

Wichita EWI Connect

EWI Wichita ... Chartered 1970 ... March 2022

A Message From Your EWI President-Davna Gould



Davna Gould- President - Hello EWI, I am absolutely DELIGHT-ED in the spring weather we have had this week. I love the sunshine and warmth, but I am also looking forward to a good storm or two this spring. Thinking about storms, I reflect on the past couple of years with the pandemic, I feel like I have been through a 2+ year storm that interrupted my life and work. I am sure you have all been affected greatly by the pandemic as well. I think it is important to acknowledge the trauma that has been in our lives in order to process and move forward. That storm also affected our EWI Chapter, each of us have different comfort levels and company regulations that we had to juggle. Attendance and engagement have declined. We have been missing many of you at our chapter meetings and we are feeling the loss. Each of you is important to our chapter. We as a Board acknowledge the struggles and notice those that have not been able to join in on meetings these past few years. You will see some new initiatives coming from the Board in the near future. If you have an idea, please email me or any of the Board Members. We are open to listening and trying new things to promote engagement within our chapter.

I enjoyed finding a quote for this month. After contemplating the quote in relation to the past few years, it made me smile. I am not the same person, but I am happy with who I am and what I have learned throughout this one short journey... "And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in." ~ Haruki Murakami

QUOTE OF THE MONTH:
"And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in." ~ Haruki Murakami

Finally, I want to encourage you to invite a guest to the next few chapter meetings. For March we have secured the Founder of Fearless and Female, Cindy Coughenour. She will teach us some tips on self-awareness and safety. It is so important to refresh your personal safety skills on a regular basis. In April we will have Dr. Melocarro speak about women's health with a program on Hormonal Balance and Therapy. These two meetings are perfect to invite a female coworker or executives to! In May, I am excited to announce that our Chapter Meeting will be held at the Sedgwick County Zoo, I encourage you to invite your Executives and Coworkers to this meeting, save the date for May 25th 5:30-7:30. I look forward to seeing you all at the March Meeting, until then take care!

Davna Gould, HealthCore Clinic, dgould@healthcoreclinic.org

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HealthCore Clinic

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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:

2/1/22 Opening Balance: \$13,398.42

2/28/22 Reconciled Balance: \$14,911.91

Deposits:

- Regular Chapter Meeting fees \$420.00
- Chapter dues; \$1,840.00

Expenses:

- ACH transfer fee \$13.00
- Web hosting \$108.75
- February Meeting Expense \$624.76

Our funding needs are great in the coming months as we look towards Scholarships and Reading Rally. Keep these important deadlines and event dates in mind and plan to be involved in the excitement of giving back!

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

Ashley Kracke | Communications Director

Happy March!

Serving the Board as Communications Director has been such a fulfilling experience thus far. Please reach out if you want more information on what it means to be on the Board!

Also please remember to reach out to me with any information you would like to submit in the Connect!



Jan Baggett | Membership



The EWI Membership Committee met last week and we are pretty jazzed up about all our ideas to enhance EWI membership onboarding and ways we can get our Executives more involved. One way is to invite them to the EWI meetings. For those of you that have female Executives the next two EWI meetings would be a great opportunity for you to invite your Executive or female co-workers. Here are the details.

- March 16 at Building Control Services - Cindy Coughenour, Founder of Fearless and Female will be speaking. And who knows.....she might even teach us how to fight like a girl!
- April 20 at Ambassador Hotel - Dr. Alexandra Melocarro from Associates of Women's Health will be speaking on hormonal balance and therapy.

May 25 meeting will be an excellent time to invite your Executive, friends, prospects, co-workers. We will be meeting at the Zoo and will get to learn about the new exhibit and the conservation work SCZ is doing for Snow Leopards. Besides that we will get to have dinner on the Leopard Deck.....and meet Jata, the new snow leopard.

There will be more to come later but we would like to let you know that we are going to start a new Mentorship plan. If you would be interested in becoming a Mentor, please let Jan or Valerie know.

Hope to see you in March, April and May!

Membership Co-Chairs

Jan Baggett - Cell: 807-3934

Valerie Brashears - Cell: 213-4414

Committee Updates

Jessica Emrick Davies | Program Director

Ladies, If you're still here and showing up each day after 2020 and 2021, you're unstoppable. You survived one of the most difficult times in human history, so you're stronger, not weaker. Difficult times build mental toughness! Make sure you are taking care of YOU this year! Our March meeting will be a FUN self-defense meeting on Wednesday, March 16th at BCS Building Controls and Services located at 1730 E. Douglas. This meeting will allow us to pause and ask yourself... Do you stand up for yourself? Are you aware of your surroundings? Are you listening to your intuition? Did you know that fighting like a girl is a really GOOD THING? Do you know what to do if you are knocked to the ground? Grabbed by the wrist? Grabbed from behind? Think you are being followed? Relax and take a deep breath, **Fearless and Female** is here! Dress comfortable and experience an evening filled with fun, laughter and self-defense skills that will help you... BECOME YOUR OWN BEST PROTECTOR! See the flyer in this month's Connect for more information, including the Squad Up link. April's meeting is a program on Hormone Therapy and Balance! Need I say more? After graduating from North High School, Dr. Alexandra Melocarro, M.D, completed her undergraduate work at Wichita State University, with a bachelor of science in chemistry and a minor in sociology. From there, Dr. Melocarro moved on to the University of Kansas School of Medicine and completed her doctorate back at home in Wichita. You won't want to miss this! In May, you will find us at the Sedgwick County Zoo on the new Leopard Deck on May 25th. Note, it's the fourth Wednesday! Bring your Executive to learn about the new exhibit and the conservation work SCZ is doing for Snow Leopards. Learn how the public can connect it to Wichita & about new changes at the Zoo.

