



Can you believe it is already February 2012? Time has flown by or maybe Cupid chased the New Year's Baby out of his way. Cupid is now poised to shoot your honey with his arrow that has been dipped in Love Potion #9. Your honey will then be encouraged to profess undying affection by purchasing sentimental cards, flowers and chocolates and making reservations at that special restaurant to celebrate Valentine's Day. It is all about love and affection. And what do you think about when you hear the word "love" – the HEART.

Are you taking care of your heart? Do you know how to recognize the symptoms of a heart attack? Most of us would probably answer that with an emphatic "Yes" - squeezing chest pain, shortness of breath, nausea, pain down the left arm. But did you know that many women heart attack victims had none of those symptoms? In fact, in a recent study, fewer than 30% reported having any chest pain or discomfort. Women's heart attacks are different than men's. We must learn the warning signs.

Some of the major symptoms prior to a heart attack include:

- Unusual fatigue
- Sleep disturbance
- Shortness of breath
- Indigestion
- Anxiety

Major symptoms during a heart attack include:

- Shortness of breath
- Weakness
- Unusual fatigue
- Cold sweat
- Dizziness

If you are experiencing any of these symptoms, consult your physician. Because these symptoms are atypical from those that we have historically been taught, some medical care personnel don't take the concerns seriously. Be assertive. Know and communicate your symptoms. Being bold can save your life.

We are very fortunate to live in an area that has excellent heart care facilities and physicians. Know where these facilities are. Be informed.

Keys to a healthy heart include proper diet and physical activity. Remember that New Year's resolution that you made to get healthy – KEEP IT! Your honey and I will appreciate it!

Getting on the treadmill,
Alandra



EWI OF TULSA Membership Has Its Privileges

When: **Thursday, February 9, 2012**
 5:30 pm Registration &
 Membership Reception in Lobby
 6:00 pm Welcome, Invocation, and Dinner
 6:30 pm Speaker - Cary Evert, Hilti, Inc.
 2011 EWI Executive of the Year

Dress: **Business or Business Casual**

Where: **Bishops Building**
 10507 E 91st Street
 Tulsa, Oklahoma

Cost: **\$40.00**

RSVP: **By Noon, Friday, February 3**
 Please reply promptly

Respond to: **Felicia Senter, Tulsa Tech**
felicia.senter@tulsatech.edu or
 call 918 828-5007; fax 918 828-5009

Meeting Fees: **Make checks payable to EWI of Tulsa**
 Fee may be paid at the door or mailed to:
Marnie Knight
Admiral Express Office Supply
1823 North Yellowood Avenue
Broken Arrow, OK 74012

 Email RSVP Response Guideline – Please type in the subject line:
 Yes, I will attend or Yes, I will attend with ___ guests (names in body of email)
 or
 No, I will not attend
 (List reason for missing in body of email, i.e., vacation, etc.)



2011-2012 Officers & Directors

President

Alandra Baggett, Omni Air International
abaggett@oai.aero, 918 831-3020

Vice President/President-Elect

Karen Kellogg, JPMorgan Chase & Co.
karen.l.kellogg@chase.com, 918 586-5434

Secretary

Sally Shelton, Senior Star Living
sshelton@seniorstar.com, 918 592-4400

Treasurer

Marnie Knight, Admiral Express Office Supply
marnie@admiralexpress.com, 918 249-4033

Sergeant-at-Arms

Felicia Senter, Tulsa Tech
felicia.senter@tulsatech.edu, 918 828-5010

B/C/DP

Sarah Diehl, World Travel Service, LLC
sdiehl@worldtvl.com, 918 746-7217

Membership

Janis Cohlmi, Tropical Plant Design, Inc.
janis@tropicalplantdesign.com, 918 622-3400

Program

Susan Miller, Warren Professional Building Corporation
smiller2@saintfrancis.com, 918 481-7953

Communication

Carolyn Kubiak, Schnake Turnbo Frank | PR
ckubiak@stfpr.com, 918 430-3018

Fundraising

LuAnne Martindale, Hilti, Inc.
luanne.martindale@hilti.com, 918 872-3390

Advisor

Glenda Stoner, Hilti, Inc.
glenda.stoner@hilti.com, 918 872-3949

Advisor

Rita Young, The William K. Warren Foundation
ryoung@saintfrancis.com, 918 481-7909

Advisor

Roberta Montgomery, Helmerich & Payne, Inc.
roberta.montgomery@hpinc.com, 918 743-5531

BOARD REPORTS

LEADING LADIES aka PLATINUM STATUS

“Leading Lady” is a designation given to those Representatives who have been present at each monthly meeting from the “First Hello to the Final Farewell.”

