

Wichita EWIConnect

EWI Wichita ... Chartered 1970 ... January 2022

A Message From Your EWI President-Davna Gould

Davna Gould- President

Hello EWI, I hope you are settling in to the New Year and staying healthy and connected. Careers, Community, Connections. Connections will be the focus of the next few chapter meetings. It is so important to maintain our connections during these cold winter months in the midst of year two of a pandemic! It was great to have an in-person lunch meeting in January to learn more about MyEWI and how to stay connected to the EWI Community through the corporate website. February will be another fun month, please join us at the PourHouse ICT for a "My Favorite Things- Valentine Party." We will continue making connections in March with Fireside Meetings, these are smaller group meetings hosted by individual firms. The firm covers the cost associated with the meeting but the best part is that host firm gets to showcase their company to a smaller group of EWI Members. March meeting fees are mandatory, and will go towards the BCDP activities (reading rally, scholarships). Let me know if you are interested in hosting a Fireside Meeting at your Firm. Now that we have all of the fun stuff scheduled I am going to switch gears and focus on some items that aren't necessarily fun, but so very important. January is Cervical Health Awareness month, so I want to encourage all of you to schedule your



QUOTE OF THE MONTH:

"I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship." Brene Brown

routine exams, especially if you missed one recently due to the pandemic. Early Detection is the key to better health outcomes and you are important to all of us, so please get those scheduled! February is just around the corner and is Heart Health Month, I sourced some information from the National Heart, Blood, and Lung Institute to share with you. I was delighted to notice that positive connections are also good for your Heart Health! Why Connecting is Good for Your Heart: Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship. Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

Be more physically active.—Maintain a healthy weight.—Eat a nutritious diet.—Quit smoking.
Reduce stress.—Get 7-8 hours of quality sleep.—Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go. We will follow up on Women's Health at our April Chapter Meeting with a visit from the experts in women's health. Until then, take care of yourself and I look forward to seeing you all at the February Meeting.

Davna Gould, HealthCore Clinic, dgould@healthcoreclinic.org

2021—2022 Officers & Directors

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Davna Gould
HealthCore Clinic

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Jessica Viramontez
Visit Wichita

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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

Chapter Operating Account:

12/1/21 Opening Balance: \$12,669.24

12/31/21 Reconciled Balance: \$12,324.30

Deposits:

- Regular Chapter Meeting fees \$510.00
- Firm Night \$35.00
- Chapter dues; HealthCore \$230.00

Expenses:

- ACH transfer fee \$13.00
- Web hosting \$108.75
- Treasurer Bond - \$100.00
- Firm Night reimburse dues to Meritrust \$875.00
- LCAM meals reimbursement \$23.19

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

Committee Updates

Allison Lee | Sergeant-at-Arms

Happy New Year!

Unfortunately, with community Covid numbers on the rise, we'll have a hiatus on Lunch-Bunch for February. Watch in the connect for March's information as we hope to resume informal get-togethers!



Jan Baggett | Membership

Happy 2022 everyone!

EWI is a such a great organization that does great things and we all need to tout it!

An easy way to promote EWI is to bring a guest to our meetings. There are several upcoming meetings that would be great to bring a guest, a prospect, an Executive or someone in your office.

We want to encourage each of you to work on your own "Elevator Speech" so you can be ready when there is an opportunity to talk to someone about EWI. When you are in casual conversations with your friends or those you do business with, if you have an elevator speech ready, you can bring up the subject of EWI in your normal interactions and see if there is interest. If you aren't comfortable recruiting someone, just send us your prospect names and we will take it from there.

Work on YOUR elevator speech and be prepared to tout the benefits of EWI of Wichita.

Membership Co-Chairs

Jan Baggett - Cell: 807-3934

Valerie Brashears - Cell: 213-4414

Committee Updates

Sydney Tuttle | Secretary

Happy New Year to all my EWI friends!

I hope everyone had a wonderful holiday season and is staying warm out there! Can you believe January is already almost over? The days just fly by! Before we jump into February, I wanted to remind everyone that February is Black History Month and there are several ways locally to celebrate the successes of black Americans and appreciate their history. A great resource was published by one of our very own member firms, Visit Wichita. See you all soon!

<https://www.visitwichita.com/blog/post/black-history-month-in-wichita/>



Ashley Kracke | Communications Director

Happy New Year!

I'm excited to start the new year out with everyone! Please remember to reach out to me with any information you would like to submit in the Connect!



Join us next week for the EWI Lunch meeting. Our focus this month is on the **MyEWI community** on the **EWI Corporate Website**. This is a valuable tool for National Networking. If you aren't using it you should be!

Are you looking for a mentor? This is a great way to grow Professionally! Do you want to be a mentor to someone in your field in another chapter?

Did you know other Chapters post their Newsletters on there? Check to see what the Dallas or Kansas City Chapter is doing or what the next EWI Corporate Webinar is about! They are monthly free Professional Development Webinars.



Mark Your Calendars! January 12th, LUNCH Meeting from 11:30am - 1p.m.

