

# EWA EXPRESS

*The Exceptional Women Awardees Network News*

EWA Presents Women in Technology | Monday, August 23, 5:00 pm PST



Sunny Webb  
Managing Partner, Hummingbird Search Partners



Lorraine Segil | EWA



Debbie McClure  
VP of Sales, Americas, Dropbox

Exceptional Women *live*  The road less traveled with Lorraine Segil

## This Month on Exceptional Women Live...The Road Less Traveled Show 17- Women in Technology

Join *EWA Live* on Monday, August 23rd at 5:00 pm PST as we go LIVE with Cohort 8's Sunny Webb, Managing Partner, Hummingbird Search Partners, and Cohort 5's Debbie McClure, Vice President of Sales, Americas at Dropbox

Both ladies will discuss their roles and share personal insights and experiences as **Women in Technology**, each bringing their own unique background and perspective. This is a show you won't want to miss.

We ask that you please support your EWA sisters by engaging on social media by **liking**, **commenting**, and **sharing** with your broader network. And if you are unable to join us *live*, please submit any questions you may have in advance to:  
[Operations@exceptionalwomenawardees.com](mailto:Operations@exceptionalwomenawardees.com) and we will get to as many of them as possible.

## UPCOMING DATES TO REMEMBER:

- August 10 - 3:00-4:00 pm PST- Cohort 7 Zoom Call
- August 11- 4:30-5:30 pm PST- Cohort 8 Zoom Call
- August 12- 5:30-6:30 PM PST Cohort 2 Alumna Zoom Call
- August 16- 5:30-6:30 pm PST Cohort 6 Zoom Call
- August 16 - 8:00-9:00 pm PST LSS Zoom Call
- August 24 - 3:00-4:00 pm PST Cohort 7 Zoom Call
- August 25 - 4:30-5:30 pm PST Cohort 8 Zoom Call
- August 26- 4:00-5:00 pm PST Cohort 4 Zoom Call
- August 27-29 - Cohort 7 Mid Program In-Person Session
- August 30 - 5:30-6:30 pm PST Cohort 6 Zoom Call

## Network News...

# Cohort 8 Mid Program In Person Session



**Cohort 8** was delighted to finally meet in person for their Mid Program session held at the Little Farm. The ladies were spoiled by Lorraine with each of the farm-to-table meals she prepared from scratch including homemade cheeses, bread & butter pickles, fresh fruit jams, garden salads, and more! A personal training session encouraged staying fit and active while bonding in sisterhood.

## Network News...

### Cohort 8 Making Memories



Over the course of the weekend, the Little Farm was filled with smiles and laughter as the ladies shared stories, went over their Mid Program metrics, and enjoyed the beautiful Southern California weather.

The weekend ended with a Sunday Brunch joined by their EWA sisters who are local to the So Cal area to allow everyone the opportunity to connect with the broader network.

Being able to finally connect in person filled everyone with joy and much anticipation for the annual retreat where everyone will meet up again. Overall, it was truly a memorable weekend and certainly one that won't soon be forgotten.

***"There is Strength in Sisterhood"***

## Network News...

### Jennifer Cooper Announces New Role



**Jennifer Cooper, Cohort 6**, has announced her new role as **Vice President, Industry Strategy & Marketing for Zuora**, the leading cloud-based subscription management firm. In this role, Jennifer will lead a global team of Industry Strategy & Marketing experts to provide Zuora customers with solutions and outcomes that drive growth and profitability. Prior to joining Zuora, Jennifer served as Global Head, Media & Communications Industry Strategy & Solutions for Microsoft.

We are excited for Jennifer as she takes on this new role and wish her all the best.

*"Every phase of your life and career will require a different you."*

### Trish Kinane Featured in C21 Media



**Trish Kinane, Cohort 6, Executive Producer & Consultant, American Idol, and Former President Entertainment Programs, Fremantle Media US** has been featured in a full-length article running in the international C21 media magazine. Trish's interview will be available additionally as a podcast and will be featured again in their magazine at MIPCOM.

