

August 2010

My Ever Changing Circumstances

"Do not boast about tomorrow, for you do not know what a day may bring forth." Proverb 27:1

Oh my, has that proverb ever come true in my life lately! On May 23, the day after my daughter's wedding, I was asking God what I was going to do with my life now that the wedding was over. I thought I would be quite bored with life and have to find some new hobby. God must have thought that was quite funny because He turned my world upside down about two weeks later.

To make a very long story short, I am moving on August 13th out of the house that I have lived in for 11 years into an apartment. I have had to deal with downsizing issues because I'm going from 1800 square feet to 900. I've sold a lot of my worldly possessions. I do have to say that it is quite liberating to do so. I've realized that I had a lot of stuff that I really didn't need.

But, one of the hardest issues I've had to deal with is the fact that I'm leaving the home where the majority of the memories with my children are. We have lived here since Allyson was in 6th grade and Andrew in 4th. It was only a year after we moved into the house that my husband left. This is basically the home that just belonged to the kids and me. We've had so much fun here with each other and with friends. It made me think of the words of Bob Benson in his poem, "Laughter in the Walls."

Laughter in the Walls

I pass a lot of houses on my way home—some pretty, some expensive, some inviting—but my heart always skips a beat when I turn down the road and see my house nestled against the hill.

I guess I'm especially proud of the house and the way it looks because I drew the plans myself.

It started out large enough for us—I even had a study—two teenaged boys now reside in there. And it had a guest room—my girl and nine dolls are permanent guests. It had a small room Peg had hoped would be her sewing room—the boys swinging on the Dutch door have claimed this room as their own.

So it really doesn't look right now as if I'm much of an architect. But it will get larger again—one by one they will go away to work, to college, to service, to their own houses, and then there will be room—a guest room, a study, and a sewing room for just the two of us.

But it won't be empty—every corner, every room, every nick in the coffee table will be crowded with memories. Memories of picnics, parties, Christmases, bedside vigils, summers, fires, winters, going barefoot, leaving for vacation, cats, conversation, black eyes, graduations, first dates, ball games, arguments, washing dishes, bicycles, dogs, boat rides, getting home from vacation, meals, rabbits and a thousand other things that fill the lives of those who would raise five.

And Peg and I will sit quietly by the fire and listen to the laughter in the walls.

I know there have been hard times and sorrowful times in my home, but I want to walk away remembering the good times. I am so thankful that I have had the opportunity to have laughter in the walls of my home. Now I'm off to make more memories in a new place and hopefully there will be laughter added to those walls too. I hope that you have laughter in the walls of your home.

Shine for the Whole World to See,

Belinda Shelton

2009-2010 President, EWI of Little Rock
Representing UAMS, Department of Pediatrics



EWI Conferences

Holding regular conferences is just one of the ways EWI brings members together to make connections, advance careers, and create a sense of community.

Conferences are held on a local and national level throughout the year which makes it easy to renew friendships and make valuable connections with EWI members from around the world.

Our conferences offer charismatic speakers who teach effective strategies that increase personal leadership skills in the workplace. Each conference provides encouragement and answers to the challenges of being a professional in today's competitive business market.



**63rd
Leadership Conference & Annual Meeting
September 23-25, 2010**

Kansas City Marriott Downtown
200 West 12th Street
Kansas City, MO 64105
Phone: 1-816-421-6800
Toll Free: 1-800-228-9290

Rates:

Standard (Single-Quad) \$152/night
Concierge (1-4) \$182/night
1-Bedroom Parlor Suite (1-4) \$223/night

**Reserve your room by
August 30, 2010!**

RETHINK

REVITALIZE

REACH OUT



Keynote Speaker:

Daryn Kagan

Daryn Kagan is the creator and host of DarynKagan.com, an inspirational online community that features a daily Web cast of stories that, "Show the World What is Possible." DarynKagan.com has become a daily destination for thousands of Internet users who seek news stories that inspire.

