



PUBLISHED BY EXECUTIVE WOMEN IN TEXAS GOVERNMENT

NOVEMBER 2006

## EWTG Annual Holiday Luncheon and Installation of 2007 Officers

by Cindy Hale

Beautiful live oaks with their branches touching the ground. Green lawns ornamented by strutting peacocks. A sparkling white mansion, trimmed with greens and red ribbon. Tables set with fine linen. Ladies dressed in holiday colors, with teddy bears in hand. Smiles, hugs, greetings, and the company of good friends. What more could you ask for a perfect start to the holidays?

Please join us at Green Pastures on Tuesday, December 5th at 11:30 a.m., for our members-only annual Holiday Luncheon. Our menu will include mixed greens salad with vinaigrette dressing; crepes filled with chicken, fresh mushrooms, onions and white wine with a parsley-almond sauce; chef's choice of vegetables; cotillion rolls with butter; the famous Green Pastures Chocolate Crumble Ball with chopped nuts; and to drink, iced tea and coffee. Cost of the luncheon is \$20. (If you require a vegetarian meal, please request it when you make your reservation.)

At this yearly celebration, EWTG members come together to acknowledge our accomplishments, bid farewell to our outgoing Board of Directors and welcome our incoming Board members. Don't forget to bring a teddy bear – to be donated to the Austin Children's Shelter!



### November 5

#### *Austin "Race for the Cure"*

8:00 a.m. on Auditorium Shores (S. 1st St. and Riverside Dr.) in Downtown Austin. Visit the Susan J. Komen Breast Cancer Foundation - Austin Affiliate website for details on this fund-raising 5K run/walk to support local activities: [www.komenaustin.org](http://www.komenaustin.org)

### November 9

#### *Retirees Committee Meeting*

Bennigan's, 7604 North IH 35 (just south of Hwy 183 on the west side of IH 35), at 5:15 p.m. This monthly meeting is open to any EWTG member who is retired or who is interested in retirement issues.

### November 9

#### *Dallas Affiliate Meeting*

A.W. Harris Faculty Club, 5323 Harry Hines Blvd., Dallas, at 6:00 p.m. (214.688.2653). Speaker: Brad Sandy, Master Gardener (and husband of Membership Director Eileen Sandy). Topic: "Earth-kind and Water-wise Gardening." To receive the Dallas Affiliate monthly email program announcement, or RSVP regarding your attendance, please contact Chris McDaniel at 817.792.7259 or by email at [chris.mcdaniel@dads.state.tx.us](mailto:chris.mcdaniel@dads.state.tx.us).

### November 20

#### *Twentieth Annual Professional Development Conference*

Breakfast begins at 7:30 a.m. and conference runs from 8:30 a.m. until 4:00 p.m. at the Renaissance Austin Hotel, 9721 Arboretum Blvd. Conference theme: Taking the Lead – Developing Leaders. Register online at [www.ewtg.org](http://www.ewtg.org). For more information, contact [ewtg@ewtg.org](mailto:ewtg@ewtg.org) or call 512.894.4370.

### November 30

#### *EWTG Fourth Quarter Scholarship Deadline*

You may request a scholarship application at [ewtg@ewtg.org](mailto:ewtg@ewtg.org) and receive an application by return email. Complete the form and send it by November 30<sup>th</sup> at 5:00 pm: email it; fax it to 512.894.4371; or mail it to EWTG, PMB #263, 815-A Brazos Street, Austin, TX 78701-9996.

### November 30

#### *Penny's Retirement Party*

Nuevo Leon, 1501 E. 6th St., 5:00 – 7:00 p.m. Please come by and let Penny know how much you appreciate the dedication, hard work and professionalism she's given to EWTG. We'll provide appetizers, and there will be a cash bar.

### December 5

#### *Annual Holiday Luncheon and Teddy Bear Drive*

Holiday Luncheon, 2007 Director Installation and Teddy Bear Drive at Green Pastures Restaurant, 811 W Live Oak. This members-only event begins at 11:30 a.m. For information or reservations, contact [ewtg@ewtg.org](mailto:ewtg@ewtg.org) or call 512.894.4370.