As we soar through 2011-2012, we want you to obtain Platinum Status by attending every meeting from “takeoff to landing” and encourage all of you to strive to attain this status.

TREASURER’S REPORT

The GENERAL OPERATING ACCOUNT as of December 31, 2011, was \$48,930.90

JANUARY MEMBERSHIP REPORT

New Member Firms - None

New 1st Representative

- Kim Hays, Moody’s Jewelry

New 2nd Representative

- Chris Martin, Dewberry

Executive/1st Representative Resignation

- Susan Lambert, Linde Process Plants
- Meghann Eakins, Henderson Benefits Group
- Joanne Ferguson, Stanfield & O’Dell

New Executives

- Dr. Joseph P. Moore, Moore Funeral Home, Inc.
- Hans Helmerich, Helmerich & Payne, Inc.

Firm Resignations

- Linde Process Plants
- Henderson Benefits Group



FEBRUARY BIRTHDAYS

EXECUTIVES

Date	Name	Company
22	Mark J. Ross	William K. Warren Foundation
23	Paul Landaiche	Merrill Lynch
24	Ernest Moody	Moody’s Jewelry
25	Karen Kirchman	Stanfield & O’Dell

REPRESENTATIVES

Date	Name	Company
2	Karen Kellogg	JPMorgan Chase
4	Maureen Quinn	Oklahoma Manufacturing Alliance
16	Glenda Stoner	Hilti, Inc.

FEBRUARY FIRM ANNIVERSARIES

Year	Company
1972	Tulsa Metro Chamber
1973	Zarrow Family Office
1986	Mid-American Land, Grain & Cattle Co.
1992	Hilti, Inc.
1997	United States Beef Corporation (Arby’s)
1997	William K. Warren Foundation
2007	Verizon Wireless

JANUARY ATTENDANCE

First Representatives*	28
Second Representatives	7
Third Representatives	0
Sustaining Representatives	2
Life Members	1
Executive/Representatives	0
Honorary Representatives	0
Guests	4
Executives**	0
Total	42

* The First Representative count does not include Executive/Representatives. For total first representative count, add the first representative and the Executive/Representatives together.

** Executive count does not include Executive/Representatives. For total Executive count, add the Execs and Exec/Reps together.

JANUARY MEETING RATINGS

	Excellent	Very Good	Average	Fair	Poor
Overall Event	0	2	3	0	0
Location/Venue	2	3	1	0	0
Speaker	0	1	4	0	0
Topic Value	1	4	2	1	0
Involvement with Audience	1	1	4	2	0
Delivery of Message	0	4	3	1	0
	4	15	17	4	0

Survey Monkey is coming in June!

HISTORIC RICHMOND REGION
EASY TO LOVE

MONUMENTAL EXCELLENCE

ENRICH YOURSELF WITH A LEADERSHIP EXPERIENCE OF HISTORIC PROPORTIONS.

EWI Richmond Chapter to Host the Spring Conference
Executive Women of Richmond is proud to host the 2012 Executive Women International Spring Conference in Richmond, Virginia March 29 - 31, 2012. You will experience a brand new module of the Academy of Leadership presented by Colette Carlson, have an opportunity to tour the historic Richmond region, network with your EWI friends as well as enrich yourself with a leadership experience of historic proportions!

Registration will open December 19 at www.ewirichmond.org, but for planning purposes, rate and registration information is:

Conference Early Bird Registration is \$290
Early bird deadline is March 7
After March 7 Registration is \$325

The Westin Richmond
6631 West Broad Street
Richmond, Virginia 23230
Hotel cutoff date for reservations is March 8 at 5:00 p.m.
King or Queen \$119.00, plus tax
Suite \$169

ewi
CONNECTIONS | CAREERS | COMMUNITY

SAVE THE DATE
March 29-31, 2012
Richmond, Virginia

Time to dust off the old bag...



and get packing!