To read the full article click [HERE](#)

## Network News...

# Annual Retreat Updates



Our retreat is just over two months away - and we want to reassure you of all the precautions that are being taken and ask for your cooperation in making this a safe event.

1. All hotel rooms are either on the ground or the first floor - this is a two-story hotel - so there are NO elevators or long closed corridors - each room has outdoor access in addition to private balconies allowing the flow of fresh air from the lush greenery and tree-lined passageway.
2. Friday evening dinner will be outdoors.
3. Our Saturday meeting is in a conference room that has large doors opening to a courtyard. The courtyard has a big tree in the middle so it's a little challenging to hold the meeting entirely outdoors but with all the double doors open there will be great air circulation - and if when we get there we feel that the tables SHOULD be moved outdoors we will arrange that.
4. The Saturday and Friday afternoon Spa appointments are held in the spa which has its own outdoor pool and cabana's - so except for your treatment which will be held in a room with your masked provider/assistant - you will be outdoors for that time period under a cabana by the Spa pool - or at the main pools if you prefer ( or playing golf or tennis or sleeping in your room or at the beach or hanging out anywhere you please!)
5. The dinner on Saturday night will also be hosted entirely outdoors.
6. Sunday Brunch is on the lawn at the hotel so outdoors as well.
7. We will comply with all CDC and State guidelines - which may mean wearing masks when social distancing is not possible in public indoor settings, wearing masks in common areas, only removing your mask when you are eating/ drinking, and can maintain social distance. Since all our events are outdoors that may mean only when walking from event to event or in the lobby of the hotel.

## Network News...

# Annual Retreat Updates Continued...

In light of current CDC & State guidelines, we ask that **EVERYONE WHO IS ATTENDING THE RETREAT BE VACCINATED &** as an additional precaution to set the minds of your sisters at ease that each attendee please **TAKE A RAPID COVID TEST THE DAY BEFORE TRAVELING TO THE RETREAT**

Please order and take a Rapid Antigen Test (Abbott - our own Kathy Ross!) Links and instructions are provided on the following page All tests should be administered within 24 hours of traveling to the retreat. Should you test positive, we regretfully ask that you do not travel or come to the retreat for your safety and the safety of others, including your EWA sisters.

The good news in LA county - the Department of Health just released a notice saying the surge is reaching a plateau and 10-day case increases are growing SMALLER! WE NEED THIS RETREAT and to be surrounded by sisterly love and support - so here is hoping that these precautions will ensure a happy event for all. If you have ANY concerns please contact Lorraine directly. We will continue to track all of this day by day.



Note: Photos are for example purposes only as we will have our own unique table set up

## Annual Retreat Updates Continued...

# Rapid COVID Testing Information

**Kathy Ross, Cohort 6, Division Vice President, North American Workplace Solutions, Abbott** has shared the following information with us regarding rapid antigen test kits:

**BinaxNow** is available to purchase online ( up to six) through the linked images below & in-store. **BinaxNOW** Is selling very fast in many stores, so if you want to get the tests, you should get them now. They are available on **Amazon for \$19.88** and **Walmart also sells for \$19.88**. Other retailers like **CVS and Walgreens are \$23.99**. If they are sold out online, then check the stores. The stores often still have some left, but if the store is in an area where the variant is surging, they may be lower on supply. Abbott has seen a complete upward shift in demand in just the last few days, so it's safer to buy them now and have them on hand.

To take the test you will need to swab inside your nose, put the swab into the little container provided, shake it then drop a few drops into another container - wait 10 minutes and you will see hopefully a red line - which means you are COVID NEGATIVE - if you see a BLUE line - you are Covid Positive - and we regretfully ask that you do not travel or come to the retreat for your safety of others,



Click the BinaxNow image or your favorite pharmacy above for link to purchase

## Network News...

# Spa Reservations



If you have not already booked your spa appointments, **please do so now**. To schedule your appointment, please **contact the spa directly at (858) 675-8471**. When **calling to book your appointment you will need to identify yourself as a part of EWA, your Cohort number, and the block of time reserved for your Cohort** in order to ensure your discount and to assist the Spa Coordinator in scheduling your appointment for the appropriate time allotted to your Cohort.

