A Letter from Our President

All EWI of Tulsa chapter member firms are located in the Tulsa metropolitan and surrounding areas, and many of us have already been impacted in some way by the global decrease in oil prices.

Fortunately, it seems Tulsa experiences moderate rather than extreme highs or lows associated with both nationwide and global economic changes.

Cimarex Energy Co. is oil and gas exploration and production and that’s all we do.

Last week during quarterly meetings our CEO and COO each had one sentence to communicate to Cimarex employees:
1) Be Essential
2) Don’t Catch a Breath – Catch a Gear.

The message in “Be Essential” implies that each employee can make a contribution and add value to the overall organization and each of us must make the effort to do so.

The message in “Don’t Catch a Breath – Catch a Gear” implies that especially when activity slows down, we must look for ways to get better at our business and improve our processes.

I am so thankful to have such a wonderful chapter Board and chapter Representatives. You are essential and add value not only to the Tulsa chapter, but to the larger EWI organization. I see each of you catching a breath, and then catching a gear when it comes to Scholarships and Reading Rally, Membership and Retention, Leadership and Mentoring, Programs, Hospitality, Fundraising, Communications, and LCAM 2015.

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A Letter from Our President
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I see each of you making the effort each day, each week, and each month to help the EWI of Tulsa chapter become better than the day, the week, and the month before.

Thank You for Just Saying Yes!

Dana Nichols

January Meeting: Personal Development

We kicked off the new year with a meeting focused on personal development. The evening began with a healthy buffet from Whole Foods Catering featuring salmon, chicken and a variety of seasonal vegetables that gave us plenty of nutritious options. After dinner, we left our seats to try a little Zumba, a Latin-inspired dance workout. Our instructor, Christy Hays, led us through the basics of our dance routine, then guided us through some Eastern meditation techniques.

Here’s What Our Members Had to Say…

“It was a great uplifting event, everyone in great spirits. Speakers were knowledgeable and personable.”

“I enjoyed the personal development as well as the food. There were choices in the food that I wouldn't have tried but did since they were there and really liked them.”

“I think it was just me--the evening seemed a little off. I am not a fan of anything Eastern.”

“It was so nice to step out of our meeting comfort zone and try something new. It seemed to go over very well.”
Tech Tip: All About #Hashtags

**Definition:** The # symbol, called a hashtag, is used to mark keywords or topics in a post. It was created organically by Twitter users as a way to categorize messages.

**The Basics**
People use the hashtag symbol # before a relevant keyword or phrase (no spaces) in their posts to categorize those posts and help them show more easily in Twitter, Facebook and Instagram searches.

In Twitter, clicking on a hashtagged word in any message shows you all other Tweets marked with that keyword.

Hashtags can occur anywhere in the Tweet or post – at the beginning, middle, or end.

Hashtagged words that become very popular are often Trending Topics.

**Join the Conversation**
Help promote EWI by adding hashtags to your posts on Facebook, Instagram and Twitter.

#EWITulsa  #LCAM2015

Don’t forget to like our Facebook page, follow our Twitter feed and join our Instagram.
February Meeting
The Heart of the City
Firm Night Featuring Manhattan Construction

Thursday, February 12, 2015
5:30 pm - Check In
6:00 pm - Meeting Begins

Senior Vice President Bob Jack from Manhattan Construction will be our speaker.

Michael V’s Restaurant & Bar
8222 East 103rd Street
Bixby, OK

Dress
Business Casual

Cost
$40 Members and Guests
$30 Sustaining Members

RSVP by Noon on Friday, February 6 to Leslie Lynn via email llynn@cimarex.com

Make checks payable to “EWI of Tulsa.”

Mail to:
Kristy Miller
BlueKnight Energy Partners
6060 American Plaza Suite 601
Tulsa, OK 74135
New Member Spotlight

Meet Heather Rettedal, Arvest Bank

Tell us about your Member Firm and what you do there.
Arvest Bank is a regional financial institution. I’m the Executive Assistant to Kirk Hays, the President and CEO of the Tulsa Region.

