



EWI Wichita ... Chartered 1970 ... November 2021

A Message From Your EWI President-Davna Gould



Davna Gould- President

Hello EWI Wichita! I can't believe how quickly pumpkin spice season has arrived! This is also the season of gratitude when we take a moment in our busy lives to reflect on the things we are thankful for. It feels good, right? To count our blessings and acknowledge how far we have progressed in life? What if we did this on a regular basis instead of around the holiday season? To develop a gratitude mindset that stays with us throughout the year. If you take a few moments to google "Gratitude Mindset" you will be provided article after article on how to develop this mindset and the positive effects it can have on your physical, social and psychological well-being. I enjoyed these resources and hope you will as well:

<https://chopra.com/articles/how-to-develop-a-gratitude-mindset>

<https://thriveglobal.com/stories/6-ways-to-start-developing-a-gratitude-mindset/>

QUOTE OF THE MONTH: "Enjoy the little things, for one day you may look back and realize they were the big things." - Robert Brault

I am grateful for the positive experiences we have had together as members of EWI. We have so many diverse opportunities to learn, grow and have fun together. Our meeting for November will be at Board & Brush on November 17. This will be a great opportunity to explore your creative side and get to know your fellow EWI members at the same time. I am excited to see you all there!

Our December meeting will arrive earlier than normal on December 1 for our Colvin Food Box Event. Each year EWI provides food boxes for families in need for the holiday break. This year we will also have a Holiday Sock exchange, stay tuned for more details! Please remember to RSVP for this meeting before your Thanksgiving Break.

Happy Thanksgiving!

Davna Gould, HealthCore Clinic, dgould@healthcoreclinic.org

2021—2022 Officers & Directors

President

Davna Gould
HealthCore Clinic

Vice President

Jessica Viramontez
Visit Wichita

Secretary

Sydney Tuttle
Delta Dental

Treasurer

Kathy Armbruster
Allen, Gibbs, and Houlik, LLC

Sergeant-at-Arms

Allison Le
Schaefer Johnson Cox and Frey

Director-at-Large

Allison Walden, Downing and Lahey Mortuary

Fundraising Directors

Lori Armstrong
Derby Theaters

Communications Directors

Ashley Kracke
Professional Engineering Consultants

Membership Directors

Jan Baggett, Wichita Chamber of Commerce
Valerie Brashears, City of Wichita

Programs Director

Jessica Emrick Davies
Wichita Marriott

Advisor

Kristina Helm, Western Associates

President's Message p. 1, Treasurer's Report p.2, 2021-2022 Officers & Directors Messages p. 3-4, Replacement Representative p. 5, Look Back p. 6, Lunch Bunch p. 7, Event Information p. 8-11, Birthdays & Info p. 12-13

DO YOU HAVE A NEED? Are you in the market looking for a particular service? Dental Insurance, Event Venues, Hotel, CPA, Financial Planning, Death Prearrangements, etc? "STOP & SHOP FIRST" with your EWI sisters!!



Send your payments to:

Kathy Armbruster
Allen, Gibbs & Houlik, L.C.
301 N Main St Suite 1700
Wichita, KS 67202
316-291-4139

Executive Women International® brings together key individuals from diverse businesses for the purposes of:

Connections - Promoting member firms

Careers - Enhancing personal and professional development

Community - Encouraging community involvement

Chapter Operating Account:

10/1/21 Opening Balance: \$13,263.80

10/29/21 Reconciled Balance: \$12,125.99

Deposits:

- Regular Chapter Meeting fees \$80.00
- Firm Night \$630.00
- Murfin Reimb Reading Rally \$631.51

Expenses:

- ACH transfer fee \$13.00
- Chamber of Commerce 21-22 membership \$240.00
- Reading Rally books \$631.51
- LCAM lodging \$1357.36
- LCAM meals \$68.70
- Web hosting and annual renewal \$168.75

Committee Updates

Allison Walden | Director-at-Large

Happy November! Scholarship Season is almost here! I will be working alongside my committee to get everything up and going for the scholarship kick-offs in January. This year we will be able to award one EWISP Scholarship (to a graduating high school senior) and TWO ASIST Scholarships (to adult students in a variety of transitional situations)! In the coming months, I will continue to provide updates on the scholarship process and further details into the who, what, where, when, why for each scholarship.

How can you help? I'm glad you asked!

We need to begin finding judges for our scholarship process. For each scholarship, we need 3 judges – 1 in the education sector, 1 in the non-profit sector, and 1 in the business sector. If you know anyone who would be a good fit, please send their contact information my way.



