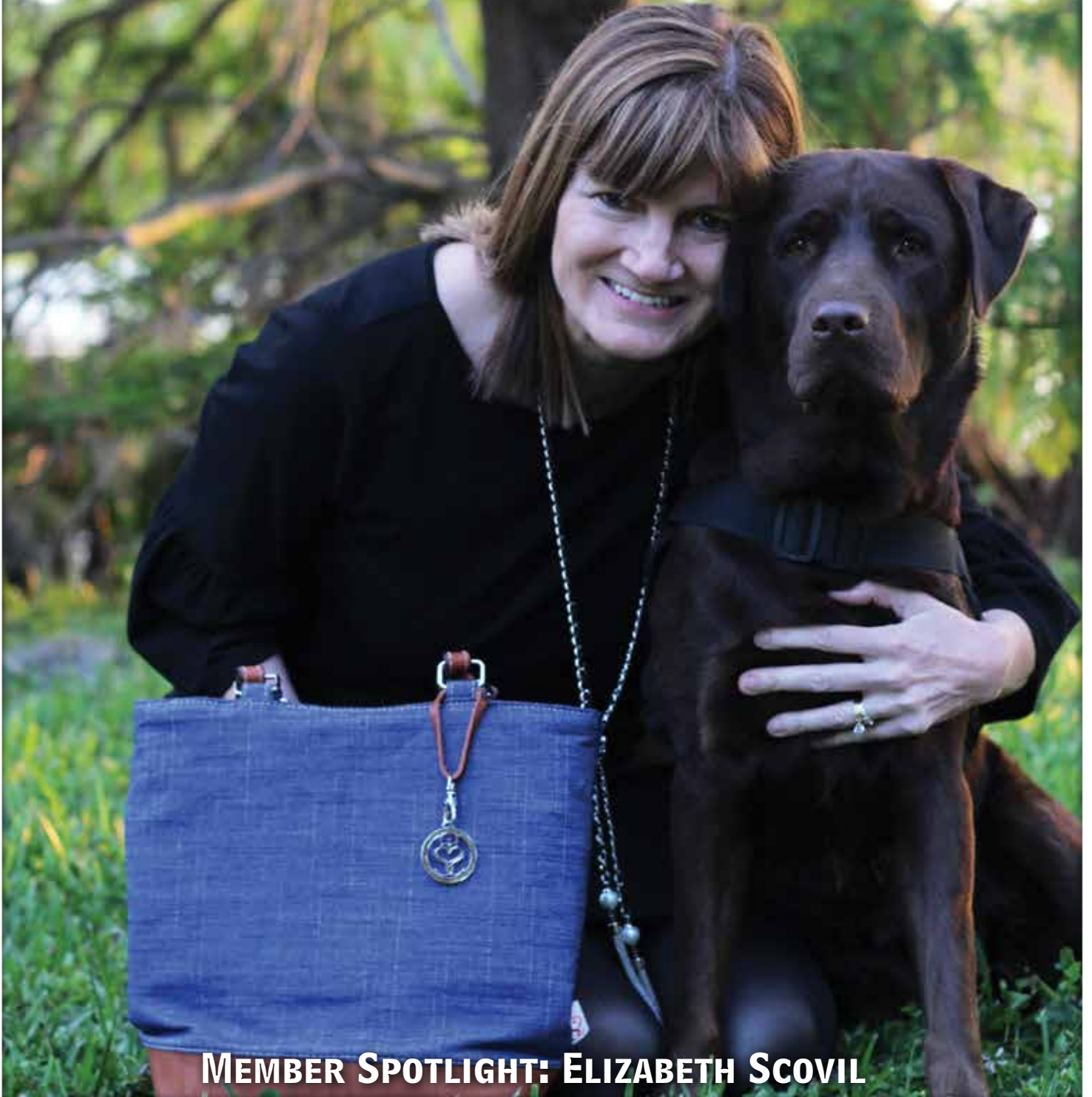


THE BUILDERS

A PRIVATE PUBLICATION EXCLUSIVELY SERVING MEMBERS OF
THE CENTRAL FLORIDA CHRISTIAN CHAMBER OF COMMERCE



MEMBER SPOTLIGHT: ELIZABETH SCOVIL

**COVER PHOTO:
PRADELY MERONE**

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Would you like to comment on something you read in *The Builders*? How about suggesting an article idea for *The Builders* that would interest your fellow Chamber members? Or nominate a fellow member for a feature story? And don't forget to send us the date(s) of an event, conference or meeting that members can join!

