

LETTER FROM OUR PRESIDENT



EWI Ladies,

Don't forget that February is the month of LOVE! Remember to let those special people in your life know what they mean to you. Some thoughts for Valentine's Day:

- **Valentine to a Friend**

People come and people go,
In and out of your life and so,
When one shines bright among the rest,
And is there when needed, you're truly blessed.
That is how I see you, friend of mine,
And why I'm sending this Valentine.

By Karl Fuchs

- "I love being married. It's so great to find one special person you want to annoy for the rest of your life." - Rita Rudner
- "A friend is someone who knows all about you and still loves you." - Elbert Hubbard
- "They invented hugs to let people know you love them without saying anything." - Bill Keane
- "There is no charm equal to tenderness of heart." - Jane Austin, *Emma*

Remember to celebrate February for:

Black History Month—see the article about Bessie Coleman on page 4

American Heart Month—see page 5 for tips for good heart health

February 1st—National Freedom Day—we are grateful for our freedom every day!

February 2nd—Groundhog Day—unfortunately, he did see his shadow so . . . more cold weather

February 4th—World Cancer Day - People can lower their risk of getting many common kinds of cancer by making healthy choices. Screening tests can find some cancers early, when treatment works best.

February 11th—International Day of Women & Girls in Science—Recognizing the role of women and girls in science, not only as beneficiaries, but also as agents of change.

February 12th—Abraham Lincoln's Birthday

February 16th—Do a Grouch a Favor Day—hmmmmmm . . . do you know one?

February 22nd—George Washington's Birthday

February 27th—National Chili Day—always good when there's more cold weather on the way!

Our February Chapter meeting will be Thursday, February 17 at 5:30 p.m. at Marciano's, 780 Brookhaven Circle. Remember to RSVP to Sergeant-at-Arms, Toni Green, and make your reservation on the Chapter website. I look forward to seeing you soon!

-Krissie Heuer



Please share this publication with your Executive and other members of your organization.

"Leaders add value by serving others."

EWI® of Memphis Chapter Meetings

February Board Meeting

Business Equipment Center

2991 Directors Row

Memphis, TN

Krissie's cell is 662-560-3531

February 10, 2022 @ 5:30pm



CONNECTIONS | CAREERS | COMMUNITY

Program Venues

2021—2022

If you would like to be a hosting venue for this great organization please contact

Krissie Heuer at Business Equipment Center 901-345-5650

[*kheuer@bec-memphis.com*](mailto:kheuer@bec-memphis.com)

Chapter Meeting

February 17, 2022 @ 5:30pm

Marciano's

780 Brookhaven Circle

Memphis, TN 38117

Each Representative will receive an invite

Please RSVP by going to

ewi.memphis.org

to register and pay for the upcoming meeting

All guests invited as "prospective members" must be approved by Krissie Heuer, President or Tawauna Stafford, Retention and Recruitment Director. Members will be counted and billed as attending unless advised within 6 days or the Friday before the Chapter meeting that they will NOT attend.

Board Meeting Recap

Income as of January 31, 2022

General Operating Account	\$ 35,112.72
B/C/DP	\$ 4,200.54
CD	\$ 54,191.77

Total: \$ 93,505.03

January Membership Report

Member Firms:	18
Member Reps:	18
Sustainers:	7
Life:	2

January Chapter Meeting Attendance Report

Member Representatives:	10
Sustaining Members:	0
Guests:	1
Life Member:	0

Total Attendance: 14



February

Tawauna Stafford 2/18

Bessie Coleman (1892-1926)



Bessie Coleman soared across the sky as the first African American, and the first Native American, woman pilot. Known for performing flying tricks, Coleman's nicknames were; "Brave Bessie," "Queen Bess," and "The Only Race Aviatrix in the World." Her goal was to encourage women and African Americans to reach their dreams. Unfortunately, her career ended with a tragic plane crash, but her life continues to inspire people around the world.

