

## Letter from the President



Ladies,

I open this month's newsletter with a special thanks to several incredible ladies in our chapter.

A big thanks goes to **Kay Wright** for leading the **Scholarship Committee** again this year. A great deal of time and energy goes into finding and selecting the scholarship recipients and Kay has yet again done a remarkable job managing and leading. Be sure to join us for Scholarship Night to congratulate the recipients but also to thank Kay for her continued dedication.

Another big thanks goes to **Val Beers** and **Linda Austin** for leading the **Golf Committee** for the second year in a row. We could not have this successful and longstanding tournament without extraordinary ladies leading the charge. Because of Val and Linda's efforts we are able to award the money to the scholarship recipients next week and Knox Youth Sports will continue to flourish due to our significant support. Be sure to support the Golf Tournament by encouraging a business to participate and thank Val and Linda for their passion and hard work.

Looking forward to July's meeting, **Ashley Dixon** and her team at **McKibbon Hotel Management** have planned a fantastic **firm night** so do not miss the opportunity to learn about McKibbon's fine hotels and enjoy an evening of networking with the ladies of the chapter.

And remember...**Less Stress, More Time**, it is waiting on you!

Enjoy the rest of the newsletter, see you next week!

*Lisa*

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Kay Wright, Covenant Health

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

#### Past President's Club Chair

Lou Ann Hamilton, Marsh, USA, Inc.

## April meeting summary

Our April meeting was Tuesday, April 19 at Gettysvue Country Club. President Lisa Coulter called the meeting to order and Jana Davison gave the invocation. We had six guests for the evening, two of which are prospective members.

Our keynote speaker was **Laura Barron**, President of The Barron Group. Laura's presentation "Why Generations Collide at Work" was very relevant to us all.

For information about Laura's workshops visit [www.laurabarron.com](http://www.laurabarron.com).



Laura Barron and Helen Harb



## Networking

The ladies of **Lattimore, Black, Morgan & Cain, P.C. (LBMC)** extended an invitation to the ladies of our chapter to come together at the offices of LBMC on Monday May 9 for a wine and cheese Women in Networking (WIN) event hosted by LBMC.

The evening was a perfect opportunity to network with other members and broaden business connections. **Jeannie Dulaney**, LBMC Director of Business Development, enlightened us with a presentation on "Secrets and Unwritten Rules of Men in the Workplace." Jeannie's presentation was based on the book "**The Male Factor**" by Shaunti Feldhahn.



Connie Leggett and Jeannie Dulaney

## Philanthropy

Our philanthropy donation for May will be to **Second Harvest**. They have an immediate need for funds due to damage caused by the recent flooding. Second Harvest is a local food bank that distributes food to more than 350 Food Partner Agencies in East Tennessee.

Our donation for June will go to the **Sexual Assault Center of East Tennessee** (formerly Safe Haven Center). The Sexual Assault Center's mission is to provide excellent and compassionate services to victims and survivors of sexual violence in their healing journey, and to eliminate sexual violence in our communities through education and social change.



Ladies of LBMC



Ladies of ewi

## Habitat Women Build

Our chapter is on the schedule to participate in the **Habitat Women Build** on the afternoon of **Wednesday, October 19**. We currently have seven representatives committed to participate. We would like to have 10 - 15. Please consider joining the team and invite family, friends and co-workers to join you. Contact: Sandy Richards, Philanthropy Committee Chair, at [srichards@lbmc.com](mailto:srichards@lbmc.com).

## News & Awards

Congratulations to **Covenant Health** on their **2011 Pinnacle Business Award**. Covenant was the winner of the Impact Award. Finalists for the Impact Award included **Home Federal Bank**, another EWI member firm.

The **Impact Award** is presented to a business that displays a commitment to making East Tennessee a better place to live through the development and support of a community or program.

**Covenant Health** serves the community by improving the quality of life through better health. Community-based initiatives include access to care, access to care regardless of the ability to pay, prevention and early detection, and health and fitness. The organization also gives financial donations to charitable organizations such as the Interfaith Health Clinic and Honor Air - Knoxville. Covenant employees are actively engaged in a multitude of projects that impact the welfare of East Tennesseans, including raising over \$3.4 million since 2001 for the "We Care" campaign, which provides funding to colleagues in crisis, helps support organizational programs, and helps patients with medical expenses and prescription costs.