Deadline

The deadline for content submissions for *The Builders* is the 5th of each month for the next month's issue. For example, content for the July 2018 issue is due June 5th.

Email your thoughts, ideas and photos to btapp@bestversionmedia.com or go to bestversionmedia.com and click "Submit Content."

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LETTER FROM THE CHAMBER PRESIDENT

DEAR BUILDERS,

When Israel was in the wilderness, God told Moses to tell them when they went into the promised land. He didn't want them to embrace the practices of the Egyptians (from where they came) or the Canaanites (where they were going). Both cultures performed immoral practices as part of everyday life. God gave them detailed instructions for maintaining a moral and ethical lifestyle.

As the Father of all fathers, He gave them an amazing example for which to follow. This is the challenge for fathers today: to provide a positive example which their children can follow. There's so much in this world today to attract children to "Egypt" and "Canaan" and, as the "priests" of homes, fathers have a responsibility to *"Train up a child in the way he should go, and when he is old he will not depart from it"* (Proverbs 22:6 NKJV). What a daunting task for fathers—a task that is absolutely impossible without wisdom, understanding and guidance from the Holy Spirit.

This is the month that we honor fathers, so please take some time every day to lift up a father you know in prayer. Pray that they have intimate relationships with the Father of all fathers and they place complete faith and trust in Him. That's what it means to be builders of strong Christian families!

Mark Goldstein

President, Central Florida Christian Chamber of Commerce



Lily, who is trained to detect irregular heartbeats, stays close by Elizabeth at all times.



A HEARTFELT PURPOSE

Elizabeth Scovil cheats death and forges ahead with a new mission.

By Barbara S. Tapp

“When you live your life as if each day could be your last, your perspective becomes very different,” says Elizabeth Scovil. Her brush with death occurred in August 2011, when she went into cardiac arrest while on a spin bike at her gym. Firefighters happened to be there that day and she credits their quick reaction with saving her life.

The doctor who attended to her in the hospital, as well as those who treated her for chest pain for the ensuing 11 months, could not find the reason for her irregular heartbeats and chest pains. She was repeatedly told it was “stress and anxiety.” Feeling deflated, a friend recommended she go to the Mayo Clinic in Jacksonville.

“On my first day there, the head cardiologist told me, ‘Did you know you were born with a fatal electrical heart condition?’” Her doctor told her she was very lucky to be alive because most people with her condition do not live past the age of 20. Elizabeth was 46.

While exercise is usually just what the doctor orders, in Elizabeth’s case, she was directed NOT to elevate her heart rate due to potentially triggering cardiac arrest again. Her condition was diagnosed as catecholaminergic polymorphic ventricular tachycardia (CPVT) and being very rare, her doctor told her to research it to learn more about it.

During her year of recovery, Elizabeth started sewing handbags as Christmas gifts and began her heart research, where she was shocked to find that every 80 seconds a woman is dying of heart disease; that one in 30 women die of all cancers combined but 1 in 3 is due to heart disease. A real epidemic for women but fortunately, through the American Heart Association, it is 80 percent preventable if women knew their warning signs of a heart attack. Wanting to find a way to help women have an 80 percent increase in life, Elizabeth thought that, through handbags, she could save lives. So in 2013, Elizabeth’s newfound calling began and she founded her own company, Elizabeth Scovil Handbags & Accessories. Included with every bag is a card detailing the signs of stroke and heart attack in women. “I read that every woman has an average of 11 handbags, and realized that would be a great way to get the message

out.” A portion of her proceeds goes to FL Hospital and the Mayo Clinic, which provides heart medicine and other supplies to help female heart survivors. Elizabeth quickly outgrew her home base and moved in above her husband’s company located in College Park, where she has office staff and 5 seamstresses.

As huge as this accomplishment is, Elizabeth recently started her nonprofit, Elizabeth Scovil Heart Foundation, as another avenue to help women with heart disease. The proceeds from the handbags business go directly to the Foundation. Elizabeth had received her Bachelor’s Degree with high honors from Stetson University while raising and homeschooling her four sons: Shawn, now 31; Nicholas, 29; Stephen, 28; and Shane, 24. Elizabeth had been headed to law school when she fell ill, but God summoned her to another calling.

