



Monthly Newsletter

National Security Highlights



A Note from the President

*Tracy Gregorio,
President, Women in
Defense Greater
Hampton Roads*

Success is rarely a solo journey. Throughout my career, mentors have played a pivotal role in my growth, some knowingly, others without realizing the impact they had on me. Mentorship isn't always formal; sometimes, it's found in the way a leader handles a challenge, the advice shared in passing, or the example set through action. If we remain open to learning, mentorship opportunities surround us every day.

At Women in Defense (WID), we believe in the power of mentorship, but we also believe in the power of voice. Through WID and the National Defense Industrial Association (NDIA), we have platforms to advocate for our industry, our companies, and our careers. You have a voice, and we want you to use it. One of the most impactful ways to do this is by building relationships with those who represent us in Congress. If you haven't met with your congressional representative, make it a priority in Quarter One (Q1). Introduce yourself, share the work your company is doing, and establish that connection. You never know when you'll need their support, and the best time to build that bridge is before you need to cross it.

Together, through mentorship and advocacy, we shape the future.

*With gratitude,
Tracy Gregorio*

In February 2025, newly appointed Secretary of Defense, Pete Hegseth, outlined a strategic vision to revitalize the U.S. military's effectiveness and operational readiness. His tenure was notably marked when he began his first official meeting with a prayer, signaling a shift in leadership style and approach. A key focus of his agenda is strengthening the defense industrial base, with particular emphasis on reforming the acquisition process to accelerate the deployment of advanced military technologies. Hegseth has expressed a commitment to "move fast, think outside the box, [and] be disruptive—on purpose—to create a sense of urgency" within the Department of Defense.

The Role of Hampton Roads in National Defense

Hampton Roads plays a crucial role in military operations and logistics. As the Department of Defense (DoD) increases investments and acquisition reforms, the region stands to benefit significantly. Additionally, Hegseth has set an ambitious goal of auditing the Pentagon within five years, an initiative that may create new opportunities for businesses in Hampton Roads. As financial transparency and accountability become key priorities, local companies with expertise in auditing, compliance, and financial technology could find expanded roles in supporting these efforts. Streamlining the procurement process and rapidly integrating emerging technologies will create new opportunities for local businesses, particularly those specializing in defense contracting, technology development, and advanced manufacturing. As home to the largest Naval Station in the United States, these changes may have a profound impact on Hampton Roads, reinforcing its significance in national defense strategies and expanding opportunities for businesses supporting military operations.



Strengthening Fleet Readiness and Economic Growth

Hegseth's dedication to restoring the "warrior ethos" and prioritizing readiness and lethality underscores a renewed demand for innovative solutions that enhance military effectiveness. The shipbuilding industry, along with supporting sectors such as maintenance, logistics, and supply chain management, is essential to fleet readiness and directly aligns with these defense priorities. These DoD initiatives signal growing opportunities and sustained support for businesses in the area, further solidifying the region's role in national security.

As the DoD seeks to modernize and expand capabilities, collaboration with industry partners will be essential. Business leaders in Hampton Roads are uniquely positioned to leverage their expertise and leadership to meet these emerging needs, playing a pivotal role in strengthening national security while driving economic growth in the region.



AI Tip of the Month

Taking effective meeting notes can be time-consuming, but AI can streamline the process. Instead of manually jotting down every detail, consider recording your meetings using a simple tool like the **Voice Memos app** on your iPhone. Once the meeting is recorded, you can easily convert it into a transcript using AI-powered transcription apps such as **Aiko** (available on the App Store), or other similar services.

Once you have the transcript, feed it into an AI assistant such as **ChatGPT** to generate concise meeting minutes, including key discussion points, decisions made, and next steps. AI can also identify and assign action items to specific participants, ensuring accountability and follow-through.

By using this method, you can focus on engaging in the conversation rather than scrambling to take notes. Plus, you'll end up with more structured, organized, and actionable takeaways—without extra effort.

Meeting Minutes

Date: February 11, 2025
Time: 10:00 AM – 11:00 AM EST
Location: Zoom Meeting
Attendees: John Doe, Jane Smith, Alex Johnson, Emily Carter

1. Meeting Overview

Topic: AI Implementation for Process Automation
Objective: Discuss AI tools for automating internal processes and assign action items.

2. Key Discussion Points

- **AI Transcription Tools:** Evaluated options like Aiko and Otter.ai for meeting transcriptions.
- **Process Automation:** Discussed integrating AI into routine workflow documentation.
- **Security Considerations:** Ensuring AI-generated documents comply with internal security policies.

3. Decisions Made



Try this prompt...

Here is a transcript from a recent meeting. Please generate structured meeting minutes, including key discussion points, decisions made, and assigned action items with due dates. Format it clearly so it's easy to review.

Heard at the Congressional Water Cooler...



