

July 2010

Ladies, this was such a good article that I decided to substitute my note to you this month with a note from Simon Bailey. Many of us have heard Simon speak at LCAM. He is one of the most enthusiastic and motivational speakers I have ever heard. I hope you enjoy this article. Remember to shine for the whole world to see.



Belinda Shelton

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

Simon Says Hope is the Glue to the Future You!

As I look around our world, it seems as if everything that we once believed in is unraveling at the seams. We have witnessed more catastrophic events in our life from the Rwandan Genocide, 9/11, a Tsunami, Katrina, Haiti, and now the BP oil spill, than perhaps our grandparents did in their lifetime.

Now we are on the verge of emerging from an economic coma called "recession", and we can see signs of life as companies are starting to hire, new businesses are opening, and homes are starting to sell again. Yet some companies are still struggling and downsizing. Businesses such as Tavern on the Green in New York City, which according to www.nydailynews.com "opened during the Great Depression and fell victim to this century's crippling recession", are closing. Perhaps you have days where you scratch your head and channel Marvin Gaye saying "what's going on?"

Believe me, I hear you! There is much wrong in our world, and if all you do is focus on that, things can seem pretty dismal. But there is also much that is right in our world, and that is where I encourage you to direct your attention and energy. Don't lose sight of all you have accomplished. Remind yourself of the value of YOU - what you have contributed to your world - your organization, your family, your community. In the words of Bing Crosby "accentuate the positive, eliminate the negative, latch on to the affirmative, don't mess with Mr. In-Between." Look for the good news, and find a role model who encourages you to keep your eye on the prize. I am not suggesting you need to get Mary Sunshine to be your mentor... you want someone who has been in the trenches and came out burned, bruised and still brilliant. That's who I want to follow in this decade. Someone real, someone optimistic.

(Article continued on page 2....)

Well, that person for me is my life coach/mentor, Mark Chironna, who has played a significant role in my life for the last 12 years. I recently went to see him and heard him say in my hour of fear and doubt, "hope again." It was in that moment that something shifted because of his words. I discovered that in times of change, those full of hope will embrace change and inherit the earth, while the hopeless will be forced to adapt to change just to survive.

Oh brilliant one (that would be you), this is the moment and this is the time to have hope in an age of anti-hope. Here are five ways to reinforce the seams of your future with the glue of hope:

1. Do your best work every day no matter what is happening around you! Why? Someone is watching you and you are leading them into the future. Truett Cathy, founder of Chick-Fil-A, says "It is when we stop doing our best work that our enthusiasm for the job wanes. We must motivate ourselves to do our very best, and by our example lead others to do their best as well."
2. Be Wealthy in Spirit - Wealthy is not something you seek to become. It is something you discover in the reservoir of your spirit. In your spirit resides your potential, genius, insight, energy, wisdom, and power. When you are wealthy, you live from the inside out instead of the outside in. Money is currency that is attracted to the energy produced by your spirit.
3. Shift baby Shift - When it is time to move into another dimension, you will experience a disruption and be given an invitation to break with the old so you can embrace the new. Andy Grove said it best "There is at least one point in the history of any company when you have to change dramatically to rise to the next level of performance. Miss that moment - and you start to decline."
4. Get Better instead of Bigger! Andy Stanley told a powerful story about when Chick-Fil-A was facing the onslaught of Boston Market a decade ago, and a group of executives were strongly encouraging Truett Cathy to expand the footprint of their restaurant chain in a nanosecond. In a meeting with all of his executives, he pounded on the table and said "if we get better at what we do, then our customers will force us to get bigger." Are you focused on getting better or bigger?
5. An open hand is always full - Give away what you want to attract to your life. I am convinced that it is more blessed to give than to receive. When you give without any strings attached, you experience spiritual ecstasy. Bill Gates said "Is the rich world aware of how four billion of the six billion live? If we were aware, we would want to help out, we'd want to get involved." Simon says it's time to move beyond talking about the problem... it's time to be the solution.

DATES TO REMEMBER:

July 20, 2010
Chapter Meeting

September 14, 2010
Installation Night

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

September 22-24, 2011
64th LCAM in Minneapolis

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.



