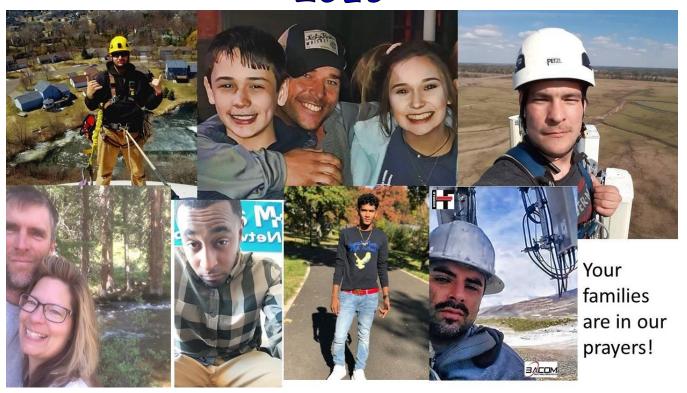


For Families. For Safety. For Advocacy.

Learn to do right; seek justice. Defend the oppressed, Take up the cause of the fatherless, plead the case of the widow ~~~ Isaiah 1:17

2019 4th Quarter Newsletter

Remembering Who We Have Lost in 2019



Top Left, Andrew Welch; Top Middle, Christopher Hawkins; Top Right, Devon Collins Bottom Left, Kevin Wright; Bottom Middle Left; Devon Smith, Bottom Middle Right; Lakeram Karenjeet, Bottom Right, Joel Miller

Please continue to hold these families in your prayers. Grief never takes a break, and grieving is different for each person. We never truly get over the loss of the ones we love, we just learn to navigate life around that loss.

Let's make 2020 a year of zero fatalities. Check your gear, check your brother's and sister's gear, be careful, refuse to work unsafe sites, and report violations. The life you save might be your own, but it also might be another brother or sister in the industry.

Winton Wilcox – A Telecom Icon

Another telecom legend passed this year. Along with thousands of others, we mourn the loss of Winton Wilcox. A friend to Mr. Wilcox, safety trainer, and a friend to Hubble Foundation, Amber Mamp, shared her perspective.

"I just want to take a second to share this with those of you that knew this man. He will be greatly missed and has surely left a mark on this industry, as well as this old tower gal.

I went to Winton right after the death of a friend that worked with me. I had about 7 years of tower experience in me at the time, I thought I knew some stuff, so this was just some card I had to get so I could get back to work. I went into my first Comtrain class cocky and skeptical. In walked this 3-piece suit, cowboy hat wearing, twig. I was like, oh wow here we go.

Winton changed me more in 4 days when it came to how I looked at safety than any other training or person has since. He made me realize how important every individual that walks through that door is. He offered advice and assistance long after my class was over and my money that I paid him was spent.

I kept close tabs on Comtrain after taking several other courses, but I had gotten the most guidance from Winton's teachings.

I will never forget how much it meant, and still means to me, that Winton was willing to take a chance on me joining the team at Comtrain, even though I knew the odds were stacked against me just for being a female. Winton saw past that and praised my efforts to become a driven safety trainer and to make a difference in the tower industry just as he did. I will never hold a candle to you on this one old friend, but I can give credit where it's due and you sir, deserve just that. Thank you for everything and rest in peace old friend!

click the title of this page to link to the Wireless Estimator Story about Mr. Wilcox

- Amber Mamp
Comtrain Instructor & Tower Technician

The Struggles of a Single Parent Widow...

By Cadie Waddell, Widow of Kenny Waddell (9/29/2018)

Things that I have learned since becoming a widow......

There are a lot more widows and widowers in this world than I realized about 3.47 million widowed men and 11.41 million widowed women just in 2018 alone. Until you have joined the club you don't really think about it as much. But one day everyone is going to experience a loss it is inevitable, some at a younger age and some at an older age either way loss is loss and it HURTS.

people who were once there for you and around all the time aren't all there anymore, but that's okay....some people walk into your life after the unspeakable death of a spouse and you become closer to them than you ever were to the people of your past. Don't dwell on those who aren't there instead reach for the ones who are because most of the time they are going to be the ones to handle you at your lowest moments and make you laugh when all you have done is cry.