Spring Conference
March 29-31
Richmond, Virginia

January

Great Breakfast!



Patty Furhman, Tulsa Marriott Southern Hills, preparing to enjoy breakfast.



Susan Miller, Warren Professional Building Corporation, and Margaret Harrison, Tulsa Community College, saying hello and catching up since the last EWI Meeting



Alandra Baggett, Omni Air International and 2012 Tulsa EWI President, welcomes our newest Representative Monica Lemery, Pepsi Beverages Company



Karen Kellogg and guest Lindsey Smith, both with JPMorgan Chase & Co.



Lisa Stansill, United States Beef Corp. (Arby's)

Sad news.....

Helmerich & Payne, Inc. Announces Death of Chairman Walter H. Helmerich, III

Walter H. Helmerich, III, businessman, civic leader and philanthropist, passed away peacefully on January 10, 2012. Born on January 12, 1923 in Tulsa to Walter H. Helmerich (co-founder of **Helmerich & Payne, Inc.**) and Cadijah Colcord (daughter of Charles Francis Colcord, a pioneer Oklahoma City oil producer and real estate developer).

Helmerich was Chairman of the Tulsa Park and Recreation Board for 17 years and served on various civic and charitable organizations.

Helmerich was the sole trustee of The Helmerich Foundation, which was created in 1965. Over the ensuing decades, Helmerich's legacy of giving supported numerous civic, cultural, health and educational organizations primarily in the Tulsa area. His philosophy was always a simple one: "If you are fortunate to be in a position where you can give, that's a blessing."

In lieu of flowers, please donate to Park Friends, Inc., or the charity of your choice.

Contact: roberta.montgomery@hpinc.com

THANK YOU!

Thank you for the donation to Park Friends, Inc. in memory of Mr. Walter H. Helmerich, III and for the many cards, emails and hugs. Mr. Helmerich will long be remembered as a successful businessman, a caring family man and a well-respected and beloved citizen of Tulsa. He touched the lives of many people and left a lasting mark and legacy. It was truly a privilege to work for him for almost 30 years.

Sincerely – Roberta

Marnie Knight, **Admiral Express Office Supply**, lost her mother on Wednesday, January 18. We ask that you keep Marnie in your thoughts and prayers during this time.

If you would like to send condolences, her home address is: 18526 East Admiral Boulevard, Catoosa, Oklahoma 74015.

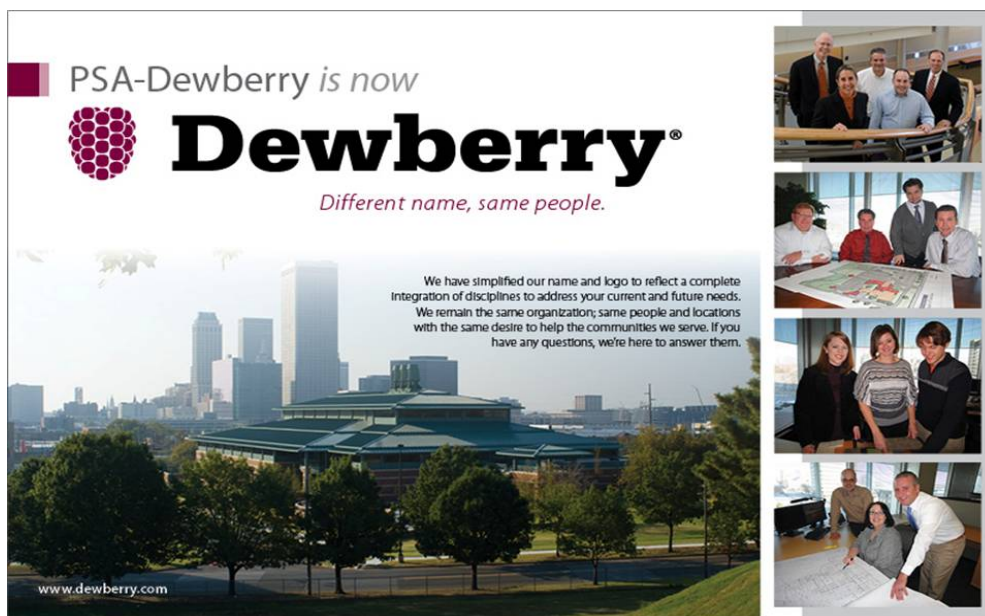
Jack Zarrow, executive for the **Zarrow Family Office**, died on February 2, 2012, at the age of 86. Mr. Zarrow was a wonderful philanthropist and leader for the Tulsa community. The Zarrow Family Office has been a member of EWI Tulsa since February 1973 and Mary Morrow has represented the office since 1992. Services were held on Sunday, February 5, 2012, at Congregation B'nai Emunah, with burial at Rose Hill Memorial Park. Our sincere sympathy goes out to Mr. Zarrow's family and the entire Zarrow organization.