### Friday Spa Reservation Blocks:

**2:30-3:30 - LSS & Cohort 9**

**3:30- 4:30 - Cohort 6**

### Saturday Lunch & Spa Reservations:

On-Site **Patio Dining** at Veranda Fireside Lounge has been reserved for the following times and Cohorts

**12:30 - Cohort 6**

**1:00 - Cohort 8**

**1:30 - Cohort 9**

### Spa Blocks & Cabaña Reservations have been reserved for the following times and Cohorts:

The spa has its own poolside menu so the Cohorts below that do not have other lunch reservations may order lunch from the spa menu to enjoy before or after their appointments. Complimentary Cabañas will be provided per each group of 10 guests receiving services.

**12:30 - Cohorts 5 & 3**

**1:30 - Cohorts 7 & 1**

**2:30 - Cohorts 4 & 2**

**3:30 - Cohort 8**

**All spa services are your own personal responsibility and should be reserved and paid for under your personal credit card rather than through the Foundation.**

## Network News...

# Annual Retreat



## Call For Photos

Retreat planning is in full swing and at this time we would like to request each EWA and LSS to **submit your favorite family photo from this past year**. This can include **your spouse or significant other, your children, fur babies, or a favorite photo of you and anyone else you consider family** for a video montage to be viewed during the retreat.

Families are such a driving force in our success and we want to meet yours! Photos should be clear and include names, ages, and relationship to yourself. **All submissions should be sent to: [Operations@exceptionalwomenawardees.com](mailto:Operations@exceptionalwomenawardees.com) no later than Tuesday, August 31st.** And if you don't already have a favorite photo, don't worry, there is still plenty of summer left to take one!

*It's not what we have in life, but  
who we have in our life that  
matters.*

**Submit to: [Operations@exceptionalwomenawardees.com](mailto:Operations@exceptionalwomenawardees.com)**

## Recent Happenings...

### Previously on Exceptional Women Live...The Road Less Traveled

EWA Presents Women Leaders in the Service Industries | Monday, July 19th, 5:00 pm PST



Tina Robinson  
Attorney, Pettit Kohn Ingrassia Lutz & Dolin



Lorraine Segil | EWA



Nicole Galil, Partner  
KPMG

Exceptional Women *live*  The road less traveled with Lorraine Segil

#### Show 16- Women in the Services Industries

On July 19th, EWA went live with **Tina Robinson, LSS, Attorney with Pettit Kohn Ingrassia Lutz & Dolin PC**, who pivoted from a career as a Physical Therapist, to which she had pivoted from a global career as a French Horn Player, and **Nicole Galil, Cohort 5, Audit Partner, KPMG** who joined KPMG very early in her career and rose to partner there, as they discussed their personal experiences and insights successfully pivoting from one career to another and becoming leaders in organizations in the service industry. Both ladies walk the road less traveled and shared useful tips for navigating the way to success. Be sure and click the image above for the video replay if you were unable to join us live.

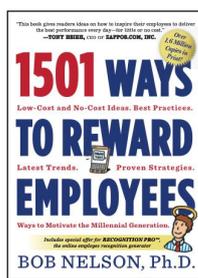
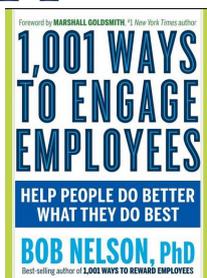
"I think the way you learn to change is when you fall on your face and then you get back up. When you've done that enough over and over and you do realize, "I'm going to be okay, and I can make it through this. I just have to pursue it and keep moving forward." We just learn one step at a time."