Born in Atlanta, Texas on January 26, 1892, Bessie Coleman had twelve brothers and sisters. Her mother, Susan Coleman, was an African American maid, and her father George Coleman was a sharecropper of mixed Native American and African American descent. In 1901, her father decided to move back to Oklahoma to try to escape discrimination. Bessie's mother decided not to go with him. Instead, the rest of the family stayed in Waxahachie, Texas. Bessie grew up helping her mother pick cotton and wash laundry to earn extra money. By the time she was eighteen, she saved enough money to attend the Colored Agricultural and Normal University (now Langston University) in Langston, Oklahoma. She dropped out of college after only one semester because she could not afford to attend.

At age 23, Coleman went to live with her brothers in Chicago. She went to the Burnham School of Beauty Culture in 1915 and became a manicurist in a local barbershop. Meanwhile, her brothers served in the military during World War I and came home with stories from their time in France. Her brother John teased her because French women were allowed to learn how to fly airplanes and Bessie could not. This made Bessie want to become a pilot. She applied to many flight schools across the country, but no school would take her because she was both African American and a woman. Famous African American newspaper publisher, Robert Abbott told her to move to France where she could learn how to fly. She began taking French classes at night because her application to flight schools needed to be written in French.

Finally, Coleman was accepted at the Caudron Brothers' School of Aviation in Le Crotoy, France. She received her international pilot's license on June 15, 1921 from the Fédération Aéronautique Internationale. Coleman's dream was to own a plane and to open her own flight school. She gave speeches and showed films of her air tricks in churches, theaters, and schools

to earn money. She refused to speak anywhere that was segregated or discriminated against African Americans. In 1922, she performed the first public flight by an African American woman. She was famous for doing "loop-the-loops" and making the shape of an "8" in an airplane. People were fascinated by her performances and she became more popular both in the United States and in Europe. She toured the country giving flight lessons, performing in flight shows, and she encouraged African Americans and women to learn how to fly.

Only two years into her flight career, Coleman survived her first major airplane accident. In February of 1923, her airplane engine suddenly stopped working and she crashed. She was badly hurt in the accident and suffered a broken leg, a few cracked ribs, and cuts on her face. Thankfully, Coleman was able to fully heal from her injuries. This accident did not stop her from flying. She went back to performing dangerous air tricks in 1925. Her hard work helped her to save up enough money to purchase her own plane, a Jenny – JN-4 with an OX-5 engine. Soon she returned to her hometown in Texas to perform for a large crowd. Because Texas was still segregated, the managers planned to create two separate entrances for African Americans and white people to get into the stadium. Coleman refused to perform unless there was only one gate for everyone to use. After many meetings, the managers agreed to have one gate, but people would still have to sit in segregated sections of the stadium. She agreed to perform and became famous for standing up for her beliefs.

On April 30, 1926, Bessie Coleman took a test flight with a mechanic named William Wills. Wills was piloting the plane, as Coleman sat in the passenger seat. At about 3,000 feet in the air, a loose wrench got stuck in the engine of the aircraft. Wills was no longer able to control the steering wheel and the plane flipped over. Unfortunately, Coleman was not wearing a seat-belt. Airplanes at the time did not have a roof or any protection. Coleman immediately fell out of the open plane and died. Wills crashed the aircraft a few feet away from Coleman's body and also died. Her death was heartbreaking for thousands of people. Famous activist Ida B. Wells-Barnett performed the funeral service to honor Coleman in Chicago. In 1931, the Challenger Pilots' Association of Chicago started a tradition of flying over Coleman's grave every year. By 1977, African American women pilots formed the Bessie Coleman Aviators Club. In 1995, the "Bessie Coleman Stamp" was made to remember all of her ac-



Celebrating this heroine and pioneer who lead the way for others!

10 Ways to Keep Your Heart Healthy

Cut down on salt—If you have a diet high in salt, it's likely that your blood pressure could be high too – which means you have an increased risk of suffering from heart disease or stroke. The recommended maximum daily intake of salt is just 6g for adults and 3g for children (2.5g of salt is the equivalent of 1g of sodium). Cut down by trying not to use any salt at all at the table and reducing how much you use in cooking. Also, keep an eye on food labels to check how much salt you're eating in processed foods (foods with more than 1.5g salt or 0.6g sodium per 100g are high, so avoid them wherever possible).