## EWTG is pleased to announce the incoming 2007 Board of Directors:

President - Connie Williams, Health & Human Services Commission  
President Elect - Susan Durso, TX Residential Construction Commission  
Vice President - Carol Jackson, Comptroller of Public Accounts  
Financial Officer - Clare Dyer, TX Legislative Council  
Secretary-Treasurer - Anca Pinchas, State Auditor's Office  
Affiliates Director - Mary Castleberry, Retired - Health & Human Services Commission  
Communications Director - Marci Spivey, Comptroller of Public Accounts  
Membership Director - Shannon Franklin, TX Building & Procurement Commission  
Program Director - Joelyn Weeks, TX Department of Information Resources  
Public Relations Director - Reni Johnson, TX Gas Service Company

If you would like to receive the minutes from this month's EWTG Board meeting, please contact Penny Johnson at [ewtg@ewtg.org](mailto:ewtg@ewtg.org) or 512.894.4370.

## 2006 DIRECTORS

### President

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### Communications Director

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### Public Relations Director

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### Executive Director

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## A Note from the President

by Beverly Bavousett



### Executive Director Hired

Welcome to our new Director, Jennifer M. Royster! The 2006 Board of Directors is excited to have Jennifer join us, and you will be too, as you meet and get to know her. Jennifer attended our October luncheon, and some of you have already had the pleasure of meeting her.

I shared Jennifer's professional qualifications with you in the email Penny sent to all the members, so I'll share some personal information with you here: Jennifer has lived and worked in several states including Florida, Virginia and Washington, DC. She has extensive experience in association and non-profit management, conference and event planning, marketing and advertising, and administrative management. She has been married to husband Tom for 23 years and enjoys gourmet cooking, travel, photography and genealogy.

Jennifer was initially selected from 51 applicants to be one of five individuals interviewed. She was then one of three candidates brought back for final interviews. Her outstanding performance in the interviews and in her written exercises, and her overall excellent credentials, resulted in a unanimous choice by the Search Committee for Jennifer to be our new Director. The Board unanimously approved the Committee's recommendation at the regular October board meeting.

When I called to offer the position to Jennifer, she said that she was thrilled to accept it. When asked about her new role, she replied, "I am excited to be part of an organization that proactively helps women develop professionally and personally to achieve the executive leadership roles, in both the public and private sectors, they so richly deserve. I look forward to meeting each and every member and learning how I can best serve the EWTG." What I loved most about that conversation was her parting words, "I know I can do a good job for you."

### Bylaws Update

I would like to offer some comments and closure to recent events regarding the proposed bylaw revisions. In the interest of what is best for EWTG as a whole, it appears that additional time should be provided for further discussion and analysis of the proposed revisions. As a result of some requests, the Board of Directors supported postponing the vote on the revisions, and at the October luncheon Carol Jackson moved and Susan Durso seconded a motion to postpone the vote. The motion passed by a majority of the members attending the luncheon. We will, therefore, not vote on the revisions to the bylaws this year but will pass along the results of the work performed by the 2006 Board to the incoming board.

### Conference Update

I'm looking forward to seeing you at the 20th annual EWTG conference, "Taking the Lead - Developing Leaders". We have scheduled some wonderful keynote speakers, very interesting workshops and a variety of exhibitors. Then there's the silent auction, and drawings - not to mention all the networking we can do that day. The conference committee has worked very hard all year for this conference, and I know you won't be disappointed. Do plan to come and enjoy the day.

We received new information concerning the conference parking at the Renaissance Hotel. This information indicates the picture is not as limited as originally thought. Look for more information on this before the conference day. Do, however, plan to carpool with someone(s) if at all possible.

**Leadership is not something you learn once and for all. It is an ever-evolving pattern of skills, talents and ideas that grow and change as you do.**

**- Sheila Murray Bethel**

## Program Committee

### October 25<sup>th</sup> Showcase Luncheon:

### Amy Mifflin, Manager for Corporate Social Responsibility, Marathon Oil Company “Fighting Malaria in Africa”

by Laure McLaughlin, Showcase Luncheon Committee



One of mankind’s oldest and most dreaded diseases – malaria – is alive and thriving in sub-Saharan Africa, said EWTG luncheon speaker Amy Mifflin of Marathon Oil. There, malaria kills one million people each year, almost all of them children under the age of 5. Mosquitoes carrying the plasmodium parasite spread the disease to humans with a simple bite. Within as little as 30 minutes, the parasite can find its way into the liver of its new host where it immediately begins attacking red blood cells and replicating itself exponentially. The parasite can also remain dormant for years.

