

Letter from the President



HAPPY NEW YEAR!!!

I hope everyone had a wonderful holiday. It is amazing how quickly the year goes by.

For those that were able to attend the December, I hope you had a good time doing something a little different and enjoyed our time together. It was a nice way to end to a great year, letting our hair down and loads of laughter.

In 2017, we have some great speakers and activities to look forward to in helping us to expand our professional and personal development. More information on this will be shared in the monthly newsletters, so I encourage you to read them.

We also have our annual events with the Golf Tournament scheduled for June 5th, 2017, and the Auction in October. If you are not on a committee, I strongly encourage to you join one. Don't wait to be asked, just volunteer. This is a great way to get to know others, grow both personally and professionally, and have a lot of fun in the process. It's what EWI is all about, staying engaged and doing your part!

May this year bring us the opportunity to realize our goals, to discover new friendships, and enjoy what life brings our way.

Charity Wilson, Chapter President
McKibbon Hotel Management

2016 - 2017 OFFICERS & DIRECTORS

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Charity Wilson
McKibbon Hospitality

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Member Highlight

GLESSIA WOODRUFF

This month’s Board Member highlight is on Glessia Woodruff of The Hilton Knoxville. Glessia has been involved in the annual auction for the past two years and was on the membership committee last year before stepping into the Membership Director role this year. In her brief tenure as Membership Director she has secured 5 new members! In addition, Glessia was just awarded the **2016 Manager of the Year Award - Hilton Knoxville**, so be sure to congratulate her when you see her next! Thank you for all of your hard work Glessia!!

Member? Glessia Woodruff

Member Firm? Hilton Knoxville

Member Executive? Fran Owen, Director of Sales /Paul Jordan, General Manager

Description of Company Services? Hilton Knoxville – hotel and event services

How long have you worked for your company? 5 plus years

What is your position responsibilities? Corporate Group Sales Manager

What do you love most about your position? Working with people and the great working relationships that have truly turned into friendships.

Words that describe you? I never meet a stranger, enthusiastic, energetic, detail oriented, team player, competitive

How long have you been a member of EWI? 2 plus years

Why you got involved in EWI? Invitation from a Member and it is a great non-profit organization that offers great networking opportunities.

Positions you have held? Auction Committee Member past two years. Currently Director of Membership

What you get most out of EWI/love about EWI? Enjoy the non-profit giving back portion and the Monthly Meetings, Speakers and Networking opportunities.

Who recruited you to EWI? Terri Arp- Coca Cola

What is your favorite EWI event? I enjoy them all but the Auction is one of largest Events and one our best Fundraisers

What are your hobbies? Love to Travel, love the Caribbean and Hawaii. UT Football and most of all spending time with my Family.

Favorite quote? “The purpose of life is a life of purpose.” Robert Byrne



Thank you for all you do to support EWI, Glessia!!

UPCOMING EVENTS

January 17, 2017 is our first meeting of the New Year! Email acpugh@pstcc.edu to reserve your seat. We will be conducting a brief business meeting and then diving into our topic “True Colors.” Mark your calendar for 5:30-7:00 pm on the 17th at Gettysvue Polo, Golf and Country Club.

February Meeting
February 21st
Gettysvue
11:30 am-1:00 pm
“Understanding Team Dysfunction”

March Meeting
March 21st
Gettysvue
5:30 pm-7:00 pm
Topic TBA

MEMBERSHIP NEWS

Our Membership Director, Glessia Woodruff, and her membership committee have been busy and we are excited to welcome our newest members to EWI:

Rebecca Williams with the Knoxville Convention Center, **Lisa Poovey** with Black Fox Lodge, **Kacee McRee** with Baker Donelson, **Kristine Jansen** with Radio Systems/Petsafe, & a new representative for Jason’s Deli, **Latesha Patterson**.

6 Words and Phrases to Banish from Your Vocabulary

By [Brenda Bernstein](#) on November 25, 2016 [Communication](#)

Executive Secretary Magazine, Nov/Dec 2016 Volume 6 Issue 5 ISSN2046-3855

Brenda Bernstein suggests six ways to make our communications more truthful. I may have been in the minority ten years ago as someone with hyper-awareness of how certain small words affect our messaging. But recently, I've encountered more people who pay attention to the implications that subtle turns of phrase have on our meaning.

