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ABWA Express Network
American Business Women's Association

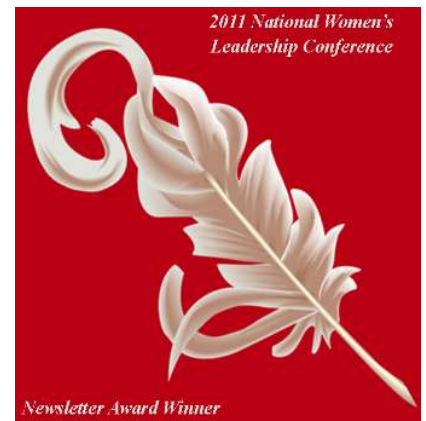
2011 ABWA National Newsletter Award Winner

And the award goes to.....Cy-Fair Express Network for the 2011 National Newsletter!

Congratulations to newsletter editor Dana Ashrawi and the entire CYFEN membership for an unbelievable honor. 2011 was the first year that CYFEN received the Regional Newsletter Award so to achieve National Award status is a dream beyond belief. This is yet another example of the awesome energy that CYFEN creates among its members. If you have not read all of the 2010-2011 CYFEN News newsletters they are available on WIN in the CYFEN library folder "Newsletter".



2010-2011 ABWA National President Lynn Drowne with Darlene Hajduk and Anya Lucas.



CYFEN is the proud recipient of the HAC Excellence in Achievement Award for the third quarter of 2011. CYFEN was recognized for the Flash Mob which benefited Reach Unlimited. What a better way to celebrate a great event! The award was presented by HAC Vice Chari, Gaylyn DeVine to CYFEN HAC Delegate Pandora Hernandez, Michelle Becker and Debbie Berry.

The Mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

President's Letter

What Is 'Active' Networking?

I was speaking to a member recently who is fairly new to networking and I was explaining that networking is a contact sport—that it requires you to get out there and actively and strategically build relationships. She asked me, “**Well, what advice would you give me? How do I get involved? . . . What defines 'active' networking?**”

This is actually a great question because it opens up a discussion about not only 'active' networking but also about 'passive' networking.

Actively networking with others means you invite those people to one or more of the networking organizations you belong to, carry several of their business cards with you all the time, and above all, refer them whenever you have an opportunity to do so. Active networking also means having a reciprocal relationship with others.

We prefer doing business with people who do business with us. Why give your business to someone who's not willing to return the favor? There are hundreds, maybe thousands, of competent, dependable business

professionals in the Cy-Fair area who provide any given product or service. They don't have to buy something from you to reciprocate. They can join CYFEN, carry your business cards, or simply refer you to people looking for your product or service.

Passively networking with others means that you use them as a resource occasionally but for some reason cannot actively network with them. It may be because they represent a narrow market where you have no way of assisting. Perhaps they've told you they're not interested in participating in any networking organizations like CYFEN. Maybe they're located too far away to refer to them regularly.

Now that you know the difference between active networking and passive networking, strengthen your networking strategy by making it a point to:

1. Inform members of your information, support, and referral network components.
2. Spot the voids and weaknesses in your networking, and work to improve it. Make it a goal to take a networking class. Education is always a smart

investment in your networking future.

3. Attend the November CYFEN luncheon and bring a guest. This is our membership drive and networking education month. Your guest will look favorably on you, as they make connections and have the opportunity to get in front of 60-70 *new* decision makers and tell them about their business.

Sincerely,
Darlene



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Cypress, TX 77499

2011 Holiday Charity

The Santa's Wish List Program

Child Advocates, Inc.'s Santa's Wish List program provides new Christmas gifts and clothing for children served by the organization, who have been victims of life-threatening abuse or neglect and — as a result — been placed in protective custody. The Santa's Wish List program makes the Holiday season brighter for Harris County's littlest victims.

Frequent Wishes:

All Ages:

Bicycles & Winter Jackets

Younger Children:

Dora the Explorer, Spider Man, Spongebob, board games, craft kits, Legos, Zhu Zhu Pets, Dolls, Barbies, Remote Control Cars

Babies:

New Clothes, Car Seats, Diapers, Strollers, Toys

Teenagers:

Gift Cards – Old Navy, Target, Gap, Academy, Hollister, Forever 21, Wal-Mart, Best Buy, Apple
Ripsticks/Skateboards,
Ipods/MP3 players, Bath and Beauty Products, Nintendo DS and Games, Art Supplies

Please bring your donation to the November 17th CYFEN Networking Luncheon.

childadvocates®

2011 National Women's Leadership Conference Speakers

Opening Session

Pam Peterson – Accomplished singer, actress and fitness professional. Pam helped us put ZING back in our lives and helped us kick off the first day of the Conference.

