



# Member Insider

Volume 4 - Issue 11

November 2011

## It's Time to Renew Your Membership in Women in HVACR

**Don't Delay! Renew Today!**

The membership year runs from  
September 1, 2011 to August 31,  
2012.

Women in HVACR provide  
opportunities for you to network  
with other women in the industry  
and share ideas. We want to thank  
you for your continuing support!

Click this link: [Renew Now](#)

**Refer a friend and earn  
\$5.00\***

**Bonus Bucks per referral**

*\*Up to \$25.00 Bonus Bucks to be used towards  
your 2012 Annual Conference fee or off your next  
year's dues.*



## *A Season of Choices*

I am so thankful I live in a world full of choices for women.

We owe a great deal of gratitude to those who have passed before us and struggled to make their dreams become our reality. In dealing with our own daily struggles, we sometimes forget the price that was paid by others for the simple freedoms of today.

Historically, the fight for women's rights has included bodily integrity, fair wages or equal pay, to vote, to own property, to enter into legal contracts and even just to become educated.

Think about living in 1756 as Lydia Taft, the first recorded legal woman voter in America. The townspeople had to vote to allow "the widow Josiah Taft" to be able to cast her vote as a substantial landowner and taxpayer in an open town meeting.



Yet it took 56 more years before women's suffrage became legal in all of America and another 108 years before the constitutional amendment allowing women to vote.

Can you imagine living in Margaret Fuller's time of the mid-1800's as the first full-time American female book reviewer? Haven't been given an early education by her father, Margaret became the first woman allowed to use the library at Harvard. Hard to imagine, after doing all my research online, isn't it?

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# Thanksgiving Tips

Thanksgiving means family fun with all near and dear ones and it also means eating all sorts of lavish food and sweets. Thanksgiving is the beginning of festival season with Christmas and New Year following it

immediately. By the end of it you realize that you have already put on a few extra pounds and you cannot avoid gaining weight on Thanksgiving.

Every Thanksgiving meal consists of 2000 - 4000 calories that make you feel guilty and you really don't feel thankful to those pumpkin pies and turkeys. So here are some tips on how to avoid overeating on Thanksgiving.

## Tips to Prevent Overeating on Thanksgiving

These tips will not stop you from having Thanksgiving fun or resisting those delicious and mouthwatering dishes but will simply help you to avoid Thanksgiving weight gain by taking simple precautions.

- **Drink Water**

Before having your main meal drink two to three glasses of water which will occupy some space in your stomach and will help you to eat less.

- **Nothing like the fresh salad**

Salad is an amazing source of minerals, fibers and other nutrition. At the same time, it controls your appetite to keep you from consuming heavy Thanksgiving meals and helps to avoid weight gain.

- **Have a small meal before going to the Thanksgiving dinner**

If you starve yourself the whole day before going for a Thanksgiving dinner then you are going to have more food that means more calories intake. Have light breakfast and lunch so that you are not very hungry and will not overeat.

- **Go for the roasted turkey**

Turkey is a good source for a lot of minerals including zinc and potassium. Enjoy the turkey breast which has limited calories and is tasty. Deep Fried turkey is full of calories so go for healthy roasted or baked turkeys.

- **Savor the fresh Cranberry sauce**

Cranberry sauce has always been a part of Thanksgiving meals but the canned sauce has a lot of sugar which means more calories. So, instead of going for canned sauce choose fresh cranberry sauce and enjoy without any tension.

- **Do not forget to exercise**

Exercise will burn the extra calories being put on as well as it will help you to digest the heavy meals since it activates the metabolic system. So celebrate and enjoy all dishes intelligently and share these tips with your family and friends so even they know how to avoid overeating on Thanksgiving.

Contributed by: Patti Ellingson

## Upcoming Industry Events

RSES Annual Conference  
November 2-5  
Norfolk, VA

AHREXPO  
January 23-25  
Chicago, IL

HVAC Excellence  
March 18-20  
Las Vegas, NV



## Woman in HVACR on HVAC-Talk



Woman in HVACR now has a member only forum on HVAC-Talk.

This forum is designed for our members to communicate industry issues concerns and needs in a private forum on HVAC-Talk.

To sign up go to HVAC-Talk register a personal username and password. Once that is done follow the link below or go to our webpage to the Woman in HVACR registration form. Complete the form and allow 2-3 days for approval. It's that simple- Then simply start a discussion or join one already on progress.