*A big thanks to our volunteers who gave up their time and air conditioning to sell raffle tickets in front of Krogers on Chenal, August 7th. They made \$200! Volunteers: **Joyce Norton, Elizabeth Meyer, Barbara Cooper and Leighsan Harrod**. A note of appreciation goes out to **Starla Cooley** who provided the nice sign you see in the picture.*

DATES TO REMEMBER:

August 17th
Chapter Meeting – Delta Dental

September 14, 2010
Installation Night

September 23-25, 2010
63rd LCAM in Kansas City

September 22-24, 2011
64th LCAM in Minneapolis



Congratulations to **Ed Choate**, the CEO of Delta Dental of Arkansas. He was honored at the 2009-10 Rotarian of the Year by the Rotary Club of Little Rock. The award is given in honor of a member's outstanding community leadership, service and philanthropic activities.

Congratulations Ed!

To my Dear EWJ Sisters:

I Just wanted you to know that It is official that I am retiring after almost 30 years at ACH. My last day will be Dec. 31, 2010. I am excited and blessed about the wonderful opportunity that I will have to be able to spend more time with my family. I do plan on staying at ACH as zero base so that I can fill-in for vacations, etc. As Dr. Bates said "Gone but not forgotten" . I hope that I can continue to be active in EWJ and look forward to another chapter in my life. I am going to be able to attend the last official LCAAM Meeting in Kansas City as the first rep in the Little Rock Chapter for Arkansas Children's Hospital for over 17 years. How time has flown by but as I leave behind great and wonderful support reps to carry on especially with Leighsan at the helm I'm excited and looking forward to see what new ideas that are going to happen next year.

More to come.....With Love, and Friendship.

*Janie McGhee
Executive Assistant to the
President and CEO*

Happy Birthday, Young Whippersnappers!

Pat Lavender

August 1

Belinda Shelton

August 21

Michelle Jenkins

August 28



Gift to the Lois

EWI July ASIST Meeting, July 20, 2010, Embassy Suites Hotel

ASIST Winners: Stacie Griffin, Katie Brooks, Carolyn Hogue, Lakese Hicks



ASIST Winners, Committee and Judge: Stacie Griffin, Katie Brooks, Carolyn Hogue, Lakese Hicks, Nancy Dutton, Janet Webster, Lynn Harbert, Peggy Maxell, Lynette Watts

Guest Speaker: Barbara Graves



Nancy,
Please let everyone in EWI know how much your gift to the Lois Nimocks Beeson Library Endowment means to me. Lois was my best friend from childhood and died in her mid 30's. Reading and education meant so much to her. This endowment will help ensure that the Forrest City Public Library will have money to operate for years to come.

It was an extreme pleasure to be involved with EWI's ASIST program this year. Thank you for the opportunity.

Lynette Watts, ASIST Judge



CONNECTIONS | CAREERS | COMMUNITY

Minutes of the Chapter Meeting
EWI of Little Rock
July 20, 2010

ne for \$5 or three for \$10. The winner will be announced at the August Chapter Meeting.

President Belinda Shelton opened the ASIST Scholarship Night with a warm welcome and thanked the scholarship recipients and guest for attending.

Ways and Means Director, Diane Kidwell made a quick update on the raffle for the night. Tickets were sold one for \$5 and three for \$10, but if a person purchased three tickets, they were given an extra raffle ticket for a chance to win a \$50 gift card for Red Lobster.

The ASIST Scholarship Ceremony was conducted by ASIST Chair, Nancy Dutton. Nancy welcomed the chapter and guest and stated the scholarship recipients showed encouragement by their presence. The ASIST Committee was recognized which are members: Lynn Harbert, Peggy Maxell, and Janet Webster. The ASIST Scholarship was outlined to include the establishment of the program by corporate in 1992 and the Little Rock Chapter began participating in 1998. Last year, 49 of 75 chapters participated in the ASIST program awarding scholarships totaling over \$280,000. This is in addition to the twelve \$2,500 corporate ASIST scholarship totaling \$30,000 for a grand total of over \$300,000. Nancy said the chapter should be proud of how EWI is fulfilling the organizations mission of community involvement not only in Little Rock but across the country. A brochure outlining the history of ASIST and the application process along with the scholarship recipients and judges information was distributed to the chapter.