Hand of Friendship Luncheon

Dr. Gloria Burgess - A world-community leader, master teacher, poet, performing artist, and organizational practitioner - shared her story of GRITS (girls raised in the south) and living a legacy. Her true-life example of legacy was about her father who always dreamed of getting a good education even as a little boy and during a time before integration was mandated.

Friday Morning Session

Cary Mullen – Olympian, World Cup Champion, Motivational Speaker and Author of "The Champion Within", shared success strategies from the high performance world of sport, teaching us how to take our game from where it is today to the next level in both business and in life.

Saturday Morning Session

Kelly McDonald - Marketing and advertising expert. Author of "Pitfalls and Dangers of Social Networking". She educated us on what we need to do to protect our business today and tomorrow to harness the power of social media while minimizing or eliminating the pitfalls associated with it.

Hospitality Committee

Holiday Party
Friday, December 2nd
6 pm to 9 pm

Barb Kelley's Home
 15226 Chimney Hill Circle
 Houston, TX 77095

Copperfield Place/off Cherry
 Park/Hwy. 6

RSVP:

barbkelly@cbunited.com

September Business Spotlight Highlights

Proline Supply Company

We are proud to partner with customers to create award-winning promotions for some of the biggest names in business and industry. We will make you look like a million dollars! Give us a try today.

Darlene Hajduk

713-939-9730

dhajduk@prolinesupply.cc

<http://www.prolinesupplyco.com/>



Cy-Fair Houston Chamber

We represent businesses in one of the fastest growing areas of Texas. For over 25 years, the Cy-Fair Houston Chamber of Commerce has provided a collective voice for our 500+ members.

For membership information please contact us today!

Paula Harvey

281-373-1390

paula@cyfairchamber.com

<http://www.cyfairchamber.com/>

October Business Spotlight Highlights

Mobie Eco

We are a Licensed Wholesaler of the Ultimate Cloth[®] with patented MiraFiber technology. One-step cleaning that replaces harsh chemicals, cleaners and paper towels using nothing but water! Ultimate Cloths leave a guaranteed streak-free, lint and dust-free finish every time and have a 5-year guarantee!

832-277-4744 or lynda@mobieeco.com

www.mobieeco.com



Mary Kay

Sales Director Debbie Berry has been helping women put their best face forward for over 16 years. She offers complimentary facials and glamour makeovers, as well as a great gift-giving service. She is always looking to share the incredible opportunity of owning your own Mary Kay business. 713-466-0330
www.marykay.com/deborahberry

ABWA 2011 National Women's Leadership Conference



Phyllis Oustifine, Anya Lucas, Kelly Norton, Diana Saufley
Regan Armstrong and Donna McCarty



2011-2012 ABWA National President Tina Gandy & Anya Lucas



Best Practices Award Night
Regan Armstrong, Kathi Schmidt, Leslie Martone, Phyllis Oustifine,
Anya Lucas, Diana Saufley, Donna McCarty, Kelly Norton and
Darlene Hajduk



2011 National Newsletter Award Winner
Darlene Hajduk, 2010-2011 ABWA National President Lynn
Drowne and Anya Lucas

2012 Cy-Fair Women's EXPO

Save the Date April 26, 2012 for the 2012 Cy-Fair Women's EXPO! Our 2012 EXPO Chair is Anya Lucas. The EXPO committee is forming and we are looking for a few good women and men to help organize the premier networking event of Cy-Fair. Last year's event was a huge success and this year will only be better. Our title sponsor, North Cypress Medical Center will be back

and we couldn't be happier! Profits from our EXPO help to fund many CYFEN projects including conference reimbursements. Check the calendar for the next meeting date and time and we look forward to having you join the committee! For information about volunteering please e-mail Anya Lucas at ExpoChair@cyfen.org.

JILL's MARKETING MINUTE!

Remember that you can use the CYFEN Facebook page to announce things going on with your business or with your life. Having an open house or is your favorite non-profit having a fund raising event? Please let us know so that we can add it to the events.

