

# HARD HATS & HIGH HEELS



San Antonio  
Region 7  
Chapter 11



## President's Message

Happy New Year! It's hard to believe that we're already on the last year of this decade. As I wore my shiny party hat and rang in the new year, I couldn't help but think about the future for our chapter, and what excitement this year would bring us. New members? New ideas? New ways to get our name out there? I hope that we persist in doing our best to leave our "mark" on this decade, as we continue to strive to be seen as a force to be reckoned with in this male-dominated industry.

To quickly reminisce about 2008, I wanted to point out that The Construct-A-Kids Christmas Gala was a HUGE success, as were our Chapter projects - The Wounded Warriors Food Drive and the NAWIC Christmas Party. I can't say thank you enough to those of you who went out of your way to help us achieve our goals. I was so proud of our chapter members, and quite honored to have the title of "President" this year as I attended the functions and saw all of your accomplishments. Your efforts truly made our Chapter shine, and you were a wonderful demonstration of teamwork, dedication, and diligence. You represented our chapter brilliantly, and showed the community what being a member of NAWIC is all about.

Sadly, throughout this festive holiday season, we lost a fellow NAWIC sister. Olga Barnett who fought her battle with breast cancer bravely and with vigor decided on November 9th that she had enough of fighting, and went to be with her Lord. Esther Wong graciously and bravely penned a beautiful poem about Olga for this issue of the newsletter. We will forever cherish the memories that we shared with Olga, and we will value the mentoring, encouragement and influence she had on our lives. In addition, we have signed up to walk in the Susan G. Komen, Race for the Cure on April 4, 2009, and I hope that in honor of Olga our attendance will be mighty.

As we look to the future, I'm filled with optimism and excitement. We have new members joining our Chapter every month, and with so many fantastic events quickly approaching, there is truly something for everyone to participate in and find their perfect fit.

Ladies, thank you for making 2008 so memorable, and let's join together to make "2009 positively DIVINE!"

Jennifer M. Swinney, CIT

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## OFFICERS / DIRECTORS/ COMMITTEES

<b>President:</b>	Jennifer Swinney
<b>Vice President:</b>	Kari Wirth
<b>Secretary:</b>	Dawn Revell
<b>Treasurer:</b>	Susan Burrier
<b>Past President:</b>	Kim Miller
<b>Parliamentarian:</b>	Judy DeWeese
<b>Directors:</b>	Celeste Estep Becky Wynne Sandee Morgan Patty Wylie Jan Meuth

## COMMITTEE CHAIRS / CO-CHAIRS

### Construction

**Industry Service** Dawn Revell

### Ways & Means

**Golf Tournament** Kim Miller  
Jennifer Swinney

### Membership

Sandee Morgan

### WIC Week

Dawn Holmes

### Education

**NEF** Martha Simpson

**Block Kids** Patty Wylie  
Christi Marsh  
LeAnn Gonzalez

**NEF Monitor** Celeste Estep

### Badges & Friendship

Alice Dolle

### Bylaws

Judy DeWeese

### Christmas Meeting

Dawn Holmes

### Community Service

**Xmas Gala** Sandee Morgan

**Wounded Warriors** Terri Pasley

### Industry Appreciation

Kim Miller

### Installation

Esther Wong

### Publicity

Becky Wynne

### Safety & Health

Jennifer Swinney

### Scholarship

Robbie Nelson  
Becky Wynne

# MEMBERSHIP CORNER

*Sandee Morgan*

Thanks to each of you, we are well on our way to reaching our 2008-2009 membership goal of 75 members!

You can help your chapter grow and be eligible for monthly prizes, as well as competing for the grand prize to be awarded in September 2009.

Here's how:

Bring a guest to any monthly meeting and receive 5 points.

If that guest joins NAWIC – you get an additional 10 points.

Additionally, during each monthly meeting any member who brought a guest will be included in a drawing for that month's prize.

Currently in the lead for the grand prize is **Bridget Booth** with 40 points! Followed by **Terri Beavers** with 20 points and **Kim Miller** with 15 points!

Last month's prize winner won a \$25 gift card to Olive Garden!

Help us increase our chamber membership!

Questions: Contact the Sandee Morgan at 210.497.3973 or [smorgan@wgyates.com](mailto:smorgan@wgyates.com).

