

A Message From Your President



Message from your President
Tami Barker
Hyatt Regency Wichita

Happy Fall! The beautiful changing of the seasons is upon us with the hustle and bustle of the holidays quickly approaching. I hope you all take some time to relax and enjoy the beauty that surrounds us daily.

What an incredible Reading Rally that Teresa Arthur, Director at Large and Reading Rally Chair Julie Roberts put together for the students at Colvin Elementary in October. I could not have been more proud to be a part of EWI Wichita! Thank you to everyone that donated their time, dollars or goods to make the event extraordinary.

Our next philanthropy event will be our food drive for Colvin Elementary. I spent some time with Julie who is the school social worker. She explained to me that each year after we box up the food she spends considerable time going through each box and making it “complete”. As you can imagine – this is not an easy task for 1 person. A family of 4 receives 1 box, a family of 8 receives 2 boxes, a family of 12 receives 3 boxes and so on. (And yes there are families that are larger than 12 people). I asked if there was anything we could do to make the process easier for her and while she hesitated to mention anything she did have a request. She requested that we focus more on items that would make meals and not ala carte items. She gave me specific examples of what those items could be. So this year we have developed boxes to include specific items that are beneficial to the families and help Julie NOT have to go through every box we have put together to ensure it is complete.

If you have not already received from me, you will shortly be receiving a link that shows the specific items and quantities that we need to ensure we can fill 100 boxes. If you have someone in your office that donates food that is not on the list – that is ok – we will try to ensure the boxes have the requested items – and then fill in with the extras!

We do not need boxes this year as Carlos O’ Kelly’s has generously donated 100 of their catering boxes! This again helps Colvin in the fact that each box is exactly the same size and holds basically the same amount.

(cont’d on page 2)

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Tami Barker
Hyatt Regency Wichita

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Jessica Emrick
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Secretary

Gina Hess
Kansas Health Foundation

Treasurer

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Malena Anderson
United Way of the Plains

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Communications Director

Pam Dinwiddie
Textron Aviation

Advisor

Dawn Truman
J.P. Weigand & Sons, Inc.

Message from your President (cont'd)

The hearts of the representatives and firms of Executive Women International are so giving to these students and families in need. Thank you in advance for making this year no different.

From my family to yours – Happy Thanksgiving



Jan Baggett | Programs

If you were unable to attend the October 18 Chapter Meeting at the Wichita Marriot, you missed a fun evening! Pattie Durham with MOXIE a sass & class boutique shared a lot of fashion tips and we got to see fall outfits put together from toes to nose. We also got to experience Facebook Live, as Pattie and the entire fashion show did their normal Wednesday “Live In My Closet” feature right there with us.

The November 15 meeting will be at member firm Envision, and will feature Charity Schaulis with HopeNet as she talks to us about thriving in the midst of chaos. Most of us struggle with burnout, work/life balance and just plain handling the stress of being working women. You don’t want to miss this one.

December’s meeting will be early, on December 6, due to putting together boxes for Colvin Elementary students to have during the holidays. They break early this year so we will have to meet early to get the boxes to the school and then allow the school to get the boxes to the families. We invite you and your firm to participate in this event in some way – either donating food items, packing the boxes or delivering to Colvin. Look for more details coming soon.

We have lots of exciting programs scheduled for the new year. For just a little teaser, we will hear from Officer Lisa Berg with the Homeless Outreach Team (HOT) in January and have some wine pairing education in February. Wishing you a blessed Thanksgiving! Don’t forget to count your blessings EVERY DAY!



Tracy Lucas | Treasurer

The Chapter made a decision at the board meeting during the fiscal year 2015-2016 to move the accounting system from Quicken to QuickBooks. This conversion process was deter-

mined to go into effect fiscal year 2017-2018 to improve the process for record keeping between treasurer positions. The process for this conversion started in July 2017 and has not been completely executed. To date, record keeping through manual processes is tracking the chapter income and expenses until time can be scheduled with an accountant to complete the process. Areas not entered into QuickBooks include:

- Open balances for representatives that have a positive balance
- Bank information for the endowment (TCK)
- Bank information for the savings account (MeriTrust)
- Bank information for the BCDP account

Below is the bank balance through the reconciliation process of manual journal entries in the month of October 2017.

