

President's Message



Fall is in the air, and EWIC excitement is definitely in the air, as well!!!



Our new board is running in high gear and committee chairs are busy scheduling their first meetings. Membership is off to an incredible start, especially after our successful wine & cheese event last month hosted by the board at the Knoxville Chamber. Ladies, I can see we are on the verge of a big recruiting year – I just feel it! I am optimistic that we are getting ready to have anywhere from 4-6 new members to add to our roster really soon. I encourage everyone to join the bandwagon and invite new prospects. Our November meeting hosted by Dermatology Associates of Knoxville is always a wonderful opportunity to invite guests. Pam Meridieth and the DAK staff never fail to plan an impressive evening and teach us ways to improve and protect our skin.

Although I apologize for the noise we had to endure at our October meeting at Baker-Peters Jazz club, the fantastic presentation by Peggy Iachetta and Mae King far outweighed the distraction. We can never receive enough education and information on breast cancer, and I was glad that our October meeting could focus on this subject. Thanks also to Joy Sutton for telling her story, and stressing the importance of knowing your body enough to seek additional testing, when necessary. We are thankful to have Kay Hays, Joy Sutton and Terrye Whittaker who are all breast cancer survivors and members of our chapter.

Connie Leggett, Victoria Sloan, Val Beers and yours truly took a road trip down to Chattanooga on Thursday, October 22nd to attend the EWIC-Chattanooga Barnyard Auction. A great time was had by all, and I "think" we all might have come back with a little something.

LOCAL BOARD

Sandy Richards, President
Lattimore, Black, Morgan & Cain, PC

Lisa Coulter,
Vice President/President Elect
Knoxville Area Chamber Partnership

Brenda Humphrey, Secretary
Barge, Waggoner, Sumner & Cannon

Selena Coker, Treasurer
Windrock, Inc.

Jana Davison, Sergeant-At-Arms
Humana

Emily Cox, Program Director
Privett Insurance Group

Connie Leggett, Ways & Means Chair
Lattimore, Black, Morgan & Cain, PC

Kim Alt, Membership Director
Bailey International Corp.

Denise Smith, Publications
Tennessee Valley Authority

Kay Wright, Scholarship Chair
Covenant Health Systems

Valorie Beers,
Director-At-Large/Golf Chair
Barge, Waggoner, Sumner & Cannon

Linda Austin,
Director-At-Large/Golf Co-Chair
Bailey International Corp.

Terrye Whittaker,
Advisor/Philanthropy
National College of Business &
Technology

We had a great Reading Rally on October 24th with Weekend Academy. These children were a joy to be around, and they have such impressive imaginations and writing skills. Along, with presenting each student with our Reading Rally book –“When Donkey’s Fly,” our chapter also presented to Lisa McClain, President of Weekend Academy, a check in the amount of \$505. Lisa was thrilled, as were the children. She indicated this amount of money will help immensely towards enriching the lives of these young boys and girls. We are hopeful to find ways to take on a bigger role with our literacy initiative through Weekend Academy in the coming year. This is certainly a worthwhile opportunity for our chapter to make a difference in our community.

Our next board meeting will be held on Thursday, November 12th at 11:30 a.m. at LBMC. Even if you are not a board meeting, you are always welcome to bring a sack lunch and attend.

I look forward to seeing you on Wednesday, November 18th at Dermatology Associates of Knoxville at their Powell Location.

I would also like to be the first to wish you and your families a wonderful Thanksgiving!!!

Sandy

EWI October Meeting Summary

The October meeting was held at Baker Peters Jazz Club on October 21, 2009. Peggy Iachetta and Mae King from the UT Cancer Institute’s Breast Health Outreach Program were the featured speakers.

The Breast Health Outreach Program (BHOP) is a grant-funded program created in 1996 to deliver the message of “breast health” through education to women in rural counties of East Tennessee. This program utilizes a novel approach by reaching the medically under-served East Tennessee population through industries, housing authorities and community centers as well as delivering the program directly into the community at the work site and other gathering places.

Peggy and Mae presented information to the membership on general breast health including a “hands-on” demonstration of a self-breast examination using breast models. Peggy also shared her personal story of being diagnosed with breast cancer while in her twenties.

Several members volunteered to provide gifts for the Salvation Army Angel Tree. Please remember to bring your tags and gifts to the November meeting at Dermatology Associates on November 18.