Chamber Report

Dr. Mark Henry, Superintendent, CFISD was the guest speaker. He addressed the state of the district, with an overview of the districts growth, achievements, and financial hurdles. Student enrollment for September 2011 was 107,995. CFISD is the 25th largest in the nation and the 3rd largest in the state. The 2011 TAKS scores were outstanding, with more than a third commended in every category. The year the district is implementing a new state mandated test, STAAR, State of Texas Assessment for Academic Readiness. This year the district received 5 Star recognition from the state comptroller which is only awarded to 3.5 % of Texas school districts. Lastly, Dr. Henry addressed support from the community and recognized the 2,477 business partners, the 20,006 volunteers, and the \$53 million awarded in scholarships last year. You can read more on the state of the district at www.cfishd.net.

Shawna Milne,
Cy-Fair Houston Chamber Delegate

October HAC Report

Guest speaker Kay King showed her designs from the last 50 years and how she has been an influence to the Houston fashion industry. She was an educator and administrator at Houston Community College and has inspired generations of students. Kay's philosophy is "I believe in living life to the fullest and I believe in taking risks to accomplish what you want to accomplish."

Grace Pary of WINGS Chapter shared her experience from the ABWA National Conference. Next, the Excellence in Achievement Award was given to CYFEN for their Flashmob Dance at Vintage Park on August 3, 2011. The \$480 raised went to benefited Reach Unlimited, which educates, employs, and houses adults with disabilities.

Next, Officer Elections for the 2012 Council Board were held:
Chair - Katherine Ebel, Tomball Chapter
Vice Chair - Dr. Melanie Brown, HAPPEN
Communications Officer - Grace Pary, WINGS Chapter
Financial Officer - Michelle Becker, CYFEN
2011-2012 ABWA National President, Tina Gandy installed with new officers. She also shared the history of HAC and how to continue the growth. Meeting closed with announcements and passing of the gavel to the new board.

Pandora Hernandez,
CYFEN HAC Delegate



September New Member Installations
Ellen Olive and Paula Harvey
with VP of Membership
Elizabeth Hilbun

SAVE THE DATE**NEW MEMBER
ORIENTATION**

January 26, 2012

Immediately following the
Luncheon (1-2pm)

2011-2012 CYFEN Mentor Committee
Jessica Smith - IBERIABANK
Debbie Berry - Mary Kay Cosmetics
Donna McCarty - Habu Graphic Designs
Anya Lucas - Lucas Car Care
Sharon Calvert - Grand Venture Travel

Please contact Jessica Smith @
jessica.smith@iberiabank.com or call me
at 713-624-879 if you are interested in
becoming a Mentor!!

CYFEN Does Project Pink



President-Elect Melissa Rotholz & Past-President Anya Lucas work the runway!



North Cypress Medical Center Project Pink Team
CYFEN Members Kaci Hancock, Stacy Thornton, Kelsey O'Dell



CYFEN Member Ellen Olive

November Membership Drive

SAVE THE DATE

Networking - Professional Development - Lunch

Thursday, November 17, 2011
REGISTER ONLINE AT WWW.CYFEN.ORG
Call 713.939.9730 for more information

Sandler Training

and the Cy-Fair Express Network™

present:

“Networking for the Faint of Heart”

By the end of the program, you'll learn:

- * The first step 90% of professionals miss
- * Which is more important-interested or interesting?
- * 5 easy conversation starters
- * Steps to creating an intriguing 30 second commercial
- * How to avoid the #1 reason networking fails

Speed Networking Session with 50 professionals to practice your new skills! Fun for even the shyest wallflower!

Sterling National Country Club
16500 Houston National Blvd
Houston, Texas 77095
11-1pm

Admission: \$40 with advance reservations,
\$50 at the door; includes luncheon, meeting, networking.
Members: \$25 with advance reservations, \$30 at the door.



Birthdays & Anniversaries

DECEMBER

8th - Bambi Kocian
 12th - Joyce Berube
 21st - Phyllis Oustifine
 28th - Ellen Olive

JANUARY

8th - Jill Manty
 10th - Dana Ashwari
 17th - Donna McCarty
 23rd - Laurie Roberts
 25th - Sharon Calvert

NOVEMBER

Connie Inmon - 1 year
 Heather Leung - 1 year
 Frank Sheehy - 1 year
 Laurie Roberts - 1 year

