

NEW YEAR'S RESOLUTIONS

It's hard to believe that November is here and the Holiday Season is once again at our doorstep. As we approach the year-end drive we will once again be confronted with determining our 2020 New Year's resolution. Let me ask you a question, do you remember your 2019 resolution? And here's another question - did you achieve your resolution? If you are like most people, the answer is "probably not". So why do you set a resolution and then not achieve it?

Here are the top 10 New Year's resolutions according to a survey of 2,000 people:

1. Diet or Eat healthier
2. Exercise more
3. Lose weight
4. Save more and spend less
5. Read more
6. Learn a new skill or hobby
7. Quit smoking
8. Find another job
9. Drink less alcohol
10. Spend more time with family and friends



Here are a few more interesting facts about New Year's resolutions:

- Saving money is one of the top five New Year's resolutions and also in the top five for most commonly failed.
- More than half of respondents said they fail their resolution before January 31.
- Women make health-focused resolutions while men pledge to find a new job and lay off the alcohol.

SO, WHAT ARE YOU WISHING FOR IN 2020?

Well my New Year's Resolution is somewhat different than most. From a business perspective the mission is to establish achievable goals and assure our team fulfills and achieves those goals, no different than a New Year's resolution should be. Let's face it, you chose the goal, no one is telling you what it should be. So, if you choose the goal that matters most, why don't you pick one that is important and must be accomplished?

When the Houston Astros began their season what was their goal? Was it to win their division, advance to the world series or become a repeat world champion?

Unfortunately, the team accomplished all of their goals except the last. In fact, they won more games than any other team in baseball this season. To me, it was an exceptional season, but in sports and in life it is very difficult to always accomplish one's ultimate goals. There is, however one thing that is for certain, we need to establish goals and remain disciplined and committed to achieving those goals.



"If you aim at nothing, you will hit it every time"
Author Unknown

GOAL SETTING

Goal setting involves the development of an action plan designed to motivate and guide a person or group toward a goal. Goal setting can be guided by goal-setting criteria such as SMART criteria. Goal setting is a major component of personal-development and management literature.

To those who have already set goals for themselves, you've got the most powerful thing that wakes you up every morning — Goals.

WHY IS SETTING GOALS SO IMPORTANT?

This question reminds me of The 1979 Harvard MBA Business School Study on Goal Setting that analyzed the graduating class to determine how many had set goals and had a plan for their attainment. The students were asked a single question about their goal setting in life. The question was: Have you set written goals and created a plan for their attainment? Prior to graduation, it turned out that:

- 84% of the entire class had set no goals at all,
- 13% of the class had set written goals but had no formal plans,
- 3% of the class had both written goals and formal plans.

The results? Well, maybe you could guess it right. 10 years later, the 13% of the class that had set written goals but had not created plans, were making twice as much money as the 84% that had set no goals at all. However, the most spectacular result came out that the 3% of the class that had both written goals and a plan, were making *ten times* as much as the rest of the 97% of the class. Ten times as much? That difference is huge. Not only the money, but the skills, the characteristics, the working manner that make up a model person. (cont. on page 2)



THANKS FOR JOINING US

AT OUR 10/25 OPEN HOUSE

We Had A Great Turnout & Appreciate Your Support

So why do people fail to set goals even when they already know that goal setting will make them stand in the place they always want to be?

First, excuses, there are tons of them. George Washington said “99% of the failures come from people who have the habit of making excuses”. “I don’t have time to do it”, “I don’t have patience for these thing”, “I don’t feel like doing it today”. Are those excuses greater than your dreams? Of course not.

Second, no-confidence. There are people who say they can not do things. I’m not saying that they are not trying their best, but we have no idea how much we can discover about ourselves until we stretch our goals and write our thoughts and our dreams down on a piece of paper.

Be confident - you need to believe! Start thinking, writing, and taking actions. What are you aiming for? You can’t get there if you don’t know where you want to be. **Set your goal.**

Bruce Margolin

Vice President – Chief Operating Officer

Commander’s Palace Bread Pudding Souffle with Whiskey Sauce

by Kara Osborn

Try something new and Oh so delicious for Thanksgiving this year....

Ingredients:

- Unsalted Butter, for pan and ramekins
 - 1 ½ Cups granulated sugar
 - 1 tsp. ground cinnamon
 - Pinch of freshly ground nutmeg
 - 3 medium whole eggs
 - 1 Cup heavy cream
 - 1 tsp. vanilla extract
 - 5 Cups day-old French bread, or other light bread cut into 1” cubes
 - 1/3 Cup raisins
 - 9 medium egg whites, room temperature
 - ¼ tsp. cream of tartar
 - Whiskey sauce, for serving
 - ◊ 1 ½ Cups heavy cream
 - ◊ 2 tsp cornstarch
 - ◊ 2 Tbsp cold water
 - ◊ 1/3 Cup sugar
 - ◊ 1/3 Cup bourbon
- Place cream in a small saucepan over medium heat and bring to a boil. Whisk together cornstarch and water; add to cream while whisking. Bring to a boil. Whisk; let simmer for a few seconds, taking care not to burn mixture on bottom. Remove from heat; stir in the sugar and bourbon. Stir until the sugar dissolves. Let cool to room temperature.