Chapter Operating Account:

10/31/2017 Reconciled Bank Balance \$11,300.38

Chapter BCDP Account:

10/31/2017 Reconciled Bank Balance \$7,841.22



Committee Updates



Karen Smith | Director-at-Large

Each year I am blown away by the Reading Rally Committee's work and the featured book presented to the students. This year is no exception, Julie Roberts and her team did a fabulous job! The students all came into the room proudly wearing their t-shirts and politely came in and sat down. Illustrator Tim

Raglin from Independence, Kansas spoke with the students for a short time about his interest in drawing and writing. Students then began writing and illustrating their own story and eagerly ate their pizza and cookie. Before leaving, students had their photo taken with Tim. Grants and donations received knocked it out of the park - \$5,378.00 funds received and \$2,022.38 expenses with \$3,355.62 remaining for 2018 Reading Rally. Thank you to the following companies for their in-kind contribution: JP Weigand and Sons, Hyatt Regency, The Specialists Group, Wichita Marriott, Commerce Bank, Delta Dental, Wichita Marriott and Westar Energy. Thank you to the EWI Wichita Chapter, Murfin Drilling, and Westar Energy for financial contributions and Grants received by Walmart's at both Pawnee & Broadway and West Kellogg.

Jeanetta Bolin is participating on the EWI Corporate ASIST and EWISP Scholarships Committee. Jeanetta reports there was much discussion around the applications, making them user friendly and possibly having an online application. Jeanetta will keep us informed as decisions are made at the committee level. It's great to have EWI Wichita represented, thank you Jeanetta!

*Happy
Thanksgiving*



Malena Anderson | Sargent-at-Arms

Ladies,

Thank you so very much for the kind words of encouragement! This truly is a great organization to grow and learn and I am privileged to be a part of it. Our first social went off with a bang! We enjoyed some delicious food and drinks while learning some new things about each other. Jeanetta Bolin with Commerce Bank enjoyed winning herself a new scarf for these cold days along with a \$50 amazon gift card donated by United Way of the Plains. Be sure and keep your eyes out for the upcoming December Social. Hope to see you all there!

HAVE A HAPPY THANKSGIVING



Professional Development

PROFESSIONAL DEVELOPMENT

Submitted by Tami Barker, President, representing Hyatt Regency Wichita

5 Steps to Help Women Prevent Burnout

As a coach, I talk with many stressed out women. Just picture me as the “burned out woman magnet.”

And from the bottom of my heart, I love talking to you ladies.

I get so psyched when I talk to you because I’m so proud of your accomplishments. So proud of how you have done. So proud of how responsible you are and how hard you work. So impressed by how thoughtful and respectful you are. So amazed at how far you have come.

I might feel prouder about your accomplishments than you do.

That’s one problem I see in you, amazing ladies.

You don’t value yourself as much as you really should. (“Should” is one of the poison words I coach my clients not to use, but in this context I’m going to use it.)

You “should” honor yourselves because you are truly awesome.

And I’m going to keep on telling you until you get it.

I’ve said this before and I’ll say it over and over again: **If you don’t value yourself, who else will?**

It has to start with you.

You have to value yourself first in order to be valued by others.

If you feel like no one listens to your opinion at work, ask yourself, “Do I value myself? Do I think my opinion matters?”

When you are on the verge of burning out, you are not showing up as the bold and fun person you used to be. Often you become the complete opposite of the person you want to be. You are stressed, bitter, grumpy, tired, jealous, and unhappy.

It takes a little work to get out of that rut. That’s why you should start now, before you are completely burned out and have no energy to spare.