JULY MEETING ASIST SCHOLARSHIP RECOGNITION

July 20, 2010

5:30 p.m. Mix & Mingle
6:00 p.m. Dinner
Embassy Suites

Please come help congratulate our 2010 ASIST Scholarship Recipients. We will recognize and honor:

Stacie Griffin, attending Baptist Health Schools, Registered Nurse
Katie Brooks, attending UALR, Health Sciences/Secondary Education
Carolyn Hogue, attending Baptist Health Schools, Registered Nurse
Lakese Hicks, attending UALR, Education/Social Work

Our program will be presented by Barbara Graves, President of Barbara Graves Intimate Fashions and 2010 Chairman of the Board of Directors of the Little Rock Regional Chamber of Commerce. Hear how Barbara's life experiences and lessons she has learned can be applied in our own lives.

Happy Birthday youngins!

Peggy Mills
July 8
Sharon Adkins
July 10
Roz Smith
July 22
Sherry Smith
July 31

Congratulations to Joyce Norton for having the winning essay in the Dale Carnegie Scholarship Essay Contest! She will be starting her 12-week Dale Carnegie course in August. Make us prouder Joyce, because you have already made us proud!

Sell!\$ Sell!\$ Sell!\$

“It’s All About Me” Gift Package

Fundraiser to benefit EWI of Little Rock

All proceeds go to our community outreach programs which provide scholarships and professional development awards.

Raffle Tickets - \$5 each or 3 for \$10

Drawing August 17, 2010

(You Do Not Need to be Present to Win)

The Winning Raffle Ticket Receives Gift Certificates for:

- ❖ 1 Night Stay for 2 Peabody Hotel, Little Rock
- ❖ Dinner for 2 at Capriccio's in the Peabody
- ❖ 2 Tickets, Arkansas Symphony Orchestra performance of your choice
 - ❖ 1 custom teeth bleaching system, Office of Lamar Lane, D.D.S.
- ❖ 1 free laser hair removal (lower legs & underarms) SkinStar Laser Medspa
 - ❖ 1 Full Body Massage

(Total value \$1,320)



Minutes of the Chapter Meeting
EWI of Little Rock
June 15, 2010

President Belinda Shelton opened Executive Night with a warm welcome and thanked the executives for attending. She asked that during dinner attendees view the presentation screen as member firms would be highlighted.

Invocation was given by Sharon Adkins, Member Firm American Abstract & Title Company

Dinner was served by the staff of the Little Rock Club. Dinner included delectable tastings of salmon and steak, roasted potatoes, vegetable medley, and roll. Desserts consisted of mouthwatering apple pie or banana pudding. The table centerpieces were donated by President, Belinda Shelton which were beautiful glass containers filled with water that contained a red rose and red pebbles and was topped with a floating white candle. During dinner the Member Firm PowerPoint slideshow ran on a loop and all enjoyed.

Program Director, Janet Webster introduced guest speaker Major General William D. Wofford. Major General Wofford began his military career when he was commissioned as Second Lieutenant, Field Artillery, upon graduation from the Reserve Officer Training Corps program at Arkansas Tech University. He was appointed as The Adjutant General, Arkansas National Guard, on February 16, 2007. His speech topic was Post Traumatic Stress Disorder (PTSD). His presentation was titled "*Keep Things in Perspective.*" He discussed the National Guard Mission, Operational Stress, Building Resiliency, and the Dual Mission which is divided between Federal and State Missions.

Linda McNutt, Member Firm Ryerson and Sherry Farrow, Member Firm Glazer's Distributors of Arkansas announced raffle winners. The eight raffle items which consisted of gift cards, books, CD/DVD and even a two night stay at the Mountain Harbor Resort and Spa were graciously donated to the chapter.

Joyce Norton, Member Firm Arkansas Children's Hospital Research Institute announced the 2010-2011 Proposed Slate of Officers. A hard copy of the list was handed out to all chapter members before dinner took place. The chapter was asked if there were any nominations from the floor, there were not, so the floor was closed. Written notifications were to be sent in by July 31st.

Carol Massery, Member Firm St. Vincent Health System gave an Annual Fundraising update. Carol thanked Starla Cooley for picking up the EWI name tags after Carol had been involved in an auto wreck which Carol was bruised and sore, but fine. Carol thanked the committee and stated that the funds raised went towards ASIST/EWISP Scholarships and the Reading Rally. The golf tournament was a success. There were two corporate sponsors, Arvest and Cameron. Eagle Sponsors were Delta Dental, Nabholz Construction Services and Health Advantage. There were eleven other sponsors to support the tournament. Thirteen golf teams participated and the net profits were \$6,721 which was shy of the budgeted annual fundraising goal. Vice President, Leighsan Harrod introduced a raffle "It's All About Me" which was formed to raise funding to avoid having to use reserved funds. A flyer was handed out with the raffle information along with tickets to sale. The gift package total value is \$1,320 and raffle tickets are being sold, one for \$5 or three for \$10. The winner will be announced at the August Chapter Meeting.

