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February 2010



Dear EWI Tampa Bay Chapter,

It was terrific to see such a great turnout for our January meeting. Malio's Restaurant has been a Tampa favorite for as long as I can remember. The food was wonderful and so were the beverages !! Our service from John and Sandy was excellent and thoroughly

enjoyed by all. We look forward to our next visit. Congratulations and much gratitude to Crystal Rivera and Melissa of the Sheraton Riverwalk for such a successful event.

Ladies, we have a lot on the agenda in the next few months. I look forward to working with all of you to accomplish our mutual goals. Some of these goals include membership participation with planning our monthly meetings. Melissa will email the current Program Schedule and ask for assistance in planning a few of the events. If you have additional ideas, please feel free to contact us at any time.

We are also in the process of reviewing and updating promotional and advertising materials along with our website to enhance our ability to promote our chapter. This is vital to our Membership Program. We are aggressively pursuing this goal and look forward to completing this very important project.

On a very sad note. Our lovely Georgene has passed away after a lengthy illness. Georgene was a vital member of our chapter for several years. She has been in our constant thoughts and prayers during this terrible ordeal. This was a lady that lit up every room, event or meeting she attended. She was full of love and kindness, of which she gave freely. We will remember her always. She will truly be missed. Our condolences to all who loved her.

Please do not miss our February meeting at Splitsville. Melissa has a wonderful team building program organized. This meeting promises to be great fun. Take care, I look forward to seeing you at Splitsville.....

My best regards,

Linda

LOCAL BOARD

Linda Helton, President
Carey Limousine of Tampa Bay
lkhcareyflw@earthlink.net

Dana McDonald,
Vice President/President Elect
Busch Gardens of Tampa
Dana.mcdonald@buschgardens.com

Bonnie Smith, Secretary
Hellmuth, Obata & Kassabaum
Bonnie.smith@hok.com

Sharon Hewitt, Treasurer
KPMG, LLC
shewittrogers@kpmg.com

Patti Jako, Sergeant-at-Arms
Humana, Inc.
pjako@humana.com

Carla Pirez, Membership Director
Weichert Realtors, Yates & Associates
tampamoves@tambabay.rr.com

Melissa Gross, Program Director
Sheraton Riverwalk Tampa
mgross@sheratonriverwalk.com

Anna Miller, Publication Director
Yale Lift Trucks of Florida & Georgia
amiller@yaleflorida.com

Tina Spinks, Ways and Means Director
Spinks Law Firm
tina@spinkslawfirm.com

Carol Talone, Chapter Advisor
Yale Lift Trucks of Florida & Georgia
ctalone@yaleflorida.com

Phyllis Corr, EWISP Chair
Sykes Enterprises, Inc.
Phyllis.corr@sykes.com

Member Firms

Anna Perrott Jewelers
Aon Risk Services
Busch Gardens/Adventure Island
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Sheraton Tampa Riverwalk HOTEL



THE SHERATON TAMPA RIVERWALK HOTEL RECEIVES FLORIDA GREEN LODGING PROGRAM DESIGNATION

*-Environmentally friendly hotel conserves resources, saves
money and attracts customers-*

Tampa, Fl.– The Florida Department of Environmental Protection (DEP) welcomes the Sheraton Tampa Riverwalk Hotel to the Florida *Green Lodging* Program. The voluntary state initiative provides the lodging industry with free technical assistance, encouraging hotels and motels to adopt cost-saving “green” practices that reduce waste and conserve natural resources.

“It is wonderful to see businesses implement green practices such as water conservation, recycling and energy reduction because they are not only good for business, they are good for Florida’s environment,” said DEP Sustainable Initiatives Director Deas Bohn.

To become a designated member of the Florida *Green Lodging* Program, hotels must implement a variety of green practices. These practices include, but are not limited to, water conservation measures through low flow plumbing fixtures, a linen reuse program, and energy efficiency achieved by installing ENERGY STAR® appliances and programmable thermostats. The waste reduction criteria are met by providing the opportunity to recycle, purchasing items in bulk, purchasing recycled materials and by recycling ink and toner cartridges. All designated properties must also use green cleaners and high efficiency air filters.

THE COURAGE TO SPEAK THE TRUTH

I aspire to be a “queen” someday like Marianne and Aretha and Bette Midler (to name just a few). But alas, I am still struggling to break free of the “princess/martyr” dress that was designed for me when I was very little. Unfortunately, it is very tight now and hard to wriggle out of, but it is becoming looser as I continue to grow into the woman I was meant to be. And what exactly is it that I want to be someday? What is it that these “diva” or “queen” women have that I haven’t yet fully developed? It can be summed up in two words: COURAGE and CONVICTION

You see, the difference between the divas/queens in question and myself is that they have given up the terrible habit of second-guessing themselves all the time and “shrinking so that other people won’t feel insecure around them” (a fabulous line from a famous Marianne Williamson poem). To put it simply, THEY OWN THEIR POWER AND USE IT TO MAKE THE WORLD A BETTER PLACE.

What separates the princesses from the queens? I would say it’s one thing and one thing only: GUTS. Being a queen and speaking your truth take guts; otherwise known as COURAGE. It takes guts to speak your mind when others disagree and will try to knock you down. It takes courage to protect yourself and your children from harm by saying “NO” when you are threatened with financial ruin, abandonment, and loss of approval from others.

