

## ***A Message From Your President***



Tami Barker  
Hyatt Regency Wichita

Happy May! I hope you are all enjoying the longer warmer days. I think we skipped right over Spring though?!

Thank you so much to Member Firm HealthCore Clinic and member representative Davna Gould for hosting our Firm Night in April. What an amazing facility and incredible services they provide for our community. For those that attended, didn't I tell you Teresa

Lovelady is amazing to hear speak! Her passion and care can be felt and seen so sincerely. It is not common for us to have more than 1 firm night in a year, but we have been blessed to have a second firm request to host a firm night. Our May meeting will be a second Firm Night and hosted by Stoutheart Financial. I am excited to see their new renovation and learn more about ensuring that I am doing the right things NOW to ensure I can retire when I want and do so comfortably. Theresa Hogan is an incredible hostess so you need to make every effort to attend – you won't be disappointed.

The Fundraising committee is busy putting the finishing touches on our June Fundraiser. The location has changed and it will now be at the Hyatt Regency on the Riverview Terrace and Riverview Ballroom. This very important event for our chapter will help raise funds for our EWISP and ASIST Scholarships as well as Reading Rally. This is a great event to bring your Executive and Co-workers to. Auction items are available and fun will be had by all. We have firms that have agreed to sponsor items like food, bar, gift cards etc. If your firm would like to sponsor an activity or just give a general donation to help cover costs it would be greatly appreciated. Please contact Davna Gould, Fundraising Chair for more information.

I look forward to seeing you all soon. Thank you for all you do to be engaged with EWI.



## **2017-2018 Officers & Directors**

### **President**

Tami Barker  
Hyatt Regency Wichita

### **Vice President**

Jessica Emrick  
Wichita Marriott

### **Secretary**

Gina Hess  
Kansas Health Foundation

### **Treasurer**

Tracy Lucas  
High Touch Technologies

### **Fundraising**

Davna Gould  
HealthCore Clinic

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Denise Wickham  
Berry Companies, Inc

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Jan Baggett  
Wichita Metro Chamber  
of Commerce

### **Communications Director**

Pam Dinwiddie  
Textron Aviation

### **Advisor**

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

## Committee Updates



### **Tracy Lucas | Treasurer**

The financial position of EWI of Wichita is:

#### **Chapter Operating Account:**

04/30/18 Ending Balance \$20,501.19

#### **Chapter BCDP Account:**

04/30/18 Ending Balance \$4,965.63



### **Jan Baggett | Programs**

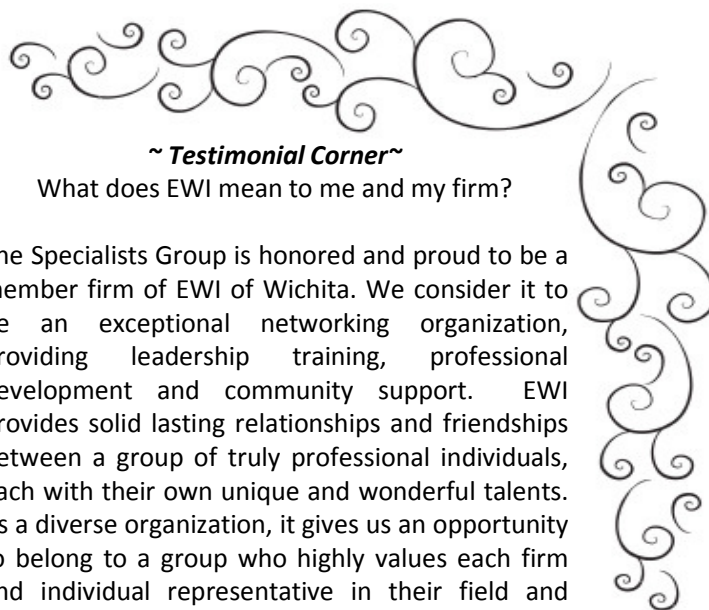
In April at our EWI Firm Night we had the opportunity to tour the beautifully new HealthCore Clinic and learn about all of the many ways they help our community. I was so impressed that so many sources of help could be found in one building.

