



## ***HAPPY NEW YEAR 2024***

FIWT Officers and some committee chairs will meet in mid-January for our annual winter planning. We will discuss Mid-Year and Annual conventions, along with reviewing the officer procedures. We will continue discussion regarding our website and try to come to a final decision on revamping our website with a new servicer. Our Education Resource Chair will be in attendance to help us write procedures that are current with our situation to help future chairs run the position smoothly. We will also continue discussions regarding the CIPT program and how that is to be handled by FIWT.



- Jan. 1 Ann Byrd's 99th birthday. Wish her a happy birthday!
- Jan. 20 IWSA Young Insurance Professionals brunch at Ida Claire's, 10:30 a.m. Contact Krysten at 210-254-4007. Invitation in this newsletter.
- Jan. 25 Insurance Women of San Antonio's January luncheon, Anne Marie's

I am excited to have our FIWT Scholarship return this year. Deanna Parker has agreed to chair this position and will be in contact with the North Texas locals to help send out applications and select a winner. Be watching for an email from Deanna within the month.

Lisa Bumpas emailed a reminder to the local presidents on January 2. January is National Human Trafficking Awareness Month. I encourage you to wear blue on January 11. Please post pictures of your local or yourself on social media wearing blue. We want to raise awareness to human trafficking. Be sure to hashtag: #endtrafficking, #freedomfirst. Since this is FIWT's Community Service Project for 2023-24, please be sure to visit the DHS website to learn more about Human Trafficking and how you can help. (<https://www.dhs.gov/blue-campaign>)

Finally, be sure to make your hotel reservations now for Mid-Year in College Station. See flyer included in this newsletter.

Have a blessed 2024!

Debbie Trees, FIWT President

### ***Deadline for next newsletter***

January 26

Email to [Sdbowler@cox.net](mailto:Sdbowler@cox.net)

Subject line: FIWT news

### ***Happy birthday, Ann Byrd!***

Your FIWT sisters and brothers wish you a very happy 99th birthday and hope for many more!

Ann Byrd's 99th birthday was Jan. 1, 2024.

Until a few years ago, Ann remained very active with the Metroplex Insurance Professionals, the local association formerly known as Insurance Women of Metroplex. Ann Byrd was a charter member of IWM, which began in 1977.

Send your personal birthday wishes to Ann Byrd, 1306 W. Lovers Lane, Arlington, TX 76013.

# *IWSA gathered for a Holiday Lunch*



*and honored past  
presidents of the local  
association*



Insurance Women of  
San Antonio

**Young Insurance  
Professionals**

Invite you to join us for  
brunch at Ida Claire's

**SATURDAY** | 7300 Jones | **10:30**  
**20** | Mafisberger | **AM**  
**JANUARY**

Please RSVP with Krysten at  
210-254-4007 or  
Krysten@vip-satx.com

*Young Insurance  
Professionals of  
the Insurance  
Women of San  
Antonio are  
meeting for  
brunch on  
Saturday, Jan. 20.  
Join them if you  
can.*



# *FIWT Local Associations serve their communities*



*Members of the Insurance Women of San Antonio wrapped Christmas gifts for Boysville.*

*Members of East Texas Insurance Associates filled stockings and brought gifts to the Retreat Rehab Ranch in Kilgore. Their generosity brought Christmas cheer to 17 children and 14 ladies.*





# Merry Christmas



IACC had their Christmas party back in December. It was filled with lots of fun and laughter. A special thank you to AmWins, Specialty, and Peoples for the door prizes and gifts.