I have a theory and I’m sure it’s not unique. However, many of my clients find it helpful. Here it is: women get stronger, more resilient, and wiser with age and as they do, old fears begin to melt away and they find their true voice and stop pretending to be the “perfect” wife, daughter, mother, sibling, friend, etc. that they thought they had to be. In other words, they no longer care so much about what others think about them. To me, this sounds like Nirvana indeed!

I find this especially true of women going through menopause. I am blessed to have many of these fabulous women as clients and they teach me so much. I can’t tell you how many times I’ve heard a menopausal client tell me that they’ve come to a place in their lives where they’ve finally given up trying to be ‘liked’ by everybody and that basically, those around them can ‘like it or lump it’ (i.e., the new woman they’ve become).

I tell you, I cannot wait for that day! I’m sick and tired of caring so much about what others think about me or how they see me. Granted, hot flashes don’t sound so great, nor does lying in bed every night unable to sleep staring blankly at the ceiling, but the sense of coming into one’s own so profoundly sure does.

And at my age I am well aware that menopause is not such a long way off. So in the meantime, I am doing my very best to become more courageous by giving words to my convictions more and more. I do this in baby steps but am so proud of myself when I succeed. I also encourage my clients to do the same and they too, are experiencing more confidence and pluck as a result.

A recent example is of a very-pregnant woman who wanted to have her baby with just her husband and midwife and doctor there whose family insisted on showing up to the impending birth. With some support and coaching, she was finally able to tell these family members that this arrangement “wasn’t going to work” for her and her husband and prevented a catastrophe from happening. Even though they didn’t like it, they are honoring what she has asked for. She is feeling a lot calmer and in control as a result. I’d like to leave you with some tips to help you access your inner “lioness” and muster up the courage to speak your truth...

Top Five “Moving From Princess to Queen” Tips:

1. Try pretending you don’t care what others think of you or say about you behind your back- your brain doesn’t know the difference. In other words, “fake it ‘til you make it”.
2. Write some courage-building affirmations on an index card and practice saying them twice a day- upon awakening in the morning and before you go to sleep at night. One example might be, “Every day, I am becoming stronger in my convictions and able to readily speak my truth, regardless of the outcome.”
3. Surround yourself with courageous women who have walked the same path and come out the other side (hint: women who have gone through menopause can be great role models).
4. Take a stand and speak your truth even if it scares the \$%@& out of you. Start off small with people who don’t totally intimidate you and work your way up from there.
5. Lastly, give yourself a pat on the back when you follow through with acts of courage and tell yourself you’re on the right path; that this is only the beginning of greater things to come.

-Ester Kane, MSW, Registered Clinical Counselor, is the author of “Dump That Chump: A Ten-Step Plan for Ending Bad Relationships and Attracting the Fabulous Partner you Deserve.”

REAL MUSIC RETURNS TO BUSCH GARDENS WITH EXCITING LINEUP FOR 2010

The adventure park's most popular music series returns with sensational sounds from the Big Band and Rock 'n' Roll eras

TAMPA, Fla. (January 2010) – The Real Music Concert Series, including Busch Gardens Tampa Bay's longest running Big Bands concert series, returns to the Stanleyville Theater Wednesdays through Saturdays with spectacular swing, pop and rock 'n' roll from some of music's most memorable eras.

In January, Real Music kicks off classic sounds of the '30s and '40s big-band era:

- Jan 13-16: The Les Brown Band of Renown featuring Les Brown, Jr.
- Jan 20-23: The Terry Myers Orchestra & The Swing Sisters
- Jan 27-30: The Tommy Dorsey Orchestra

Then, starting in February, relive some of rock 'n' roll's greatest moments with the artists who defined the '50s, '60s and '70s:

- Feb 3-6: Paul Revere & The Raiders
- Feb 10-13: Herman's Hermits starring Peter Noone
- Feb 17-20: John Davidson
- Feb 24-27: CHUBBY CHECKER & THE WILD CATS
- Mar 3-6: The Osmond Brothers
- Mar 10-13: DAVY JONES
- Mar 17 -20: The 5th Dimension

Show times are 11:30 a.m. and 1 and 3:30 p.m., with the theater opening a half-hour prior to the show. Reservation tickets are required to guarantee a seat, and are available at the front gate until 11 a.m. each show date. The complimentary reservation tickets are also available near the Stanleyville Theater prior to each show.

The Real Music Concert Series is included with regular park admission or any valid Passport membership. Concert series dates and artists are subject to change. For more information on Busch Gardens Tampa Bay, call 1-888-800-5447 or log onto www.buschgardens.com.



Location:

CHANNELSIDE BAY PLAZA
615 Channelside Drive, Suite 120 | Tampa, FL 33602

Date: Wednesday, February 10th

Time: 5:30 PM Meet & Greet
6:00 PM Start Meeting
6:15 PM Food Buffet
6:30 PM Bowling Bonding

Cost: \$25.00

Parking: Parking is available in the Channelside parking garage


Valet Parking is available

**Please RSVP to Melissa Gross
[mgross@sheratonriverwalk.com] by February 2, 2010.**

March Meeting—To Be Announced



February 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9 Wanda Champion B-day	10 Chapter Meeting Splitsville	11	12	13
14  Valentines Day	15	16	17 Chapter Board Meeting	18	19	20
21	22	23 Trish Gray B-day	24	25	26	27
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March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10 Open Meeting TBA Madeline Shoemaker B-day	11 Mary Alvarez B-day	12	13
14	15	16 Tina Spinks B-day	17  St. Patrick's Day	18	19 Dana McDonald B-day	20
21	22	23	24	25	26	27
28	29	30	31			