Change in Meeting night

Beginning in February 2010, the monthly meeting night will change from the third Wednesday of the month to **the third Tuesday of each month.**



Oct meeting at Baker Peters Jazz Club

PELLISSIPPI STATE ANNOUNCES 2009-2010 EWI ASIST RECIPIENT

Melody Watts has been selected as the EWI ASIST scholarship recipient for 2009-2010 through the Pellissippi State Foundation. The Foundation donors and scholars will be honored at a reception at the College Center on the Pellissippi State campus on November 19. EWI Knoxville Chapter President, Sandy Richards, will attend on behalf of the membership.

The Adult Students in Scholastic Transition (ASIST) is available to adults facing economic, social, or physical challenges, who are looking to improve their situation through educational opportunities. Last year local EWI Chapters and corporate ASIST scholarships totaled over \$250,000. Local Chapters of EWI partner with educational providers and social services agencies to identify potential ASIST candidates.

LEADERSHIP MOMENT

If You Can Dream It – You Can Do It

Have you ever wondered what life would be like if you received a promotion at work, earned an advanced degree, ran a marathon or owned your own business? Stop wondering and take action. With a bit of courage, dreams can become goals.

The first step – making the commitment – can be scary. But take your fears and break them into small action steps that can move you closer to what you would like to achieve. Take that initial step now.

If there is a position at work that you want, have a conversation with your boss. Let your boss know what your career goals are and ask him or her to provide insight on what you need to do in order to successfully realize that promotion.

If you have always dreamed about going to graduate school, start gathering brochures and making financial plans. Then pick a target entrance date.

You are the only person who can make your dreams come true. Don't sit passively dreaming about your future. Instead, have the courage to take action today. If you can dream it, you can do it.



DATES TO NOTE

November 18, 2009

5:30 Networking
6:00 pm Dinner
Firm Night
Dermatology Associates
RSVP by Fri, Nov 13

December 16, 2009

Breakfast
Fox Den Country Club

January 20, 2009

Mini-Firm Night
Sheraton Four Points

REMINDERS FOR NOV MEETING

RSVP BY FRI NOV 13

to:
jdavison@humana.com

- ❖ Return Angel Tree tags & gifts
- ❖ Bring canned and non-perishable food items for food drive benefiting SAVE
- ❖ Beginning in Nov we will have door prizes. Be sure to bring cash to purchase chances to win for \$1 per ticket.

LITERACY MAKES A DIFFERENCE! YOU MAKE IT HAPPEN. . .

The Knoxville Chapter partnered with Weekend Academy for the fifth consecutive year to promote literacy through EWI's Reading Rally "Be a Leader-Be A Reader" program.

Weekend Academy is a nonprofit organization dedicated to educating and motivating inner-city children (grades 3-5) to reach their full potential to become future leaders.

Through educational enrichment, the program aims to give inner-city children a chance to develop a sense of belonging, a zest for learning, and a sense of "giving back" through volunteering. The participation of volunteers helps make the program a real community effort.

Students selected to participate in Weekend Academy dedicate two Saturdays a month to the program during the school year. This is a good indication of how important the program is to them—they give up their Saturday mornings.

On October 24, five members of our chapter volunteered with the group and provided each student a copy of the book "When Donkeys Fly" by Ginger Hodge, featured author at LCAM this year. Our chapter also donated five hundred dollars to Weekend Academy to help fund the future purchase of books, meals, transportation for field trips and other program expenses.

A member of the Carpetbag Theater joined us as a featured guest and worked with the students to create a story through words, dance, acting and music.

The morning included a creative writing session where the students wrote a poem to share with everyone and a session on reading comprehension where the students read a couple of short stories and poems and discussed what they mean.

EWI Reading Rally!



Terrye Whitaker reading the EWI-featured book to the students and demonstrating the "flying donkey"

Sandy Richards presenting \$500 check to Lisa McClain, President of Weekend Academy and group picture of the students and guests

**Don't miss these November Specials
from the
SkinCare Center
at the
November 18 meeting**

**Dermatology Associates of Knoxville, PC
Powell
St Mary's North Building
7557 Dannaher Way, Suite G-20
(off Emory Road)**

In honor of the "Botox Cosmetic: Express Success" campaign,
you can save \$50 on your next Botox Cosmetic treatment.
Express Success is a Charitable Education Campaign.

Offer ends December 31, 2009

15% off all cosmetics from Jane Iredale and Cara

\$10 per unit for Botox (Regular price-\$13/unit)

\$450 per syringe of Dermal Filler - Restylane, Juvederm and Perlane (Regular price-\$575/syringe)

\$650 per vial of Sculptra (Regular price - \$1000/vial)

Also during the months of November and December,

\$100 Gift Card plus Bonus Bucks

**For every \$100 you spend at the SkinCare Center,
we will give you \$10 back on a gift card to use toward
your next visit.**

Good November 1, 2009 thru December 31, 2009 only.