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.

Top Recruiter Awards

The Corporate Board is tracking the recruiting efforts of EWI members from October 1, 2009 through September 1, 2010 and is thrilled to announce the following Top Recruiter Awards.

GRAND PRIZE

To the **representative** who recruits the **most new member firms** in the recruitment period:

- Payment of Chapter and Corporate annual dues for 2011
- \$100 cash for the representative
- Feature article and announcement in a September issue of the *Corporate Connect*, as well as special recognition during LCAM.
- Congratulation letter sent to Executive

NOTE: To be eligible, the recruiter's name **must** appear on the membership application at the time of submission to the Corporate Office. In the event of a tie, each recruiter will receive the award.

SECOND PRIZE

For each new member firm that joins during the recruitment period, the recruiter's name will be entered into a drawing for this prize:

- Payment of Chapter and Corporate annual dues for 2011
- \$50 cash for the representative
- Congratulation letter sent to Executive
- Announcement in a September issue of the *Corporate Connect*, and special recognition during LCAM.

NOTE: To be eligible, the recruiter's name **must** appear on the membership application at the time of submission to the Corporate Office.

We will be recognizing each month's top recruiter in the *Corporate Connect*. If you have any questions, please contact Corporate Membership Director Renea Callery at reneaewi@gmail.com.

Please send all recommendations to Beth Hensley so she can make contact and send information to all perspective member firms.



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

May 2010 Operating Account

Checks have been written totaling \$205.75

May 2010/B/C/DP Account

Checks have been written totaling \$2,032.45

Operational Account May:

Total In All Accounts:	\$54,460.78
Total All Receipts:	\$10,718.26
Total All Disbursements:	<u>\$9,121.25</u>
Addition/Reduction to Reserve:	\$1,597.01
Ending Bank Balances:	
100 General Account	\$34,571.18
105 Investment Account:	<u>\$21,507.23</u>
Ending Reserve:	\$56,078.41

CD interest earned YTD is \$20.62 and the total YTD interest earned in checking and CD interest is \$23.64. There is no interest paid in May due to 35 day renewal. Next payment date is 6/1/10.

B/C/DP Account May:

Total in All Accounts:	\$39,149.62
Total All Receipts:	\$10,211.28
Total All Disbursements:	\$4,627.63
Net Proceeds:	\$5,538.65
Ending Bank Balance:	
Checking Account:	\$17,830.00
Restricted Funds:	<u>\$11,213.39</u>
Unrestricted Funds:	\$6,616.61

Recap of Total BDCP Funds:

Checking	\$17,830.00
Certificate of Deposit:	<u>26,884.04</u>
Total BCDP Funds:	\$44,714.04
Less restricted funds:	<u>11,213.39</u>
Net Unrestricted BCDP Funds:	\$33,500.65

CD interest earned YTD is \$25.77 and the YTD interest earned in checking and CD interest is \$26.92. There is no interest paid in May due to 35 day renewal. Next payment date is 6/1/10.

Little Rock Chapter Board of Directors

President

Belinda Shelton
UAMS, Department of Pediatrics
sheltonbelindac@uams.edu

Vice President/President-Elect

Leighsan Harrod
Arkansas Children's Hospital
harrodll@archildrens.org

Secretary

Peggy Maxell
Chesapeake Energy Corporation
Peggy.maxell@chk.com

Treasurer

Lynn Harbert
Delta Dental of Arkansas, Inc.
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Membership Director

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Regions Insurance, Inc.
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Publications Director

Melissa Godfrey
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Sergeant at Arms Director

Carol Massery
St. Vincent Health System
cmassery@stvincenthealth.com

Program Director

Janet Webster
Arkansas Children's Hospital
websterjm@archildrens.org

Ways and Means Director

Diane Kidwell
Heart of Arkansas United Way
dkidwell@heartaruw.org

June Board Minutes continued...

Notes reflected in the BCDP Account shows that two EWISP scholarships were added to total \$10,000 and noted on line 11 the Fundraising Projects reflects \$9,610 and the Annual Budget was originally allocated for \$12,000. This indicates the budget variance stated at a negative \$2,390, short of our goal.