She and husband Ric, who she met on a blind date and married five months later, just celebrated 32 years of marriage. The now-empty nesters live in Forest City and focus on spoiling Elizabeth’s three-year-old service dog, Lily, a chocolate-colored Labrador Retriever who helps detect any irregular arrhythmias in Elizabeth and stays by her side at work. “We also became grandparents to our grandson, Kessler, a year ago,” Elizabeth proudly declares.

Her resolute determination to achieve her goals may come in part from her ancestry. “I grew up in New Hampshire, a descendant of the Mayflower settlers who have strong roots in New England,” she explains. After her father retired in 1980, she moved to Florida with her family when she was 15.

Furthering her education, Elizabeth has attended Harvard business school and now is in demand as an inspirational speaker, helping other women overcome any obstacles in their own lives. Elizabeth believes that every woman was born with a divine purpose and is destined for greatness. She motivates women to live courageously and follow their God-given purpose, while knowing the signs of heart disease, the number-one killer of women. Her motto is “Awareness is beautiful.”

Future plans (and there are always many!) include holding special outdoor adventures for heart survivors. “Many women believe that life ends after being diagnosed so many women become depressed,” she says. “So we



After her close call with death, Elizabeth Scovil finds joy in every day.

plan to hold events to give them a safe place to enjoy life after being diagnosed.”

Elizabeth’s message is clear and resonates with everyone, not just heart disease survivors. “It is very enriching when you finally surrender your life over to God and allow Him to take control,” she relates. “The blessings become endless. Never give up on your dreams. With my heart condition, there is no cure, but I overcame the odds to live past the age of 20. Through my journey, I observed firsthand that God is much bigger. You just have to believe that there is something greater inside of you that is much BIGGER than the obstacle that is in front of you!”

Even though her small hobby that sustained her during her recovery has now become a big business, Elizabeth is not swayed by her commercial success. “My perspective is much different now. It is not about the money or status, but more about cherishing each and every moment. My faith, my family and friends, my values and those relationships we build become much more valuable. Therefore, I knew immediately that this Chamber was perfect for me. Not only does it focus on the business side of our lives, but also on building our core values and relationships. I joined the first day! It was simply the right fit.” □



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MAKE DAD A "DRESS SHIRT" FOR FATHER'S DAY

By Tori S. Bevens

NEEDED:

- 2 colored pieces of paper
- 2 very small buttons
- Scissors
- Glue
- Crayons/Markers

1. Take an 8½" X 11" paper and cut it in half vertically.
2. Take one half and fold it in half from top and bottom.
3. From the top where the fold is, about a ½" down cut in from the side making 1½" slits.
4. Fold the cut pieces down to form a collar.
5. Glue two small real buttons at the corners of the collar.
6. Cut a tie out of a different color and glue it on under the collar.
7. Color/decorate the shirt and tie just how day would like it.
8. Write dad (grandpa, uncle, Godfather...) a Father's Day message inside.





Aimee and Caiden Lloyd help Dawn Whitestone celebrate her birthday at Palate Coffee Brewery.



Reverend Donnis Burris, father of Chaplain Don Burris, celebrates his 91st birthday at the April Relationship-Building Lunch.



Karen Pelot, founder of Perspectives LLC, presents, "Three Truths About Conflict" at the Chamber lunch.



Pastors Phil and Karen Showler of Renovation Life Church emcee the Bethany Christian Services banquet.



Another Fellowship Friday at Walsh Design Associates, learning how they serve the community.



Members learn about the mission of Missionary Ventures International at Fellowship Friday.



We had a great turnout for the Chamber's Young Professionals Network Launch at Canvs.

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EMMY ZUMWALT

Submitted by the CFCC

Emma Zumwalt is a representative for Mary Kay and is also an outstanding ambassador for our Chamber. Emmy says, "I enjoy being an ambassador because when I took the spiritual gifts assessment at First United Methodist Church Winter Park where I attend, I discovered one of my spiritual gifts is hospitality. So naturally, I enjoy calling my group of Chamber members and filling my table at the monthly Relationship-Building Lunch." Emmy adds, "At the table, I love keeping the conversation moving so that all have a chance to add to our discussion during the question of the day. I genuinely enjoy people. Everyone has a story and everyone wants to be heard. It's a fun mission!" □



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INJURY PREVENTION FOR ALL SEASONS

By Idler Bonhomme, LMT, MPT, DPT



It's not just extreme sports enthusiasts who sustain injuries during the seasons. Sprains and strains from shoveling, cleaning off vehicles, along with slipping and falling on wet floors, are all dangers with which a physical therapist can help.

