



Silicon Valley Chapter #99

May 2022

President's Letter

Leading and Building Our Future

Hello NAWIC Sisters,

Our 57th Birthday aka Charter Dinner was held April 27th. Thank you to Donna Serrano for planning a fun evening and Daley's Drywall & Taping for hosting the evening. We honored three members celebrating milestones! Marlene O'Donnell and Diane Urata-Lyons both for 45 years as NAWIC members and Pat McDonald for 30 years as a NAWIC member. Congratulations to these wonderful and inspiring women. Thank you for all you have done and continue to do for Silicon Valley Chapter 99. We also installed 2 new members, please welcome Ashley Barnes and Jenice Condie.

This month's meeting will be on Mental and Physical Health. Are you dealing with recurring aches and pains or physical exhaustion? Do you feel overwhelmed and stressed out? Christine from Perfect Balance Physical Therapy will help us explore how the mind and body are connected and how that can impact your quality of life. We will look at physical ways to get our body out of fight or flight and into rest and repair, simple tools and strategies to relieve pain and stress. Learn how to have your mind guide your body for healing to obtain optimum health and mental clarity. The meeting will be on May 25th at my house.

Secret Sisters will be revealed at our October meeting. If you cannot make a meeting you can check with Marlene on how to get your gift to your secret sister.

Make sure to vote when you receive your ballots for the National Officers this month.

You should have received a call from our Nominating Committee. The Committee will announce the board candidates at the May meeting and we will vote in June.

Finally, a Happy Mother's Day to all the NAWIC moms! Also Happy Memorial Day.

I look forward to seeing you May 25th at 5:45 pm.

Sincerely

Laura Grabar

President 2021-2022