We wish that everyone had a great Christmas and a very Happy New Years

★ Happy New Year 2024

# January is National Human Trafficking Awareness Month

## January 11<sup>th</sup> is Wear Blue Day – Help Raise Awareness of Human Trafficking

### Anyone can join in the fight against human trafficking

#### Here are 20 ideas to consider

1. Learn the indicators of human trafficking on the TIP Office's website, [www.state.gov/identify-and-assist-a-trafficking-victim](http://www.state.gov/identify-and-assist-a-trafficking-victim) or by taking a training. Human trafficking awareness training is available for individuals, businesses, first responders, law enforcement, educators, and federal employees, among others.
2. If you are in the United States and believe someone may be a victim of human trafficking, call the 24-hour **National Human Trafficking Hotline** at 1-888-373-7888 or report an emergency to law enforcement by calling 911. Trafficking victims, whether or not U.S. citizens, are eligible for services and immigration assistance.
3. Be a conscientious and informed consumer. Find out more about who may have picked your tomatoes or made your clothes at **ResponsibleSourcingTool.org**, or check out the Department of **Labor's List of Goods Produced by Child Labor or Forced Labor**. Encourage companies to take steps to prevent human trafficking in their supply chains and publish the information, including supplier or factory lists, for consumer awareness.
4. Volunteer and support anti-trafficking efforts **in your community**.
5. Meet with and/or write to **your local, state, and federal elected officials** to let them know you care about combating human trafficking and ask what they are doing to address it.
6. Be well-informed. Set up a web alert to receive current human trafficking news. Also, check out **CNN's Freedom Project** for more stories on the different forms of human trafficking around the world.
7. Host an awareness-raising event to watch and discuss films about human trafficking. For example, learn how modern slavery exists today; watch an investigative documentary about sex trafficking; or discover how forced labor can affect global food supply chains. Alternatively, contact your local library and ask for assistance identifying an appropriate book and ask them to host the event.
8. Organize a fundraiser and donate the proceeds to **an anti-trafficking organization**.
9. Encourage your local schools or school district to include human trafficking in their curricula and to **develop protocols** for identifying and reporting a suspected case of human trafficking or responding to a potential victim.

10. Use your social media platforms to raise awareness about human trafficking, using the following hashtags: #endtrafficking, #freedomfirst.
11. Think about whether your workplace is trauma-informed and reach out to management or the Human Resources team to urge **implementation of trauma-informed business practices**.
12. Become a mentor to a young person or someone in need. Traffickers often target people who are going through a difficult time or who lack strong support systems. As a mentor, you can be involved in new and positive experiences in that person's life during a formative time.
13. Parents and Caregivers: **Learn how human traffickers often target and recruit youth** and who to turn to for help in potentially dangerous situations. Host community conversations with parent teacher associations, law enforcement, schools, and community members regarding safeguarding children in your community.
14. Youth: **Learn how to recognize traffickers' recruitment tactics**, how to safely navigate out of a suspicious or uncomfortable situations, and how to reach out for help at any time.
15. **Faith-Based Communities:** Host awareness events and community forums with anti-trafficking leaders or collectively support a local victim service provider.
16. Businesses: Provide jobs, internships, skills training, and other opportunities to trafficking survivors. Take steps to investigate and prevent trafficking in your supply chains by consulting the Responsible Sourcing Tool and **Comply Chain** to develop effective management systems to detect, prevent, and combat human trafficking.
17. College Students: **Take action** on your campus. Join or establish a university club to raise awareness about human trafficking and initiate action throughout your local community. Consider doing one of your research papers on a topic concerning human trafficking. Request that human trafficking be included in university curricula.
18. Health Care Providers: **Learn** how to identify the indicators of human trafficking and assist victims. With assistance from local anti-trafficking organizations, extend low-cost or free services to human trafficking victims. Resources from the Department of Health and Human Services can be found on their website.
19. Journalists: The media plays an enormous role in shaping perceptions and guiding the public conversation about human trafficking. Seek out some media best practices on how to effectively and responsibly report stories on human trafficking.
20. Attorneys: Offer human trafficking victims legal services, including support for those seeking benefits or special immigration status. **Resources** are available for attorneys representing victims of human trafficking.





