

EWI
EWI
EWI

Chapter PULSE

EWI® – A Perfect Fit



Chartered in 1987

Chattanooga Chapter

October 2008

2007-2008

OFFICERS AND DIRECTORS

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Denise Reed
The Concierge Level, LLC
423-266-6388

PRESIDENT ELECT

Lynda Childress
Luken Holdings, Inc.
423-424-2195

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TN Valley Federal Credit Union
423-634-3613

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423-755-0709

SGT-AT-ARMS

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423-775-1551, Ext.5237

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The Chattanooga Hotel
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PROGRAM DIR.

Kelly McCoy
Citadel Broadcasting Corporation
423-756-6141

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WAYS & MEANS

Jody Hermann
Barge, Waggoner, Sumner & Cannon, Inc.
423-756-3025

DIRECTOR AT LARGE

Tanya English
Miller & Martin PLLC
423-785-8380

Executive Women International

P.O. Box 11522
Chattanooga, TN 37401

VISIT: EWICHATTANOOGA.ORG

EWI® October Chapter Meeting

11th Annual Barnyard Auction



Date: October 23, 2008

Time: 5:30 p.m. – Doors Open to View Auction Items & Cash Bar Opens
6:30 p.m. – Dinner Served
7:15 p.m. – Auction Starts

Where: Holiday Inn Choo Choo
Imperial Ballroom

Casual Attire

IN THIS ISSUE

OUR FIRMS IN THE NEWS
– BEST OF THE BEST

WEB SITE TRIVIA CONTEST

CITADEL BROADCASTING –
50/50 FRIDAY

EWI CHATTANOOGA CHAPTER
BOARD FOR 2008-2009

INTRODUCING –LYNDA CHILDRESS,
LUKEN HOLDINGS

HEALTH REPORT SUBMITTED BY
CHARLIE GALVIN, OWNER NORTH
SHORE CURVES SMART TRAINING
FACILITY & CURVES LOOKOUT
VALLEY

CHATTANOOGA REPS AT LCAM,
PALM SPRINGS, CA

WAYS & MEANS-BARNYARD AUCTION

CHATTANOOGA CHAPTER
PRESIDENT'S MESSAGE

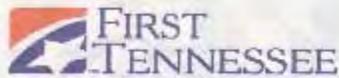
Our Firms

Making News.....

from the

Chattanooga Times Free Press

BEST BANK



FIRST TENNESSEE
www.firsttennessee.com
423/843-2111



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TENNESSEE VALLEY FEDERAL CREDIT UNION
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ERLANGER HEALTH SYSTEM
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WIN WIN WIN

WEBSITE TRIVIA CONTEST

Look online at the Members section and click on Board Members and email hburrell@mcollins.com the name of one of the new board members and send them an email of congratulations and encouragement for the upcoming year.

Please send your entry by 2pm, October 15th and you will be entered to win 3 Raffle tickets at the November EWI Meeting.

Heather



Citadel Broadcasting... Famous for Getting Results !!!

50/50 Fridays is a way to purchase \$50 in gift certificates to some of Chattanooga's finest restaurants and businesses for only \$25! Log on promptly at 9am each Friday morning to get the deals but get there early cuz they always sell out fast! The link is www.kz106.com and the upcoming deals are:

10/3 Niko's Southside Grille
10/10 Table 2
10/17 Blue Orleans
10/24 My Family Dinners
10/31 Real Picante

THANKS GEEKLABS FOR HOSTING OUR SITE!

NEWSLETTER LINK:
[HTTP://EWICHATTANOOGA.ORG/INDEX/PHP?MODE-NEWSLETTER](http://ewichattanooga.org/index/php?mode-newsletter)

EWI CHATTANOOGA CHAPTER BOARD 2008-2009



Front Row, left to right: Debra Gates, Sgt-at-Arms; Karen Hannifin, Secretary; Lynda Childress, VP-President Elect; Pam Morris, Treasurer; Jody Hermann, Ways & Means Director; Zelma Pack, Publication Director. Back Row, left to right: Tanya English, Director at Large; Kelly McCoy, Program Director; Stacey Wheeler, Membership Director; Denise Reed, President

Executive Women International brings together key individuals from diverse businesses for the purpose of:

- Promoting member firms
- Enhancing personal and professional development
- Encouraging community involvement

EXECUTIVE WOMEN INTERNATIONAL®

Corporate Office

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ewi@executivewomen.org

Salt Lake City, UT 84102-2801

Phone (801) 355-2800
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Contact Information

Email:

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www.ewichattanooga.org

Introducing you to...