Allison Lee | Sergeant-at-Arms



I'm sure I echo so many of you by saying, I can't believe it's November! As 2021 is coming to a close I hope you all choose to celebrate and enjoy the holiday season, and come eat with your EWI family at lunch Bunch! November's lunch is sure to be delicious at Mediterranean Grill. I hope to see you there!

Committee Updates

Jessica Emrick Davies | Program Director

Ladies, our November and December meetings are back to back! EWI of Wichita focuses on the three C's, Connections, Community and Careers!



On Wednesday, November 17th we will be at Board and Brush at 5:30pm and it's going to be too much fun! WE will focus on making new connections and networking with old connections. Bring a beverage and your creative mind! Light Hors d oeuvres will be provided. You will have to register at Board and Brush to pick your project and then you have to register on Squad Up:

www.squadup.com/events/ewi-of-wichita--november-chapter-meeting-2?legacy=0

For December, we will support the families of Colvin Elementary with food over the Holiday Break. Our focus for this meeting will be our Community! We will meet on Wednesday, December 1st at 5:30pm at the Wichita Marriott. We will help load all boxes with food and then load into trucks and then finish with a plated meal and *Fun Socks exchange*. Don't forget to wear your funniest CHRISTMAS SWEATERS & MASKS TO THIS MEETING!!! We want to show our holiday cheer and have some FUN! The Squad Up Link for the December meeting

www.squadup.com/events/ewi-of-wichita--december-chapter-meeting?legacy=0

EWI provides many tools for Professional Development! Next week's November 9th webinar is: Emerging from Networking Meltdown. Can anyone relate to this theme? Check the Corporate Website for more information on the free monthly webinars!

Member Spotlight—Krystee Pearson



**Replacement Representative
for Sally Rose**

Krystee Pearson



Welcome Krystee!

Krystee is a Contact Center Supervisor for Evergy. She has been in her current role for 9 years. Prior to Evergy, she worked for the Emporia Police Department for 12 years and was the 911 Director. She lives in Rose Hill, Ks with her husband Shawn. He is a teacher at Derby High School. They have three grown children and a grandson. Krystee enjoys volunteering, and prior to COVID volunteered as a wish granter for the Make A Wish Foundation. She shaved her head three times to raise funds for childhood cancer research for ST. Baldricks. She also participates in Green Team projects and Reality U through Evergy. Her and her husband enjoy riding bicycles and love to take off on the weekend and explore different bicycle Rail to Trail routes.



October Firm Night

We had a great time in October visiting Member Firm Meritrust in their new facility. Thank you to Meritrust for hosting this firm night and for the engaging discussion with your executive women!



EWI Wichita Chapter – Lunch Bunch

Wednesday, November 10, 2021

11:45 a.m.

At Mediterranean Grill, 335 S. Towne East Mall

RSVP to Helen Nicoli (alumni member)

hlnicoli@hotmail.com, 316-992-1981

by noon, Tuesday, November 9



November Meeting

Wednesday, November 17th @ 5:30pm

Board and Brush Creative Studio

1108 E Douglas Ave, Wichita, KS 67214

Go Online and Register to Board and Brush now

Squad Up will add the link after October's meeting.

Private Event

EWI CHAPTER

This is a private event, please enter your access code provided by your host to continue

Wichita

<https://boardandbrush.com/wichita/events/mini-framed-sign-workshop>



EWI DECEMBER MEETINGWednesday, December 1st

5:30pm-7:30pm

Wichita Marriott



We will have our DECEMBER MEETING on Wednesday, December 1st at 5:30pm at the Wichita Marriott in the Corporate Hills Ballroom (at the front of the hotel). We will help fill boxes of food for the Colvin Elementary Families to enjoy over the Holiday Break. We will load all boxes into trucks and then finish with a plated meal and a **FUN SOCKS** exchange. Don't forget to wear your funniest **CHRISTMAS SWEATERS & MASKS TO THIS MEETING!!!** We want to show our holiday cheer and have some **FUN!** The Squad Up Link for the December meeting is

www.squadup.com/events/ewi-of-wichita--december-chapter-meeting?legacy=0





COLVIN ELEMENTARY

Food Drive



Due to COVID-19 we kindly ask you to donate complete food boxes for this event (partner with friend). Boxes will be distributed at the November meeting. Boxes must be returned prior to or at December Chapter Meeting on December 1, 2021 which will be held at the Marriott.

