

2017 Annual Meeting Review

IN THIS ISSUE

**ISPE Annual Meeting
and Expo 2017
PAGE 1**

**ISPE South
Central Website
PAGE 2**

**Healthy Holiday Meals
PAGE 2**

**Giving Back
PAGE 3**

**Message from
The President
PAGE 4**



29 Oct. - 1 Nov. | San Diego, CA

Re-Capping the 2017 Year-End Meeting

This year's Annual Meeting and Expo in San Diego was a huge success. The meeting was packed with insightful keynotes, eye-opening facility tours, and the most important part of any quality event- great people. Attendees had the privilege of hearing keynotes from some of the most influential personalities in our industry, and were able to attend powerful courses designed by the smartest minds in pharma & biotech. Members were able to network, engage, and learn from one another in an action-packed, 4-day extravaganza. For those who may have been overwhelmed by all they learned, a brewery tour was offered to allow everyone to unwind. Read more about the conference [here](#).

Learn about next year's conference and calendar of events by visiting the links below.

<https://www.ispe.org/conferences/2018-annual-meeting-expo>

<https://www.ispe.org/calendar>

Officers

Adam Bruhn; President
Central States Industrial (CSI)
adamb@csidesigns.com
214.206.6682

Ashley Frosell; Vice President
CRB Consulting Engineers
Ashley.frosell@crbusa.com
469.801.8700

Joe Nottoli; Secretary
Alcon Fort Worth
Joe.nottoli@alcon.com
817.551.3032

James Harrell; Treasurer
Maetrics
jharrell@maetrics.com
254.315.6483

Board of Directors

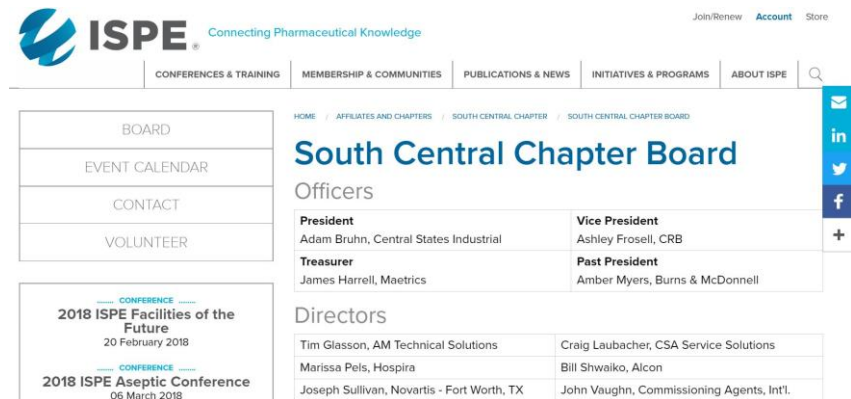
John Vaughn
BioVoke

Joe Sullivan
Novartis

Bill Shwaiko
Novartis

Tim Glasson
AM Technical Solutions

Craig Laubacher
CSA Soliance



ISPE South Central Chapter Website

The website for the South Central Chapter of ISPE is up-and-running! Our chapter website is where we will store our calendar, newsletters, event links, membership/leadership information, and other useful resources. Joe Nottoli has volunteered to manage the site's content. Contact Joe with any questions, or to tell him what a great job he's doing! Visit the site [here](#).



Healthier Holiday Meal Choices

This time of year can be challenging for even the most health-conscious individuals. If you're looking for some healthier options for your holiday meals this year, see the links below. Best of luck, everyone!

[36 Healthy Holiday Meals](#)

[Healthy Holiday Recipes](#)

[20 Healthy Holiday Food Swaps](#)

[Ketogenic Holiday Recipes](#)



'Tis the Season to Give Back

Most anyone reading or contributing to this newsletter lives a life that many of our fellow citizens would consider a dream: We own homes and cars, we have food in the fridge, and we can choose from a closet full of clothes every day. As we approach the end of the year and look back on the fortunate opportunities allowed to us, let us all take a moment to consider those less fortunate than we. Listed below are a number of organizations who help do good in their communities, and would greatly appreciate any support. Fun fact: while all of these organizations see an increase in contributions during the holidays, they benefit most from those who commit to regular contributions. For example, \$1 at the North Texas Food Bank provides 6 meals for those in need. Imagine the impact \$10/month would make.

<https://www.centraltexasfoodbank.org/>

<https://www.ntfb.org/>

<http://www.salvationarmyusa.org/>

<https://www.adopt-a-senior.org/>

<http://www.pawsinthecity.org/>

<https://www.woundedwarriorproject.org/>

<https://www.safehavenc.org/support/donate-items/>

<http://www.familyplace.org/>



ISPE®

South Central
Chapter

**NEWSLETTER
DECEMBER 2017**

A MESSAGE FROM THE PRESIDENT

With 2017 drawing to a close, I want to take a moment to recognize the genuinely exceptional people who are alongside me in representing this chapter. After being surprised with a position, and being moved to President mid-year, I could not have asked for a better group of people to guide me. I came into this position with just over a year of experience in this business, and not once was I made to feel like I didn't belong or wasn't worthy. Every officer and board member was happy to help with anything I needed, anytime I asked. They have been kind, patient, and supportive during a very memorable year for our chapter.

As we move into 2018, it is my goal to ensure that the vision we have established is carried on and executed to its fullest potential. Each time I meet someone new in our industry, I'm motivated to work on their behalf to make their membership as rewarding as possible.

I will continue to stay involved in any and all ways I can, and am always open to playing the role of sounding board or advocate for any members in need of support. I am deeply grateful to have been given this opportunity, and should more arise, I will happily pursue them. Thank you all for a wonderful year.

Best regards,

Adam Bruhn
214.206.6682
adamb@csidesigns.com