**Monday, June 6, 2011**

**Gettysvue Country Club**

First Flight 7:30 am

Second Flight 11:30 am

\$1,000 Hole Sponsor

\$750 per foursome

\$500 Flag Sponsor

\$400 Goody bag Sponsor

Contact: Linda Austin

246-3207

[Linda.Austin@Baileynet.com](mailto:Linda.Austin@Baileynet.com)

Proceeds benefit EWI  
Scholarship programs and  
Knox Youth Sports



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## New Member Spotlight

HOLBROOK PETERSON  
& SMITH, PLLC  
COUNSELORS AT LAW



**Teresa Elder, Office Manager**

**Holbrook Peterson & Smith, PLLC**, is a law firm whose practice is estate planning and related areas of practice, serving clients, the public, and the legal system in the name of Jesus Christ.

Teresa has been the Office Manager for Holbrook Peterson & Smith, PLLC, since its formation in 1997. Holbrook Peterson & Smith, PLLC, is a full service source of private wealth planning in East Tennessee focusing on estate planning, including wills, trusts, probate, tax, tax audits, asset protection, charitable giving, charitable organizations, fiduciary law, business succession, and compensation planning. The firm's eight attorneys and six support staff specialize in helping individuals design and implement carefully crafted estate plans for their loved ones, businesses and communities.

Teresa and her husband, Bryan, attend Fairview Baptist Church in Corryton where Teresa sings in the Celebration Choir and facilitates a Women's Bible Study class.

## New Member Orientation

A new member orientation will be held **May 17 at 5:00 pm** at Gettysvue Country Club prior to the chapter meeting. This session is a **basic EWI "101"** and is designed to help new members learn more about EWI at the corporate and chapter level. The session is open to all member representatives. If you are interested in attending, email **Lou Ann Hamilton** at [Louann.hamilton@marsh.com](mailto:Louann.hamilton@marsh.com).

### Meeting Schedule

**Tuesday, May 17**  
5:30 pm - 7:00 pm  
Scholarship Night  
**Gettysvue Country Club**

**Monday, June 6**  
5:30 pm - 7:00 pm  
Golf Tournament  
Gettysvue Country Club

**Tuesday, July 19**  
5:30 pm - 7:00 pm  
Firm Night at  
Homewood Suites

**Tuesday, Aug. 16**  
5:30 pm - 7:00 pm  
Executive Night  
Gettysvue Country Club

**Tuesday, Sep. 20**  
5:30 pm - 7:00 pm  
Business meeting  
Gettysvue Country Club

### Dates to Note

Chapter Development Training  
"Taking Minutes Shouldn't Take  
Hours"

Lisa Fabian

**Tuesday, May 24**  
1:00 pm (EST)

Tennessee Board Forum  
**June 10-11**  
Nashville, TN

Professional Development Training  
"Building Connections"  
Rhonda Bannard

**Monday, June 14**  
3:00 pm (EST)

64th Leadership Conference and  
Annual Meeting (LCAM)  
**Sep. 22-24**



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## Member Firms

Appalachia Business Communications  
 Bailey Sales Corporation  
 Barge, Waggoner, Sumner & Cannon  
 BEH Group  
 Bertelkamp Automation, Inc.  
 Bush Brothers & Company  
 Covenant Health Systems  
 Dermatology Associates  
 Employbridge/Staffing Solutions  
 Holbrook, Peterson & Smith, PLLC  
 Home Federal Bank of TN  
 Humana  
 In10city Interactive  
 Kelly Baker Properties, LLC  
 Knoxville Catering & Special Events  
 Knoxville Chamber  
 Knoxville Coca Cola  
 Knoxville Tourism & Sports Corporation  
 Lattimore, Black, Morgan & Cain, PC  
 MARSH USA, Inc.  
 McKibbon Hotel Management, Inc.  
 New Link Solutions  
 Pilot Travel Centers, LLC  
 PSI Packaging Services, LLC  
 Pure Line Printing  
 Tennessee Valley Authority  
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## Defining Work- Life Balance

Each of us is different in our job, priorities, personal responsibility and who we are as people. The only person who can define work-life balance is you. There is no perfect definition and more importantly work-life balance definitions will change as your life evolves. A key driver for most individuals is getting more time with the people who are important to you and doing the things that you enjoy most.

- The following are some key questions that will help you determine what work-life balance means for you;
- What would be different in your life if you had work-life balance?
  - What is the most important priority in my life that seems to get pushed aside because of work?
  - What do I enjoy doing that I rarely get to do?
  - If I had a free day, with no commitments, what activities would I do and whom would I spend it with?
  - If I had the ability to choose a perfect work day, how many hours per week would I work and when would I work them?
  - What life goals do I have that I have not achieved yet?

Posted by KJ McCorry on November 8, 2010  
 Officiency Enterprises, Inc.