One of the best strategies for avoiding typical spring injuries is by warming up with stretches to help prevent strained and sprained muscles and tendons. Spring cleaning begins with pushing instead of lifting. Don't twist and bend at the same time when cleaning to avoid placing extra stress on the spine.

It may seem like a lot more work, but it's not a good idea to wait until a significant amount of leaves have piled up before raking, or until lots of heavy snow accumulates before shoveling. Moving heavy weights while bending and twisting can lead to a back injury.

Proper footwear with good tread is indispensable for any season. Slippers and house shoes don't provide sufficient grip on the ground to prevent a fall.

Remaining hydrated is an often-overlooked part of work or play. The body must have water to transport nutrients throughout the body, including the muscles. People who fail to remain hydrated often experience muscle cramps.

For the sports enthusiasts, wear the correct equipment for your sport. Well-fitting protective gear for specific recreational activities is critical for avoiding concussions and broken bones.

REDUCING RISK WITH PHYSICAL THERAPY

Taking the proper precautions when moving, dressing for the weather and performing activities during the spring will significantly reduce the potential for injuries. Physical therapy can also provide the means to prepare the entire body for the specific challenges of the season.

Physical therapy benefits for the spring include:

- Better balance and coordination
- Increased flexibility
- Increased muscle strength and endurance
- Better overall fitness level
- Reducing the need for prescription pain medication
- Avoiding surgery if an injury does occur

People use different muscle sets during the spring than they do in the summer. Even those who regularly work out at the gym are at increased risk when it rains, for example. Individuals often overestimate their fitness level for managing spring challenges. And realize that soccer and baseball require entirely different muscle usage than summer golfing, kayaking and swimming.

DON'T LET WINTER WEATHER STOP YOU

One of the first things that your physical therapist will do is align your spine to prepare you for the spring. This process reduces

pressure on nerves and joints that can easily be damaged. Spinal injuries are a major concern during any season due to falls and the contortions people go through trying to catch themselves if they slip or fall on wet floors.

Your physical therapist has multiple treatments to get you in shape for spring, and associated recreational activities. Customized exercise programs are beneficial for keeping you limber and flexible to strengthen the muscles you'll be using.

Clinical Pilates and hydrotherapy are techniques that can be employed to build core strength that improves balance, coordination and endurance. Therapeutic massage is effective for keeping muscles, tendons and joints relaxed to reduce the risk of serious injury if an accident occurs.

Physical therapy isn't just for treating and rehabilitating injuries after they occur. It's an effective means of reducing the risk of an accident before it happens for fun, safe times in all seasons. □

About the Author

Dr. Idler Bonhomme, LMT, MPT, DPT is Doctor of Physical Therapy and Clinical Director at Fyzical Therapy & Balance Centers.


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JUNE 2018 CALENDAR

Fellowship Fridays

This event takes place four times every Friday at various Chamber member locations. This is a member benefit; however, non-members may attend twice. For times and locations, go to cfchristianchamber/events.

June 5

J4 Leaders Forum

If you're a Christian businesswoman, you don't want to miss this event. Carolyn Custis James is the speaker and her topic is: "Power Source—A Child of the King." The forum takes place at First Presbyterian Church of Orlando, 106 E. Church St, Orlando 32801 in the Edington Ministry Center Sterchi Conference Room. The parking garage is on corner of Jackson / Rosalind (please bring parking ticket for validation). Registration begins at 5:30pm and the forum runs from 6–7:30pm. For more information, visit j4leaders.org.

June 14

Relationship-Building Lunch

Pete Folch, founder and president of Second Wind—Finish Strong Inc., is the keynote speaker. This event takes place in Faith Hall on the campus of First Baptist Orlando, 3000 S. John Young Parkway, Orlando 32805. Doors open at 11am and program ends at 1pm. The cost is \$30 for members and first-time attendees, \$45 non-members, \$50 at the door. To register, go to cfchristianchamber.com or call 407-814-1124.