On the Operating Account noted on line 13, the Ways and Means shows that Month to Date reflects \$550 and the Annual Budget goal was \$600. If they continue their current successful raffles they will exceed the \$600 goal. This reflection was shared with the board and all gave much deserved recognition to Diane Kidwell, Ways and Means Director, and the committee for their current and future achievements.

In the Treasurer's Report "Other Business" states the Investment Committee met on June 14 and June 21. The Year-End Compilation/Audit & Form 51 B/C/CP Financial Review was sent to Corporate the week of June 21. Reports were due June 1, but an extension until June 25th was approved due to the illness of one of the Committee Members. There is a Budget Committee Meeting set for July 15, 2010, and the next reports due to Corporate from the Treasurer will be the second quarter reports due July 31st.

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

Program Director, Janet Webster: Executive Night held on June 15 at the Little Rock Club was a huge success. The board discussed that several executives were very positive about the program and one executive was so impressed he approved his Member Firm Representative to attend LCAM. The board agreed this was exactly the type of response we wanted to accomplish on Executive Night. The Program Committee was so impressed with the Little Rock Club amenities that they have suggested holding the Christmas Chapter Meeting at the club with a view of the State Capitol which will be adorned with lights. July 20, 2010 will be the ASIST Scholarship Awards Night which will be held at Embassy Suites. The guest speaker will be Barbara Graves, Barbara Graves Intimate Apparel. Embassy Suites has been kind to EWI of Little Rock to accommodate all inclusive pricing of \$30 per person. The committee is still in discussions on the menu items at this time. On August 17, 2010 the Business Meeting will be held at Delta Dental of Arkansas and will be catered by Catering To You. On September 14, 2010 the Installation of the new board will take place at the Arkansas Children's Hospital, Brandon Conference Center and will also be catered by Catering To You.

Ways and Means Director, Belinda Shelton on behalf of Diane Kidwell: The board's attention was directed to Board Meeting Booklet which had a copy of the March Ways and Means Raffle gift certificate which was a complete care detail compliments of Best Car Wash valued at \$193.50.

Sergeant-At-Arms, Carol Massery: Active Representative attendance for June 15, 2010 Chapter Meeting was 23 or 79%. Member Firm attendance for June 15, 2010 Chapter Meeting was 20 or 74%. There was one Sustaining/Life Member, 27 executives, and 8 guests to include the speaker which came to a total of 59 people in attendance for the June 15, 2010 Executive Night Meeting. There were six excused absences and zero unexcused absences.

Membership Director, Beth Hensley: Leighsan Harrod, Vice President, presented two potential member firm names to the Board for membership consideration; CognitiveData and Ridgeway Eye Care. The Board voted unanimously to post the potential member firms to the membership. No written objection was received therefore; Leighsan will contact the firms and keep in contact with further information/processes. At the Executive Night Meeting, Roz Smith, Member Firm Aristotle, introduced Beth to her executive's daughter, Rachel Norris with Arkansas Anti-Aging. Rachel and Beth have been in contact with one another since this meeting. Janet Webster presented the American Heart Association as a potential member firm. Upon a motion made by Beth Hensley and seconded by Melissa Godfrey, posting of Arkansas Anti-Aging and the American Heart Association will take place which was unanimously approved by the board.

President, Belinda Shelton supplied a copy of the Regular Ticket for the 2010-2011 EWI Corporate Board of Directors Memo to the board. Leighsan Harrod, Vice President updated the board that the EWI of Little Rock Chapter is in compliance with the laws of raffle operation. These processes were brought forth by Beth Hensley, Membership Director to ensure the organization was following the State of Arkansas Department of Finance and Administration Revenue Division-Office of Tax Administration laws. Leighsan graciously and appreciatively took care of all processes and the Bingo-Raffle Permit, permit number 0795, was granted for the dates of August 17, 2010 to August 17, 2010 which is the raffle drawing date. The original permit will be publicly displayed the day of the drawing which will take place at the office of Delta Dental of Arkansas.

Nancy Dutton, Parliamentarian gave updates on the ASIST Scholarship processes. The four scholarship recipients are from Baptist Health (2-RN Majors) and UALR (2-Education Majors). A total of 20 applicants sent in their information. The colleges listed by the applicants were: Baptist Health, ITT, UALR, AMS, and one applicant was undecided at a college location at this time. The area of study for the applicants included: biology, computers, construction management, early childhood, education, health science, nursing, psychology, social work, and one undecided major. Letters were sent out on June 23, 2010 to those who were granted scholarships and declination letters were sent to all other applicants. Corporate will have a package of information on the 2010 ASIST Scholarships on file.