Breaking this cycle became a prime objective of Marathon Oil in the country of Equatorial Guinea. An oil and gas rich country smaller than the state of Maryland, Equatorial Guinea is tucked into the corner of western central Africa. Marathon and other oil companies are developing the rich offshore gas fields near Bioko Island, upon which Malabo, the capital of Equatorial Guinea, is located.

Marathon was committed to finding a way to keep its employees and their families healthy and malaria-free. It began a \$12.8 million pilot program on Bioko Island to control the mosquito population and, thereby, the spread of malaria – hoping to cut infant mortality in half and eliminate further disease transmission within five years.

With the support of its business partners and health organizations such as the Medical Research Council of South Africa and the Harvard School of Public Health, Marathon began a program of spraying the interior walls of homes all over the island. Interior walls were selected, said Mifflin, because mosquitoes rest on vertical surfaces after consuming a blood meal, usually from human hosts. The insecticide used in the spraying campaign has a low toxicity and must be reapplied every six months.

Besides spraying, Marathon and its partners also provided preventative medications and set up a surveillance and evaluation plan to monitor mosquito populations. In 2002 alone, the first year of the program, Marathon reduced the number of infected mosquitoes by 80 percent, averting 150,000 cases of malaria – an improvement of 33 percent in reducing the rate of infection. By 2006, infection rates were reduced by 44 percent. Estimates show that Marathon, its workers and the residents of Bioko Island experienced \$4 in benefits to every \$1 spent for the program.

Mifflin was understandably proud of Marathon’s efforts, citing increased financial commitment from both new and existing corporate and foundation partners and even the U.S. government. Marathon is now working to extend its success to the mainland of Equatorial Guinea.

## Blanton Museum Tour and Reception Delights EWTG Members

by Laure McLaughlin, 2006 Program Committee Chair



Without a doubt, an art museum in your hometown is one of the hardest places to visit, unless of course you belong to a fabulous organization like EWTG. Over 70 EWTG members, guests and spouses toured the newly-opened Blanton Museum of Art on the University of Texas campus on September 28<sup>th</sup>. A reception and light dinner at the nearby Doubletree Guest Suites Hotel followed.

The docent-guided tours took members to view works by medieval Italian artists such as Luca Cambiaso of Genoa, etchings by Rembrandt, Western American artists such as Albert Bierstadt, Thomas Moran and Charles M. Russell, and modern artists like Max Weber.

Even devoid of works of art, the open, light-filled and remarkably spare museum itself was worth the tour.



Following the tours, members gathered at the Doubletree for a Mexican food buffet, drinks, to-die-for chocolate chip cookies and conversation.

The Membership Committee, led by chair Julie Atchison, arranged for a drawing for a “personal pampering” gift bag donated by Main Street 101 of Round Rock, which included scented candles, dainty tissues, soaps and lotion. The shop is owned by Elsa Zambrano, sister of EWTG member Diana Maldonado.

Teresa Stankiewicz was the lucky drawing winner at the Doubletree reception. Later, Teresa said, “I never win door prizes like that so I was excited. I absolutely loved the museum; I could have stayed for hours. I think the Doubletree always does a nice job for us and I enjoyed talking with everyone.”

Main Street 101 is located in Round Rock at 101 W. Main Street (512.248.9200) and on the web at [www.mainstreet101.net](http://www.mainstreet101.net).

## Program Committee

### October 11 Minicourse: **Connie Barron, R.N., Certified Fitness Trainer and Owner, GoddessFit** **“Healthy Living in an Unhealthy Environment”**

by Pam Baggett-Wallis, Conference Program Committee Co-Chair

If you actually had one hour just for yourself, what would you do? Does having that kind of time seem too farfetched to be true? Well, it's not, according to our October minicourse speaker, Connie Barron, RN. Connie is a personal trainer whose practice is geared toward women age 30 or older, and she's the owner of GoddessFit, where “Heiferdite”, the goddess of realistic expectations and full acceptance of how we look NOW, reigns over all! (She noted that the GoddessFit studio is “a testosterone-free environment!”)