Join us in person at **Berry Companies**, 2402 E. 37th St. N. between
Hillside & Hydraulic on 37th St. N. **Or VIA ZOOM**

Topic: *MyEWI Meeting*

Time: Jan 12, 2022 11:30 AM Central Time (US and Canada)

To Join the Zoom Meeting:

<https://us06web.zoom.us/j/89681286406?pwd=ZG9pZlNzNitBOEYySXE4SGhna2RUUT09>

11:30am Meddy's Lunch Buffet

11:45am Zoom Meeting

12:15am Q & A with Cortney
From EWI Corporate

Meeting ID: 896 8128 6406

Passcode: 689893

Attention newer members be sure set up your profile on the MyEWI community before this next meeting! Cortney Ihde will join us via Zoom to answer questions about the MyEWI community on the EWI Corporate Website.

Register now on Squad Up...

<https://www.squadup.com/events/ewi-of-wichita--january-chapter-meeting-2>



CONNECTIONS | CAREERS | COMMUNITY

Executive Women International
Wichita Chapter

President: Davna Gould
Scholarship Chair: Allison Walden

January 8, 2022

Re: Scholarship Opportunity

Executive Women International® (EWI) is pleased to announce that our Wichita Chapter is again participating in the Adult Students in Scholastic Transition (ASIST) scholarship program. The ASIST Scholarship is a non-discriminatory, education scholarship program for the benefit of non-traditional students. The goal of the ASIST Program is to enable recipients to improve their self-esteem and to have a positive impact on the recipient's personal life, employment, family and community.

Applications are being accepted online at

<https://apply.mykaleidoscope.com/scholarships/asist2022>

The application is available beginning Monday, January 3, 2022, until March 18, 2022, 11:59 PM ET.

If you have any questions, please feel free to contact me at waldena@dlwichita.com or 316-682-4553.

Thank you,

Allison Morris Walden

ASIST Program Chair

About EWI:

Established in 1938, EWI is a non-profit organization with more than 1000 companies and 1200 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. EWI is a premier organization for networking and leadership development for today's business professionals.



YOU ARE INVITED

To Host a Fireside Lunch or Dinner.

What

Fireside lunch/dinners offer members the opportunity to make connections & develop lasting Relationships both personally and professionally while showcasing your firm.

Why

The March Fireside Gatherings are one of EWI Wichita Chapter's Fundraiser Events for the year

Where

The hosting firm will determine the location, time, and menu for their Fireside Gathering, in the month of March. In addition, the hosting firm will be responsible for the cost associated with the meal.

Contact

If your firm would like to host a Fireside Gathering, please contact Kris Helm, Davna Gould or Lori Armstrong





PourHouse ICT

711 E. Douglas #105

Wichita, KS 67202

5:30pm-7:30pm-Cash Bar

Eat, Drink and Socialize!

Bring 3 identical gifts to exchange that are favorites with a Valentine's Day theme. (\$5-\$10 limit per item) No need to wrap items!

**My Favorite Things EWI Valentine's Party
February 16th**

Squad up Link!

<https://www.squadup.com/events/ewi-of-wichita—february-chapter-meeting-2?legacy=0>

Member Spotlight—Emma Hahn



Replacement Representative
For Theresa Hogan:
Emma Hahn



Welcome Emma!

Emma Hahn is a Financial Advisor at Stoutheart Financial Group, a private wealth advisory practice of Ameriprise Financial, LLC. She works with individuals and families, advocating a path to solve life's money puzzles. Prior to joining the Stoutheart team, Emma studied Personal Financial Planning at Kansas State University, with minors in Human Development Family Science and Business.

Emma grew up in west Wichita and now lives in Andover. She is a board member of Financial Planning Association of Kansas and is active in the Wichita Alpha Delta Pi Alumnae Association. In her spare time, she enjoys cheering on the K-State Wildcats and the Kansas City Chiefs!



February 3rd—Nancy Umholtz, Delta Dental

February 6th—Jordyn Ortega, Wichita State University Foundation

February 12th— Becky Hall, Sedgwick County Zoo

February 16th—Susan Cohrs, Visit Wichita

February 19th—Jessica Viramontez, Visit Wichita

February 23rd—Mallory Minor, Star Lumber

February 28th—Hayley Hobbs, Butler Community College

March 5th—Dawn Truman, ReeceNichols South Central Kansas

March 7th—Annie Murach, United Way of the Plains

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 Ashley Kracke at Ashley.kracke@pec1.com*

Share your news & photos in the monthly
Connect

Contact: Ashley Kracke
Ashley.Kracke@pec1.com

Deadline for February Issue:
February 7, 2022

Upcoming Chapter Meetings

*Third Wednesday of each month
unless otherwise noted.*

February Chapter Meeting

PourHouse ICT

711 E. Douglas #105

Wichita, KS 67202

February 16th, 2022

5:30 PM—7:30 PM

March Chapter Meeting

Firesides

Chapter Board Meetings

*Second Tuesday of each month
unless otherwise noted.*

All members are welcome.

Contact Darna Gould
dgould@healthcoreclinic.org