



“The Feel Good  
*Holiday Issue*  
Goodie”

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***MERRY CHRISTMAS***

***FROM ALL OF US AT  
S & M MOVING SYSTEMS***

***WISHING YOU A WONDERFUL  
HOLIDAY SEASON!***





Running

# Calendar

## Upcoming Fun Runs:



### Santa Cruz Run

Sunday, April 19, 2009, 08:00 AM-Half Marathon and 10K

Santa Cruz Beach Boardwalk

[http://www.firstwave-events.com/sc\\_half/](http://www.firstwave-events.com/sc_half/)



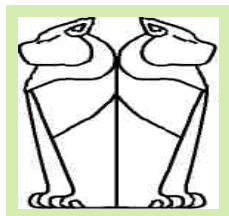
### Pat's Run

Saturday, April 25, 2009

4.2 mile run/walk

San Jose-8:00am

[www.patsrun.com](http://www.patsrun.com)



### The Great Race

Sunday, April 26, 2009

4.0 mile run/walk

Saratoga to Los Gatos



### Jungle Run

Sunday, July 19, 2009, 07:00 AM-Half Marathon and 10K

Los Gatos High School Track

[http://www.firstwave-events.com/jungle\\_run/](http://www.firstwave-events.com/jungle_run/)



### Wharf to Wharf Run

Sunday, July 26th- 6 mile race

8:30am

Santa Cruz to Capitola

[www.wharftowharf.com](http://www.wharftowharf.com)





# E.R.C. Washington D.C.

We attended the conference in October and had a wonderful time reconnecting with customers and friends from all over the world.



**British Petroleum**  
Quin and *Michelle Holl* of British Petroleum. Michelle works in BP's London office.



**Willis**  
*Susy Castellanos* of Willis (recognized as a leading global insurance broker) and Tina. Susy does a superior job of managing claims for Willis's corporate accounts. We will be visiting Susy in her office in Guatemala in January.



**Abraham Lincoln**  
*Marsha Watkins* of Apple and Tina.



**Capitol Relocation**  
A great group of people working for a great company. *Mickey Williams* (second from left) and I have known each other for over 20 years.



# Goodies That Give



It is a privilege to meet young people who give so much and are so bright. So during this Holiday Season, and especially this year with all that has happened to our lives and the economy, Lorraine and I thought that it would make all of our Goodie readers feel better knowing that there are young people like Michelle, Nav and Yann working to make this world better for everyone.

I have been fortunate to make friends with two young people who are making a difference in our world. *Michelle Cullen and Nav Dhillon* met several years ago through my friendship with Nav's sister Kalvinder Dhillon of Deloitte. I love meeting young people with a passion for helping others and Michelle and Nav have dedicated their

lives to that goal. They met while working at the World Bank and have both gone on to further their causes. Michelle is now a Global Innovation Programs Manager with IBM with a focus on emerging markets. Michelle has been published several times, and has presented to the United Nations and universities around the world. She has been involved in many post-conflicts by providing everything from technical support and risk mitigation to project development in countries such as Sri Lanka and the Philippines. She has worked on projects for the Carter Center and U.S. Agency for International Development to name just a few.



Nav and Michelle reunited with Tina and me for dinner (see picture) in D.C. right after Nav lectured on Middle East economics at Georgetown University. Currently a Fellow and Director for the Middle East Youth Project for Brookings. He has written articles for the Wall Street Journal and other publications. I have no doubt one day everyone will know of all the significant roles Nav has played in making our planet a better place.



www.SmilingChildren.org is a fantastic non-profit organization that was founded by our friend *Yann Borgstedt*. S & M International uses Yann's moving company, Pelichet in Geneva, Switzerland. It was there where Yann taught Tina and I how to enjoy real fondue. Please go to the website and learn more about his organization and the many, many wonderful things that Yann is involved in. Perhaps you too can help. He is truly a "Giving Goodie" and we are very proud of him.



Kabul



Tsunami-Sri Lanka



Morocco



## Where Are They Now?

Many of our readers will remember a dinner we sponsored in February of 2002 and the guests met *Jennie Nichols* and *Mateo Gutierrez*. I was a volunteer teacher at Broadway Continuation High School where Jennie and Mateo were students of mine. It was a very special night because Jennie told her life story and how she and Mateo had turned their lives around. In just that one night we were able to raise enough money for the school to have a Prom Dance, thanks in large part to our good friend *John McSorley*! To bring everyone up to date on these very special people, as you can tell from the picture they have just married. Jennie and Mateo have been together since grammar school days. Mateo graduated with a scholarship for turning his life around more than any other student in the San Jose Unified School District. Mateo is just a math class away from getting his A.A. Degree and transferring to a four year school. Jennie received several scholarships at West Valley J.C. and has entered the very impacted Nursing program at San Jose State.

## S & M Bonding



**The Boulevard Restaurant-San Francisco**  
Clay and Lorraine with *Constance, David and Chris* (BERRY APPELMAN & LEIDEN LLP)



**Creola Restaurant- San Carlos**  
Lorraine with *Pauline and Stacey* (Nikon Precision)



## More Giving's...

Every year during the holidays, S & M Moving Systems donates to shelters. This year S & M will be donating to Teen Challenge's Women and Children's Center. This residential recovery center is for single women, pregnant women, and women with children. This is one of the only Teen Challenge Women's Center's in the U.S. where children can stay with their mother during rehabilitation, rather than being placed in foster homes.



# Goodman's Goodie Contest

New Year's Day is around the corner and that means you better start thinking up some creative New Year's Resolutions! For our next Goodie contest, please submit an original New Year's Resolution. We'll submit your resolution to our "Goodie Readers" to vote on. The most popular one will receive a \$100.00 gift card to their favorite store, spa, restaurant, etc. Please submit your resolution to me by December 31st.



## Happy Birthday

### December

Judy Betro-NBC Universal  
Edgar Colina-Genentech  
Tana Wheeler-Applied Materials  
Bonnie Bell- ConSentry Networks  
Jill Baker-Consultant

### January

Joe Kerwin-LeLand High School Teacher  
Rachel Kelly-Consultant  
Olivia Delgado-Cadence  
Kelly Pearson-British Petroleum

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