**FIWT  
Leadership & Education  
Mid-Year Expo  
April 19-20, 2024**

Hilton College Station  
801 University Drive, College Station, TX 77840  
Bunco Tournament – Saturday April 20  
Mid-Year Expo – Friday April 19 – Saturday April 20

Hosted by Insurance Women of San Antonio



- Free Parking
- Newly renovated meeting rooms
- Complimentary shuttle service to/from College Station Airport or within city limits.
- Hilton Honor points for attendees
- Complimentary WIFI in rooms and meeting space
- Hotel Check-In 4:00 pm, Check-out 11:00 am



Contact FIWT Office at [fiwt@msn.com](mailto:fiwt@msn.com) for more information.



The hotel is offering special FIWT group rate of \$149 single/double  
For reservations call 979-693-7500 -  
ask for the FIWT Mid- Winter Conference group rate  
NOTE: Reservations must be made on or before the cutoff date of  
Friday March 29, 2024..

# Help us make our First Ever FIWT Cookbook DEADLINE January 8

Members!

FIWT will be compiling recipes to create and publish our first ever cookbook. The cookbooks will be sold by each local and proceeds will go towards revamping our website, any profit over that will be added to our build for tomorrow fund. We would LOVE for each member to use the below information to login and upload a minimum of 3 of their favorite recipes to share with everyone. Have some old family recipes fading away on a note card? Put them in the cookbook to ensure that they are not only preserved forever in a book but shared with fellow professionals.

**Website:**

**<https://www.typensave.com/get-started/>**

**Login: FIWT**

**Password: pickle117**

Once logged in click "add recipes" to add your recipe to the FIWT cookbook. Be sure to proof and save before exiting.

**DEADLINE FOR RECIPES IS JANUARY 8, 2024.**

**We will have advertising pages available for purchase - more information to follow on this. This would be open to ANYONE! These books can be purchased as gifts for people who are not in the industry, such as an every day insured, so advertising for your agency could get your name out there. Same goes for brokers and finance companies. Be thinking of who you know who may be interested in advertising in our book. Advertising will help offset the cost of the printing of the books, meaning more profit for FIWT.**

If you have any questions about the process, please feel free to contact the chairperson:  
Destinie Kindle-Palmer (817) 894-7644 (cell) [dkindle@crcgroup.com](mailto:dkindle@crcgroup.com)

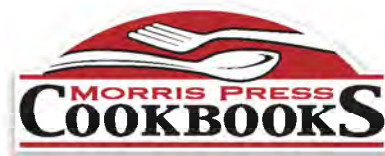
PS: if you are unable to type in your recipe feel free to email/text me a photo of it and I will get it added for you. This way no one is left out.

Thank you for helping build our cookbook.

Destinie Kindle-Palmer  
23-24 FIWT Marketing Chair



# RECIPE WRITING TIPS



Use these tips to ensure recipes are accurate, clear, and uniform throughout your cookbook.

- List ingredients in the order used. Make sure all ingredients are included in the directions.
- Include all amounts and container sizes: 2 (8-oz.) cans, 1 (14-oz.) pkg. Use parenthesis to separate amounts.
- Abbreviate measurements in the ingredients list (see standard abbreviations below), but spell them out in the directions.
- Be consistent with names, ingredients, etc., e.g., don't use "1 c. butter" on some recipes and "2 sticks butter" on others.
- Use ingredient names in the directions, e.g., use "Combine flour and sugar" rather than statements such as "Combine the first two ingredients."
- Include temperatures and all cooking, chilling, baking, or freezing times.
- Make sure ingredients and directions are clear, thorough, and accurate. For example, don't assume the reader knows how to make yeast bread.
- Submit recipes exactly as you want them to appear.
- Write directions in 1 paragraph. Do not submit recipes in steps, columns, charts, or as an entire paragraph. Recipes which cannot conform to our format will be omitted.
- Ingredients may include trademarked names, e.g., Miracle Whip®. Do NOT use trademarked words for *recipe titles*. If used, they will be replaced with an acceptable alternative, e.g., Kentucky Derby® Pie will become Chocolate Nut Pie.
- Anything other than the ingredients, directions, contributor name(s), serving size, and recipe title will be charged as a recipe note unless you omit them. See below.**

