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February Heart Healthy Month

## March Meeting

### Woman of Action Panel

[Make your reservations today!](#)

**ANEW's first Woman of Action Award Winners Panel Discussion**

**Wednesday, March 16**

11:30 am: Networking begins

12:00-1:00 pm: Lunch & Program

at the

[Evansville Country Club](#)

Don't miss this inspiring discussion featuring Woman of Action Award winners Lori Beller (2014), Lu Porter (2008) and Shannon Frank (2001). The

## Featured Advertiser

### [Tracy Zeller Jewelry](#)

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## A Note from the President...

I always start planning my vegetable garden in

ANEW Woman of Action Award is presented each year to an ANEW member who has exhibited outstanding achievement in volunteer commitment, professional accomplishment, and/or personal accomplishment. Attend this luncheon to learn more about what makes these outstanding women tick. Our very own Angie Richards Cooley will moderate the event.

**Lori Beller** is a senior account executive at Viamedia, and an entrepreneur representing Younique! She is a past president of ANEW.

**Lu Porter** is the Executive Director of the Evansville African American Museum and has been a member of the Ivy Tech Foundations for 20 years.

**Shannon Frank** is a partner at Kahn, Dees, Donovan & Kahn, LLP, Attorneys and Counselors at Law. She is also a past president of ANEW.

Reservation deadline:  
2:00 pm, Friday, March 11  
RSVP at [evansvilleanew.org](http://evansvilleanew.org)

A door prize will be awarded to an ANEW member who brings a guest. The item was donated by Within Sight, LLC .

Guest fee: \$22.00

**Menu:** Asparagus and mascarpone ravioli with fresh fruit cup and a dollop of whipped cream.

**Vegetarian:** Tossed salad with cherry heirloom tomatoes

**Gluten free:** Tossed salad with sliced chicken breast  
(Ranch or citrus dressing on the side)



January, and by the time March around, I almost cannot contain excitement. My daffodils and crocuses have started blooming, lettuce and spinach are up in my greenhouse, and this past week was able to transplant my tomato seedlings. I will baby these seed

until April when I can finally put them outside. Each time I attend to the seedlings, I am reminded of my paternal grandfather who passed away some years ago. He had the proverbial "green thumb" and passed it on to me.

This year, when I was transplanting my tomatoes, I started thinking that while it was my grandfather who taught me almost everything I know about gardening, it was actually my grandmother who did a lot of the hard labor. My grandfather had polio when he was a child and was run over by a tractor on a Christmas tree farm. These two incidents left him with lingering physical issues requiring him to use a cane and later a walker. He and my grandmother own a Christmas Tree Farm and grocery stores and in their life had the most beautiful vegetable and flower gardens. My grandfather may have planned these gardens but it was my grandmother who watered the plants, moved them outside, planted them, and picked the fruits of their labor. Looking back, my grandmother is a strong woman!

I am sure that we are all surrounded by strong women both in our personal and professional lives. At our March ANEW meeting, we will have a panel of our past Woman of Action Award Winners consisting of Lori Beller, Lu Porter, and Shannon Frank. The Woman of Action Award is given each year in October and is an opportunity for ANEW members to honor one another for outstanding achievement in either volunteer commitment, professional accomplishment, or personal accomplishment, or a combination of these areas. Our past Woman of Action awardees are strong women! And, I am sure that this is a meeting you will not want to miss.

Katie Worman  
[knw@wormanlegal.com](mailto:knw@wormanlegal.com)

**2016 Meeting Dates**

## 2016 Board of Directors

### Officers:

President: Katie Worman  
 1st VP, Membership - Lauren Jones  
 2nd VP, Programs - Janet Schultheis  
 Treasurer - Rita Bauer  
 Asst Treasurer - Michele Graham\*  
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Kristie Byrns \*  
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 Ann Martin (Technology Chair)  
 Angie Cooley (Orientation Chair)  
 Joyce Molinet (Special Events Chair)  
 Jill Rawley (Historian Chair)

\*Denotes new to Board 2016

### Mark your calendars today for:

#### ANEW's April 27 Luncheon Building a Level 5 Tribe

Happiness isn't an accident - it's a science! Jeff Stucke, President and CEO of *Happy Matters* will share research-based insights into the habits that can produce happiness. Jeff has more than 18 years of experience as a licensed mental health professional. He has specific expertise in the area of positive psychology, as well as neuroscience.

\*March 16  
 April 27  
 May 25  
 June 22  
 July 27  
 \*August 17  
 September 28  
 \*\*October 26  
 \*November 16  
 \*December 14

Most meetings are on the 4th Wednesday of the month beginning at 11:30 am. This schedule var accommodate holidays and other events.

\* Indicates a meeting that is not on the 4th Wednesday of the month.

\*\* Our Annual Meeting/Pampering Session in October is a late afternoon dinner meeting.

## Monthly Advertiser

[B Renewed Wellness Center](#)

### Hormones making you feel out of control?

Dr. Bonnie Schnautz, ND  
**B RENEWED**  
 WELLNESS CENTER

Join us March 31 from noon-1pm and  
 Find Freedom from Hormone Imbalance

Lunch is provided with \$15 registration,  
 along with the tools you will need to succeed.

Visit [brenewed.com](http://brenewed.com) for our calendar of events and list of services.  
 6700 Darmstadt Rd. Suite A, Evansville (812)473-2502



## Tech Tips

- Visit ANEW on [Facebook](#) and [Twitter](#)! Remember to "Like" us while you're there

- Please register for every meeting on our website: [evansvilleanew.org](http://evansvilleanew.org). Once you make a reservation you are still able to make changes up to the deadline time and date. This includes your menu item, adding a guest or cancelling your reservation all together. Once you log into the site, click on your sign-in name in the upper right hand corner. Then click on "My Reservations" and "Edit" to make your changes.
- Once we have passed a deadline, you must email [Lori.Otzmann](mailto:Lori.Otzmann) to cancel or change any reservations.

## 2016 Sponsors

### January

Schultheis Insurance  
The Women's Hospital

### February

Banterra Bank  
Evansville Music Academy

### March

Tracy Zeller Jewelry  
B Renewed Wellness Center

### April

Evansville Music Academy  
Payne Wealth Partners

### May

AlphaGraphics  
Within Sight, LLC

### June

The Women's Hospital  
Real Purity-Karen Easterli

### July

Deja Vu Skin & Vein Center  
LaQuinta Inn

### August

Edward Jones-Janet Schultheis  
Kerri Zeien Photography

### September

German American Bank  
Kemper First Choice

### October

Tracy Zeller Jewelry

### November

Oak Meadow Country Club  
Banterra Bank

### December

Kemper CPA

### Founder's Day Breakfast

Harding Shymanski

### Membership Appreciation Event

### Membership Recruitment Event

### A Network of Evansville Women

PO Box 3192  
Evansville, IN 47731

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*Click here to RSVP  
for the  
March meeting*

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