The Fundraising committee is planning a Fantastic Fundraiser for us! July's program will be Fireside Gatherings that allow you to get to know your group on a deeper level because it's a small group. These funds benefit our scholarship department. The hosting firm will determine the location, time, and menu for their Fireside Gathering, in the month of July. In addition, the hosting firm will be responsible for the cost associated with the meal. If you are interested in hosting a Fireside or want to learn more about it, see the flyer in this month's newsletter! Kris Helm, Darna Gould and Lori Armstrong can tell you more about it, as well. Bring your executive to any one of these meetings! See the flyers in this month's Connect for more information, including the Squad Up link for March.



Committee Updates

Allison Walden | Director-at-Large



Scholarships are approaching their due date on Friday, March 18. We will then begin the internal review process before moving into the judging process. I am looking for 3-5 volunteers to help review applications between March 18 and April 1. Please contact me via email if you are able to assist – waldena@dlwichita.com.

Sydney Tuttle | Secretary

Hello, everyone! I hope everyone had an amazing February! I know I had a great time learning about all my fellow EWI reps at our last meeting. I am feeling very grateful for the opportunity to serve such an impactful organization, taking notes and keeping meeting minutes for our Board of Directors. Don't forget that all EWI Wichita representatives are invited to sit in on Board meetings and view Board materials! Please reach out to any Board Member if you have any questions at all.



Allison Lee | Sergeant-at-Arms



Happy March! I hope everyone has gotten to enjoy the warmer weather we've had lately, I know I've been enjoying outdoor walks by the river with my coworkers to break up the workday. I hope that all of you are enjoying connection with both coworkers and through EWI; there are so many exciting upcoming events that will be great to bring guests to!



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.

EWI Wichita Chapter – Lunch Bunch

Tuesday, March 15, 2022
11:45 a.m.

At YaYa's Euro Bistro, Located in Bradley Fair Shopping Center
8115 E 21st St N, Wichita, KS 67206

RSVP to Allison Le
ale@sjcf.com, 316-655-3504
by noon, Monday, March 14



Parking Information on next page

Dress comfortably!!



RSVP AT
<https://www.squadup.com/events/e-wi-of-wichita--march-chapter-meeting>

CINDY COUGHENOUR - Founder of Fearless and Female, National Speaker

Cindy founded Fearless and Female in 2001 as a direct response to the murder of her childhood friend, Julie Ladd. As a Professional Speaker and Self-Defense Advocate Cindy is certified and trained in many different forms of self-defense, such as: Jane Jitsu - Certified

- Krav Maga
- Multiple Assailant Attacks
- Confined Area Tactics
- Rape Escape/Defend University
- Model Mugging - Graduate
- Fight Like A Girl - Instructor
- Girls on Guard - Instructor

March is Women's History Month

Every year, March is designated Women's History Month by presidential proclamation. The month is set aside to honor women's contributions in American history.

If you're still here and showing up each day after 2020 and 2021, you're unstoppable. You survived one of the most difficult times in human history, so you're stronger, not weaker.

Difficult times build mental toughness! Make sure you are taking care of YOU this year! Do you stand up for yourself? Are you aware of your surroundings? Are you listening to your intuition?

*Join us on Wednesday, March 16th to
 Celebrate the Women of our Organization and YOURSELF!*

Where: Building Control Services Building -1730 E. Douglas

Free Parking lots are next to Whole Donuts and on the other side of the building. Additional parking in Tonya's Soup Kitchen

Be sure to ask about the ***HISTORY behind the room*** we will dine in!