Here’s how:

- 1. Write down all the things you DON’T want to be.**
 - You might write, “I don’t want to be tired at work.”
 - Or, “I don’t want to be afraid of speaking up at work.”
- 2. Write down all the things you DO WANT to be**
 - For example, “I want to feel calm at work.”
 - Or, “I want to be respected at work.”

Professional Development

3. Choose one want from your list of things that you WANT to be.

- First, write out how you can achieve it. Think through what steps you would take to make that happen.
- Next break it down into small steps. Every small step counts. Don't dismiss just because you think it's a tiny step that seems unimportant.

4. Every morning, read your list and your steps aloud.

- Yes I want you to read your "wants-list" and the plan to get them out loud. "I want..... (Insert your wants here)."
- Next, say, "Here's how I'm going to achieve my goals."
- Doing this ritual in the morning will set the tone for the day. Experience the power of positive affirmation!

5. Tell at least one person at work and one friend about your commitment.

- Share your desires with them and describe how you want to be.
- Ask your trusted friends for their input and support
- Set a date to check-in-with them to update your progress. Remember its okay to ask for help!

To my dearest women on the verge of burning out, you don't have to do this alone.

Nozomi Morgan, MBA, is a certified Executive Coach and the Founder and President of Michiki Morgan Worldwide, LLC. In addition to coaching, she speaks and trains on leadership, career, professional development and cross-cultural business communication.



New Member Firms & Representatives

WELCOME!!

New EWI Wichita Chapter Firm



360 Lexington
Wichita, KS 67218
316-684-6531

<http://www.kansasgirlscouts.org/>

Girl Scouts of Kansas Heartland is committed to building girls of courage, confidence and character who make the world a better place! Their mission is to champion leadership growth in girls through community service, personal development, and fun-filled experiences. Girl Scouts partner with adult volunteers and community organizations to provide leadership experiences and activities that meet the needs and interests of today's girls. The girls experience new adventures every day through which they develop skills, confidence, positive values and lifelong friendships.

With over 100 years of experience in developing innovative programs that are designed specifically for and with girls, Girl Scouts is the best girl leadership experience in the world. When a girl joins the council, she *discovers* the world around her, she *connects* with others in a multicultural, all-inclusive environment, and she *takes action* to make a difference in her community and the world.

New Member Firms & Representatives

Welcome Liz Workman and Prithi Sawli
To the EWI Wichita Chapter

Representative: Liz Workman



Liz joined Girl Scouts of Kansas Heartland in July 2013 as the Chief Executive Officer. Liz is a sixth generation Kansan. She grew up in Wichita, Kansas and was a brownie and junior Girl Scout. Liz holds a Bachelor of Fine Arts from Wichita State University and a Master of Business Administration with a concentration in finance from Boston University, and was the valedictorian of her graduating classes. Liz is a Rotarian and member of the Rotary Club of Wichita and also serves on the board of the First Presbyterian Church Foundation. Liz is fluent in Spanish and is an accomplished photographer. She is also an avid reader and enjoys hiking, gardening and travel.

Representative: Prithi Sawli

Prithi joined Girl Scouts of Kansas Heartland in June 2016 as an Individual Giving Officer. Her formative years were predominantly spent in Bangladesh but Prithi has lived most of her life in the US. Prithi holds a Bachelor of Science (concentration Environmental Science and Development Communication) from Independent University, Bangladesh. She also holds a Master of Science (Environmental Science) and a Master of Public Administration (concentration in public finance and non-profit management), both from Wichita State University.

Prithi is an avid reader, now rereading many classics, noting how perspectives do change through time and life experiences. She enjoys exploring new cultures especially cuisines, and thinks one can learn so much about a region and its community, based on local cuisine. Prithi spends the rest of her time with her husband in a joint venture, the mission of which is to stay ahead of their ever evolving dynamic three and a half year old.



New Member Firms & Representatives

WELCOME!!

