

Letter from President



Happy Spring!!

I love this time of year when everyone is working in the yard and garden – when everything smells new. At the membership meeting on March 21, we will be hearing from Weldon G. Riggs, Palo Alto College Instructor of Agriculture & Horticulture who will be discussing spring gardening. While my garden is limited to containers, I'm sure there will be tips for all to use. Also, the Board is requesting that you sit with your committee at this meeting so you can catch up on your activities.

EWI of San Antonio welcomes the following replacement representatives:

- Cathy Lathrop of Plant Interscapes, Inc.
- Kelsey Hankins of Porter Loring Mortuaries

Lynn Smasal of Ernst & Young, LLP, will serve as Cathy's mentor and Cathy will serve on the Hospitality Committee chaired by Maryellen Owen of Muzak. Kelsey's mentor is Rebecca Martinez of Nix Health and she will serve on the Membership Committee chaired by Bobbi Lutz of San Antonio Economic Development Foundation.

Thank you to those firms who renewed their membership in EWI of San Antonio. While we lost a few firms, our Membership Committee is working diligently to bring new members to EWI of San Antonio. If you know a firm you think would make a good member firm, please let the Membership Committee know. Membership recruitment is not limited to the membership committee. Everyone should be involved in membership recruitment; our membership is what makes us strong.

Our Annual EWI of San Antonio Executive and Firm Appreciation Night will be held on Thursday evening, April 18 at the Omni San Antonio Hotel at the Colonnade. April also marks the 75th anniversary of the chartering of Executive Women International. The Program Committee, chaired by Liana Greenberg, has planned an exciting evening for us. Please mark your executive's calendar and encourage him/her to attend the Executive and Firm Appreciation Night with you.

Joyce Stuart
2012-2013 President
Nix Health

2012-2013 Officers & Directors

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Joyce Stuart
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HOLT CAT

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Publications Director

Rebecca Martinez
Nix Health

Membership Meeting

Weldon G. Riggs, Palo Alto College Instructor of
Agriculture & Horticulture Spring Gardening

Thursday, March 21, 2013

5:30 p.m. to 8:00 p.m.

The Petroleum Club, 8620 N. New Braunfels Ave., Suite 700

March Board Meeting

Tuesday, April 2, 2013

5:30 p.m.

Nix Health, 414 Navarro

EWI MISSION AND VISION STATEMENTS

Mission

Executive Women International® brings together key individuals from diverse businesses for the purpose of:

- Promoting Member Firms
- Enhancing Personal and Professional Development
- Encouraging Community Involvement

Vision

To be the leading connection for business professionals

Representatives' Birthdays & Firm Anniversaries

Congratulations to the following in celebration of their March Anniversaries.

Porter Loring Mortuaries	7 years
San Antonio Museum of Art	3 years
Willis of Texas Inc.	1 year

Best Wishes to the following in celebration of their April Birthdays.

Barbara Johnson	Sustaining Member	April 1
Bobbye Scott	HOLT CAT	April 5
Rebecca Martinez	Nix Health	April 7
Debbie Saldana	H-E-B	April 25
Carolyn Wallace	Spurs Sports and Entertainment	April 25

Firm News



**Exclusive Release for
Executive Women International
March 5, 2013**

**For More Information, Please Contact:
Nancy Parker, Director of Marketing
800-722-2547 * nparker@rkci.com**

RABA KISTNER's Co-Founder Recognized as "Legacy Leader" by the *San Antonio Business Journal*.



San Antonio. The Board of Director's of RABA KISTNER, Inc. is pleased to announce that Carl F. Raba, Jr., PhD, PE has been selected as one of San Antonio's "Legacy Leaders". This honor is reserved for those who have spent a career making San Antonio a better place to live and work.

The *San Antonio Business Journal* honored him because of his contributions to the educational field, including significant contributions to the Northside ISD, Texas A&M University, Texas A&M San Antonio, Southwest Research Institute, UT/San Antonio, and the San Antonio College System. The *Journal* also recognized him for his many years dealing with water and other environmental issues, working within his engineering organizations, but also while serving as a board member for both the Greater San Antonio Chamber of Commerce and the North San Antonio Chamber of Commerce.

Along with other honorees, Dr. Raba was recognized on March 8th at a luncheon at JW Marriott Hill Country Resort & Spa. For more information on his recognition, please visit www.rkci.com/NEWS.

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Founded in 1968, RABA KISTNER Inc., is an Engineering News-Record "Top 500 Firm," operating in ten different markets in Texas, Utah, and México. Headquartered in San Antonio, Texas, RABA KISTNER provides project management and oversight services; facilities assessment and rehabilitation; construction materials engineering, testing, and observation; geotechnical engineering, testing and pavement consulting; environmental engineering and consulting; and infrastructure oversight and quality management programs.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIPS FOR YOUR HEALTH

Healthy Living YMCA OF GREATER SAN ANTONIO

Eat less fast food. Fast foods are high in fat, sugar and salt. More home-cooked meals encourage healthy eating. Limited time? Use pre-chopped veggies, plan meals in advance or let your kids help.