The following scholarship recipients were called to the stage one by one. They were each handed a beautiful rose adorned with white baby's-breath complete with red ribbon. Upon recognition by way of introduction of their families, school majors and ambitions with excerpts from their personal essays, they each were also given a certificate. Each scholarship recipients was awarded a \$1,000 scholarship:

Lakese Hicks-Seeking a Bachelors degree in Education and Social Work-UALR
Katie Brooks-Seeing a Bachelors degree in Education in the area of Health Science-UALR
Carolyn Hogue-Seeking a traditional RN degree program-Baptist Health Schools
Stacie Griffin-Seeking a traditional RN degree program-Baptist Health Schools

ASIST Chair, Nancy Dutton also recognized the panel of judges who consisted of:

Michele Easter, Administrative Director of the Arkansas Independent Producers and Royalty Owners Association
Lynnette Watts, Executive Director of the Women's Foundation of Arkansas
Cathy Hamilton-Mayton, Executive Director of the Episcopal Collegiate School Foundation

June Chapter Meeting Minutes continued...

Starla Cooley, Member Firm Howard, Mohorn and Associates notified the chapter to participate in the Dale Carnegie Essay Scholarship Contest. The guidelines are a one page, double spaced essay to answer some listed questions addressed on the flyer that has been sent out in previous meetings, but will also be emailed to the chapter tomorrow. The deadline for the essay is June 17th and the winner will be contacted July 1. Classes begin in August.

President, Belinda Shelton encouraged member firm representatives to participate in the Dale Carnegie Essay Scholarship Contest and for them to attend LCAM and made reference for executives to support their representatives in this opportunity.

Board Meeting-June 22, Arkansas Children's Hospital-Sturgis Building/Room 4171-5:30 p.m.

Chapter Meeting-July 20,Embassy Suites- ASIST Night-Meet & Greet 5:30 p.m., Meeting begins at 6:00 p.m.

Michele Easter was able to be present at the ceremony and Judge Watts and Judge Hamilton-Mayton sent their regrets. In appreciation for their time invested in the scholarship program, a donation was made in their honor to the charity of their choice. ASIST Chair Dutton also expressed the successful scholarship program was made possible by the committee members and asked for each to stand to receive recognition, and the entire chapter was acknowledged for their time and resources because the scholarship program would not be possible without them.

Invocation was given by Lisa Kilby, Member Firm Financial Centre Corporation.

Dinner was served by the staff of the Embassy Suites Hotel. The chicken, asparagus, and mashed potatoes were delicious and soft warm rolls completed the meal. For dessert at two inch thick slice of decadent chocolate pie topped of the meal.

ASIST Chair, Nancy Dutton introduced guest speaker Barbara Graves. Mrs. Graves opened Barbara Graves Intimate Fashions in 1973 which is currently open 37 years later. She has been inducted into the Arkansas Small Business Hall of Fame, selected as Retailer of the Year and had been selected as a finalist for Arkansas Business' Executive of the Year. Mrs. Graves community leader past roles have consisted of : City of Little Rock Board of Director, Vice Mayor of the City of Little Rock, and as first women President of the Little Rock Rotary. Her current role as community leader involves several boards including the Board of Directors of Centennial Bank and Baptist Hospital System. Her most current visible Community Leader role is that of Chairperson of the Board of Directors of the Great Little Rock Chamber of Commerce where she is the third women to serve in this capacity. Mrs. Graves gave an endearing speech on obtaining goals and dreams with hard work, determination, enthusiasm, and even a little perspiration. She gave motivation to all in her story of starting her business at the age of 22 and with borrowed money from a friend and a bank totaling \$20,000. She ended her remarks commending the scholarship recipients in their college endeavors and life journeys.

Joyce Norton, Nominating Committee Chair introduced the nomination delegates & alternates to the Annual Meeting. The delegates are President, Belinda Shelton and Vice President Leighsan Harrod. Alternates are Secretary, Peggy Maxell and Joyce Norton. The floor was opened for other nominations with no suggestions. Therefore, the delegates and alternates were unanimously approved.

Vice President, Leighsan Harrod gave a Reading Rally update. The Reading Rally Committee has met two times. They decided to model the Reading Rally after the Corporate Reading Rally that was witnessed at LCAM last year. The Centers for Youth & Family will be notified that they will not be the recipient of the Reading Rally this year. The plan is to partner with a school and invite one class to lunch the day of the rally. Diane Kidwell is working with Administrative Director of Elementary Education North Little Rock School District. Books were purchased at a discount of \$4 per book leaving \$590 of the \$750 budget. The book chosen is *Library Mouse* for ages 4-8, so ideally first and second grade classes are being sought. The class wish list is being research by Sharon Adkins to price back-packs and she has offered to dress up as the librarian in the story and read to the children. The Reading Rally will be held at the Arkansas Children's Hospital, Children's Hall after catering and location logistics were reviewed. The Reading Rally will be held October 5 from 11:30 a.m. to 1:00 p.m. All questions may be referred to Barbara Cooper upon her return from vacation.