What is your favorite thing about your job?
I love that I get to interact with all departments within the bank, and that I have the opportunity to represent Arvest in the community by working with different organizations.

What was your first job?
At 16 years old, I was an office assistant at D & G Audio/Video Repair Shop in Tulsa, Oklahoma.

What was your favorite thing about childhood?
I would have to say summertime. Whether we were at the pool or the lake, I loved being outdoors and have so many fun memories of those times. To this day, summer is still my favorite season.

What do you like to do in your spare time?
I love spending time with my family and friends. I love cooking, reading, being outdoors, music and movies. I’m a big fan of country music and enjoy attending concerts. My two children are my greatest accomplishment. They make me proud every day and challenge me to be a better person.

How do you benefit by being involved with EWI?
Networking and forming relationships within the organization can open the door to so many opportunities, both personal and professional.
February Birthdays

**Representatives**
- February 2: Karen Kellogg (JP Morgan Chase & Co.)
- February 4: Maureen Quinn (Oklahoma Manufacturing Alliance)
- February 13: Diane Jarvi (Sustaining)
- February 16: Glenda Stoner (Hilti, Inc.)

**Executives**
- February 18: Bob Jack (Manhattan Construction Company)
- February 18: Bruce Thames (T.D Williamson, Inc.)
- February 25: Alex Eaton (World Travel Service, LLC)

**Firm Anniversaries**
- February 1972: Tulsa Regional Chamber
- February 1973: Zarrow Family Office, LLC
- February 1986: Mid-America Land, Grain & Cattle Co.
- February 1997: United States Beef Corp. (Arby's)
- February 2007: Verizon Wireless
- February 2014: Arvest Bank

Be an intentional influence!

For more information on EWI, check out the Corporate Website: ewiconnect.com or EWI of Tulsa Website: ewitulsa.org
Membership Report
Reta Hallam

New 1st Representative
Eva Blair, Nichols Brothers, Inc./ Nichols Companies, Inc.
Gayle Dicus, Rib Crib
Candace Fields, Party Pro Rents

Firms Without Representatives/Executives
Pacer Energy Marketing
Zarrow Family Office, LLC
Mrs. DeHaven’s Flower Shop

New Member Firms
Rib Crib
Nichols Brothers, Inc./ Nichols Companies, Inc.

New Sustaining Representatives
Mary Morrow, Zarrow Family Office, LLC

2nd Representative Resignations
LuAnne Martindale, Hilti, Inc.

New Executives
Phil Birch, Nichols Brothers, Inc./ Nichols Companies, Inc.
Brad Dentis, Rib Crib
Jerry Parkhurst, Mrs. DeHaven’s Flower Shop
Stephanie Layson, Party Pro Rents


Our Mission

EWI brings together key individuals from diverse businesses for the purpose of:

• Promoting member firms,
• Enhancing personal and professional development, and
• Encouraging community involvement.

Our Vision

To be a professional organization that creates value for its member firms and their representatives through career development, business connectivity, and involvement in local communities.
Recommended for Posting

**Heurtey Petro-Chem**  
Executive: TBD  
Representative: Sandy Hall  
7666 E. 61st Street, Ste 400, Tulsa, OK 74133  
NAICS #33414

**Sand Springs Area Chamber**  
Executive: Mary Eubanks  
Representative: Mary Eubanks  
9 E. Broadway St., Sand Springs, OK 74063  
NAICS #813910

**Mullin Plumbing**  
Executive: Markwayne Mullin  
Representative: TBD  
118 S. Elm Place, Broken Arrow, OK 74012  
918.258.6636 | [http://mullininc.com/](http://mullininc.com/)  
NAICS #238220