~Tina Robinson

"I try to measure success by what I do every day. I truly believe that every day if I can do something great, if I can talk to someone new, if I can help someone with something that they're going through, talk with a client about a new topic, I can take pride in something every day. Then to me, that will mean I was successful because all of those things will add up to the bigger wins."

~ Nicole Galil

## Recent Happenings



To purchase any of Dr. Bob Nelson's books click any of the images to the left or to hear the event recording click on Dr. Bob's image

## A Conversation w/ Dr. Bob Nelson

On Wednesday, July 14th, EWA hosted a private All Network call with Dr. Bob Nelson. Dr. Bob is the world's leading authority on employee recognition, motivation, and engagement specializing in helping organizations improve management practices, programs, and systems. He is a bestselling author with over 5 million books sold. During this exclusive session with Dr. Bob, he offered the following for successfully recognizing employees:

**Principle 1:** Emphasize success rather than failure. You tend to miss the positives if you are busily searching for the negatives.

**Principle 2:** Deliver recognition and reward in an open and publicized way. If not made public, recognition loses much of its impact and defeats much of the purpose for which it is provided.

**Principle 3:** Deliver recognition in a personal and honest manner. Avoid providing recognition that is too 'slick' or overproduced.

**Principle 4:** Tailor your recognition and reward to the unique needs of the people involved. Having many recognition and reward options will enable management to acknowledge accomplishment in ways appropriate to the particulars of a given situation, selecting from a larger menu of possibilities.

**Principle 5:** Timing is crucial. Recognize contribution throughout a project. Reward contribution close to the time an achievement is realized. Time delays weaken the impact of most rewards.

**Principle 6:** Strive for a clear, unambiguous, and well-communicated connection between accomplishments and rewards. Be sure people understand why they receive awards and the criteria used to determine rewards.

**Principle 7:** Recognize recognition. That is, recognize people who recognize others for doing what is best for the company.

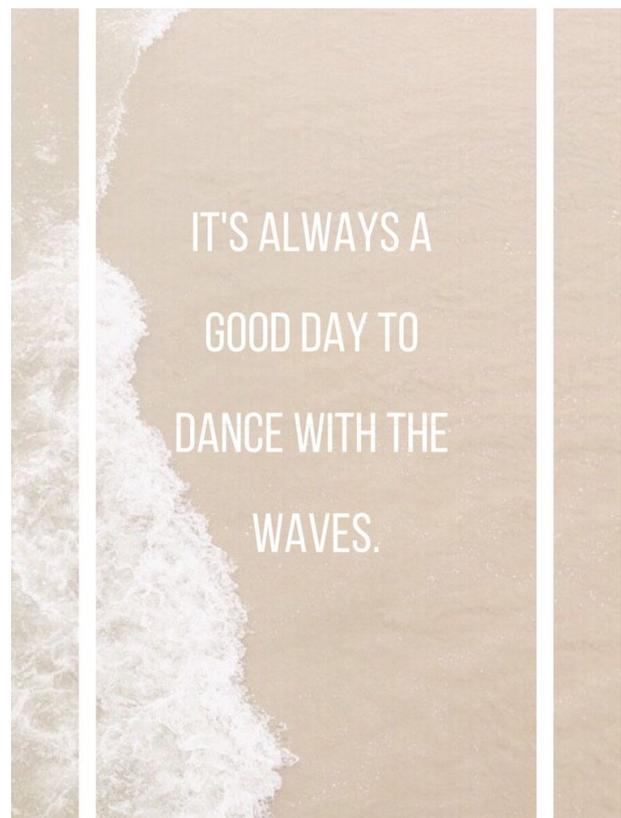
Overall, it was a fun and informative evening with many key takeaways on how to reward and engage employees in a Post- Covid era.

## Mind ~ Body ~ Spirit

*Tips, Techniques & Ideas to nourish your whole self during the month of August*

August is the month known for heat and sun, swimming and vacations, and lots of summer fun. Even if you are home just dreaming of the beach, the month is ripe with possibilities for conjuring up carefree memories reminiscent of simpler times. So kick off your shoes, dip your toes in the water, and get out there and find the ripest, juiciest peach you can find!