1. But (Say "and" or "while" instead)

Stanford University professor, Bernard Roth, has taken up the cause to substitute "but" with "and." As he explains, "When you use the word *but*, you create a conflict (and sometimes a reason) for yourself that does not really exist." ... whereas when you use the word *and*, "your brain gets to consider how it can deal with both parts of the sentence."

Take the following sentence:

I want to go to the movies, but I have to study. OR

I want to go to the movies, and I have studying to do.

Changing "but" to "and" trains the brain to come up with win-win solutions, rather than creating a state of victimhood.

2. Have to (Say "going to" or "want to" instead)

The movie vs. studying example above highlights another phrase that does not serve us: "Have to." Professor Roth suggests substituting "want to." I like substituting "going to." Let's take a look at the sentence above again, with the word "and" substituted for "but": *I want to go to the movies, and nevertheless I am going to study.*

Suddenly this person has choice in the matter! It would probably be pushing it to say "I want to go to the movies, and I want to study." That might not be completely honest. But it's a sentiment to try on.

3. Try (There is no "try")

There's a difference between trying something as an experiment and saying you'll try to do something when what you really mean is you don't think you'll succeed. Trying is lying. Trying is not *doing*. We use the "try" word when we want to weasel out of things, whether they are commitments to ourselves or others. Saying you'll "try" is pretending to say "yes" when you mean "probably not." Stop it. Instead, choose the actions you are willing to take. Say "I will do x, y and z." Or say you aren't going to do it. There is no "try."

4. Should (Don't "should" on yourself or on others)

"Should" is a close relative to "have to." It's a moral judgment that often leads to a whole lot of trying. Do you think you "should" go to the doctor? "Should" go to the gym? "Should" apologize to someone you love? Or do you think someone in your life "should" do something and are you telling them so? How's that working for you?

Take this example: *You should stop eating so much sugar. You'll make yourself sick!* OR

I want you to eat less sugar. I'm so scared you'll get sick.

Some of us "should" on ourselves even more than we "should" on others. Take a look at how you're putting yourself down with that sentiment, and how you use "should" to let yourself off the hook instead of committing to something.

5. Can't (I think I can!)

This one is basic. "Can't" is a disempowering word that leads to a lot of inaction. Instead of "can't," be curious about how you can. Look for other options than the one or two you are considering. Get coaching. Read "The Little Engine That Could" for inspiration. Get creative! As a friend and I often say to each other, the only 100% reliable way to reach a goal is not to stop until you accomplish it. And, if you choose a different goal along the way, that's okay too.

6. Just (I called to say "I love you.")

The word "just" diminishes what we say after it. Calling to say "I love you" is a big deal right? Why make it smaller, as the famous song does, with "just"? I was unaware until about a year ago of how much I qualify my sentences with the word "just." Common usages could be "I just wanted you to know that..." or "I just feel like..." or "I just thought..."

If you start paying attention, you might be surprised at the frequency of these words in your vocabulary. See what happens if you delete them. Your communications might become more truthful and riskier. You might start to claim your feelings, opinions and choices in a new way.

December Meeting Photos



MEMBER HIGHLIGHTS

- Congratulations to Robin Jones with Fee Hedrick Family Entertainment for her Supplier of the Year Award!
- Black Fox Lodge is Brand New and located in Pigeon Forge, Tennessee at the foothills of The Great Smoky Mountains National Park and conveniently located along the greenway in walking distance to the LeConte Center *

Only 47 miles from Knoxville's McGhee Tyson Airport and 7 miles from Gatlinburg - Work and relax in our brand new accommodations featuring 178 hotel rooms & suites - Panoramic river and mountain views available. Full service restaurant, Fox Den with a one-of-a-kind 12' barrel pizza oven, floor-to-ceiling glass wall ballroom facility

For your corporate or social events - Natural stone and beam lodge on the Little Pigeon River with a heated resort style pool and stone deck.

Cuddle up to our cozy Fire-Pit and enjoy the night!

Reach out to Lisa Poovey at lpoovey@chartwellhospitality.com for additional information!

- Have any unused gift baskets or items you won't be using for the holidays?? Please consider donating them for our annual auction baskets. If so, reach out to Sandy Richards at srichards@lbmc.com for additional information!

Submit member highlights, pictures and announcements by the first of the month for the next month's newsletter to:
christa.early@employbridge.net