Being a SINGLE/WIDOWED parent is HARD. It doesn't matter what age your children are, it is HARD! Any parent who has to watched their child/children go through something unimaginable and not be able to fix it or even console them is breaking and earth shattering. It's like beating your head against a wall that never breaks. The exhaustion and toll it takes on your body are not fun at all. Grief can cause health problems that were never there to just pop up or they can't make problems you had before rear their ugly head and become worse. You can only run so much on COFFEE before your body stops you and you just rest.

GRACE, it's something we so rarely give ourselves but we so badly need to. Our worst critics are ourselves, we think so many people around don't care or they avoid us and you know maybe they do but instead of being hard on yourself and wondering what you are doing wrong give yourself GRACE because no matter how hard you try you cannot do it all or make everyone else happy. It is okay to be mad, sad, numb, and just a complete mess. It's okay to find happiness in small moments.

When I am sitting quietly at night, I find myself talking to myself A LOT. But the

conversations I have are never with myself. I always no matter what mood I am in find myself talking to GOD (YES AND SOMETIMES YELLING AT KENNY TOO) but I know even when I feel alone that I am not. I beat myself up because I haven't gone to church in a long time, it's hard walking into a place that every Sunday I use to go to with Kenny. It's hard seeing others couples sitting together.

The TRIGGERS are everywhere church, the grocery store, the house, the school, in town, out of town. You name it and something somewhere triggers you and it all comes crashing down. GRIEF should NOT be compared. Instead be there for each other, do not minimize someone else's loss because of your own. It is PAINFUL any way you look at it. GRIEF is messy.

EVERY DAY IS A CHALLENGE, going to sleep sounds so good because it's like those hours are full of silence or so you hopefully pray for, but are mostly full of tossing and turning or kids waking up and there no one to turn to and say honey can you get them please I just got the others to sleep. waking up every day is a blessing but also a challenge because you are faced with GRIEF ALL OVER AGAIN. But once again give YOURSELF GRACE because you made it through one more day even if that day was hectic and you didn't think you would make it.

THANK GOD you made it because without him you wouldn't be here.

Thank you for allowing us to share your experiences Cadie! We love you and the kids

- xxoo - Bridgette



End of 2019 Totals & Tax Information

- We will be tallying up everything for the end of 2019 as we move through January. I DO know that we have surpassed the goal of \$60,000 for 2019!
- If you donated through Facebook, and it was less that a \$250.00 single contribution, Facebook should send receipts to the email linked to your account. If you did not get one, but you need a receipt from us (and the total was less than \$250.00, call me, and I will get you what you need.
- All letters for donations will be mailed no later than 1/31/2019.
- Information about tax letters:
 - Before you can claim a charitable deduction on your taxes,
 - Per the IRS, we will mail out a letter for any single contribution of \$250 or more.
 - Per the IRS, we will mail out a letter for anyone who received goods or services in exchange for a single payment in excess of \$75.

Here is a <u>link</u> for other information should you need it regarding donations. If you have any questions, please call me at 256-506-3354



2019 Scholarship Update

In 2019, we awarded TEN scholarships!! Congratulations

(2) Rosie Govea, daughter of Jesus Govea (2012)

Bailey Waters, daughter of Clinton Waters (2009)

Taleea Smith, daughter of Namon Smith (2013)

Brooke Dupree, daughter of John Dailey (2013)

Danny Remington, son of Dirk Remington (2009)

Ethan Vaughn, son of Jayson Vaughn (2002)

Emma Salazar- T-Ball Scholarship, daughter of Sammy Salazar (2015)

Alex Fortado, daughter of Daniel Arnold (2005)

Ashley Combs, daughter of Jeremy Combs (2008)

Keep up the good work!

News & Information

Help Me Find Your Family

Help me get to your family faster in the case of an injury, or the unthinkable. Go to the link below and provide the information. I WILL NOT spam you, or share your information!

This is solely for us to be able to find your family in the event of an emergency!

https://www.hubblefoundation.org/contact

Need an OSHA 10/30 trainer?!

Call or email me, let's get it set up!

Dr. Bridgette Hester

256-506-3354

bridgette@hubblefoundation.org

REGISTER NOW FOR THE 5TH ANNUAL GOLF TOURNAMENT!



CLICK HERE TO REGISTER, SPONSOR, VOLUNTEER, OR DONATE!

A Hubble Christmas 2019!



You all really stepped up at Christmas this year. Presents were taken care of in record time, and each family that needed a little assistance received a massive outpouring of love from our supporters!

THANK YOU FOR YOUR DEDICATION TO MAKING CHRISTMAS A LITTLE BRIGHTER!





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