August simplicities include: remembering the summer Olympic games and following up on your favorite team or athlete, making your own homemade ice cream or popsicles using your favorite summer fruits and berries, attending an outdoor concert under the stars, watching a summer rainstorm from the porch, or better yet, dancing in the rain. getting out on the water and going boating, kayaking, or canoeing, hosting or attending a BBQ or New England-style Clambake.



***"OF THIS BE SURE: YOU DO NOT FIND  
THE HAPPY LIFE... YOU MAKE IT."***

## Affirmations for August

*Whether you make use of the affirmations below or create some of your own, repeating them daily is an essential way to manifest your dreams*

- I invest my energy in the present moment and take things one step at a time, pausing to breathe along the way.
- I consider new ideas and perspectives. I am capable of helping myself while having the strength to ask for help when I need it.
- My well-being and that of those close to me, is my top priority and I am intent on enjoying the journey that is my life.
- I breathe in healing, I exhale the painful things that burden my heart.
- Filling my mind with pleasant thoughts is the quickest road to health and happiness.
- I am attracting unconditional love, abundance, and sacred connections.
- I am beautiful, successful, and confident. I am enough.



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### WARMEST WISHES FOR A VERY HAPPY BIRTHDAY TO OUR EWA/LSS SISTERS

- **August 1 - Happy Birthday  
Vanessa Belozeroff**
  - **August 22 - Happy Birthday  
Melissa Ng**
  - **August 24 - Happy Birthday  
Alma Derricks**
  - **August 26 - Happy Birthday  
Jane Marcus**
- 

*"A birthday is just the first day of another 365-day journey around the sun.  
Enjoy the trip! "*

## AMY'S BEST DARN BBQ SAUCE EVER!

*Slightly sweet, slightly smoky ~ one taste of this sugar free, oil free homemade bbq sauce and you may never buy bottled again! This recipe comes to us from LSS & ML, Amy Toxner and is super tasty brushed on grilled veggies or chicken, atop your favorite lentil or meat loaf or as a side for dipping roasted sweet potato fries.*

### Ingredients

- 1 14 -oz. bag frozen fire-roasted peppers and onions, defrosted
- 1 14.5 -oz. can of *Muir Glen Fire Roasted Salt-Free Tomatoes*
- 1 3-oz. bag oil-free sun-dried tomatoes (approx. 3/4 cup)
- 1/2 cup *California Balsamic Hickory Smoke Vinegar* (or 6 Tablespoons *Napa Valley Naturals Grand Reserve* + 2 Tablespoons *Apple Cider Vinegar*)
- 1 Tablespoon SMOKED Paprika (different than regular paprika)
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon mustard powder
- 1/4 teaspoon chipotle powder

### Preparation

Place all ingredients in a high-powered blender and blend until smooth.

### Chef's Note:

If you can't find the fire-roasted peppers and onions or don't have a *Trader Joe's* nearby, you can just roast some onions and bell peppers

**Chilling  
&  
Grilling**



## Nami's Sweet Tea Popsicles

*Your at-home summer camp just got a little **cooler**. These tea popsicles from Nami Yamamoto, Cohort 5, are delicious and look awesome, too. Choose from Strawberry Pomegranate Herbal Tea and Decaf Vanilla Chai Latte popsicles or make both. Whether you make them with the kids or you are simply a kid at heart, popsicles are the quintessential summertime treat.*



### Layered Vanilla Chai Latte Popsicles

#### Ingredients

Makes 6 popsicles (depends on the size of your popsicle molds)

- 5 tea bags Stash Decaf Vanilla Chai black tea
- 1 cup oat milk
- 4 tbsp sugar
- 2 cups water
- Popsicle molds

#### Directions

- Boil 2 cups of water, add tea bags and stir in 2 tbsp sugar.
- Let steep for 5 minutes.
- Heat oat milk for 45 seconds in a microwave until warm enough to dissolve sugar (should be a bit warmer than lukewarm). Stir in remaining 2 tbsp sugar.
- Starting with the oat milk mixture, carefully pour 1.5 tbsp into the bottom of the mold.
- Put the popsicle mold with the first layer in the freezer, wait 20–30 minutes or until the layer is frozen.
- Layer in 1.5 tbs Decaf Vanilla Chai mixture on top, then freeze for 20–30 minutes.\*
- Another layer of oat milk. Freeze for another 20–30 minutes.
- Last layer of Decaf Vanilla Chai. Return to freezer until completely frozen.