Make a meatless meal once a week. Doing so can help lower your cholesterol and may reduce your risk for cardiovascular diseases. Discover other protein options, such as vegetables, beans or soy, which are excellent sources of protein and are inexpensive.

Stop meal multitasking. Turn off the TV or step away from the computer while you're eating. Focusing on your food will prevent overeating and help you stay slim.

Try strength training 2 to 3 times a week. Daily tasks and routine exercises will be far less likely to cause injury when your strength is increased. Strength training builds stronger muscles, and also builds stronger connective tissues and increases joint stability, which reinforces joints and helps prevent injury.

Ride your bike, instead of driving. Riding a bike even a few times per week can help to strengthen the leg muscles, core muscles, and heart, and it's fun! Biking is an easy form of exercise that can be done by most anyone at any age.

Adults need at least 150 minutes of moderate-intense aerobic activity every week. Sounds like a lot? You don't have to do it all at once. Spread it out or break it up into smaller times. As long as you're doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.

Manage stress through meditation. Meditation is an effective free or low-cost relaxation technique that involves little risk and can be done almost anywhere. To get the most benefit, combine meditation with other positive habits, such as exercising and getting enough sleep.

Be fit year-round. Taking breaks from your exercise regimen can lead to a frustrating cycle of weight loss and weight gain. Adapt and stick to your workout throughout the year to get consistent results.

Keep your mind sharp with exercise. Exercising gives the cell's powerhouses in the brain a boost and helps your brain work faster and more efficiently.

Make fitness moments and take advantage of active opportunities. Take the stairs instead of the elevator, walk to your co-worker's desk, or walk during lunch. Small changes make big impacts.

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.





SÍCLOVÍA
April 7, 2013
10a - 3p

Walk, bike, jog or run in the street, and enjoy a safe, car-free route, with music, healthy food, exercise demos and more!

A YMCA
Signature Event

síclovía



PRESENTING SPONSOR



FREE
community event!

Supported by:



New Member Representatives

Firm: Plant Interscapes

Representative: Cathy Lathrop

We are so happy to welcome Cathy Lathrop as a replacement representative for Plant Interscapes. She has worked there for 3 months and does sales and design for the firm.

Cathy attended Texas State and the University of Houston for marketing. She worked in the oilfield business in Houston, then was a stay home mom for 17 years and spent 12 of those years volunteering. She then went to work for a staffing agency doing outside sales and has now come to Plant Interscapes.

Cathy is divorced and has two boys – Taylor (19) attends Baylor University and Connor (16) attends Smithson Valley High School. Her hobbies are water sports and interior design.

Cathy feels that joining EWI was a fantastic way to meet other professional women and she hopes to gain friendships and business partners.

Welcome Cathy!

Firm: Porter Loring Mortuaries

Representative: Kelsey Hankins

Kelsey took a leap of faith when she left her job of three years as a teacher of two year olds to be the executive assistant to Porter Loring III and Helen Loring Dear at Porter Loring Mortuaries. With that career change also came the opportunity to be the firm representative for EWI. “I hope to gain relationships, knowledge and personal growth as a member of EWI.”

A graduate of Winston Churchill High School and currently a student at Northwest Vista College, Kelsey is an avid reader, enjoys traveling and the outdoors. She also takes great pride in caring for her five dogs, two cats, three fish and a lion head rabbit at what she calls her “mini-zoo at home.”

She is the oldest of two children and both of her parents were in the teaching profession.

Please welcome Kelsey to EWI San Antonio.

Membership Committee

Save the Date: New Member Orientation

Tuesday, March 26, 2013

6:00 – 7:30 p.m.

602 E. Commerce, Greater San Antonio Chamber of Commerce

Parking is available in the Chamber parking lot after hours at no charge.

All new members are invited to join us for the New Member Orientation. Bobbi Lutz, Membership Director, will distribute more information. If you have any questions please call Bobbi at (210) 226-1394.

From our Representatives:

EXTREME SPORTS

March Tidbits of Trivia focus on Extreme Sports that some of our member representatives have experienced. Maybe you will want to try some out this Spring Break.