Eat less sugar—Too much sugar in your diet could lead to weight gain, which can raise your blood pressure and lead to diabetes and heart disease. If you have a sweet tooth and can't give up sugar altogether, simply have fresh fruit with yoghurt instead of sweetened puddings and cakes.

Limit saturated fat—Eating too much saturated fat – found in butter, ghee, margarine, fatty meats, dairy fats and processed foods such as pies, pastries and cakes – is believed to increase cholesterol levels. So switch to semi-skimmed milk and low-fat dairy foods instead of full-fat ones, choose lean cuts of meats and steam or grill instead of frying.

Fill up on fruit and veg—Increase the amount of potassium in your diet by eating at least five portions of fruit and veg a day (potassium can help to lower your blood pressure). The nutrients in fruit and veg – including vitamins, minerals and fibre – may also help to keep your heart healthy. Some fruits and veg that are rich in soluble fibre may also help to lower your cholesterol, including citrus fruits, sweet potato, aubergine, mango and most beans and pulses.

Go for more fish—Oily fish such as pilchards, sardines, mackerel, salmon and fresh tuna, are rich in omega-3 fatty acids, which are thought to be particularly beneficial for your heart because they improve your cholesterol levels. If you're a vegetarian you can get omega-3 fats from spinach, wheat germ, walnuts, flaxseed and flaxseed oil, soya and canola oil and pumpkin seeds.

Quit smoking—Smoking is one of the main causes of cardiovascular disease, and smokers are almost twice as likely to have a heart attack compared with those who have never smoked. It not only damages the lining of your arteries but reduces the amount of oxygen in your blood and raises your blood pressure.

Cut back on alcohol—Alcohol can affect your heart by causing high blood pressure, abnormal heart rhythms and damage to the heart muscle. But you don't have to give it up completely. Just stick to current guidelines for moderate alcohol drinking, which are two to three units a day for women and three to four for men.

Get more exercise—Studies show that people who aren't very active are more likely to have a heart attack than those who are. Aim to get at least 150 minutes of moderate-intensity activity a week to lower your risk of developing coronary heart disease. You can split up the 150 minutes any way you like. For instance, have a brisk 30-minute walk every lunchtime during the week.

Keep your weight down—If you're heavier than you should be, your risk of high blood pressure, high cholesterol and type 2 diabetes is above normal. Eating less sugar and saturated fat while cutting back on alcohol, eating more fruit and veg and getting more exercise can all help you lose excess pounds – and keep those pounds off in the long term.

Keep stress under control—If you're under a lot of stress, you may be more likely to smoke, take little or no exercise and drink more than a moderate amount of alcohol – all of which are linked with heart problems.

<https://www.caba.org.uk/help0and0guides/information/10-ways-to-keep-your-heart-healthy>



Cissie Pryor, Living Health Day Spa, Toni Green, Crye-Leike, welcome visitor Maria Popa



Tawauna Stafford, 901 Prime, and Cissie Pryor, Living Health Day Spa

**The Hilton Memphis
January 20, 2022
Chapter Meeting**

Mable Barringer, National Kidney Foundation, & Jane Bratton, Smith & Nephew, Inc., participating in Happy Dollars



President Krissie Heuer, Business Equipment Center & Representative Cissie Pryor, Living Health Day Spa who was the January Speaker



Two of our favorite people, Representative Jackie Chandler, Hicks Convention Services, and her husband Stan Chandler