New EWI Wichita Chapter Firm



John A. Marshall Co.
A CERTIFIED HERMAN MILLER DEALER



100 N. Broadway St., Ste. 120
Wichita, KS 67202
316-262-5300
<http://www.jamarshall.com>

The John A. Marshall Co. is a fourth-generation, family-owned full-service dealership founded in 1923 specializing in furnishings, flooring and architectural products. Services range from space planning to flooring options and furniture applications. John A. Marshall Co. is a nationally-acclaimed Herman Miller Certified Dealer with world-class research, products and processes. They desire to bring your space to life and transform your workplace into a high-performance environment that boosts productivity and strengthens your team.

Welcome Jennifer Drace and Sherrie Balmer

Executive/Representative: Jennifer Drace



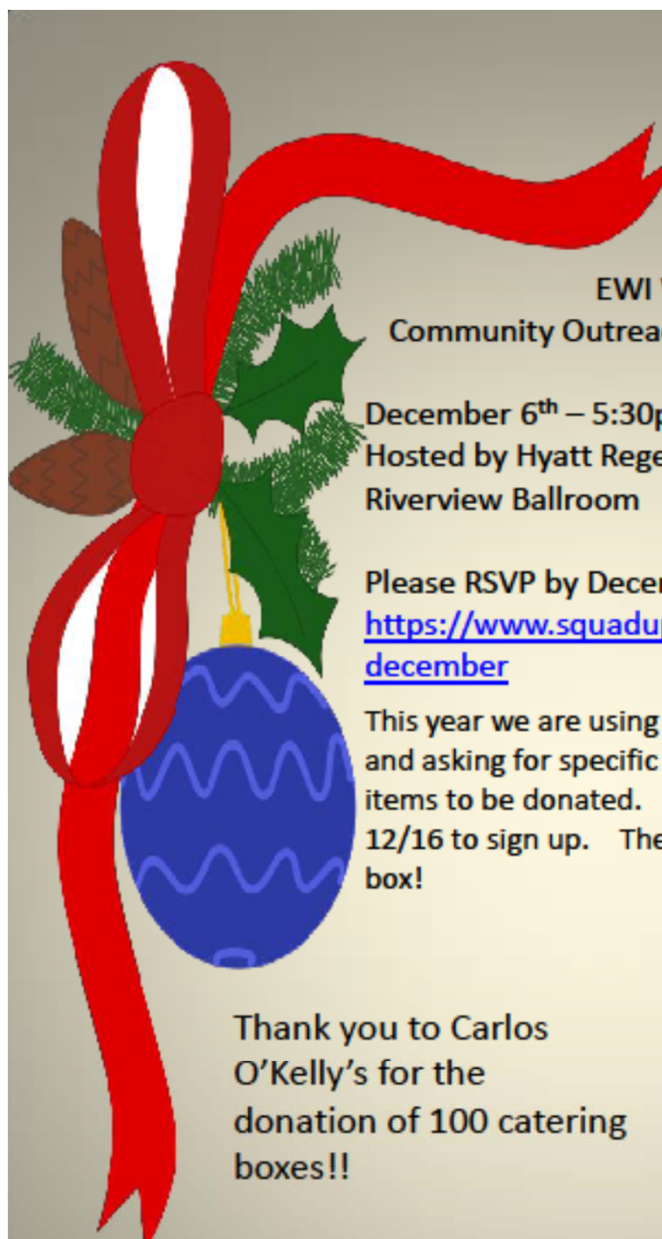
Jennifer Drace, General Manager, has been in the Office Furniture and Design field for over 25 years. She joined the John A. Marshall Co in 2007 and has served as the General Manager of the Wichita division for the last 3 years. Her role includes managing 15 employees made up of Interior Designers, Sales, Project Managers, and Installation crews. Prior to working for the John A. Marshall, Co., she owned a retail home furnishing store, participated in designing spaces for the Symphony Showhouse, and co-partnered with her sister on over 15 Applebee's remodels to create large scale graphic murals centered around each location's local events and culture. She loves traveling, really dislikes cooking, and dreams of owning a sanctuary full of rescue dogs.