Directions:

1. Preheat oven to 350 degrees. Butter an 8-inch square baking pan; set aside. Combine ¾ cup sugar, the cinnamon, and nutmeg in a large bowl. Beat in whole eggs until smooth; whisk in cream and vanilla. Add bread cubes; stir, allowing bread to soak up custard. Scatter raisins in greased pan; top with egg mixture, which will prevent raisins from burning. Bake until pudding is golden and firm to the touch and a cake tester inserted in center comes out clean, 25 to 30 minutes. It should be moist, not runny or dry. Cool to room temperature.
2. Butter six 6-ounce ceramic ramekins; set aside. In the bowl of an electric mixer, whisk egg whites and cream of tartar until foamy. Gradually add remaining ¾ cup sugar; continue whisking until shiny and thick. Test with a clean spoon. If whites stand up stiff, like shaving cream, when you pull out the spoon, meringue is ready. Do not overwhip, or whites will break down and souffle will not work.
3. In a large bowl, break half the bread pudding into pieces using your hands or a spoon. Gently fold in a quarter of the meringue, being careful not to lose the air in the whites. Divide a portion of this mixture among the ramekins. Place remaining bread pudding in bowl, break into pieces, and carefully fold in rest of meringue. Top off souffles with this lighter mixture, piling it high, about 1 1/2 inches over top edge of ramekins. With a spoon, smooth and shape tops into a dome over ramekin rims. Bake immediately until golden brown, about 20 minutes. Serve immediately. Using a spoon at the table, poke a hole in the top of each souffle, and spoon the room-temperature whiskey sauce into the souffles. Makes 6 servings.



Happy November - A Time Of Giving Thanks!

CHANCES DOG RESCUE AND RELOCATION

November is a time for reflecting on the year that is rapidly coming to a close, and for giving thanks for all that we have. It is also a month full of opportunities to spend time with family and friends whether it be rooting for a favorite football team, decorating for the upcoming holidays, getting out and enjoying the cooler weather, or sharing a special meal.

This year, over 600 previously unwanted, homeless dogs are enjoying life in New England, and their families are giving thanks for their new furry addition. These dumped, surrendered, neglected or stray pups are now beloved family members taking in the beautiful colors of Fall in New England. Some of them sport Patriots jerseys, and some don sweaters as the weather grows colder. Soon they'll all get to experience their first snowfall, get their first taste of Thanksgiving turkey, visit Santa or find a stocking with their name on it stuffed with treats and toys, and curl up inside on cozy couches or in front of fireplaces when it is too cold to play outside.

Over 600 families also find their lives changed. They laugh more at puppy and adult dog antics. They get outside more and are more active thanks to their canine companion. Their children have a bedtime buddy that no stuffed animal can compete with. Laps are warm, and faces covered with kisses. Couches are cozier, and free hands reach out to rest on soft fur. Hearts are full, families more complete.

We are thankful we are able to save the dogs we do and are hopeful that with each passing month and year our ability to save increasing numbers will continue to grow. We are thankful for our volunteers, fosters, supporters, donors and partners. We could not do it without them! We are also thankful for the many other rescue groups in Houston and throughout the South who focus on saving lives, lobbying for legislation changes, advocating for animals, and educating the public. We hope one day that all our efforts and programs will be obsolete, but until then we will keep pushing forward and saving as many lives as we can.


To find out more about Chances, or to donate or volunteer, please visit our website at Facebook (www.facebook.com/chancesrescue) or our website (www.chancesrescue.org).

Barbara Pennington
Sales Manager
ACE STEEL SUPPLY
Save a Life – Adopt a Homeless Dog!



Material Costs – November 2019

↔ **Stainless sheet:** Prices steady. Surcharge down

 **Hot Rolled:** Prices low - buyers' market

↔ **Galvanized sheet:** Prices steady

↔ **Cold Rolled:** Prices flat

 **Domestic 60" Galvanized:** Prices down slightly

 **Carbon Plate:** Prices declining

Total Active U.S. Rig Count (BAKER HUGHES a GE company)

Date	Total Rigs 2018	Total Rigs 2019 (Wk./Wk.)	Oil (Wk./Wk.)	Gas (Wk./Wk.)	Misc. (Wk./Wk.)	Ratio (%) Oil/Gas/Misc.
10/25/2019	1,068	-21 830	-17 (696)	-4 (133)	0 (1)	84 / 16 / 0



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