Connie got our attention when she noted three consistent difficulties that women face regarding exercise:

1. Unrealistic societal pressure to look a certain way (Connie's response, “We've got to stop beating ourselves up!”)
2. The “nurturer” role – which puts us “at the end of the line, after taking care of everyone and everything else.” She talked about how, as women, we even take on a ‘nurturer role’ at work when we involve ourselves in the dramas of our co-workers.
3. The “phenomenal amount of stress in women's lives.” All that stress leads to a rise in dopamine, when what we need for a better quality of life is more serotonin. (Did you know that we all need at least one hour a day for our eyes to see the world in daylight – just to maintain our serotonin levels?!) The sounds of nature also are great stress reducers and raise beneficial serotonin levels.

Connie said out loud what I'm sure we all were thinking: We turn to food when our stress levels are up because it (brownies/cake/cookies/chocolate in any form!) makes us feel good. Sadly, that only works for about three hours, then the dopamine level shoots back up. BUT, because brownies work, even for a little while, we create a positive association between “brownies” and “stress relief” in our mind – leading, Connie told us, to an addicted brain! From then on, when we experience stress, the memory of what works – the antidote – is... FOOD! Most foods we eat are high in fat and sugar, and like any other addictive substance, we build up a tolerance for these things, so we want more and more.

The solution is to treat our habitual, unconscious reach for unhealthy food like the addiction it has become: one choice at a time, one meal at a time, one day at a time. Connie said we need to “retrain our brains to find pleasure from other rewards.” An important stress-reducer is clarifying your choice: “Identify what you want,” she said, “in order to clarify the choice” as a way of combating the automatic grab-for-the-brownie. She advised us to be thoughtful about grocery shopping, staying away from processed foods and going instead for seeds, nuts, fruits, vegetables and unprocessed, whole grains. Also, that the best guideline for food selection is to “get as close to the land as you can;” and the best strategy for grocery shopping is to “shop the perimeter of the grocery store.”

Other ways to make ourselves feel better and reduce stress include taking control of our own thoughts, she told us. Positive thoughts, peaceful thoughts, actually change our brain chemistry, she told us. Connie pointed out that we can “do what you can do about horrible news,” then turn off the news, let go of negative input. Just because it's true, she said, doesn't mean you have to listen to it all the time – or do ‘everything’ about it or feel guilty for not doing something. Then she lowered the boom, telling us that we need to stop multi-tasking – which women, especially, have come to embrace as a measure of our success. She quickly followed that admonishment with the reason we should stop multi-tasking: doing so “just ensures that you don't enjoy any one of the things you're simultaneously doing!” (So true!)

Another way to reduce stress is through movement – which makes us feel better, too. Connie noted that people exercise for three reasons: health, weight maintenance, and fitness. We don't have to run marathons to exercise, we just have to get up and move at whatever rate is right for us, individually. She talked about the RPE – Rate of Perceived Effort. For example, on a scale of 1-10, a brisk walk is 4-5 – where you're breathing a little heavier; not panting, but enough to change your mood.

For weight management, she talked about the FIT formula: Frequency, Intensity and Time. This means that if you choose a low-intensity activity, just do it longer and/or more often than vigorous movement. She emphasized that it's okay to walk longer rather than harder, if that's what works for you.



When it comes to weight loss, instead of a “magic number,” think about why you want to lose weight. Maybe you want to be able to get on the floor and play with your grandchildren. Maybe you want to go hiking. Or maybe you want to wear leather pants this winter! Whatever your reason, it's important to modify your self-talk: watch what you put into your body and control the stress in your thoughts and environment.

“You'll backslide” in all these areas, Connie told us, “but all you have to do is get back at it. Remember that this process is slow and it's thoughtful. Don't let yourself think negative thoughts about it. Just make the right decision the next time.”

Finally, she acknowledged that our demanding lives can make caring for ourselves seem daunting – yet, she reminded us, “we make time for the things that are important.” Connie noted that GoddessFit has a plaque on its wall as a reminder that we, ourselves, are important; the plaque reads, “Who was I before I put myself last?” A good question that deserves a thoughtful answer – and it might just lead to our taking one hour a day for ourselves....