Their services are definitely a blessing to folks needing healthcare, counseling, dental, health screening, prevention/education, behavioral health, medication, assimilation to our culture and so much more. Thank you so much representative Davna Gould for organizing this great Firm Night and CEO, Teresa Lovelady for sharing your heart and vision.

You will have another Firm Night opportunity on May 16 to learn more about Stoutheart Financial Group and tour their newly renovated space. As an added bonus, we will learn more about retirement and financial strategies for women. No matter what our age, we can all use more information to help us make informed financial decisions all through our careers. Hope you can join us on the 16<sup>th</sup>.

June brings our annual EWI fundraiser. This is the event in which we raise the money to fund our scholarships and other philanthropic endeavors. You will soon be learning more about sponsorship opportunities and other ways to get involved. I hope you can find a way for you and your firm to participate.

Have a great Spring and I look forward to seeing you soon!



### ***~ Testimonial Corner ~***

What does EWI mean to me and my firm?

The Specialists Group is honored and proud to be a member firm of EWI of Wichita. We consider it to be an exceptional networking organization, providing leadership training, professional development and community support. EWI provides solid lasting relationships and friendships between a group of truly professional individuals, each with their own unique and wonderful talents. As a diverse organization, it gives us an opportunity to belong to a group who highly values each firm and individual representative in their field and industry. We are very appreciative of member firms who reach out to us regarding the service we offer to provide temporary or permanent staffing and personnel support whenever the needs arise. I find it extremely rewarding to be a part of the awarding of scholarships, reading programs and community service activities that are cornerstones to the core mission of Executive Women International ~ Community, Careers and Connections, along with the "Commitment" to strive to be the absolute best we can be, which is when we shine, personally and professionally!

Joan Rapp, Senior Recruiter  
The Specialists Group LLC

### **July Monthly Meeting – DATE CHANGE**

Ladies please note that our scheduled meeting in July has changed. This is our second meeting of the year held at the lunch hour. Our meeting will be held on July 25 from 11:30am at the Wichita Marriott. Our speaker will be Traci Wilnerd with Taxpayer Advocate Service, Internal Revenue Service and will be speaking with us on Identity Theft. This is a topic that affects us all and could benefit hearing from.

Please mark your calendars with this change!

## Professional Development



Managing stress and the fast moving pace of life is a constant challenge. Too much stress and you burn out; too little stress and you become bored. Performing at optimal levels requires that you take stock of what stresses you and utilize specific strategies for managing those stressors. Recently, Harvard Medical School published a list of the ten most common stressors. Here is that list of ten, along with quick strategies for dealing with each:

### 1. You are frequently late

#### Strategies:

- Identify the underlying issue for your lateness. Are you feeling less-than-confident as you walk into a networking luncheon by yourself? Are you feeling guilty about having to confront a friend about something?
- Schedule 20-30 minutes each day, preferably in the morning, to visualize your day. Anticipate the hurdles and challenges you might face and make mental notes for handling.

### 2. You are often angry or frustrated

#### Strategies:

- Generate positive emotion by doing something you love – read some jokes, garden, look at old pictures, dance, you name it. Positive emotions not only help return your heart rate to baseline, but they also increase your capacity to generate solutions to setbacks.
- Practice progressive muscle relaxation, which is the process of tensing, then relaxing, individual muscle groups.

### 3. You are unsure of your ability to do something

#### Strategies:

- If you can't figure it out on your own, talk to a friend, co-worker, or your boss, if possible. Look for information online, in books, and other resources.
- Build your self-efficacy, which is the ability to believe you can accomplish what you want to accomplish. Start by keeping a journal of "wins." Write down all of the times in your life when you have exceeded expectations, accomplished tough goals, and were in control of your life. Review this list often and keep adding to it. If you have to, start small. Small victories create momentum, which is a great foundation from which to succeed at more complicated tasks.
- Identify your strengths. People who successfully manage their stress understand that they cannot be everything to everybody and remain effective; instead, they have a keen awareness of how to leverage their unique blend of strengths, skills, and talents.