Moving UP!

Alzheimer's Association has moved. Please make note of their new address:

2448 E. 81ST STREET, SUITE 3000, TULSA, OK 74137
Direct Phone line: 918-392-5002

Name Change!



PSA-Dewberry is now
Dewberry[®]
Different name, same people.

We have simplified our name and logo to reflect a complete integration of disciplines to address your current and future needs. We remain the same organization; same people and locations with the same desire to help the communities we serve. If you have any questions, we're here to answer them.

www.dewberry.com

The graphic features a large background image of a city skyline with a prominent building. On the right side, there is a vertical strip of four smaller photographs showing various groups of people in professional settings, including meetings and collaborative work.

Congratulations!

The Tulsa Metro Chamber elected Becky J. Frank, Chairman and CEO of **Schnake Turnbo Frank | PR**, as its 2012 chair of the Board of Directors. More than 1,200 area business leaders, local officials and citizens were in attendance when the Chamber formally inaugurated Frank at its annual meeting on January 10. The chamber will convene regional leaders and collectively host the enVision Summit this year to see what's next for greater Tulsa.

Has your firm, executive or a representative received an award or special recognition? Send your information to Carolyn Kubiak, ckubiak@stfpr.com, to have it added to the Connect "Congratulations" page.



The Power to Make a Difference

Member firms **State Farm Insurance Companies** and **Schnake Turnbo Frank | PR** invite you to attend:

A Community of Women United: The Power to Make a Difference,
a forum presented by the Tulsa Area United Way's Womens Leadership Council.

Tuesday, February 21, 2012
Tulsa Convention Center, 100 Civic Center
Tickets are \$10
8:30 a.m. – continental breakfast and networking
9 to 11 a.m. – program begins

The panel includes Becky J. Frank, Lucinda Rojas Ross, Jackie Kouri, Billie Barnett and Alison Anthony, facilitated by Kristin Dickerson.

"The best and most beautiful things in the world
cannot be seen or even touched- they must be
felt with the heart."

Helen Keller



Alzheimer's disease is an escalating epidemic. As the 6th leading cause of death in the U.S., it kills more than Americans diabetes, and more than breast cancer and prostate cancer combined. On a state level, there are 74,000 Oklahomans living with Alzheimer's. By 2050, that number is expected to reach almost 100,000 as baby boomers age. This number is significantly multiplied when considering the number of people who are acting as caregivers; more than 205,000 individuals in Oklahoma alone.

But there is hope.

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's research, care and support. Our mission is passionate and precise: To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

We rely on generous donors, committed volunteers and courageous advocates to move our mission forward.

Alzheimer's is a very isolating disease, but you don't have to do it alone. If you need support, information or are interested in helping us with our mission, please call our 24/7 Helpline at 800.272.3900 or visit alz.org.

Tulsa Memory Gala

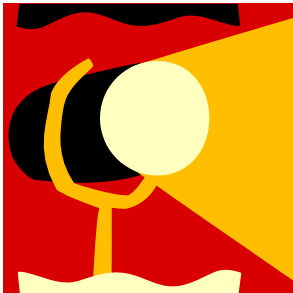
The 17th annual Tulsa Memory Gala will be held on Thursday, March 8 at the Tulsa Convention Center. It is the largest fundraiser the Alzheimer's Association Tulsa office hosts to benefit its free support programs and critically needed research to find a cure.

"We want to put a face to the Younger-onset Alzheimer's epidemic and make this event personal," says Erin Peters, Tulsa Memory Gala Event Chair. "It is our responsibility to be advocates. It is your responsibility to take a stand in fighting Alzheimer's for the next generation."