**Look to your health; and if you have it, praise God and value it next to a good conscience; for health is the second blessing that money cannot buy; therefore value it, and be thankful for it.**

**- Izaak Walton (1593 - 1683)**

**Look in the mirror once or twice a day, full on, eyes into eyes and say, 'I accept myself unconditionally right now.' After 30 days, you'll find that your life and health will improve.”**

**- Dr. Christiane Northrup, Daily Quote**

## Program Committee

*There is no minicourse scheduled for November. We encourage you to attend EWTG's 20<sup>th</sup> Annual Professional Development Conference.*

## News from the Public Relations Committee

by Jennifer Clay, Public Relations Committee Liaison to the Conference Committee

November is finally here...the month of our 20th Annual Professional Development Conference!

Late Registration begins November 1st and ends November 20th. (The opportunity to take advantage of the Regular Registration period ended October 31<sup>st</sup>.) Make sure to register if you haven't already done so.

By all means, don't come alone! Invite a friend, your neighbors, and colleagues. Take advantage of this opportunity to mentor up-and-coming Executive Women in Texas Government.

We have an array of prominent speakers prepared to provide conference participants with opportunities for hands-on learning and development of personal and professional leadership skills.

And don't forget, this is also your opportunity to see the 2006 presentation of the Woman of the Year Award!

### ***News from the Conference Evaluation Committee***

#### **The 2006 Conference Evaluation Committee Needs Your Help!**

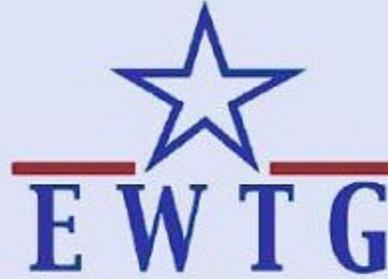
by Sandra Tate, Chair; and Mary Castleberry, EWTG Vice President

We are looking for members to lend their talents to us. The Conference Evaluation Committee has designed the 2006 conference evaluation forms and established the procedures for collecting those forms while at the conference. We need members to help us with data entry after the conference, so we can promptly analyze the responses and share the results with the conference speakers and workshop presenters. We'll want to provide a comprehensive, formal report to the EWTG Board, as well. If you are interested in joining the Evaluation Committee, please get in touch with the Conference Evaluation Committee Chair, Sandra Tate, RIGHT AWAY! Contact her at [Sandra.Tate@tea.state.tx.us](mailto:Sandra.Tate@tea.state.tx.us). Thank you – and we look forward to see you all on November 20<sup>th</sup>.

## News from the Conference Silent Auction Committee

by Connie Hofmann, 2006 Conference Silent Auction Committee Chair

Attention, All 2006 Conference Attendees! The Silent Auction Committee spent the last ten months soliciting a wide variety of donations... and you will reap the benefit of these efforts. Bring your Christmas list (and your Christmas Account money!), and be prepared to bid on some items for yourself as well as great holiday gifts. The auction will offer more than 150 items, including guest packages from five different hotels, a wide variety of gift certificates and baskets, and entrance tickets to fun places – Sea World, the Alamo Drafthouse, among many others. To help you get ready for the auction, we've placed information and photos about individual auction items on the EWTG website, in the Photo Gallery section. Wonderful items are still coming in, and we're updating the Gallery almost continuously: Check it out! Hope to see you at this spectacular Silent Auction!



# EXECUTIVE WOMEN IN TEXAS GOVERNMENT

Developing leaders. Creating positive results.

## 2006 Professional Development Conference Taking the Lead – Developing Leaders

20<sup>th</sup> Anniversary Leadership Conference

### Keynote Speakers

Beverly Kearney, Head Coach, University of Texas,  
Women's Track & Field

Dr. Beverly Chiodo, Texas State University, Business Educator

Camille Keith, former Vice President of Special Marketing, Southwest Airlines

**Renaissance Austin Hotel – Arboretum**  
**Monday, November 20, 2006**

There's still plenty of time to register!

For more information, or to register online: [www.ewtg.org](http://www.ewtg.org)

Executive Women in Texas Government is a non-partisan organization that promotes leadership in service to Texas by offering professional development and leadership opportunities.