2nd Representative: Sherrie Balmer

Sherrie Balmer, Business Development Manager, joined Herman Miller, Inc. in January 2017. Her background includes over 20 years of experience within the construction, furnishings and design industries; both commercial and residential. Before joining Herman Miller, Sherrie took a 4-year deviation from the industry and dove into the Behavioral Healthcare arena. Sherrie's current role includes partnering with the John A. Marshall Co. team to assist with new business development and act as a liaison between the end user and manufacturer. Sherrie grew up in the industry as both of her parents worked within construction and design fields. She enjoys reading, outdoor activities, cooking and spending time with family and friends.



Chapter Events




**EWI Wichita Chapter
Community Outreach event for Colvin Elementary**

December 6th – 5:30pm – 7:00pm
Hosted by Hyatt Regency Wichita
Riverview Ballroom

Please RSVP by December 1st @
<https://www.squadup.com/events/ewi-of-wichita---december>

This year we are using a program called Sign up Genius and asking for specific items and specific quantities of items to be donated. You will receive an invitation on 12/16 to sign up. These items will make a complete box!

Thank you to Carlos O'Kelly's for the donation of 100 catering boxes!!



Spaghetti - 2 boxes
Spaghetti Sauce - 2 jars
Canned Chicken - 4 big cans
Canned Tuna - 4 big cans
Egg Noodles - 1 bag
Dry Beans - 1 bag
Long Grain White Rice – 1: 2 lb bag
Instant Spanish Rice Packets - 2
Macaroni and Cheese - 4 boxes
Peanut Butter - 1 big jar
Jelly - 1 big jar
Pork and Beans - 2 cans
Vienna Sausages - 4 cans
Tuna Helper or Chicken Helper - 2 boxes
Canned fruit - 6 cans
Canned Vegetables - 6 cans
Instant Mashed Potato Packets – 4
Oatmeal - 10 packets (1 box)
Cream of Chicken/Mushroom – 4 cans
Ramen Noodles, Misc – 10 Packages

Chapter Events



EWI MEMBERSHIP CAMPAIGN LET'S GET OUR "GROW" ON!

Chapter Incentive Program to Grow Membership

This year, we are encouraging all EWI Chapters to grow, and to grow "BIG"!

We know you can do it, so we've created an incentive program in which all chapters can participate. You'll receive a fabulous prize to top it all off, too! After all, there are more professionals who need and want what EWI can provide, and now is the perfect time to share with others! Good luck, and we look forward to sharing the results with you in April 2018!



DETAILS

Time Period:

November 1, 2017 to
March 31, 2018

LCAM 2018 Registrations
will be awarded to one
chapter in each
category:

Chapters with 25 or less
members as of
November 1, 2017

Chapters with 26 or
more members as of
November 1, 2017

The chapter with the
highest percentage of
net growth in each
category will win the
prize!

EXECUTIVE WOMEN INTERNATIONAL

1288 Summit Avenue
Ste 107, PMB124
Oconomowoc, WI 53066
262.269.5625

Chapter Events



EWI Annual 3rd Grade Reading Rally Colvin Elementary School

October 26, 2017
1:30 – 4:00 p.m.

It was a fun, rewarding and enjoyable day making memories for the third graders.

Thank you to all the volunteers and member firms which made the 2017 EWI Reading Rally successful!

2017 EWI Reading Rally Committee Members:

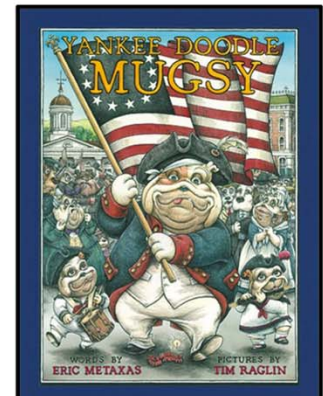
Teresa Arthur, Jeanetta Bolin, Joan Rapp, D'Ann Drennan, Tami Barker, Nancy Umholtz, De Nelson, Jessica Emrick, Lynne Smith, Dawn Truman, Sherii Farmer, Cindy Todd

Attending EWI Volunteers:

Malena Anderson, Jan Baggett, Helen Nicoli, Theresa Hogan, Karen Smith, Chandler Gorges

Our featured speaker was Tim Raglin, who is an author, illustrator and publisher. The featured book was "Yankee Doodle Mugsy", which was illustrated by Tim.