- 2 (1lb Boxes) Spaghetti
- 2 (24oz) Spaghetti Sauce
- 1 (16 oz bag) Egg Noodles
- 4 boxes Macaroni & Cheese
- 1 (28oz jar) Peanut Butter
- 1 (30oz jar) Jelly
- 1 (6pk) applesauce cups
- 3 (14.5 oz) cans vegetables
- 3 packets Instant Mashed Potatoes
- 2 (26oz cans) Cream of chicken
- 4 (10oz cans) Canned Chicken
- 1 (2 lb bag) Long Grain White Rice
- 1 bag Dry Beans
- 2 packets Instant Spanish Rice
- 2 cans Pork & Beans
- 2 boxes Tuna or Chicken Helper
- 6 packages Ramen Noodles
- 4 (2.6 oz packets) Tuna
- 1 (6pack) Shelf Stable Milk
- 1 box (10 packets) Oatmeal

Questions, please contact:

Davna Gould dgould@healthcoreclinic.org

Kristina Helm kristina@westernassociates.com

Holiday Wish List

Clothing

- Store gift cards
- Shoes / sneakers
(all sizes, infant through men's 14)
- Slide style shoes
- Maternity clothing
- Sweatpants & hoodies for teens
- Athletic shorts and pants (s-xxxl)
- T-shirts-solid (women's and men's)
- Teen PJ/Lounge pants (s-xxxl)
- Children's clothing
(all sizes preemie to youth)

Infants & Toddlers

- Diapers and Pull-Ups®
- Wipes and cream
- Baby lotion
- Similac® Advance® baby formula
- Bottles, pacifiers, teething rings
- Swaddlers and sleepsacks
- Car seats

Food & Beverages

- Individually packed snack food
- Juice
- Fruit cups
- Food gift cards (\$5 increments;
fast food, QuikTrip, or grocery)

Hygiene

- Ethnic hair care products
- Detangler
- Hairspray (pump/non-aerosol)
- Nail care items
- Hairbrushes, combs, afro picks

Entertainment

- Activity Passes (bowling, skating, movies, museums, sports, events)
- Portable AM/FM radios, earphones, earbuds
- Arts and crafts supplies
(Acrylic paint, brushes, card stock, canvas, watercolor and sketch paper, yarn, craft kits)
- LEGO® and other building sets
- Store gift cards
- Science/educational kits
- Playing cards, teen board games
- Journals

Household

- Dish sets and flatware
- Kitchen utensils, pans, bakeware
- Hot pads, oven mitts
- Bath towels & wash cloths
- Shower caddy
- Duffel bags (sturdy, all ages)
- Pillows
- Plastic totes w/ lids (medium)
- Sheet sets (twin long/XL)

wch.org

During the holiday season, we request that all donated items be **new**.



WICHITA
Children's Home

7271 E. 37th St. N. Wichita, KS 67226
(316) 684-6581



November 9th—Lori Armstrong, Derby Plaza Theatres

November 12th - Barb Boulanger, Life Member

November 14th—Helen Nicoli, Schaefer Johnson Cox Frey Architecture

November 14th—Tammy Voth, Cessna Aircraft Company

November 14th—Jamie Hunt, Life Member

November 15th—Teresa Arthur, Commerce Bank

November 20th—Davna Gould, Healthcore Clinic, Inc

November 28th—Pamela Woodside, ImageQuest

November 29th—Shannon Eggleston, Meritrust

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



Executive Assistant/Office Manager

Cortney Ihde

Work: 262.269.5625

Personal: 262.443.0814

DON'T FORGET

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

EWI of Wichita Social Media:

EwiOfWichita



ewiwichita



Ewiofwichita



ewiofwichita

*Share events, photos, accomplishments and more with EWI
Wichita Membership in one convenient location! Email social
media submissions to Pam Dinwiddie at pdinwiddie@txtav.com*

Share your news & photos in the monthly
Connect

Contact: Ashley Kracke
Ashley.Kracke@pec1.com

Deadline for December Issue:
December 8, 2021

Upcoming Chapter Meetings

*Third Wednesday of each month
unless otherwise noted.*

***December Chapter Meeting is
December 1st**

Board and Brush

**November 17th
1108 E Douglas Ave
5:30 PM**

December Chapter Meeting

**December 1st
Wichita Marriott**

Chapter Board Meetings

*Second Tuesday of each month
unless otherwise noted.*

All members are welcome.

Contact Davna Gould
dgould@healthcoreclinic.org