## Membership Services Committee

### EWTG Exhibit Represented at Texas Conference for Women

by Julie Atchison, 2006 Membership Director; and Debbie Munoz, 2006 Membership Services Committee Chair

Debbie Munoz and Julie Atchison represented EWTG by staffing our exhibit booth at the Governor's 7th Annual Conference for Women on October 12<sup>th</sup>. Attendees learned about EWTG's conference and membership criteria – and Laura Rogers from the General Land Office won a free conference registration in the business card drawing! EWTG members who attended seemed to really enjoy seeing our display and stopping to chat. They all mentioned looking forward to EWTG's 20th Anniversary Conference in November and thought the booth was a great advertisement for the conference!



## News from your Communications Committee

by Cindy Hale, 2006 Communications Director

Our EWTG Online Bookstore has just been updated with some great new selections! Many of these are books by some of our outstanding speakers this year – people like Liz Carpenter and Dr. Betty Sue Flowers, as well as several by Ann Richards.

The EWTG Bookstore contains reviews and links to books written by recent speakers and those recommended by our members. By agreement with Amazon.com, EWTG receives a small percent of the proceeds from the sale of books through our website. These proceeds go toward EWTG's scholarship program, to benefit our members. Support EWTG and your own pursuit of knowledge and insight by purchasing one of these great books today, through our Bookstore link.

Read any good books lately? To make a recommendation, please send us an email at [website@ewtg.org](mailto:website@ewtg.org).

**A bookstore is one of the only pieces of evidence we have that people are still thinking.**

*- Jerry Seinfeld*

## Scholarship Committee

### EWTG Scholarship Program

by Sarah Bauer, 2006 Scholarship Committee Chair

The Scholarship Program is just one of EWTG's great member benefits. The purpose of the program is to increase member professional and personal development, while encouraging and rewarding EWTG member participation and leadership, and financial need is not a factor. You can even request a scholarship to attend our annual conference if needed!

For 2006, EWTG is offering General Scholarships to members on a quarterly basis. Don't pass up this opportunity for professional advancement or personal growth. Just request a scholarship application at [ewtg@ewtg.org](mailto:ewtg@ewtg.org) and receive an application by return email. Complete the form and email it; fax it to 512.894.4371; or mail it to EWTG, PMB #263, 815-A Brazos Street, Austin, TX 78701-9996. The Scholarship Committee will accept applications on a continuous basis, but the submission deadline for the Fourth Quarter Award is November 30th at 5:00 pm.

For the 3<sup>rd</sup> quarter of 2006, EWTG awarded conference scholarships to Holly Faison, Lori Field, Cindy Hale, Peggy Aschenbeck, Collett O'Neill Foyt, Marci Spivey, Reni Johnson, Mercie Zapata and Kristine Palmer. Susan Johnson was awarded a formal education scholarship.

The EWTG Scholarship awards to Leadership Texas 2007 applicants will be announced after Leadership Texas mails their notification letters on November 6.

## Pride in Public Service

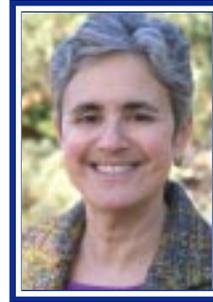
by Cindy Hale, 2006 Communications Director

As public servants, we are all acutely aware that we support the work and the people of Texas each and every day, and we take a great deal of pride in what we do. For some of our members, though, a little public service may be great – but a lot is even better!

Several of our EWTG members are either running for or have been elected to public office:



**Diana Maldonado, a 20-year veteran with the State Comptroller's Office, is president of the Round Rock ISD school board.**



**Susan Steeg, former EWTG Treasurer and Financial Officer, is the Democratic candidate for Travis County Justice of the Peace, Precinct 3.**

**We asked them to tell us about the experience of taking their public service one step further.**

**EWTG Star:** Why did you decide to run for office?

**Diana:** The office that I currently hold gave me an opportunity to serve on a broader level as an advocate for education. My civic service has included outreach and representation for education and ensuring our children of today are well prepared for the future.

**Susan:** I was asked to run to challenge the incumbent. Challengers face an uphill battle, but I believe our democracy is based on office holders being held accountable through the election process. I have lived in Granada Hills for 16 years, and I have strong ties to my community in South Austin and Southwest Travis County.