**Spread the word!**



## WELCOME NEW MEMBERS!

**Deborah George**  
*FJ Construction*

**Roni Holmes**  
*Aerotek Construction Mgmt  
& Specialty Trades*

*Be sure to take time at the next meeting to introduce yourselves to these two amazing women and welcome them into our Chapter!*

# NAWIC COMMUNITY SERVICE PROJECT

## “Adopt a Wounded Warrior Family”

The Community Service committee, consisting of Terri Pasley, Terri Beavers, Mindy Rosito, and Dawn Holmes decided to spread Christmas cheer by having the San Antonio NAWIC Chapter sponsor two families from the Wounded Warrior program at Ft. Sam Houston for their yearly event. The decision was made to provide Christmas dinner and gifts for each member of the family. Between the two there were eight children involved. As always, the San Antonio NAWIC's came thru with their generous support. Before it was said and done a little over \$1000 in cash donations had been given to the cause. It took the committee an entire afternoon to spend the cash purchasing gifts. In addition to the cash donations many gifts were donated by several wonderful individuals and companies. Food donations were plentiful, enough food to last well past Christmas dinner. The center where we dropped off the food and gifts were amazed by our efforts. I reminded them, "never under estimate the power of women".

We were not able to meet the two families that we sponsored but we have received word that the two families were truly touched by the generosity of the SA NAWIC Chapter. You ladies have given those two families a Christmas to remember by showing them that we do appreciate their service to this great country we live in ~ the United States of America.

Thank you for supporting this community service project and thank you for supporting NAWIC!



*Terri Pasley*



NAWIC Christmas Party  
**MYSTERY DINNER  
 THEATER**

**HUGE SUCCESS!  
 CASE CLOSED**



**The Suspects**



Mrs. Claus began to hit on Judy's hubby....

....but I don't think Judy noticed...



His only crime was having horrible fashion-sense!

(And a VERY annoying voice...)



# Construct-A-Kids Christmas Gala

*Kari Wirth*

I can say with certainty that the gala was an absolute success. There were over one thousand toys collected and over thirty thousand dollars raised, all to benefit children in our community. There was dining, dancing, and plain old-fashioned fun. It was really great to see all of the construction organizations come together and make an impact on so many lives. Thank you to everyone for your support.

I had the opportunity to meet some of the children that the gala benefits at a Christmas party hosted by the Friends of Bexar County Child Welfare Program. The children were able to meet and take pictures with Santa, have pizza, play in moon bounces and have a great time. It was great to see what a difference we make in San Antonio.

## SAFETY RESOLUTIONS for 2009

*Jennifer M. Swinney, CIT*

Practice safety tips to make this your safest year ever! When we were kids, safety boiled down to the following generic tips: Don't take candy from strangers; Look both ways before you cross the street; Stop, drop and roll! As adults, we have so much more on our plates: home, work, children, families, vehicles – all of which require our attention and deserve protection and safeguarding.

**Prevent Slips** – by Securing Rugs with double-sided tape or foam backing; remove extension cords from under rugs to prevent trip hazards or electrical fires.

**Kitchen Fire Extinguisher** – make sure you have one, and that it's not hidden behind cleaners, pots and pans, towels, etc., so in the event of an emergency it will be readily available. Ensure that everyone in your household knows where it is and how to use it. Have a family "practice" time and pretend that a fire has started and give each child a chance to show how they would react. Teach them the PASS system:

- **P**ull the pin
- **A**im low, pointing toward the base of the fire
- **S**queeze the lever slowly
- **S**weep the extinguisher nozzle side to side until the fire is out

**Don't use a Cell phone while driving** – Studies show that drivers who talk on phones while driving are four times more likely to be in accidents than drivers who don't. If you need to make or respond to a call, pull over and stop the car.

**Test your GFCIs** – GFCIs prevent accidental electrocutions in areas where water and electricity may mix. If you don't already have GFCIs located in the kitchen, bath, laundry, workshop and pool area, have them installed. Check your GFCIs monthly, and after an electrical storm.

**Prevent Appliance Fires** – Clean your clothes dryer's lint basket/filter after every use. In addition, pull the dryer away from the wall to clean behind and underneath it.

**Install Carbon Monoxide alarms** – Carbon monoxide is odorless, colorless and potentially lethal, therefore it's important that you know immediately if the concentration of carbon monoxide becomes unsafe. Install alarms near your fireplace, furnace and any sleeping areas in the house. Have the fireplace flue cleaned once a year to prevent ventilation blockages.