Lynda Childress

Even though Lynda is currently our Vice President and President-elect, she is still a newcomer to EWI. Lynda is the Chief Financial Officer at Luken Holdings. She was hired in 1999 by Bob Corker. In 2006, the now Senator Corker sold all of his properties with a few exceptions to Henry Luken. Lynda was made an officer of the company and in early 2008 was made the CFO. Lynda feels extremely blessed and lives a blessed life. She works at a job that she loves—and she says, “Yes, I actually love keeping up with all of the numbers and making everything balance.”

Luken Holdings, Inc. owns and manages over 2 million square feet of real estate, most of which is located in Chattanooga. They manage the Tallan Building, Krystal Building, James Building and all of the Osborne Building properties, to name a few. They also manage other properties not owned by Luken Holdings, such as the Volunteer Building and the Chattanooga Times Building.

Lynda has a daughter, Tanya, who lives in McDonald, Tennessee. She is married and has two children and works at Black Fox Elementary. Lynda also has a son, Jeremy, who lives in Knoxville. He is divorced and also has two children. Lynda said that she has always loved being a mother and now she has four grandchildren and she absolutely loves being a “memaw.”

Lynda likes working her yard or going to movies, laughing with friends and traveling. She has a passion for Jesus Christ who is the Lord of everything that she does and Lord of her life.

When you ask Lynda why she joined EWI, you better have plenty of time to talk. Lynda joined EWI at the leading of Carolyn Stringer and Kim White, the CEO of Luke Holdings. In Lynda’s words:

Kim thought that I needed to get out from behind the desk and get out there and get to know some people and give back to the community. I “reluctantly” thought that I would attend an EWI meeting and I would know whether or not I was interested. So, I did. From the first meeting, I have been a huge EWI fan. I LOVE THE LADIES! I absolutely do. I love seeing all of the smiling faces each month and I have an entire network of good friends that I can call on. Needless to say, I am never lacking for a lunch date. The benefit that I feel that I have personally received is the confidence that I have acquired. The business world is sometimes brutal. If you don’t look a certain way or act a certain way, know a certain kind of people or buy the right sort of clothes, you are sometimes left to feel like you have nothing to contribute. However, in a group of ladies this large (I think that there are over 70 of us now – and growing), you realize that we are all just people, living life, working a job, having a family and career and we all need each other. I hope to share my EWI enthusiasm and help the organization grow because I feel that excellence is a standard that I try to live by, in every area of my life. I live my life to please my Savior. If HE is pleased with me, I am fulfilled.

And EWI loves Lynda.

National Customer Service week is
October 6 – October 10.

***“Customer service is not a department...
it's an attitude.”***

Mac Anderson
Founder. Simple Truths

By: Gary Heavin, Founder and CEO of Curves
SUBMITTED BY: Ms. Charlie Galvin, Owner: **North Shore CurvesSmart Training Facility & Curves Lookout Valley**

Fantastic Four

Some simple lifestyle changes can make dramatic improvements in your health, longevity, and quality of life.

Research is steadily accumulating evidence that exercise and weight management will allow us to avoid disease and live longer, better-quality lives. What's really exciting is that not much is required of us to receive these benefits.

In a recently published British study that followed 20,000 men and women for 11 years, researchers looked at the influence of four behaviors – physical activity, moderate alcohol consumption, not smoking, and eating five servings of fruit or vegetables a day – on length of life. They concluded that people who follow these four healthy lifestyle behaviors live an average of 14 years longer than people with none of those behaviors.

KEYS TO BETTER HEALTH

Three of these behaviors are rather simple to follow: Most of us don't smoke; moderate alcohol consumption is considered one drink a day for women and two for men; and it's easy to eat five servings of fruit or vegetables a day.

Physical activity isn't so difficult either. Most recommendations suggest at least 30 minutes of moderate exercise most days of the week. I would further define those 30 minutes of exercise to include cardio, strength training, and stretching. A complete exercise program does more than burn calories – it ensures that you have a strong heart, strong muscles, and flexible joints.

USING YOUR POWER

The Harvard Nurses Study recently reported, "Those who lost at least 22 pounds since menopause had a 57% lower risk of breast cancer than those who didn't lose weight."

It's exciting to know that we have the personal power to influence the length and quality of our lives. And I'm excited that 3% of adult women in America are working out at Curves. Many of these women tell us that it's the first time they've ever stuck with an exercise program. But with 65% of women overweight and predictions that 75% of Americans will be overweight by 2015, we need to do better.