**EWTG Star:** How has this decision affected you personally?

**Diana:** It definitely comes with challenges on your personal life since this role is ongoing and highly interactive with the various fabrics of the community, legislation and the education field. There are give and take situations, and it is wonderful to have very, very supportive family and friends. They keep me grounded and balanced! On a similar note, I enjoy meeting a wide array of people who have a common cause for public education!

**Susan:** I have contacted hundreds of people over the past 9 months, including friends, colleagues, and family. We sometimes lose track of people when we settle into our daily routines. I have friends from around the country finding my web site! ([www.susansteeg.com](http://www.susansteeg.com)).

**EWTG Star:** What have you learned from this experience?

**Diana:** I have also been a 'student' of the process by learning about many topics with curriculum, fiscal impacts and implications on education. I've learned that to do "due diligence," one must listen to the various perspectives in order to be effective in the decision-making process.

**Susan:** I am overwhelmed with the generosity from both friends and strangers who are working for my success. Everyone leads such busy lives, and I am grateful for the trust that so many have placed in me.

## 2006 Affiliate Officers Dallas Affiliate:

### **Susan Rossiter, Chair**

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### **Cary Wilkerson, Treasurer**

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### **Chris McDaniel RN, Communications Director**

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### **Vicki Moores, Development Director**

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### **Eileen Sandy, Membership Director**

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### **Rosalyn Beyince, Public Affairs Director**

UT Southwestern Medical Center  
214.648.4343

## Dallas Affiliate News

by Chris McDaniel, Communications Director

October was National Breast Cancer Awareness Month; and the Dallas Affiliate proudly sponsored a team in the Dallas Komen Race for the Cure, at NorthPark Center, on October 21<sup>st</sup>. By now, this year's race is over, but the battle is just beginning for the 213,000 American women estimated to be diagnosed with breast cancer in 2006. Approximately 41,000 women will lose the fight, so finding and treating breast cancer early on cannot be overemphasized: Learning about and using only breast self-examinations (BSE), annual clinical breast examinations and annual mammography screening for women age 40 and above are vital to women's survival; this cannot be over-emphasized. For more information on the Komen Foundation visit [www.komen.org](http://www.komen.org) or <http://www.komen-dallas.org>. To learn how to perform BSE, log on to [www.komen.org/bse/](http://www.komen.org/bse/).

In lieu of a dinner meeting in October, the Dallas Affiliate hosted its Fall Leadership Luncheon Conference at the UT Southwestern North Campus on October 26, 2006. Cheri Butler, Associate Director of Career Services for University of Texas Arlington, was the featured speaker. Cheri is a Licensed Professional Counselor in Texas and has taught students, private and corporate clients for over 20 years. Through her presentation, Using Powerful Language, Cheri demonstrated techniques to identify our strengths, then create a strong "30-second commercial" – her term for a brief, concise description that could be shared during an elevator ride with a potential employer. She highlighted the power available in communicating about ourselves by using words and phrases that project the most positive, true image. Cheri has been a featured speaker for local, state, national and international organizations and holds a B.S. in Education from Ohio State University and an M.A. in Career Development from John F. Kennedy University.

The next regular meeting is scheduled for November 9, 2006 and will feature Brad Sandy, Master Gardener (and husband of Membership Director Eileen Sandy). Brad will discuss earth-kind, water-wise gardening and tips every homeowner should know.

General meeting information: Dallas Affiliate meetings are held on the second Thursday of each month. The next meeting is scheduled for June 8, 2006 at the A.W. Harris Faculty Club, 5323 Harry Hines Blvd, Dallas (214.688.2653). The regular meetings begin with an informal social at 6:00 p.m., followed by dinner and a business meeting at 6:30 p.m. The program begins at 7:00 p.m. The cost is \$20 per person. If you would like to receive the Dallas Affiliate monthly email program announcement, or to RSVP regarding your attendance, please call Chris McDaniel at 817.792.7259 or send an email to [chris.mcdaniel@dads.state.tx.us](mailto:chris.mcdaniel@dads.state.tx.us).

## Houston Affiliate

by Rebecca Rae, 2006 Houston Affiliate Chair

Everyone in Houston – and throughout the state – should be gearing up for the annual EWTG Professional Development Conference in Austin this month. If you are still wondering why you should attend, the answer is quite simple: The sessions offered are first-class and cover a variety of timely topics. Our annual conference offers a great opportunity for networking with women from across the state. This one-day conference guarantees a multi-faceted event; and attendees will leave with a renewed spirit and new knowledge. In all, this is a "can't miss" event – don't be left out!