[Join the Forum](#)

## JOIN OUR TEAM

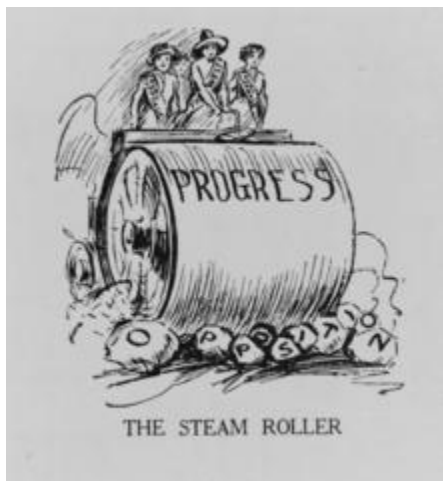
We are strong because of the time and effort put in by those willing to lead and share their knowledge with others. We invite you to contribute your expertise or ideas to one or more of our committees. If you're interested in serving in a position on the Board, or supporting one or more of the WHVACR committees please e-mail us at [womaninhvacr@yahoo.com](mailto:womaninhvacr@yahoo.com)

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Twitter and LinkedIn!**

## ***A Season of Choices***

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I wonder how it felt for Lucretia Mott and Elizabeth Stanton to travel to London with their husbands in 1840 for the first World Anti-Slavery Convention, only to be told females were not allowed to participate?

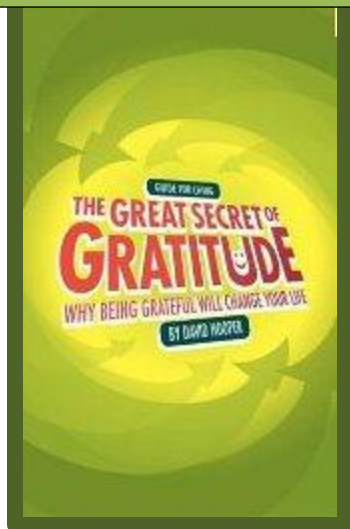
How exciting it would have been to attend the first National Women's Rights Convention in 1850, listening to speeches given on equal wages, expanded education and career opportunities, women's property rights and marriage reform. These were freedoms we have today, thanks to those who struggled before us.

Yes, ladies, when I am giving thanks this season for all of my many blessings, I plan on giving thanks to the many women and men who fought to give me choices.

***Submitted by:***

***Nita Brooks, President, Women in HVACR***

## **Featured Book of the Month**



### **The Great Secret of Gratitude, Why Being Grateful will Change Your Life.**

Why should you be thankful for everything in your life? In the book, you'll learn the secret to attracting everything you've ever wanted in life. And it all starts with being thankful for what you already have. Once you understand the Law of Attraction, you'll experience greater joy, better health, quality relationships, and unlimited money. This book will give you everything you need to understand the Law of Attraction and a step-by-step process on how to apply it to your everyday life. You'll get a better sense of how your relationships, health issues, finances, career concerns, and other aspects of life are influenced

**About the Author:** David R. Hooper is the founder of the Guide for Living Project, a think tank designed to help people enjoy life. He lives in Nashville TN.



## **Be Grateful for Small Things**



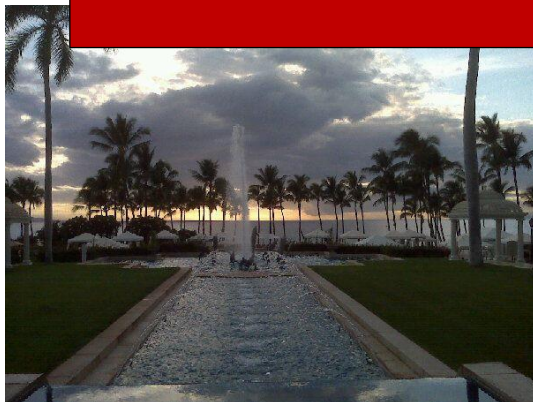
It seems that, often, we become immune to and much less grateful for the small things in our lives. We allow our feelings of being overwhelmed and our yearning for achievement and material satisfaction to overshadow the precious little gems of life that are all around us. In our quest to experience the more seductive and exciting big "highs", we have lost sight of the fact that most of life, indeed a vast majority of it, is made up of small things and small moments, one right after the other.

