



MyCity4Her.com™

## SPIRITED WOMEN OF BALTIMORE AWARDS NOMINATION

The Spirited Woman awards were created to recognize everyday women who are making extraordinary contributions to their community and those around them.

Award winners and nominees will be honored at a Power Luncheon at Morton's The Steakhouse in Baltimore on **Wednesday, August 12, 2009** where a portion of the event's proceeds will benefit the American Red Cross of Central Maryland.

**Do you know a Spirited Woman? Nominate her!**

### Spirited Woman Rising

This award will honor an up and coming, young woman who is starting to make her powerful mark on the Baltimore community and/or the business world. Nominations should focus on women who are giving of themselves, active in their careers and communities, and having an influence on society already.

*Nominees should be ages 21-35 and from the Baltimore area.*

### Spirited Woman in Balance

This award will honor a working mother who is successfully juggling all that life brings her – family, career, all the while engaging in spirited endeavors such as community service, mentorship and philanthropy.

*Nominees should be employed full-time and from the Baltimore area.*

### Spirited Woman of Baltimore

This award will honor an accomplished, spirited woman who acts as an example, leader and mentor in her community and profession and has done so for some time. This woman encompasses a variety of ideals including volunteerism, generosity, sacrifice, preparation, compassion, sensitivity and humility.

*Nominees should be women in the prime of their lives and from the Baltimore area.*

### Nomination guidelines:

- All nominations should be no more than 500 words in length.
- Nominations must be submitted no later than **Tuesday, June 30, 2009**. Completed nomination forms can be e-mailed to [M@mycity4Her.com](mailto:M@mycity4Her.com) or faxed to Nevins & Associates at 410-568-8804. Forms can also be dropped off at Morton's The Steakhouse\*, 300 S. Charles Street in Baltimore.  
*\*Morton's will give a complimentary Bar Bite to those who drop off completed forms at the restaurant.*
- Self-nominations and nominations from friends, family and colleagues are all welcome.
- Nominations must include:
  - Nominator name, address, e-mail address, and phone number. Please also note the relationship to nominee.
  - Nominee name, address, e-mail address and phone number.



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## SPIRITED WOMAN AWARD NOMINATION FORM

Complete and fax to 410-568-8804, e-mail to [M@mycity4her.com](mailto:M@mycity4her.com), or drop off at  
Morton's The Steakhouse, 300 S. Charles Street, Baltimore, MD

Deadline is Tuesday, June 30, 2009

Nominee's Name: \_\_\_\_\_

Nominee's Address

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Nominee's Phone: \_\_\_\_\_ Nominee's Email: \_\_\_\_\_

Award being nominated for (please choose one)

Spirited Woman Rising  Spirited Woman in Balance  Spirited Woman of Baltimore

Nominated by

Nominator's Name: \_\_\_\_\_

Address

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Nominator's Phone: \_\_\_\_\_ Nominator's Email: \_\_\_\_\_

Nominator's relationship to Nominee: \_\_\_\_\_

In 500 words or less, describe why your nominee deserves this award: