



FWIT NEWS

VOL 14, ISSUE 1 • NOVEMBER 2022

A MESSAGE FROM THE PRESIDENT

In the summer of 2022, I was privileged to attend a presentation by Jess Esktrom, Founder of Headbands of Hope. As she shared her personal story of unwavering passion, enormous obstacles, and finally triumph as her dream became a reality, Jess shared one strategy for success she used was to 'Map' her route plan from point A to point B, in order to achieve her goal, which was nothing similar to a straight line, but included many twists and turns, road blocks, and stops along the way. Her map strategy was the visual that inspired the basis for the theme this year.

As members of Financial Women in Texas, we all have both personal and professional aspirations in life as we *Go The Distance* to achieve our goals. Many may be reachable short-term, while others may take years and extraordinary effort to accomplish.

Map Your Field of Dreams to reach your destination with some, then replace them with new ideas.

Allow Financial Women in Texas to support your journey!



**We should
always
keep
dreaming**

MELODY HESS, FWIT 2022 - 2023 ASSOCIATION PRESIDENT

Meet & Greet Melody as she travels across Texas
November 15 - East Texas Group
November 17 - Gulf Coast Group
December 14 - Houston Group

FINANCIAL WOMEN IN TEXAS NEWSLETTER

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Reminders

Things to keep in mind...
Things to take note of...
Things to add to your calendar...
Things that are due...
Things to do...

We want to CONNECT with YOU!

LinkedIn

PROFESSIONAL RELATIONSHIPS MATTER
CONNECT WITH US ON LINKEDIN HERE:

[HTTPS://LNKD.IN/GHF7G9GV](https://lnkd.in/GHF7G9GV)

Instagram

PREFER PHOTOS AND VIDEO MEDIA
FOLLOW US ON INSTAGRAM HERE: FWITINSTA
[HTTPS://WWW.INSTAGRAM.COM/FWITINSTA/](https://www.instagram.com/fwitinsta/)

DON'T FORGET

The last day to renew
your FWIT Membership
is November 30th.
Contact our Director
of Membership,
Carmen Bates with
renewal or new
membership
questions.

SAVE THE
date
14TH ANNUAL



September 6-8, 2023

Join FWIT in Longview, TX for our 2023 annual
Financial Women in Texas Conference

Co-Chairs Laura Rodgers and Tammy Gibbons are busy
putting all the of details together to make this a fabulous
conference in East Texas. Keep your eye out for more details
BUT mark your calendars now!

FWIT Association Board Meetings

All members are invited and welcome to attend
the monthly meeting held via Zoom.
3rd Thursday of each month from 9:00-10:00 AM

Zoom Meeting ID and Passcode can be found in
the Members Area of the website:
<https://www.fwitexas.org/>

BOARD OF DIRECTORS

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Melody Hess, Rosenberg

Vice President

Courtney Yeatman, El Paso

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Secretary

Jessica Lovell, Houston

Director - Membership

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Lindsey Dickerson, Abilene

Historian

Lori Victory, Houston

Technology Chair

Ellie Trace, Austin

Virtual Member Liaison

D'Lynn Lane, Abilene

Recognition & Scholarship Co-Chairs

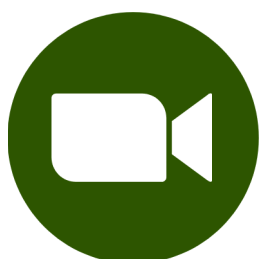
Lora Torres, San Antonio
Brandy Patterson, Sweeny

Bylaws Chair

BJ Cary, Cookeville, TN

2023 Conference Chairs

Laura Rodgers, Longview
Tammy Gibbons, Longview



GROUP NEWS

FINANCIAL WOMEN IN TEXAS (FWIT)

BRINGS TOGETHER WOMEN IN FINANCE FOR THE EXCHANGE OF IDEAS, EXPERIENCES, AND INTERESTS



WE KEEP GROWING!

Say HELLO to all the women across Texas who joined since Conference 2022

WELCOME NEW MEMBERS

Big Country

- Renae Terry

Dallas

- Diana Lovell
- Blair Guentert

East Texas

- Allison Benton
- Rebecca Jack

Houston

- Karen Sullivan
- Michele Kirbow
- Elizabeth Iliev
- Kaitlin Scariano

San Antonio

- Yessica Bolanos
- Jamie Bekken-Gutierrez
- Laurie Kabes

Gulf Coast

- Claire Williams

FWIT Dallas Group held their first meeting of this year on October 18th at the Crescent Club in Uptown Dallas. TBA General Counsel, Celeste Embrey, provided an informative program to 16 women in attendance, with most of whom were new prospects. Group president, Judy Helm, shared information and handouts about FWIT and the value and benefits of membership.

The next meeting is scheduled for November 15th at the Gleneagles Country Club from 11:30 - 1:00 PM, with Special Guest Speaker Paul Nunn, presenting "How to Coach and Still Have Time to Eat Lunch".

Also planned is a Kendra Scott Pop-Up Mixer with cocktails & hors d'oeuvres from 6:00 - 8:00 PM at the Dallas - Park Cities Hilton.

Perfect opportunity for networking and early Christmas shopping!



Check the Events calendar on the website for more details, or contact Dallas Group President Judy Helm

Paso del Norte



FWIT Paso del Norte Group hosted a very successful transition meeting in late August to install its new slate of officers and celebrate what this year holds with greater potential.

- Courtney Yeatman, President
- Angelina Reyes, Vice-President
- Audrey Zamora, Treasurer
- Michelle Rodriguez, Secretary

To kick off this year, the group held its first regular monthly meeting via Zoom on October 21st. They welcomed a volunteer from the Center Against Sexual and Family Violence who spoke to the group about all of the services offered by the local non-profit.

Afterwards, the Paso del Norte group members got down to work with a packed agenda of items that were approved and they discussed putting in motion for the year to come.

The next in-person meeting is scheduled for November 18th @ 11:30 AM and will be held at Corralitos Steakhouse.

Check the Events calendar on the website for more details, or contact Paso del Norte Group President Courtney Yeatman



Pictured L to R: Bernadette Ramos, Audrey Zamora, Jenny Turner, Anita Werner, Courtney Yeatman, Angelina Reyes, Barbara McMillen, Nancy McElroy

FWIT San Antonio Group enjoyed time together on October 13th at La Fonda Alamo Heights, with speaker and fellow FWIT member Paull Nunn of Pinnacle Financial Strategies. His presentation was on "The Employee Lifecycle" and there were lots of takeaways from the information he shared.

Accomplishments of the past year and the success of FWIT's 2022 Conference were celebrated, and new members were presented with their FWIT pins.

The next meetings are scheduled for November 10th, at La Fonda Alamo Heights with speakers from the Ronald McDonald House Charities, and December 7th, at Paesano's Lincoln Heights for a holiday social and ornament exchange.

Check the Events calendar on the website for details, or contact San Antonio Group President Novie Allen.

SAN ANTONIO



FWIT Austin Group recognized Nayer Sikder as their 2022 Member of the Year during their October 13th meeting.

Each year the FWIT Austin Group awards one member with special recognition for stepping forward and providing exemplary service and leadership to the financial industry and the association.

Nayer has been working for American Bank of Commerce (ABC Bank) for the past 9 years.

From retail to lending, and now her current role as a Retail Collections Specialist, she has gained experience in many facets of the financial industry during her time there.

She is a May 2022 graduate of Leadership Austin's Emerge class and now serves on their Alumni Committee.

Nayer has been a member of FWIT Austin Group for 5 years and says her drive to join was to be able to meet and connect with female leaders in the financial industry who could aide her with career development through their knowledge and experience.

She has attended several FWIT Annual Conferences and Summer Leadership Forums, and this year as part of her outstanding service to the Austin Group, Nayer brought multiple guests to meetings, supported charitable endeavors and solicited her employer to donate a generous lunch sponsorship.

Nayer was selected as the 2022 Member of the Year for her active participation and enthusiastic support of the Austin Group. Her dedicated membership and numerous talents she brings to the group is appreciated!

Congratulations, Nayer!

Check the Events calendar on the website for more upcoming meetings in the Austin Group area, or contact Group President Koren Bowie



Pictured L to R: Cay Williams, Jennifer Applewhite, Ellie Trace, Nayer Sikder (Award Recipient), Marisol Cantu, Jocelyn Carby



FINANCIAL WOMEN IN TEXAS (FWIT)
WE WANT TO FURTHER THE
MEANINGFUL PROFESSIONS OR
CAREERS OF OUR MEMBERS AND
WOMEN IN GENERAL

East Texas

FWIT East Texas Group has been in the midst of planning their Annual CEO Night and Dessert Auction which will be held at their November 15th meeting. FWIT Association President, Melody Hess will join them for a fun evening as they also welcome featured guest speaker Celest Embrey, General Counsel Texas Bankers Association, and guest auctioneer judge Tim Bryan. Funds from the auction will go towards scholarships to young women graduation from high school and interested in the field of finance. They will also be rewarding several conference scholarships to their local members. The excitement is building as they day gets closer! Come out and join the East Texas Group if you are in the area!

The group's October meeting welcomed three guest speakers. Teresa Richenberger with Rahab's Retreat and Ranch, Paula Florczykowski with Finn's Friends, and Lynn Ford with Hearts and Hands of East Texas. Each of the organizations do amazing things in the community and the group has committed to provide support to each of them throughout the year.



After returning from an amazing conference in San Antonio, The East Texas Group is fired up and ready to being planning for the 14th Annual FWIT Conference, set to be held September 6-8, 2023 at the Holiday Inn Infinity Event Center in Longview.

Conference Co-Chairs Laura Rodgers and Tammy Gibbons say "We have huge boots to fill after the last conference, but we are going to give it our best shot and we hope you will plan to join us in the piney woods of East Texas."

Be Ready to Go the Distance,
Map Your Field of Dreams!

Volunteerism is important to the members of the East Texas Group and they have had several opportunities to volunteer at Heartisans Marketplace preparing items in their commercial kitchen to sell in the retail store. The East Texas Group members always find it to be very rewarding and a lot of fun!



HOUSTON



FWIT Houston Group kicked off their fiscal year with a wonderful luncheon at The Junior League of Houston. Terri Luttrell (Abrigo) presented Human Trafficking: Closer to Home Than You Think. To support the topic, the group collected gift card donations for the Texas Advocacy Project's Hope For the Holidays drive.

The next meeting is scheduled for December 14th with a holiday luncheon at the Cadillac Bar, with Special Guest Speaker Jill Vaughn, SHSU Banking Chair.

There will also be a fun gift exchange!

Check the Events calendar for more details, or contact Houston Group President Lori Victory



**FINANCIAL WOMEN
IN TEXAS**

helping women succeed

*FINANCIAL WOMEN IN TEXAS (FWIT)
ENCOURAGES WOMEN TO CHOOSE
FINANCE AS A CAREER AND WORK TO
ADVANCE THE CAREER OPPORTUNITIES
FOR ALL WOMEN IN FINANCE.*

GROUP PRESIDENTS

Austin
Koren Bowie
Austin, TX

Hill Country
Laura Kaderli-Stocks
Fredericksburg, TX

Big Country
D'Lynn Lane
Abilene, TX

Houston
Lori Victory
Houston, TX

Dallas
Judy Helm
Dallas, TX

Llano Estacado
Shari Straley
Lubbock, TX

East Texas
Laura Rodgers
Longview, TX

Paso del Norte
Courtney Yeatman
El Paso, TX

Gulf Coast
Janet Dirba
Wallis, TX

San Antonio
Novie Allen
San Antonio, TX

2022 CONFERENCE

Choose Your Next - From Surviving To Thriving September 8-9, 2022 San Antonio, TX



HAZEL DAVIS & NANCY KINDER

Conference Co-Chairs take a moment to smile for the camera and celebrate the success of our 2022 Annual FWIT Conference. This year broke the record for highest number of registrations and attendance. Thank you San Antonio Group for all the prep and hosting!

ELIZABETH McCormick

This former US Army Black Hawk Helicopter Pilot taught everyone in the room to "Just FLY: First Lead Yourself", and facilitated an engaging workshop on "The Motivators of Hiring & Inspiring Your Team".



CAROLINE DE POSADA

Learning to strengthen your C.O.R.E. is a smart strategy for being a successful leader. Caroline inspired everyone in the room about the C.O.R.E. toolbox and how to dive deeper into mindset, wellness, and relationships to train for something bigger.

SONNY MELENDREZ

LUNCHEON KEYNOTE

Twice named *Billboard Magazine's* "Radio Personality of the Year" and Rock & Roll Hall of Fame "Top 100 Radio Personalities of All Time" captured the undivided attention of everyone in the room as he engaged with the audience sharing his personal wisdom on "From Striving to Thriving".

His message of Intentional Enthusiasm was heartfelt and beyond motivational as he inspired everyone to have a strong belief, set a big vision, and live from a place of gratitude at all times.

Watch Sonny's recorded message about FWIT following his keynote address



	FINANCIAL WOMEN IN TEXAS <i>helping women succeed</i>
2022 ANNUAL CONFERENCE SCHEDULE	
Wednesday, September 7, 2022	
4:00 - 6:30 PM	Registration
6:30 - 8:00 PM	Opening Reception
Thursday, September 8, 2022	
8:00 - 9:00 AM	Registration and Breakfast
8:30 - 8:45 AM	First Time Attendees Gathering
9:00 - 9:30 AM	Welcome to Conference
9:30 - 10:30 AM	Keynote: Elizabeth McCormick, US Army Black Hawk Helicopter Pilot Just FLY: First Lead Yourself
10:30 - 11:00 AM	Break
11:00 - 12:00 Noon	Keynote: Caroline de Posada, International Speaker & Author, Mom, Wife & Entrepreneur Strengthen Your CORE: Smart Strategies for Successful Leaders and Teams
12:00 Noon - 12:30	Break
12:30 - 2:00 PM	Luncheon and Keynote: Sonny Melendrez, From Striving to Thriving
2:00 - 2:30 PM	Break
2:30 - 3:15 PM	Concurrent Professional Development Workshops: <ul style="list-style-type: none">- Elizabeth McCormick, The Motivators of Hiring & Inspiring Your Team- Caroline de Posada, Your CORE Live: Dive Deeper into Mindset, Wellness, & Relationships
3:15 - 3:30 PM	Break
3:30 - 4:15 PM	Concurrent Professional Development Workshops - Repeated
6:00 - 9:00 PM	Reception and Annual Banquet
Friday, September 9, 2022	
8:00 - 9:00 AM	Networking Breakfast
9:00 - 10:00 AM	Keynote: Celeste Embrey, Texas Bankers Association and Deputy General Counsel, TBA Legislative Update
10:00 - 10:30 AM	Break
10:30 - 11:30 AM	FWIT Annual Meeting and Installation
11:30 - 12:00 Noon	Break
Noon - 1:30 PM	Luncheon and Panel: Industry Insights <ul style="list-style-type: none">- Panelists: Celeste Embrey, Texas Bankers Association Meredith Fowler, Independent Bankers Association of Texas Sarah Fankhauser, Data Center, Inc.- Moderator: Elizabeth McCormick, Soar2Success
1:30 - 2:00 PM	Break
2:00 - 3:00 PM	Keynote: Curt Nelson, Matthew Smith & Shay Iaconopelli, IBAT Executives - Industry Initiatives
3:00 - 4:00 PM	Conference Closing and Call to 2023 Conference

FWIT CONFERENCE 2022 HIGHLIGHTS

CHOOSE YOUR NEXT
FROM SURVIVING TO THRIVING

From the opening reception to the call to 2023 Conference it was an action-packed two days filled with inspiration, professional development, industry insights, fun, hugs, laughter, tears, networking, bonding, food, drinks, and entertainment.

If you were there then you know what an amazing time it was. If you missed it - we hope you will join us next year.

Check out the conference captured in pictures by local San Antonio photographer Jess at www.mewbornephotography.com



5 TIPS TO BETTER HANDLE HOLIDAY STRESS

ZELDA MORALES, DIRECTOR OF MARKETING

The holiday season is fast approaching. Are you ready? One of the things most people love about this time is that it's an opportunity to spend time with family and friends, to take some time off work, or even escape for a winter getaway. For all the joy and fun, though, so can come the stress with it.

The expectations of social events, gift shopping, and entertaining guests can become too much for even the most festive types. In fact, according to the American Psychological Association 8 out of 10 people expect to experience an increase in stress over the holiday season. Maybe you've been there before?

With any form of stress comes a greater risk of anxiety and depression, and reports from the Mayo Clinic show that depression is frequently an unwelcome guest over the holidays. You may even be having to deal with grief from the recent loss of a loved one or special pet.

All is not lost however, there are many ways you can minimize your stress and anxiety to allow you to truly enjoy the season.

1. Set A Budget

Shopping can be fun, but spending money isn't always easy, and Americans spend almost a \$1,000 every holiday season on gifts alone. It's unavoidable, but you can minimize the damage by setting a budget and sticking to it. Working out ahead of time how much you can afford to spend on gifts and food can decrease the financial pressure that comes with holiday stress.

[READ MORE](#)



Get things out of your head and reduce stress by using this planner to strategize your holiday season. Set priorities, giving, and a budget all in one.