As the 119th Congress enters its second month, the Senate has been busy with confirmation hearings for President Trump's cabinet. On January 24th, 2025, Pete Hegseth was confirmed as Secretary of Defense in a 51-50 vote, with Vice President JD Vance casting the tiebreaker. Hegseth, a former Army National Guard officer and Fox News commentator, faced opposition due to allegations of personal misconduct and concerns over his qualifications. Despite all Democratic Senators and three Republicans—Susan Collins, Lisa Murkowski, and Mitch McConnell—voting against him, his confirmation marks a key victory for the Trump administration.

Since his swearing-in on January 25th, Secretary Hegseth has focused on realigning the DoD's strategic priorities, emphasizing the "warrior ethos," military rebuilding, and deterring aggression, particularly from China. He has also engaged with foreign leaders, including Australia's Deputy Prime Minister for Defense, Richard Marles, to strengthen Indo-Pacific ties.

Meanwhile, Congress faces a March 14 appropriations deadline, with negotiations ongoing to finalize FY25 funding. Failure to reach an agreement could lead to another Continuing Resolution or a government shutdown, impacting defense operations. Reconciliation discussions are also in progress, with House Republicans pushing for a single bill covering tax reforms, border security, and defense spending, while the Senate favors a two-bill strategy. This would involve separating the initiatives into distinct bills, with one focusing on immediate priorities like border security and defense enhancements, and the other addressing more complex issues such as tax reforms at a later stage.

The coming weeks will be crucial in shaping the defense landscape under the new Trump administration as Secretary Hegseth's strategic initiatives take effect and key legislative priorities—such as FY25 appropriations and reconciliation—unfold.

For more Women in Defense Greater Hampton Roads news and information, select the following icons.



Local Events

WID Hampton Roads

Women In Construction Week: Together We Rise Brunch

March 6th, 2025

Celebrate Women in Construction with us! During WIC Week 2025, ABC-VA's Inclusion Diversity & Merit committee, along with Women In Construction and Women

In Defense, are hosting a delicious plated brunch filled with networking and guest speakers. This event is open to the public, with discounted tickets for WID, WIC, and ABC members. It sells out every year – [register now!](#)



Hampton Roads Small Business Navy Expo

March 13th – 14th, 2025

The Navy is hosting the 2nd annual Small Business Navy Expo at the Hampton Roads Convention Center, with the goal of connecting small businesses with Navy decision-makers and prime contractors. Attendees can join panel discussions, workshops, and targeted matchmaking sessions to showcase their capabilities. It's a prime opportunity to network and explore growth in the defense industry. [Learn more.](#)

WIDGHR Speed Mentoring Event

March 26th, 2025

WIDGHR is partnering with The Mustard Seed Place Women's Business Center and the ODU Women's Business Center to bring you the second annual Speed Mentoring Program, in support of Women's History Month. Join other successful business owners, government officials, and industry leaders for a no-cost mentorship experience. [Sign up now.](#)



GREATER HAMPTON
ROADS CHAPTER

Featured Member Spotlight



Lisa Morris

CEO

Invisara

Lisa Morris, founder and CEO of Invisara, helps organizations optimize project and program management to drive efficiency and align with strategic goals. With 20+ years of program management experience, she leads workshops at The Hive, and will be speaking at a PMI industry event at the end of February.

Her involvement with Women In Defense Greater Hampton Roads (WIDGHR) began at their Professional Development Day, leading to her role as Programs Chair. Passionate about community impact, Lisa donates a portion of Invisara's profits to hidden social causes like fighting food insecurity.

If your organization needs expert project management support, connect with [Lisa](#) to explore how Invisara can help.

Women in Defense is now accepting applications for Academic Year 2025-2026 WID Scholarships!



Through the WID Scholar Program, Women In Defense, along with its sponsors and partners, encourages individuals to pursue careers that support U.S. national security, with a focus on defense or foreign policy. Eligible applicants can apply for funding to support their education as they begin or advance their careers in defense or national security. Applications are due by 11:59 pm PT on Friday, March 14, 2025.

For more information and to apply for a WID Scholarship, [click here](#).

Did You Know? Your WID Membership Includes NDIA Membership!

As a WID member, you automatically receive membership in the **National Defense Industrial Association (NDIA)**—but are you taking full advantage of it?

What is NDIA?

The **NDIA** is a premier defense industry association dedicated to advancing national security through industry, government, and academia collaboration. With a history dating back over a century, NDIA fosters innovation, policy development, and networking opportunities that strengthen the defense sector.

Benefits of Your NDIA Membership:

- ✓ **Exclusive Events & Conferences** – Access to high-profile defense and national security events, including symposiums, forums, and networking opportunities.
- ✓ **Professional Development** – Webinars, training programs, and resources to grow your expertise in defense and security-related fields.
- ✓ **Advocacy & Policy Influence** – Be part of a collective voice that shapes defense policies and regulations affecting industry and government.
- ✓ **Networking & Community** – Connect with top professionals across defense, military, and government sectors.
- ✓ **Access to Cutting-Edge Research** – Stay informed with NDIA's reports, white papers, and thought leadership on national security trends.

Maximize your WID membership by engaging with NDIA's vast network and resources! Want to learn more? Visit [NDIA.org](https://www.ndia.org) and explore the full range of benefits available to you.