Time: 5:30pm Social - Beer and Wine Hosted

6:00pm Dinner - Healthy Dinner followed by the program

If you would like more information about Cindy or her organization- Check out her website:



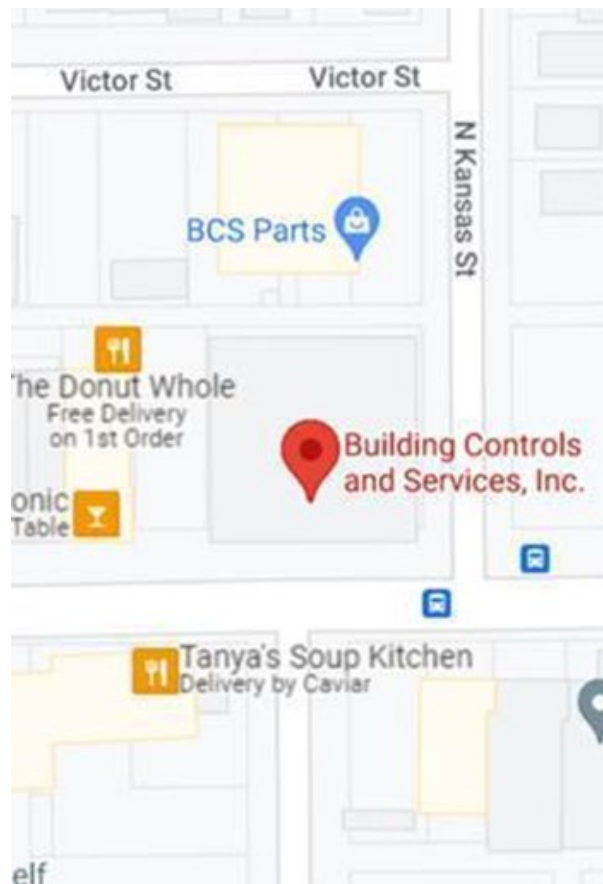
<http://www.fearlessandfemale.com/index.html>

Dress comfortably!!

Dress comfortably!!

March EWI Meeting Parking Information

Building Control Services is located on Douglas and Kansas Streets. Parking for this event is available (on limited basis) in the Donut Whole Parking Lot and Street Parking on Kansas Street. There is additional parking in the Tanya's Soup Kitchen Parking Lot across the street from Building Controls and Services.



EWI Wichita Chapter – Happy Hour Bunch

Thursday, April 14, 2022

4:30 p.m.

At Jenny Dawn Cellars, Located in Union Station

703 E Douglas Ave Ste 180, Wichita, KS 67202

RSVP to Allison Le

ale@sjcf.com, 316-684-0171

by noon, Tuesday, April 12



The Wichita Chapter of Executive Women International invites you to join us for a Program on *Hormonal Balance and Therapy*

Dr. Alexandra Melocarro



Wednesday, April 20th

5:30pm-7:30pm

The Ambassador Hotel-Viceroy Room

104 S. Broadway Wichita KS 67202

Cash Bar

Caesar salad –Romaine lettuce, Parmesan Cheese
with Herb Croutons and Creamy Caesar Dressing

Chicken Roulade

with Spinach and Artichoke and Beurre Blanc

Charred broccolini

Roasted red potatoes

Tiramisu & Chocolate Chunk Decadence
with Raspberry Sauce.

Dr. Melocarro services patients at
Associates in Women's Health East
& West Wichita offices



THE WICHITA CHAPTER OF EXECUTIVE WOMEN INTERNATIONAL INVITES YOU TO THE



**WHEN: WEDNESDAY, MAY 25TH, 2022
5:30PM - 7:30PM**

5:30PM SOCIAL HOST BAR & ASIAN CAT EXHIBIT

6PM DINNER ON THE LEOPARD DECK

6:30pm Presentation

**Bring your Executive to learn
about the new exhibit and the
conservation work SCZ is doing for
Snow Leopards. Learn how the public can
connect it to Wichita & about new
initiatives coming to the Zoo!**

WHERE

**The Sedgwick County Zoo
5555 W Zoo Blvd, Wichita, KS 67212**

**MEET AT THE FRONT ENTRANCE FOR SHUTTLE SERVICE TO THE
ASIAN CAT TRECK • HOSTED BAR • ASIAN THEMED Dinner Buffet
• AMUR LEOPARDS— Emerald, Lev and Storm • SNOW LEOPARDS
JATA & TASHI • SHUTTLE SERVICE BACK TO THE FRONT ENTRANCE**

LOOK FOR THE MAY SQUAD UP LINK IN THE NEXT CONNECT ISSUE!

LEOPARD DECK



**Meet
Jata,
New Snow Leopard**



YOU ARE INVITED

To Host a Fireside Lunch or Dinner in **JULY**.

What

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

Why

The 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 July. 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





March 5th—Dawn Truman, ReeceNichols South Central Kansas

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

March 18th—Sharon Thomas, Life Member

March 23rd—Kathy Armbruster, Allen, Gibbs & Houlik, LLC

March 23rd—Julie Simon, Meritrust

March 25th—Jan Baggett, Wichita Regional Chamber of Commerce

March 28th—Pat Campbell, Life Member

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 April Issue:
April 1, 2022

Upcoming Chapter Meetings

*Third Wednesday of each month
unless otherwise noted.*

March Chapter Meeting**Building Control Services****1730 E. Douglas****March 16th, 2022****5:30 PM—7:30 PM****April Chapter Meeting****Wednesday April 20th****5:30 PM—7:30 PM****Chapter Board Meetings**

*Second Tuesday of each month
unless otherwise noted.*

All members are welcome.

Contact Davna Gould
dgould@healthcoreclinic.org