June 17
Father's Day



June 21
Summer Solstice

June 25

Monday Mingling at McAlister's

Mondays have more meaning as we mingle at McAlister's Deli, 12226 Corporate Blvd., Orlando 32817. Instead of an evening event, we're doing it over lunch! Stop by any time between 11:30am and 1:30pm and enjoy a delicious meal as we develop and nurture relationships. If you're on the east side of town, this will be a great event to attend. www.mcalistersdeli.com

For additional events, including Fellowship Friday locations, please visit the events calendar on our chamber website. New events are added on a weekly basis.





CRUISING THROUGH SUMMER

By Effie Walthall

Summer cruises. These highly anticipated and fun-filled vacations are often the result of weeks or even months of researching to find the perfect one. But once the decision is made, we tend to focus on the time spent on board as well as on shore, planning our time down to the last minute to maximize the fun. While having a well-thought-out schedule is great, here are some tips for those neglected pre-embarkation days. After all, don't you want to arrive at port and step on board already relaxed? Here are some suggestions to ensure that you will:

1. **Book early.** It's a pretty standard rule to book travel as early in the season as you can. However, domestic airfare is generally at its cheapest about two months before the departure date. This can fluctuate wildly, though so be sure to keep an eye out for a great deal.
2. **Know your airports.** Take a look at the airport's website and terminal map before you leave and familiarize yourself with it. It's always good to know eating options, the locations of family restrooms and the availability of kids' play areas for children to work off some energy.
3. **Anticipate flight delays.** Summer thunderstorms can delay flights as much as snow can. Bring lots of good, healthy snacks,

so if you're delayed in the terminal—or worse, on the tarmac—you and your family will be fine.

4. **Travel apps.** The good ones can change your life and make travels easier. FlightAware can track your inbound flight. AroundMe tells what's nearby, including ATMs, restaurants and emergency rooms. Check iExit while on the road to see which exit is best for gas and food. Download these and others before you get to port, as wireless service gets jammed up at the port.
5. **Call your credit or debit card company** before traveling internationally so that you're authorized for vacation purchases.
6. **Take a break.** Relax and have fun! Live it up while on vacation, but build in a break everyday around 3 or 4 pm, when everyone's energy and fuses run short. Take a nap, read, write in a journal and let teens have time on their phones. That way, everyone will be rested and recharged for dinner.

Have a happy summer and Bon Voyage! ☐

About the Author

Effie Walthall is owner of On Deck Travel in Central Florida.

"KEYS TO GETTING TO YOUR FINISH LINE"

Pete Folch to Speak at June Lunch

Submitted by the CFCC



Hebrews 12:1 states: *"And let us run with perseverance the race marked out for us."* You may not be physically running a marathon, but for any long-distance journey that God has you in, Pete will share three essential keys to getting to your finish line using practical wisdom, insight and

inspiration. Pete will highlight eight types of finish lines in life using his experience completing 27 marathons and coaching others to run long distances.

Pete Folch is an inspirational speaker, accomplished trainer and published author dedicated to teaching people and teams how to achieve peak performance and significance in their lives. Pete served as an influential leader for Darden Restaurants for over 21 years and is the founder/president of Second Wind-Finish Strong, Inc., where he has a passion to help people discover renewed energy and rediscover their true potential. As a member of the founding class of Ziglar Legacy Certified Trainers, Pete has spoken to 148 different audiences throughout the country on leadership, professional development, inspiration and motivation. Pete knows what it takes to get to the finish line!

The Relationship-Building Lunch takes place on May 10 in Faith Hall on the campus of First Baptist Orlando, 3000 S. John Young Parkway, Orlando 32805 from 11:30am to 1pm. The cost is \$35 for members and first-time attendees, \$45 for non-members, \$50 pay at the door. To register, visit cfchristianchamber.com. □





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- 2. Request citizenship with many people**
(and they will often request it back). The more citizens you have in your Myopolis, the more exposure you will build. Exposure, interaction, comments etc. increase the likelihood that you will trend higher.
- 3. Interact with many posts.**
Comment, share, pingworthy, agree etc. The more interactions you have the more you will increase interest in people becoming your citizens. The more citizens, the more exposure for you and your brand.
- 4. Invite people to Myopolis.**
The more people you invite from other social media sites, or people who are new to social media, the larger your base. Remember, people don't need to leave their current social media communities (although once they experience Myopolis they may make that choice). At first, it's harder to take someone away than it is to get them to add Myopolis.
- 5. Build your own communities that matter.**
Get four or five close friends, colleagues or clients to use Myopolis as their primary means of connecting. Even small groups begin to carry heavy influence and motivate people to remain active.

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