### 4. You are overextended

#### Strategies:

- Identify what restores you and what depletes you both at home and at work. For every item that depletes you, determine whether you can bag it (do you have to do the task at all), barter it (can you have someone else do it), or better it (how you can make it better). For a simple worksheet to help you sort it all out, send me an email at [paula@marieelizabethcompany.com](mailto:paula@marieelizabethcompany.com).
- Hire help or if money is tight, do a swap with a friend or neighbor. For example, you each agree to watch each other's kids one night a week so you can catch up on work or have a date night.



## Chapter Events

*EWI representatives and executives are invited!*



**Stoutheart Financial Group**

Ameriprise Private Wealth Advisory Practice

# Firm Night

## Executive Women International Wichita

*Please join us!  
Enjoy a glass of wine,  
appetizers and a tour  
of our renovated office.  
Get to know our  
four generations  
of advisors and learn  
more about retirement,  
financial strategies for  
women, and the future  
of Stoutheart!*

**Wednesday, May 16  
5:30pm - 7:30pm**

**Stoutheart Financial Group**  
8621 E. 21st Street N., Wichita, Kansas 67206  
(inside the Woodspring Suites Hotel building)

**Please RSVP by Friday, May 11**



Hosted by: Stoutheart Financial Group, a private wealth advisory practice of Ameriprise Financial Services, Inc.

[StoutheartFinancial.com](http://StoutheartFinancial.com)

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Be Brilliant.®

Chapter Events**EWI LUNCH BUNCH****Tuesday May 22, 2018 11:45 AM**

Il Vincino Wood Oven Pizza  
4817 E Douglas Ave

RSVP to Theresa Hogan

[mary.t.hogan@ampf.com](mailto:mary.t.hogan@ampf.com)

316-630-8118



Chapter Events

WICHITA  
**ewi**

CONNECTIONS | CAREERS | COMMUNITY

# FUNDRAISING NIGHT

**JUNE 20, 2018 5:30PM - 7:30PM**

**HYATT REGENCY WICHITA**  
400 W. WATERMAN • WICHITA, KS

**ACTIVITIES INCLUDE:**

**SILENT AUCTION • WINE PULL  
TEA/MUFFIN WALK • KANSAS PHOTO BOOTH**

**PROCEEDS FROM THIS EVENT GO TO EWI WICHITA  
PHILANTHROPIC INITIATIVES!**

***INCLUDING READING RALLY (TO BENEFIT 3RD GRADE CLASSES AT COLVIN  
ELEMENTARY) & SCHOLARSHIPS TO BENEFIT COLLEGE-BOUND  
SENIORS & ADULTS RETURNING TO COLLEGE***

## Chapter Events



### Request to Membership

#### June Fundraiser – Kansas and Local Proud

The fundraising committee is working hard to bring you a great fundraising event to be held at the Hyatt Wichita on June 20, 2018. There will be many opportunities to help raise funds for scholarships and our reading rally initiatives but we need your help!

To make this the best fundraising event ever, please consider donating any of the following items:

- **Wine** (for the wine pull) – goal to have 20 bottles of wine donated, please consider choosing wine worth \$20 minimum.
- **Silent Auction** - Another need is donations for the silent auction. The theme for the event is “Kansas” or “local” themed items so use your imagination and come up with something fun to donate (ie: basket of goodies, WSU, KU, K-State, local restaurants, etc). We would like to also incorporate art into the mix so if you have a local art piece you would like to donate, we will certainly showcase their work and credit them with the piece. This could be anything from paintings, sculpture to more crafty items like bags, pillows, blankets, jewelry etc. Whatever you think is artsy and interesting we would love to auction off and raise money for the BCDP fund.  
\*\*Please note, items valued under \$50 will be bundled with other items to increase their value.”