Emily Kopecky - *Emily loves scuba diving and has also been on an African safari that included a live cheetah kill. Emily, you are a brave one!*



Amanda Avendano - *Amanda has an adventurous spirit. She has gone bungee jumping and skydiving.*

Bobbi Lutz - *Bobbi has gone scuba diving, and was taught to fly an airplane by her Father when she was just in high school. You go girl!*



Joyce Stuart - *Joyce is a certified scuba diver. Great job Joyce!*

Denise Cross - *Denise went skydiving for her 40th birthday and says it was just "Awesome!"*

Karen Carawan- *Karen played horseback polo in college. Polo players should not be messed with, so be nice to Karen!*

Lynn Smasal - *Lynn rode 10 laps with a NASCAR driver at Texas Motor Speedway, going 180 miles per hour. Wow Lynn!*

Pam Hudec - *Pam rafted the Salt River Canyon. Sounds like a rip, roaring good time!*

Liana Greenberg - *Liana went parasailing over the ocean in Mexico. Keep soaring, girl!!*

Margaret Woods – *Margaret has gone zip lining, although she feels hiking can be a lot harder and riskier. Both are great sports to enjoy during the spring.*

Amanda Stewart – *She does not consider herself a risk taker in that regard, but loves roller coasters and the Dive Bomber Alley attraction at Six Flags over Texas. Incredibly fun!*

Diane Solarczyk – *"Most extreme would be water skiing – if you can call that a sport."*

Debbie Saldana – *Debbie went on a catamaran while in Mazatlan without wearing a life vest. Fun!*



Kelsey Hankins – *Wow Kelsey! Skydiving, parasailing, ATV riding and cliff diving! Bungee jumping and base jumping are on her list!*

Linda Buck – *Scuba diving*

Sylvia Rodriguez – *Enjoyed bungee jumping in 1992 with her 11 year old son & friends from church. She has also cycled 100 miles in one day three times in the last four years.*

Have a safe and fun Spring Break if you manage to get some time off.

Philanthropy Committee

At our February membership meeting, our guest speaker was Rebecca Helterbrand from Clarity Child Guidance Center. Rebecca shared with us many facts about mental illness in children. One of them being, one in five children will be diagnosed with a mental illness. She explained that Clarity provides day treatment, outpatient therapy, and inpatient hospitalization regardless of a families' ability to pay. In her discussion, she said nine out of ten parents will report improvement in their children after receiving treatment from Clarity and eight out of ten parents reported the improvement as "significant." With Rebecca was Michelle Jenkins, the mother of three mentally ill children. Michelle shared with us her testimony of how Clarity has helped all of her children through inpatient treatment and day treatment therapy. Michelle walked us through her journey and was very candid about how Clarity has helped her family and how she has become, in Rebecca's words, a "Warrior".



For our philanthropy project in March we are asking members for donations to Clarity. Clarity is one of the oldest non-profit organizations in Texas and could definitely use our help. We would like donations brought to our March 21st meeting, if you cannot make it, please contact Amanda Avendano (210-889-3604 amanda.k.avendano@ehi.com) to make alternate arrangements.

ITEMS NEEDED

Gift Cards (Wal-Mart and Target) - this allows Clarity to run out and purchase items if needed on an urgent need (example- size 2 toddler arrives and there are not any clothes to fit the child)

Clothes:

- Children's Socks (toddler to age 17)
- Underwear (Toddler to 17)
- Flip Flops/Shorts
- Sweatpants and Sweatshirts (toddler to age 17)
- Games for all children's age groups

School Supplies:

- Notebook paper
- Pencils

Art Supplies:

- Colored paper
- Construction paper
- Crayons
- Markers

2012-2013 Calendar Year at a Glance

<u>General Membership Meeting</u>	<u>Board Meeting</u>	<u>Topics/Conferences/Special Events</u>
	Nix Health 414 Navarro, 78205 5:30p.m.	
Thursday, October 18	Tuesday, October 23	Planning Session at Alamo Café, 14250 San Pedro
Thursday, November 15	Tuesday, November 20	Firm Night, Creer-Believe, 10919 Wurzbach
SECOND Thursday, December 13	Tuesday, December 18	Holiday Social and White Elephant Gift Exchange Anne Marie's Catering, 12475 Starcrest
Thursday, January 17	Monday, January 28	Social Media Night: Speaker Jody Newman Maggiano's Little Italy, 17603 W IH 10
Thursday, February 21	Tuesday, February 26	Clarity Guidance Center: Rebecca Helterbrand Norris Conference Center, 4522 Fredericksburg
Thursday, March 21	Tuesday, April 2	Weldon G. Riggs, Palo Alto College Instructor of Agriculture & Horticulture Spring Gardening The Petroleum Club, 8620 N. New Braunfels Ave., Suite 700
Thursday, April 18	Tuesday, April 23	Executive and Firm Recognition Dinner, Omni San Antonio Hotel at the Colonnade
Thursday, May 16	Tuesday, May 21	EWISP and ASIST Scholarship Banquet DoubleTree Hotel
Thursday, June 20	Tuesday, June 25	Non-meeting fundraiser
Thursday, July 18	Tuesday, July 23	Reading Rally
Thursday, August 15	Tuesday, August 20	
Thursday, September 19	Friday, September 24	Chapter Board Installation DoubleTree Hotel

Chapter Board



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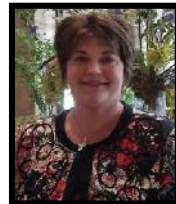
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