Many of these women tell us that it's the first time they've ever stuck with an exercise program. But with 65% of women overweight and predictions that 75% of Americans will be overweight by 2015, we need to do better.

Make it your personal responsibility to follow these simple guidelines: don't smoke, drink only in moderation, eat well, and exercise regularly, and if you need to lose weight, do so. You can greatly improve the length and quality of your life.

ABOUT GARY HEAVIN, the cofounder of Curves; holds a Bachelor of Science degree in health and nutritional counseling and is the author of numerous books, including the New York Times best seller "Curves". He has been counseling exercise and weight management for more than 30 years.

"People who follow these four healthy lifestyle behaviors live an average of 14 years longer than people with none of those behaviors."



Representing the Chattanooga Chapter of EWI at LCAM, Palm Spring

Front Row, left to right: Karen Hannifin, TN Valley Federal Credit Union; Jody Hermann, Barge, Waggoner, Sumner & Cannon, Inc; Lynda Childress, Luken Holdings, Inc; Tanya English, Miller & Martin PLLC;

Back Row, left to right: Barbara Verhine, The University of Tennessee at Chattanooga; Margaret Browning, Chattanooga Coca-Cola; Denise Reed, The Concierge Level, LLC; Carolyn Stringer; The Krystal Company; Zelma Pack, ELD Associates, LLC; Nancy Harrison, Law Offices of Lloyd Stanley



Save the Date!

Executive Women International®
presents the

11th Annual Barnyard Auction

Where: Holiday Inn Choo Choo

When: October 23rd, 5:30pm

President's Letter.....

What an inspiring group to serve...I am truly honored and privileged to serve Executive Women International – Chattanooga Chapter. Our Chapter has truly left an impression on the attendees of Leadership Conference and Annual Meeting (LCAM). I almost felt like I was running for Mayor at LCAM. I had the pleasure of meeting women from all across our country and some members from international chapters. Over and over again when I would introduce myself as being from the Chattanooga Chapter EWI's would say, "Your Representatives are so friendly. Can we meet you at for... and can we hear about... and would you send us information about..." Our eleven Chattanooga Representatives this year left a very positive impression. I would love to see a bus full head to Louisville, KY in September 2009 for LCAM!

Carolyn Stringer of The Krystal Company and her sweet husband Scott, along with our Nancy Harrison with the Law Offices of Lloyd Stanley did a stellar job in role playing ways to recruit new members to EWI during the break out session of LCAM. We are so proud of Carolyn Stringer for winning the most recruits Corporate wide this year! Several EWI's came up to talk about what our secret to success was. I truly feel our Representatives are on fire about what EWI is all about and Carolyn is seriously chatting up the benefits of EWI. We hope you will all be talking about the benefits of EWI and inviting guests to our meetings to experience all our Chapter has to offer.

Our Board met for our annual Board Advance over the weekend. I hope we never retreat again, only advance the mission of EWI. I was excited to hear during our Board Advance this weekend how our Board all wanted to get involved in reaching out to our members and community at large. We are working on a membership survey to find out how the Board can better serve you. We hope to have the survey out sometime in December. Based on the responses from our Board members and EWI Corporate there are going to be some exciting things happening regarding our Reading Rally, Scholarship Committee, networking opportunities and the look of the EWI brand. We hope to bring home all the opportunities for Connections, Careers and Community EWI Corporate has to offer our Chapter.

Our membership at-large needs to know how vital their participation is to the success of our chapter. At the same time, we don't want to over obligate any one member or "over emphasize" any one aspect of our mission in a effort to reach out to our whole membership. Every member's input is invaluable to the success and growth of the Chattanooga Chapter. I hope you all realize I am truly here to serve you and empower your EWI desires this year. Together we can accomplish much with all the resources our Chapter and EWI Corporate has at its fingertips. I want us to function as a team to reach greater goals and truly feel we can together. When we all feel a part of our EWI mission of reaching out with Connections, Careers, and Community, we can each play a role in growing in all three of these areas. With your help and suggestions I look forward to finding new ways to rally our membership.

At your service,
Denise Reed
Chattanooga Chapter President

Member Firm: The Concierge Level, LLC
2008 Recipient of the Rising Star award from the Tennessee Small Business Development Centers

Concierge, Noun

1. one who delivers supreme services with special emphasis on convenience 2. resource for information on items and services of all kinds 3. a pamperer, personal or business assistant, event or project manager, real life genie. SYN. - The Concierge Level, LLC

The Concierge Level , LLC

An office business center since 1995, also known as shared offices, providing integral, comprehensive concierge services for business and personal needs.