## Nami's Sweet Strawberry Pomegranate Popsicles

*These caffeine-free tea popsicles are suitable for kids of all ages.*



### Ingredients

Makes 6 popsicles (depends on size of mold)

- 6 tea bags Stash Strawberry Pomegranate herbal tea
- 2½ cups water
- 2 tbsp sugar
- Popsicle molds

### Directions

- Heat water to boiling and steep tea bags for 5 minutes.
- Add sugar, stir. Let cool to avoid melting popsicle molds.
- Fill up popsicle molds and put in freezer for about 1 hour or until completely frozen.

Note: When creating the layers that touch the popsicle stick, you want to be sure that they're not completely frozen, otherwise you won't be able to get the holder in and out.

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## Swimming for Health & Fitness

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Hanging by the pool or playing on the beach is a lot more fun when you actually get in the water, but did you know swimming can also be easily called the perfect workout?

The buoyancy of the water supports your body and takes the strain off painful joints so you can move them more fluidly. Research finds that swimming can improve your mental state and put you in a better mood. Water aerobics is another option to help you burn calories and tone up.

So, whether you're swimming for fun or sport, following these few simple tips will seriously boost both your swimming ability and your enjoyment. Not only will you glide through the water faster and more efficiently, but you'll also be able to swim farther before getting tired.

1) Wade in & Start Slow - unless you swim regularly, chances are it's been a while since you've been in the water so take your time and set realistic expectations. Try floating on your back or stomach to familiarize yourself with the weightless sensation, wearing flippers to help you glide through the water, and wearing goggles to allow yourself to focus solely on your strokes.

2) Practice Breathing the Right Way - You probably don't give much thought to how you breathe most of the time. But when you're swimming, breathing is a conscious, deliberate act that can mess up your stroke if you do it improperly. The basic rule: Inhale outside of the water, exhale underwater. Gently exhale with your nose and mouth, then roll – don't lift – your head to the side and inhale only through your mouth. This motion should feel rhythmic and in pace with your strokes.

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## Swimming for Health & Fitness Continued...

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3) Reach Out Far - When you extend each arm ahead of you, stretch it as far as you can which will actually help you breathe better. For example, when you reach far with your right hand, your entire body will naturally twist to the left, making it easier for you to roll your head and inhale. Think about twisting from your hips and torso as you reach.

4) Keep Your Body In-Line - If you lift your head above the waterline, you'll push the water ahead of you and your entire body will start to sink, creating unnecessary resistance. Instead, keep your body as straight as possible with your head in line with your shoulders and hips. Think of "swimming tall" through the water.

5) Kick from the Hip - In the freestyle stroke, your legs will be pumping up and down as you move through the water. To do that without getting tired, keep your legs close to each other and kick from the hip. Keep the legs relatively straight, with only a slight bend at the knee. (Don't kick from your knees as if you're kicking a soccer ball.) Lightly squeezing your butt throughout the motion will help you engage the correct muscles to kick from the hips.

6) Point Your Toes - The best swimmers point their toes while kicking. If you flex your feet you'll just drag through the water. Pointing your toes is easier when you have strong calves, so practice a variety of calf exercises both at the gym and at home.

7) Put Your Chest Down - Since the water itself is meant to support your body, you should always feel like you're swimming downhill. To that end, your head and trunk should be positioned just a little lower in the water than your hips. Play around with how far you push your chest down; there should be a sweet spot where you feel like you're gliding through the water with less resistance.



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