**Post Emergency Numbers** – In an accessible location make sure you post your emergency numbers near each phone in your house. Include the fire department, police, poison control center, your family doctor and veterinarian. Check each year to ensure the numbers are still up-to-date.



# My Friend Olgie

*Esther Wong*

A few words about Olgie, an awesome gal,  
Who was warm, generous and truly a pal.  
For those who never really got to know her well,  
Take it from me, she was a true Southern Belle.  
Always cheerful with a smile on her face,  
She would be there for you with a touch of true grace.

A NAWIC member for some 20 years plus,  
Accomplished most everything without a fuss.  
Held most offices, chaired most committees,  
Always accommodating no matter how busy she'd be.  
You could hunt high and low and never find,  
A member as faithful and dedicated as this gold mine.

Olgie loved to shop; a true shopoholic was she  
Never missing a sale, no matter where she'd be.  
If there was no sale in the city to be found,  
She'd make a purchase whether it was or was not sound.  
It didn't matter how unscrupulous her reasoning got bent  
She could always manage to justify the money she spent!

We'll all miss her; it's hard to believe,  
She's no longer present in person to see.  
But she's with us in spirit and in our heart,  
We'll meet up with her when it's our time to part.

So, a toast to Olgie from each one of us,  
May our camaraderie continue to grow.  
As each day passes and turns into years,  
We are true to each other and hold everyone dear.

So the next time we meet, give the WIC next to you,  
A big smile, hug and a warm word or two.  
Cause there may be no "next time" to do just that,  
And you won't have regretted that you passed up the chance.

# Did you know?

Kim Miller, CIT

- **Did you know?** Except for skin cancers, breast cancer is the most frequently diagnosed cancer among women.
- **Did you know?** Breast cancer is second only to lung cancer in cancer deaths among women.
- **Did you know?** Breast cancer death rates have been decreasing since 1990.
- **Did you know?** A woman's chance of developing breast cancer increases with age. In the United States, a woman has about a 12.3 percent, or 1 in 8, lifetime risk of developing breast cancer.
- **Did you know?** Susan G. Komen for the Cure began in 1982 as a promise between Nancy G. Brinker and her sister Susan G. Komen who died of breast cancer at the age of 36. Komen has invested nearly **\$1 billion** in breast cancer research and community outreach programs.
- **Did you know?** Founded in 1997, the Komen San Antonio Affiliate has raised and invested more than **\$8 million**. Seventy-five percent has funded local breast cancer programs that provide vital services to the medically underserved of our community. The remaining twenty-five percent supports international breast cancer research through the Komen Award and Research Grant Program which supports groundbreaking breast cancer research and scientific programs around the world.
- **Did you know?** Race day remembers lives lost to breast cancer, celebrates those who are surviving the battle, and honors families and friends for their support. The 11<sup>th</sup> annual Race in San Antonio was held March 29, 2008, attracting more than 28,000 participants, including 1,400 survivors, and for the fifth consecutive year, raised more than \$1 million for the continued fight to end breast cancer.
- **Did you know?** The San Antonio Chapter of NAWIC will be walking this year to not only draw awareness to this disease, but also to honor our sisters, Olga Barnett and Cindy Dennis, who lost their battle with breast cancer.
- **Did you know?** *The 12th annual Komen San Antonio Race for the Cure is scheduled Saturday, April 4, 2009.*

***Registration is now open! Please join us!***



# January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7 General Meeting 	8 Debra Ruiz's Bday 	9 Kim Miller's Bday 	10
11	12	13 Lynne Grix's Bday 	14	15	16 Beverly Hick's Bday 	17
18	19	20	21  Board Meeting Jan Meuth's Bday 	22	23	24
25	26	27	28	29	30	31 Linda Miller's Bday 

## Calendar of Events...

### January

- 7 - General Meeting: Installation of new members & "white elephant" gift exchange
- 21 - Board Meeting, 5:45 You Name It Specialties Office

### February

- 4 - General Meeting: Tomboy Tools presented by Judy DeWeese
- 6 - NEF Testing; 2pm at the office of Keller Martin
- 18 - Board Meeting, 5:45 You Name It Specialties Office
- 16-20 - Block Kids Event at Village Park Elementary School (final date & time to be determined)