Learning to appreciate these things and moments plays a huge role in creating a peaceful and happy life. Although the things themselves may be small, failing to appreciate them has some really big ramifications! The failure to acknowledge and, indeed appreciate the small things means an inability to be touched by life. Rather than seeing and experiencing the perfection of something bigger than we are, most of it is instead disregarded. The wonder and awe of life is diminished, the feelings associated with appreciation and gratitude are missed, and, perhaps more than anything else, you'll be a wasting the small stuff big time.

The reason this happens is that, when our attention isn't on what's right, beautiful, special, and mysterious, it will be on what's wrong, what's irritating, and what's missing. Your focus of attention will encourage you to be "on edge" and on the lookout for problems. Unfortunately, this type of attention feeds on itself and becomes a way of seeing and experiencing the world. You'll be too busy thinking about the condescending remark you overheard at lunch or the way your blouse doesn't look quite right to notice the friendly smile of the checkout clerk or the beautiful art on the classroom wall.

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## **WHVACR at HARDI National in Maui**



Women in HVACR were present at the HARDI National Conference held in Maui at the Grand Wailea, October 23rd-26<sup>th</sup>. Additional interest in the organization was gained during the HARDI Booth Conference.

Several Board members, members and sponsor

companies were there representing both Women in HVACR Org. as well as their own companies.



## WHVACR Educational Session at AHR Expo



For more information on  
this and other educational  
sessions during the  
AHR EXPO go to :  
[www.ahrexpo.com](http://www.ahrexpo.com)

**Tuesday: January 24, 2012**

**10am -12:00pm**

**Room S101-B**

**McCormick Place Chicago, IL**

**Title/Topic:** The Destruction of ODS for Carbon Credits:  
*How to turn your used ozone depleting substances into cash*

**Guest Speakers:** Tim Kearney- Vice President RemTec International



**Session Summary:**

Many studies have confirmed that there are significant business opportunities for destroying Ozone Depleting Substances (ODS) through the voluntary carbon market. ODS have very high global warming potential (GWP) so that their controlled and verified destruction has the ability to generate large volumes of carbon offset credits. These credits can then be sold into the voluntary carbon markets creating unique business opportunities. Because little ODS, such as air conditioning refrigerant, is currently being recovered at the end of the life of the equipment, the possibility of earning carbon credits presents a potentially unique financial incentive for the recovery and destruction of ODS which would otherwise be released to the atmosphere. Simply stated, incentives are created for the businesses that are recovering the material and channeling it to authorized and audited destruction facilities. After destruction buyers pay for real and verifiable emission reductions resulting from the destruction of ODS saving many millions of tons of carbon equivalent emissions.

## **Be Grateful for Small Things** *(Continued from page 4)*

On the other hand, when the bulk of your attention is on what's right with your life, what's precious and special, the payoff is enormous. You'll re-experience the feeling that life is magical and to be treasured. Instead of complaining about the litter on the side of the road, you'll notice the colors of the trees and plants. Again, your attention will feed on itself and, over time, you'll notice more and more things to be grateful for. Your habit becomes a self-fulfilling prophecy.

When you talk to anyone who is very sick or who had had a near-death experience, they will tell you that the things you usually think are "big" are in fact, relatively insignificant; whereas the things you think of as small are, in fact, what's most important. Money, for example, or physical beauty, or an accomplishment or a material possession, can seem to be the end all be all, extremely Important, sometimes even life-and-death issues. Yet, when looking back on your life, it's very likely that these things will seem to have lost their luster. They will seem less important, maybe even superficial. On the other hand, the beauty of nature, the touch of a new born, a lovely smile, or the gift of friendship, will seem precious. Indeed, if you knew that you had only one day to live, what would you think about- your car or favorite pair of shoes, or would it be the more everyday joys that would occupy your mind?

A person who celebrates only the big stuff and "highs" will have only fleeting moments of happiness, at best. On the other hand, a person who feels grateful for the small things in life will be happy a majority of the time. Virtually everywhere she looks, she will find cause for celebration.

This isn't a prescription to pretend that things are better than they are, or a suggestion that there isn't plenty of ugliness and pain in the world- there is. What it is, however, is the acknowledgement that, when you are honest and reflective about what is most important in life, it's the smaller things that win the prize.

*From Don't Sweat the Small Stuff for Women by Kristen Carlson  
Contributed by Patti Ellingson*

**Call and Tell Us What Being an  
Empowered Woman  
Means to You and win a Member Spotlight feature in our  
Newsletter**

Just call 248-724-9791, and leave your message. It's that simple.