Standing Committees 2021–2022

<p style="text-align: center;">Budget</p> <p>Cindy Lynch Mable Barringer Deborah Vaughn Krissie Heuer</p>	<p style="text-align: center;">Recruitment & Retention</p> <p>Tawauna Stafford Kristi Emmons-Jones Deborah Vaughn Krissie Heuer</p>	<p style="text-align: center;">Programs</p> <p>Mable Barringer Tina Hamilton Dianne Westphal Krissie Heuer</p>
<p style="text-align: center;">Sergeant-at-Arms</p> <p>Tony Green Krissie Heuer</p>	<p style="text-align: center;">Hospitality</p> <p>Tony Green Laura House Cissie Pryor Krissie Heuer Jackie Chandler Tawauna Stafford Annetta Vick</p>	<p style="text-align: center;">Fundraising</p> <p>Deborah Vaughn Angel Halpern Krissie Heuer ALL MEMBERS</p>
<p style="text-align: center;">Communications & Technology</p> <p>Erica Johnson Krissie Heuer</p>	<p style="text-align: center;">BCDP / Philanthropy</p> <p>Linda Grissom Jamie Emerson Erica Johnson Krissie Heuer</p>	<p style="text-align: center;">Nominating</p> <p>Mable Barringer Jane Bratton (Member) TBD (Board)</p>
<p style="text-align: center;">Advisory</p> <p>Mable Barringer Janice Toshach Cindy Lynch Jackie Chandler Deborah Vaughn Krissie Heuer</p>	<p style="text-align: center;">By-Laws / Standing Rules</p> <p>Mable Barringer Martha Pallesen Cindy Lynch Krissie Heuer Jane Bratton</p>	<p style="text-align: center;">Professional Leadership</p> <p>Linda Grissom Erica Johnson Deborah Vaughn Krissie Heuer Kristi Emmons-Jones</p>

WHY DON'T YOU JOIN US ON SOCIAL MEDIA?

Facebook.com: EWI of Memphis

Instagram.com: EWI Memphis

Twitter.com: @EWI Memphis

LinkedIn.com: EWI of Memphis

Need help creating an account or locating us on Social Media?

kheuer@bec-memphis.com

— SOCIAL SITES EXPLAINED —



FACEBOOK
I like donuts



TWITTER
I'm eating
a #donut



INSTAGRAM
Here's a photo
of my donut



LINKEDIN
My skills include
donut eating



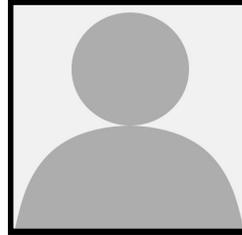
we are social, lets connect

2021-2022 Board Members



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VICE PRESIDENT

Open



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Jackie Hicks Chandler

Kemmons Wilson Companies

Linda Grissom

Living Health Day Spa

Cissie Pryor

Michelle Matthews Andreotti Design

Michelle Matthews Andreotti

National Kidney Foundation

Mable Barringer

Pallesen Consulting Services, LLC

Martha Pallesen

Regions Bank

Angel Halpern

Shelby County Schools

Janie Emerson

Smith & Nephew, Inc.

Jane Bratton

Staples

Deborah Vaughn

The Peabody Hotel

Tina Hamilton

Youth Villages

Cindy Lynch

Sustainers

Rose Ann Bradley

Melinda Edwards

Carrie Ann Hardy

Laura House

Carrie Semmes

Annetta Vick

Diane Westphal

Transitional

Karen Curd

Erica Johnson

Life Members

Betty Loveless

Peggy Quinn



CONNECTIONS | CAREERS | COMMUNITY

OUR PRINCIPLES

To bring together key individuals from member firms of Executive Women International® to:

- Achieve world-class status as an organization through applied standards of excellence.
- Forge and cultivate mutual business and professional goals through personal association and interchange.
- Afford the opportunities and structure for leadership and professional development.
- Provide community involvement through scholarship programs for adults in transition, literacy programs within the community, and life-long learning opportunities for its representatives.

MISSION

Executive Women International (EWI) brings together key individuals from diverse businesses for the purpose of: promoting member firms; enhancing personal and professional development; and encouraging community involvement.

VISION

To enhance professional growth and development within a diverse group of women while empowering them to make a difference as they inspire others.

VALUES

Integrity | Excellence | Respect | Collaboration