You can drop your items off at the following locations by **June 11, 2018**:

- HealthCore Clinic, Davna Gould – 2707 E. 21<sup>st</sup> St. N.
- Wichita Marriott, Jessica Emrick – 9100 Corporate Hills Drive
- Hyatt Regency Wichita, Tami Barker – 400 W. Waterman
- Or we can come by to pick up if needed. Feel free to call or email Davna to make arrangements (316- 612-6883 or [dgould@healthcoreclinic.org](mailto:dgould@healthcoreclinic.org)).

If you have any questions, please don’t hesitate to contact me.

Thanks,

Davna Gould



Chapter Events

CONNECTIONS | CAREERS | COMMUNITY

## Wichita Chapter - July Meeting



Program Featuring Traci Wilnerd, LTA  
Taxpayer Advocate Service - IRS

Wichita Marriott  
Corporate Hills Ballroom

Wednesday, July 25<sup>th</sup>

11:30am - 1pm



## Chapter Events



**Save the Date - Leadership Conference & Annual Meeting (LCAM)** – September 20<sup>th</sup> – 22<sup>nd</sup> is in Raleigh, North Carolina. We have several of our chapter members starting to register. There is complimentary shuttle service from the airport to the Raleigh Marriott Crabtree Valley. The true essence of EWI is embraced at LCAM – the opportunity for professional training and growth under the leadership of nationally ranked speakers!

### Conference Registration

Log in to [ewiconnect.com](http://ewiconnect.com) to access conference registration.

\$650 – May 1–June 30 – Early Registration

\$750 – July 1 – Conference – Regular Registration

\$195 – Leadership Caucus

### Raleigh Marriott Crabtree Valley

You will receive a hotel reservation link with your conference registration confirmation. Chapters are encouraged to only book the amount of rooms needed at the time that they register for conference. Book by August 20 at the special rate of \$179 per night.

### LCAM 2018 Sponsorship Opportunities

There are a variety of conference sponsorship opportunities this year. Chapter participation, firm participation and individual contributions are encouraged to help EWI provide the annual meeting and conference to all those that attend. Sponsorship options are available on the Corporate website at [ewiconnect.com/lcam2018](http://ewiconnect.com/lcam2018) and in the Member Information Center (MIC) to download and review along with a letter to provide to your firm for support. A separate communication will be sent to all members to extend sponsorship opportunities to you and your firm. If you have questions on sponsorships, please contact Cortney Ihde at [cortney@ewiconnect.com](mailto:cortney@ewiconnect.com) or 262-269-5625.

## Chapter Events



### NEW REPRESENTATIVE

#### New Representative:

#### ANNIE MURACH

*Welcome Annie Murach! Annie is the new representative for United Way of the Plains. She has been working at United Way of the Plains since 2015 and recently has become the Assistant to the President. Annie supports President Pat Hanrahan and various committees within the United Way. Prior to United Way, she had worked at Wichita State University for 14 years.*

*Annie graduated from Wichita State University with a Bachelor of General Studies-Anthropology. She lives in Wichita and divides her time between Wichita and Medicine Lodge, where her boyfriend resides. Annie enjoys volunteering for the Peace Treaty event that is held in Medicine Lodge and various local events in Wichita. Other hobbies include; sewing, traveling and her pet rabbits.*



***United Way of the Plains has been a chapter member of EWI since 1996***



**Happy Birthday to YOU!!!**

May 8 ~ Jeanetta Bolin, Commerce Bank  
May 21 ~ Lynne Smith, Visit Wichita



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### 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](http://ewiconnect.com).



<https://www.facebook.com/EwiOfWichita/>



<https://twitter.com/EWIWichita>

Share your news & photos in the  
monthly *Connect*

Contact: Pam Dinwiddie  
[pdinwiddie@txtav.com](mailto:pdinwiddie@txtav.com)

Submission deadline:  
June Issue ~ 6-8-18

### Upcoming Chapter Meetings

Third Wednesday of  
each month unless  
otherwise noted

**Wednesday, May 16**  
**Firm Night**

Stoutheart Financial Group  
8621 E 21<sup>st</sup> Street N  
5:30 pm – 7:30 pm

**Wednesday, June 20**  
**Fundraising Night**

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](mailto:tami.barker@Hyatt.com)