Ways and Means Director, Diane Kidwell called out raffle winners. Barbara Graves donated a \$50 gift card and Member Firm Cameron donated the \$50 Red Lobster gift card.



Minutes of the Board of Directors
Meeting
EWI of Little Rock
June 22, 2010

Treasurer's Report

Lynn Harbert:

Upon a motion made by Lynn Harbert and seconded by Carol Massery, the June 2010 Operating and B/C/DP expenditures were unanimously approved as submitted.

Notes: Lynn praised the Ways and Means Committee for their raffle funds raised to date, and the Annual Fundraising Committee for planning and executing the golf tournament under budget. A corrected version of the B/C/DP June budget was distributed to the board as Lynn had made revision prior to the board meeting.

Upon a motion made by Lynn Harbert and seconded by Leighsan Harrod, the 2011 Proposed B/C/DP nine month budget was reviewed and unanimously approved as submitted.

Upon a motion made by Lynn Harbert and seconded by Diane Kidwell, the 2011 Proposed Operating nine month budget was reviewed and unanimously approved as submitted.

Committee Reports:

Program Director, Janet Webster: The Business Meeting will be held on August 17, 2010 at Delta Dental of Arkansas. Janet informed the board that Delta Dental has volunteered to pay for the meeting expenses at \$30 a plate per representative. On September 14, 2010 the installation of the new board will take place at Arkansas Children's Hospital, Brandon Conference Center. Catering To You will be catering both of these meetings.

Ways and Means Director, Diane Kidwell: The August 17, 2010 raffle item will be a donated \$75 gift card from Diane Kidwell. Initially, there were no plans to have a raffle during the September 14, 2010 meeting, but the board suggested we perform a raffle since they have been such a huge success, this will be shared with the Ways and Means Committee.

Sergeant-At-Arms, Carol Massery: Active Representative attendance for July 10, 2010 Chapter Meeting was 29 or 66%. Member Firm attendance for July 10, 2010 Chapter Meeting was 27 or 59%. There were two Sustaining/Life Member, 19 executives, and 11 guests to include the speaker which came to a total of 32 people in attendance for the July 10, 2010 ASIST Scholarship Night Meeting. There were eight excused absences and two unexcused absences.

Membership Director, Beth Hensley: Rachel Norris, Arkansas Anti-Aging, has been sent additional information and a membership application. Leighsan Harrod reported that Ridgeway Eye Care will not be joining EWI due to scheduling conflicts; Leighsan has extended an invitation to Cheryl Glenn, Cognitive Data, to join EWI and will continue to pursue her. Nabholz Construction, Andrea Woods, has confirmed they will be a Member Firm of EWI. To date no response has taken place from Arvest Bank or Southwest Power Pool regarding replacement representatives.

Little Rock Chapter Board of Directors

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Ways and Means Director

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Heart of Arkansas United Way
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June Board Minutes continued...

President, Belinda Shelton submitted a copy of a praise note sent by Katie Brooks who was an ASIST Scholarship recipient to the board for review.

The board discussed Sherry Jensen, Southwest Power Pool, receiving the honor of Life Membership. Diane Kidwell made a motion and was seconded by Peggy Maxell to honor Sherry Jensen with Life Membership and was unanimously approved by the board. This will be brought before the chapter for a vote.

Vice President, Leighsan Harrod discussed the 2010 EWI Corporate Reading Rally Sponsorships. Leighsan made a motion to support the minimum Corporate Reading Rally sponsorship level and was seconded by Melissa Godfrey which was unanimously approved by the board. The sponsorship will be deducted from the Operating Account.

President, Belinda Shelton asked that board members submit reports to her, so that she may start devising the Annual Business Meeting Booklets. Secretary, Peggy Maxell will send out notification and materials pertaining to the Business Meeting seven days prior to the chapter by way of email and letter. The "booklets" will be printed and distributed at the meeting to save on postage.

Vice President Leighsan Harrod has graciously agreed to serve as Secretary at the Annual Business Meeting on Peggy Maxell's behalf as she will be on vacation.