Tim was born, raised and lives in Independence, KS. At age 8, he developed a fascination for illustrative art. His Uncle Mugsy illustrations received a Silver Medal from the New York Society of Illustrators.



The event started with each student receiving a t-shirt featuring the school mascot "Colvin Cougars" and on the back a list of the member firms who made the EWI RR possible. The students enjoyed writing their own story with illustrations, being served pizza, cookie and drink. They received a Westar bag filled with their own personally signed copy of the featured book, school supplies and a smile kit. Each of the six – third grade teachers received a \$100. Walmart gift card.

Chapter Events



Chapter Events

\$2,000. Grants were received by Walmart Pawnee & Broadway & Walmart West Kellogg

\$1,000. Donation by Westar Energy, Karen Smith

\$ 500. Donation by Murfin Drilling Company, D'Ann Drennan

EWI Member Donations		
Company	EWI Representative	Donations
J. P. Weigand & Sons	Dawn Truman	Pizza
Hyatt Regency Hotel	Tami Barker	Cookies
The Specialist Group	Joan Rapp	Drinks, ice
Wichita Marriott	Jessica Emrick	Plates, napkins, Hotel night stay
Delta Dental	Nancy Umholtz	Smile Kits, Activity booklet
Associated Integrated Marketing	Robyn Davis	Tee shirt design & coordinate printing
Westar Energy	Karen Smith	Westar Energy reusable bag for students
Commerce Bank	T. Arthur & J. Bolin	School supplies

Thank You Volunteers for Your Time & Support
2017 EWI Reading Rally!



Congratulations Amy & Greg!!!

Please help us congratulate Representative Amy Tully of Member Firm Catholic Charities and her husband Greg in the birth of her precious baby boy Easton Ray Tully. He was born on 10-15-17, weight 7 lbs, 15 ozs and 20 inches long. Mom and Baby are doing great!





Happy Birthday to YOU!!!

November 15 ~ Teresa Arthur, Commerce Bank
November 20 ~ Davna Gould, Health Core Clinic
November 28 ~ Pamela Woodside, ImageQuest



CONNECTIONS | CAREERS | COMMUNITY

JOIN THE CONVERSATION!



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pinterest.com/ewicorporate



We post the chapter meeting minutes on our EWI Wichita website at
<https://ewiwichita.org/>

ABOUT EWI

Established in 1938, EWI is a non-profit organization with more than 1,900 member firms and 2,200 representatives in major cities throughout the United States and Canada.

EWI brings members together to promote member firms, to enhance personal and professional development, and to encourage community involvement.

As a premier organization for networking and leadership development for today's business professionals, EWI offers professional development through its Academy of Leadership, scholarships, online learning, and philanthropic initiatives with a focus on literacy.

EWI also provides over 600 board positions to women on the corporate and chapter level annually. For more information, visit ewiconnect.com.



Share your news & photos in the
monthly *Connect*

Contact: Pam Dinwiddie
pdinwiddie@txtav.com

Submission deadline:
December Issue ~ 12-8-17

Upcoming Chapter Meetings

Third Wednesday of
each month unless
otherwise noted

Wednesday, December 6

**Colvin Elementary
Food Box Assembly**

Hyatt Regency,
400 W. Waterman
5:30 pm – 7:30 pm

Chapter Board Meetings

Second Wednesday of
each month

~All members are welcome~

Contact Tami Barker
at tami.barker@Hyatt.com