## STANDARD ABBREVIATIONS:

c. – cup	env. – envelope	qt. – quart
pt. – pint	pkg. – package	lg. – large
tsp. – teaspoon	oz. – ounce	med. – medium
T. – tablespoon	gal. – gallon	sm. – small
lb. – pound	opt. – optional	ctn. – carton or container
doz. – dozen	reg. – regular	

## recipe notes 11

A recipe note is content that does not pertain to recipe preparation. Anything other than ingredients, directions, contributor names, serving size, and the recipe title is a recipe note. See first sample recipe above.

- Recipe notes may include nutritional information, recipe history, uses, etc., and cannot be included in the directions.
- Recipe notes are printed after the directions and cannot exceed 375 characters.
- Recipe notes are an extra charge.
- If using typensave® and your cookbook committee has decided to include them, a separate field titled "Recipe Notes" will be available. *If you are submitting handwritten recipes, check with your cookbook committee.*

### CHOCOLATE CHIP MIRACLES

Sarah Jackson

2¼ c. all-purpose flour  
1 tsp. baking soda  
1 tsp. salt  
1 c. butter, softened 4

¾ c. packed brown sugar  
1 tsp. vanilla  
2 eggs  
12 oz. chocolate chips

- 6 Preheat oven to 375° (gas oven to 350°). Mix all of the dry ingredients together, then mix the wet ingredients together. After both substances are mixed, slowly mix the dry ingredients in with the wet until the texture is smooth. Put cookies on sheet and leave each batch in oven for 8 to 10 minutes for soft texture.

- 11 **Note:** These cookies are a favorite with my children and vanish within two days.

### SNICKERDOODLES

Heather Genske  
Dorothy Engstrom

1 1 stick butter, softened 4  
3 ½ c. shortening  
1½ c. sugar  
2 eggs  
2¾ c. all-purpose flour

2 tsp. cream of tartar  
1 tsp. baking soda  
¼ tsp. salt  
2 T. sugar  
2 tsp. cinnamon

- 3 Heat oven to 400°. Mix thoroughly butter, shortening, 1½ cups sugar and the eggs. Blend in flour, cream of tartar, baking soda and salt. Shape dough by rounded teaspoonfuls into balls. Mix 2 tablespoons sugar and cinnamon; roll balls in mixture. Place 2 inches apart on ungreased baking sheet. Bake 8 to 10 minutes or until set. Immediately remove from baking sheet. Makes about 6 dozen cookies. If using self-rising flour, omit cream of tartar, baking soda and salt.

### MAGIC COOKIE BARS

Steve Casley  
Jeff Marcino

½ c. butter, softened  
1½ c. graham cracker crumbs  
1 (14-oz.) can Eagle Brand 10  
sweetened condensed milk

1 c. chocolate chips  
1 (3½-oz.) can flaked coconut  
1 c. chopped nuts

Preheat oven to 350°. Using a 13 x 9-inch pan, melt butter in oven. Sprinkle crumbs over butter, pour milk over crumbs. Top with remaining ingredients. Bake 25 to 30 minutes. Cool before eating.

2 Cookies & Candy

## contributor information

- Be consistent with spellings of names, titles, etc. (*R.N.* vs. *Registered Nurse* or *Bill Jones* vs. *William Jones*). This affects the contributor index.
- Two extra lines may be included **FREE** (town, department, in memory of, title, etc.) after each contributor name. Additional content is considered a recipe note.
- If using typensave®, **DO NOT** include additional info (second name, town, department, title, etc.) on the same line as the contributor name. Put additional info on separate lines. This enables us to create an accurate contributor index.
- Duplicated recipes should be submitted just once with multiple contributor names.
- For recipes with multiple contributor names, only the first name will appear in a contributor index.