Women's Network HK Hub invited 12 pairs mother-child to make cookie and cup cakes together with the disabled children in HOLF. HOLF stands for Home of Loving Faithfulness. It houses around 30 children (most of them are orphans) aged from 4-16 years old with different severity of mental and physical disability. HOLF has not applied any government fund and is solely funded by private donation.

The purpose of inviting mother-child as this was a very good opportunity to strengthen the communication bond between them. Besides, it was a very good chance to let the children know how lucky they are.

Under the instruction of an experienced Chef from a cake shop who is the friend of our co-hub leader, Bernice Cheng, we could easily handle the whole cooking process and finally made some delicious cookie and cup cakes. During the 3 cooking hours, we did not only focus on the cooking but also were playing with the children there. Although some of them were in wheelchairs, they all very enjoyed the time. Chef Sarah made a birthday cake to one of the children in HOLF whose birthday is on December 2, 2007 and we were all very excited to learn how that birthday cake was "borne"!



To make our trip more meaningful, all the participants were shown around the whole HOLF facilities - a two-storey buildings that full of love!

Taiwan Hub — Panel Discussion with Heather Wang on Career Development



On Nov 7th, GE Women's Network Taiwan Hub organized a panel discussion with Heather Wang to share her insights and experience on career development in GE, as well as work/life balance.

Following along the pitch, we were inspired by Heather's career path and her determination for goal achievement. For years of experience in HR development, Heather provided insights on how to plan and prepare for career development, and emphasized the importance of networking. Balancing between work and life has always been a subject of discussion among GE people. So when a real-life success story presented, we were all earnest for answers and enlightenments. Heather genuinely shared her personal dilemma in life and pointed out work-life-self never a perfect equilateral triangle. Most of all, it is about personal choices and finding that balance that works for you.

Women's Health: Detection through Medical Images



On Nov 22nd, Dr. Chou, Yi-Hong and Dr. Chiou, See-Ying from Taipei Veterans General Hospital gave a presentation on most common women diseases. In raising the awareness of health management, a series of medical images were presented with specific illustrations. Many of us learned how sonogram could help in detecting the risk in the early stage of diagnosis and basic readings of the image. Joined with over 30 female members, the session was interactive and stimulating. Even after session, people surrounded the doctors for consultations and many of us continued experience exchange after the session and suggested for another run.



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Yan Lu

General Manager, GE Security China

As a General Manager for GE Security China, Yan Lu owns GE Security's growth and execution across China and Hong Kong. This position is central to developing and executing business strategy as well as driving operational excellence. She is forming a dynamic commercial team focused on optimizing customer satisfaction, driving profitability and growth. Yan Lu will also have operational responsibility for all of the functional teams that support the Security China business.

Prior to this, Yan Lu was Executive Director of Transportation for Beijing Olympics Solutions, driving enterprise selling efforts in Transportation's vertical segments and in developing a platform of best practices for our growth in Olympics and beyond across all GE businesses.

Yan Lu has over 15 years experience in Marketing and Sales with GE. She joined GE Motor in Canada in 1992. She was based in Peterborough, Ontario from 1992 to 2001, where she was Project Manager, Marketing Manager for Water & Waste Water, and Market Development Manager for Power Generations. In 2001, Yan Lu moved to Connecticut, US as a Service Sales Leader from the Solution Business, before being appointed as Target Market Director, Oil & Gas for Global Marketing of GE Industrial Systems. Yan Lu returned to China in 2004 as an Olympic Leader of GE Infrastructure. Yan Lu graduated from University of Toronto with Master Degree in Industrial Engineering in 1992.



Q1: First of all, congratulations on your recent promotion to GM! Could you share with us what are your goal and vision for your new role at Security?

A: The vision for GE Security China is to make GE Security become a major player in China market. Our goal is to drive localization, grow mid-end market, and improve operation excellence.



Q2: Being recently promoted as the WN Leader for the Shanghai Hub, what are your thoughts about GE Women Network's influence on female leadership development? In what way do you think the network had benefited your personal career development at GE?

A: With high percentage of women employees in GE China and more female leadership roles in the business, I have to say the WN influence is phenomenal. In my own experience, I have leveraged the WN for easy access to the right people, for both work related and my career development. I really encourage everyone to utilize this rich resource that is already there.



Q3: As we all know, a promotion, especially to a senior management position, always guarantees more responsibilities. How do you maintain work/life balance? What are the biggest challenges?

A: priorities at different stages of our personal and work life, and

make sure to shift the priority to get balance in our life span. Most importantly, you have the choice to make the priority for what is suitable for you, and you can achieve the satisfaction throughout this priority.

I have an 18 mo adorable daughter called Ashley, and I challenge myself to dedicate my 7:30pm to 9:30pm to her during weekday evenings.



Q4: Looking back on your career, do you have any advice for other female professionals on how to be prepared for a senior leadership role?

A: Be prepared and be ready! We are surrounded by tons of exciting opportunities in China, and I can understand that people are very attempted and eager to jump in. However, we often underestimate the job expectation and the commitment as a senior leader in the business. Be careful for what you are asking for!



Q5: Can you share something interesting about yourself that most of us don't know?

A: I am a 'water' person, absolutely enjoys scuba diving, sailing and even skiing in another form of water related sports.



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Christmas Ornaments DIY

Ding-ding, Ding-ding, Christmas day is coming! Are you still worrying about gifts? Have you ever thought of doing one by yourself? Actually, making by your own hands is simple -- and fun -- to create these heirloom-quality decorations. Here is one example.



Christmas Ball Ornament

Materials:

- 1-1/8 yards each of 3/8" wide ribbon in two or three contrasting colors
- 3" or slightly smaller Styrofoam ball
- Straight pins or knitting needles
- 20" length of 1/4" wide gold ribbon

Instructions:

- 1: Wrap one color ribbon around ball, dividing it in half, and pin in place at top of ball. Cut ribbon. Wrap ribbon around ball in the opposite direction, dividing ball into several parts (as you like). Pin in place at top of ball and cut ribbon. Repeat until ball is divided into the double equal sections.
- 2: Using the same technique, wrap the ball with the other ribbon, covering the empty spaces on the Styrofoam.
- 3: Finish the top and bottom with a whipped spider stitch, button, or some other way you invent for yourself.
- 4: Thread a ribbon through to the top for the hanger.
- 5: Hang beads, a tassel, or something else of your choice from the bottom.

Wish you a great holiday season. Merry Christmas and Happy New Year!

Source: <http://www.readersdigest.ca/christmas/decoration/home.html>