

Plugged In



December 2009
Volunteer Report

Volunteer Opportunities and Updates from Eating Disorders Coalition of Tennessee

Board of Directors Meet to Discuss future of EDCT

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Learn more about the board of directors at
<http://www.edct.net/board1.aspx>



2009-2010 EDCT BOARD OF DIRECTORS AND EXECUTIVE DIRECTOR LIZ LLEWELLYN AT 2009 BOARD RETREAT



Eating Disorders Coalition of Tennessee (EDCT) will host its annual Evening of Song & Story – an inspiring event of hope and recovery – on Thursday, Feb. 25 from 6-9 p.m. at Richland Country Club in Nashville. This year's event will feature touching stories and a special musical program by award-winning singer-songwriter Tom Douglas, as well as a reception and dinner.

Tim McGraw says, "Tom Douglas is one of the great songwriters in Nashville. He crafts wonderful stories about real life situations—songs that impact and touch people's lives. And it doesn't get any better than that." Douglas has written hits for Tim McGraw, Martina McBride, Collin Raye, Garth Brooks, Trisha Yearwood and many others. One of his latest accolades is co-writer of the CMA Single of the Year, "I Run to You," by Lady Antebellum. For more information on Evening of Song & Story, visit <http://www.edct.net/ess.aspx>

Give Year-Round with These Holiday Gift Ideas!

Need a great gift idea? Well, we have a few!

A hip shirt from Madness Is' LOVE YOUR BODY COLLECTION

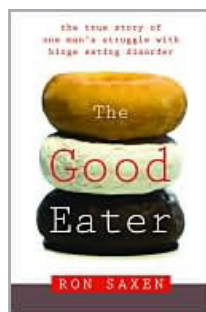
The bright colors and stylistic designs deliver an equally powerful message with statements like "Because looking like a 12-year-old boy isn't so sexy. Love your body." Each T-shirt sold from this collection generates \$5 for EDCT. Madness Is was started in 2007 by EDCT volunteer (and eating disorder survivor) Emily Swinson. Emily designed these shirts to raise eating disorder awareness and promote positive body image.

A fabulous Celebration Necklace

Designed exclusively for EDCT by volunteer Amanda Womack, this unique necklace features a copper-colored dragonfly and bright gemstones that represent the sacred beauty found in each of us. In nature, the dragonfly takes time to develop its jewel-toned brilliance and reminds us that with time and self-awareness, our own beauty shines forth – from within. The gemstones remind us to stand boldly in our own skin and embrace life fully. All proceeds benefit EDCT.

The Good Eater: The True Story of One Man's Struggle with Binge Eating Disorder, by Ron Saxen
What's it like to be a sexy, straight, male model appearing on TV and sharing dressing rooms with beautiful women? And why on earth would a man throw that away? Former model Ron Saxen tells us in his memoir, *The Good Eater*, the first darkly humorous look at binge eating disorder from a male point of view. The book puts us inside Saxen's sharp, funny mind as he copes with the fallout from an explosive childhood by adopting the candy aisle at the local convenience store as his surrogate family.

For these and other great gift ideas visit:
<http://www.edct.net/holidaygiving.aspx>



THANKS TO YOU!

Angela Howell and Jay Koch for taking photos at *Fashion for EveryBODY*.

Reba Sloan for writing the EDCT Blog *Conversation Changers: A Blog for EveryBODY*.

Waller McInnes for teaching yoga at Wright Middle School on behalf of EDCT.

Lacey Newman, Lynn Lawyer and Holly Bishop for helping with the JLN Tis the Season EDCT informational table.

Beth Lamb, Nan Allison, Lee Hughes, Margot Gaston, Jill Castle and Irv Rubenstein for speaking on behalf of EDCT.

Matthew Madden, Sara-Taylor Sharpe, Jordan Buckey and Alex Kennedy for help with administrative tasks.

Sara-Taylor Sharpe for reorganizing and de-cluttering the EDCT office.

Kristian Dambrino and Albert Roberts for graphic design help.

Susan Akers for hosting the *Evening of Song and Story* meeting at her home.

Focus Healthcare of Tennessee, a Center for Eating Disorders for hosting EDCT Executive Director Liz Llewellyn and Board Member Karen Wetherall at a networking dinner in Knoxville.

Emily Lane for tech support.

Cheryl Ewing for speaking at Families Supporting Families Nashville.

Reba Sloan, Laura Newton and Beth Lamb for their help in securing Annual Forum sponsorships.

Susan Akers and Mary Lee Bartlett for their efforts in coordinating the Board Retreat.

Lacey Newman, Jill Castle, Brooke Turpen, Annie Farris, Erin Hornsby, Kayti Protos, Mackenzie Fox, Waller McInnes, Courtney Shelton, Mindy Lawrence and Tara Prairie for helping with eating Disorders Awareness Week 2010.

Kathy Gaston and Susan Akers for securing a performer for *Evening of Song and Story*.

Upcoming Events and Volunteer Opportunities

December 7: EDCT Northeast bi-monthly meeting, noon, Wellness Center in Johnson City.

December 8: Awareness Week Video Meeting, 6:00 p.m., EDCT Office.

December 10: Middle-TN Awareness Week Community Chat Meeting, 6:00 p.m. EDCT office.

December 15: Executive Committee meeting, 7:30 a.m., EDCT Office.

December 23-27: Office Closed.

December 31: Annual Forum Call for Submission deadline.

For more information on any of these meetings and events, contact the EDCT office at 615.831.9838 or contactus@edct.net

EDCT In The News:

Chattanooga Times Free Press interview featuring EDCT Executive Director, Liz Llewellyn

Article on EDCT Annual Forum in NEDA's Newsletter, "Outlook".

Learn more at
<http://www.edct.net/media.aspx>