**GKFF**  
Executive: Ken Levit  
Representative: Becca Salmon  
7030 S. Yale, Ste 600, Tulsa, OK 74136  
NAICS #813211

**Cancer Treatment Center**  
Executive: Richard Holden  
Representative: Sommer Allan  
10109 E. 79th Street, Tulsa, OK  
NAICS #622310

**Leinbach & Associates**  
Executive: Ed Leinbach  
Representative: TBD  
2240 E. 49th Street, Ste 100, Tulsa, OK 74105  
NAICS #531311 & #531312

**Kindness Animal Hospital**  
Executive: Dr. Suzanne Hurst or Dr. Karen Nickle  
Representative: TBD  
11035 S. Memorial Drive, Tulsa, OK 74133  
918.917.5250 | [http://kindnessoftulsa.com/](http://kindnessoftulsa.com/)  
NAICS #541940
Dates to Note in February

B/C/DP Committee Meeting
February 3, 2015
11:30 am
T.D. Williamson, Inc.
6120 S. Yale, Suite 1700

Reading Rally Committee Meeting
February 6, 2015
Noon
Alzheimer’s Association
2448 East 81st St., #3000
Contact: Debbie Ash

Membership Committee Meeting
February 10, 2015
11:30am
Manhattan Construction Company
5601 S. 122nd E. Ave

LCAM Committee Meeting
February 12, 2015
11:30 am
Location: Gilcrease Museum
Contact Janis Cohlmia

EWI of Tulsa Chapter Meeting
February 12, 2015
5:30pm
Michael V’s Restaurant & Bar
8222 E. 103rd Street, Bixby, OK

Fundraising Committee Meeting
February 17, 2015
11:30 am
Key Personnel
9717 E. 42nd Street, Suite 200
Contact: Trish Richey

Chapter Board Meeting
February 19, 2015
11:30 am
Cimarex Energy Co.
202 S. Cheyenne, 15th Floor
Contact: Dana Nichols

Member Firm Spotlight
Helmerich & Payne, Inc.

Helmerich & Payne, Inc. is an energy-oriented company. Founded in 1920 and headquartered in Tulsa, it is engaged in contract drilling of oil and gas wells for exploration and production companies. The company operates its business through three segments: U.S. Land Operations, Offshore Operations and International Land Operations. Its contract drilling operations consist mainly of contracting company-owned drilling equipment primarily to large oil and gas exploration companies. The Company stands as one of the primary land and offshore platform drilling contractors in the world and is an industry leader in innovation, a fact most notably demonstrated by its FlexRig technology. H&P is a global enterprise with land operations across the United States, offshore operations in the Gulf of Mexico, and international operations in South America, the Middle East and Africa. This firm joined EWI in 1984.
Candace Fields, **Party Pro Rents**; Lisa Stansill, **U.S. Beef Corp. (Arby's)**; Roberta Montgomery, **Helmerich and Payne, Inc.**; Eva Blair, **Nichols Brothers, Inc.**; Vernice Bersche, **Merrill Lynch**.

Kim Bowman, **T.D. Williamson, Inc.**, busts a move.
January Meeting—Personal Development

Art celebrating Black History Month at the Center for Creativity at Tulsa Community College

Vernice Bersche, Merrill Lynch, pins Eva Blair, Representative for new member firm Nichols Brothers, Inc.
Jodi Erickson, State Farm Insurance Companies; Maureen Quinn, Oklahoma Manufacturing Alliance; Astrid Sahr, Moody’s Jewelry

Getting ready to Zumba!

Be an intentional influence!
For more information on EWI, check out the Corporate Website: ewiconnect.com or EWI of Tulsa Website: ewitulsa.org
Join EWI in Tulsa
for the 68th Leadership Conference & Annual Meeting.

You won't want to miss this chance to get up close and personal in Tulsa at the Hyatt Regency Tulsa. LCAM will offer connections, career enhancement, and community involvement. Mark your calendar for September 23–26, 2015. See you in Tulsa!