The Tulsa Memory Gala has grown exponentially in the past five years, featuring state-of-the-art technology and doubling in guests and fundraising. In 2011, more than 800 Tulsans attended and the event reached the 1 million dollar fundraising mark. This year, the event committee hopes to surpass last year's million dollars.

"The Tulsa community really rallies behind the Memory Gala," says John Peters, Tulsa Memory Gala Event Chair. "This is very inspiring and indicates people are beginning to understanding the magnitude of this disease."

For more information about the Tulsa Memory Gala, please contact Director of Development, Stacie Wilson at 918.392.5007 or visit, www.memorygala.org.



Kim Kizer Hays
 Director, Growth Opportunity Management
Moody's Jewelry



1. What does your company do and what is your function within the company? **We sell beautiful jewelry and more importantly we help our customers create magical moments at those special times in their life.**
2. How did you get into this business? **When I was kid in Eufaula, OK, I used to watch Mr. Moody, Sr., on TV and was wowed by his charisma and at that same moment I fell in love with anything sparkly. I owe my 27-year career to his inspiration.**
3. What do you enjoy most about your current job? **The people, both the sales teams and our customer.**
4. What was your first job? **Selling clothes...(ok, and putting more into layaway than what I sold)**
5. What was your favorite thing about childhood? **Being out in nature and creating flower gardens, music and dressing up (my room and my wardrobe)...my passions to this day.**
6. Tell us something interesting about yourself that a lot of people don't know, a little known fact or accomplishment, past or present. **I was Miss Lake Eufaula 1980 and my talent was singing. Singing paid scholarships for my first two years of college, and I won a talent award at the Miss Oklahoma. In 2010, I sent a picture storybook of how my best friend and I decorate for Christmas and was chosen as one of 97 citizens chosen to help decorate The White House for Christmas.**
7. Who do you consider to be your role model? Why? **The Small Business Owner. Many do not realize how many hats a small business owner has to wear and that they really never get a day off. The small business owner is a tribute to the American spirit and is the foundation of this country and its success.**
8. Tell us a little about what you like to do in your spare time. What is your passion/hobby? **Gardening, music and decorating.**
9. What's on your bucket list? **Well, The White House was. (check) Building a home with my new husband and creating my dream garden.**
10. What is the biggest benefit to your being affiliated with Executive Women International? Or, what do you hope to gain from your affiliation with EWI? **Becoming entrenched in the Tulsa community.**

Don't Forget!

DATES TO REMEMBER.....

EVENT	DATE	LOCATION
Chapter Meeting	February 9	Tulsa Marriott Southern Hills 1902 East 71 st Street
Board Meeting	February 14	Hilti, Inc., 5400 South 122 East Ave
Texlahoma Committee	February 15	Boulder Grill, Holiday Inn, 7 th and Boulder
BCDP Committee Meeting	February 16	WorldTravel 7645 E 63rd Street, Suite 101
Program Committee Meeting	February 16	Dewberry, 1350 South Boulder, Suite 600
EWI of Tulsa Membership Recruitment Reception	February 2012	More information to follow
EWISP/ASIST Banquet	June 14, 2012	More information to follow
Texlahoma – hosted by EWI of Tulsa	August 3 & 4	More information to follow
65 th Leadership Conference and Annual Meeting (LCAM)	September 13-15	Dallas, TX

HAVE INFORMATION TO SHARE?

COURTESY NOTICES

If you have an announcement you'd like distributed to the members, please send your news to Tonya Jimenez at tonya.jimenez@jqh.com.

EWI OF TULSA IS ON FACEBOOK

If you would like to follow EWI of Tulsa on Facebook, email Janice Morgan at janice.morgan@alz.org.

EWI OF TULSA DIRECTORY UPDATES

Please provide any updates for the directory to Maureen Quinn via phone at 918-592-0722 or email at maureen@okalliance.com.

EWI CORPORATE UPDATES (WWW.EWICONNECT.COM)

Check your member information on the Corporate Website and update your profile online. If you do not have access to email/internet, please contact Maureen Quinn at 918 592-0722.

POSTINGS FOR MONTHLY CONNECT

Please send all submissions for the Connect to Carolyn Kubiak at ckubiak@stfpr.com

March SUBMISSION DEADLINE: Monday, February 20