## 2006 Affiliate Officers Houston Affiliate:

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## There's Still Time for a Little Fall Color

Lost Maples State Natural Area covers 2174.2 scenic acres in Bandera and Real Counties, north of Vanderpool on the Sabinal River. Acquired by purchase from private owners in 1973 -1974, the site was opened to the public on September 1, 1979. Approximately 200,000 visitors each year make a pilgrimage to Lost Maples.



Archaeological evidence shows that this area was used by prehistoric peoples at various times. In historic times, which began with Spanish exploration and colonization efforts in the late 17th century, the Apache, Lipan Apache, and Comanche Indians ranged over the land and posed a threat to settlement well into the 19th century.

The park is an outstanding example of Edwards Plateau flora and fauna. It is a combination of steep, rugged limestone canyons, springs, plateau grasslands, wooded slopes, and clear streams. It features a large, isolated stand of uncommon Uvalde Bigtooth Maple, whose fall foliage can be spectacular. Generally, the foliage changes the last two weeks of October through the first two weeks of November.

The park is open 7 days a week year-round except during public hunts. It is located 5 miles north of Vanderpool on Ranch Road 187. For more information, including the current foliage report, visit [http://www.tpwd.state.tx.us/spdest/findadest/parks/lost\\_maples/](http://www.tpwd.state.tx.us/spdest/findadest/parks/lost_maples/).

- adapted from Texas Parks and Wildlife Department website

**Life without thankfulness is devoid of love and passion. Hope without thankfulness is lacking in fine perception. Faith without thankfulness lacks strength and fortitude. Every virtue divorced from thankfulness is maimed and limps along the spiritual road.**

- John Henry Jowett

## “Pardon me, Tom!”

Since 1947, or possibly earlier, the National Turkey Federation has presented the President of the United States with one live turkey and two dressed turkeys. The live turkey is pardoned and lives out the rest of its days on a peaceful farm.

While it is commonly held that this tradition began with Harry Truman in 1947, the Truman Library has been unable to find any evidence for this. Still others claim that that the tradition dates back to Abraham Lincoln pardoning his son's pet turkey. Both stories have been quoted in more recent presidential speeches.

In more recent years, two turkeys have been pardoned, in case the original turkey becomes unavailable for presidential pardoning. Since 2003 the public has been invited to vote for the two turkeys' names. In 2005, they were named Marshmallow and Yam (the duo went to live at Disneyland!); 2004's turkeys were named Biscuit and Gravy; and in 2003, Stars and Stripes.

*From Christopher “Turkey Guy” Smith, “Ask the White House”, [www.whitehouse.gov](http://www.whitehouse.gov)*

**Not yesterday I learned to know  
The love of bare November days  
Before the coming of the snow....**

*Robert Frost (1874-1963), U.S. poet. “My November Guest.”*

# MEMBERSHIP



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Continued on page 12

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## Stars Over Texas



**Maria Hanke-Boley** left employment with the Texas Department of Criminal Justice for private sector work: Weston Solutions, an international environmental engineering company, contracts regularly with the City of Austin and the State of Texas, among other entities. Maria plans to continue her EWTG affiliation and participation in her mentoring group, The Enlightened Leaders. Contact Maria at 512.651.7111 or [maria.hanke-boley@westonsolutions.com](mailto:maria.hanke-boley@westonsolutions.com).

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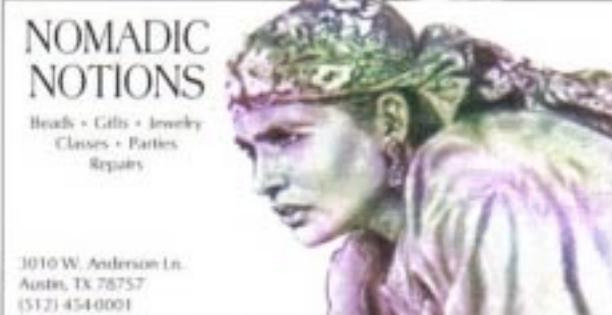
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