DECEMBER

Joyce Berube - 3 years
 Mary Ann Landry - 1 year

2011-2012 Leadership Team

Executive Board



President
 Darlene Hajduk
president@cyfen.org



VP of Programming
 Leslie Martone
program@cyfen.org



President-Elect
 Melissa Rotholz
president-elect@cyfen.org



VP of Membership
 Elizabeth Hilbun
membership@cyfen.org



VP of Finance
 Michelle Becker
finance@cyfen.org



VP of Communications
 Lynda O'Donnell
communications@cyfen.org



VP of Marketing
 Jill Manty
marketing@cyfen.org



Past President
 Anya Lucas
past-president@cyfen.org

VOLUNTEERS & HONOREES

CYFEN Committee Chairs

EXPO: Anya Lucas
Scholarship: Diana Saufley
Mentor: Jessica Smith
Hospitality: Barb Kelley

CYFEN Representatives

ABWA Houston Area Council:
 Pandora Hernandez

Cy-Fair Houston Chamber:

Shawna Milne

FHPW:

Regan Armstrong & Jill Denson

CYFEN 2011-2012 Honorees

Woman of the Year: Anya Lucas
Top Ten: Regan Armstrong
WoE: Diana Saufley

ABWA Annual Theme 2011-12

Hummingbirds can fly forward or backward with ease. Let's use this as a reminder that we can "fly backward" and appreciate our past, as women and as members of ABWA. We can also "fly forward", carrying the lessons and experience of our past as we seek to define our future together. Hummingbirds are known to wing their way as far as 2,000 miles to reach their destination. This reminds us to be persistent in the pursuit of our dreams and to adopt the tenacity of the hummingbird.

Hummingbirds are tireless, always seeking out the sweetest nectar. In some Native American cultures, hummingbirds are emblems of timeless joy and the nectar of life. They remind us to forever seek out the good in life and the beauty in each day. Let the hummingbird remind us all that this year's theme is to "Share the Past, Build the Future" of ABWA.

Calendar of Events

CYFEN & ABWA EVENTS

November 17 – CYFEN Membership Drive

Sandler Training – *Networking for the Faint of Heart*
11:00 am to 1:00 pm
RSVP By November 11th www.cyfen.org

November 28 – EXPO Committee Meeting

12:00 pm to 1:00 pm
Goode Company Barbeque

December 2 – CYFEN After Hours Event

Hospitality Committee Holiday Party
6:00 pm to 9:00 pm
15526 Chimney Hill Circle
Houston, TX 77095

December 15 – CYFEN Holiday Party

Gift Exchange \$20.00 value
11:30 am to 1:00 pm
RSVP By December 9th www.cyfen.org

December 19 – EXPO Committee Meeting

12:00 pm to 1:00 pm
Goode Company Barbeque

January 9 – EXPO Committee Meeting

12:00 pm to 1:00 pm
Goode Company Barbeque

January 26 – CYFEN Monthly Luncheon

Karen Cavallaro – Small Business Development Center
Lone Star College-CyFair
11:30 am to 1:00 pm
RSVP By January 20th www.cyfen.org

January 26 – HAC Quarterly Meeting

5:30 pm to 8:00 pm
Sheraton Four Points
10655 Katy Freeway Houston, TX 77024
RSVP: hospitality@abwahouston.org

CYFEN meetings are on the 4th Thursday (5th in September this year, 3rd in Nov. and Dec.) at Sterling Country Club at 16500 Houston National Boulevard, Houston, TX 77095. The cost is \$25 with RSVP, \$30 at the door. Register at <http://www.cyfen.org>.

MEMBER EVENTS

November 3 – Annual Mobility Forum Cy-Fair Houston Chamber of Commerce

Speaker: Ned Holmes, Commissioner
Texas Transportation Commission
10:30 am – 2:00 pm
Tickets \$60.00 Casey Cargle at (281) 373-1390 or
casey@cyfairchamber.com

November 15 – Cy-Fair Chamber of Commerce

General Membership Luncheon
11:30 am to 1:00 pm
Northwest Forest Conference Center
12715 Telge Rd, Cypress, TX 77429
RSVP: staff@cyfairchamber.com

December 13 – Cy-Fair Chamber of Commerce

General Membership Luncheon
11:30 am to 1:00 pm
Northwest Forest Conference Center
12715 Telge Rd, Cypress, TX 77429
RSVP: staff@cyfairchamber.com

January 17 – Cy-Fair Chamber of Commerce

General Membership Luncheon
11:30 am to 1:00 pm
Northwest Forest Conference Center
12715 Telge Rd, Cypress, TX 77429
RSVP: staff@cyfairchamber.com



ABWA's Proud Code of Conduct

1. All members will serve as goodwill ambassadors for the American Business Women's Association.
2. Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
3. Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
4. Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
5. Members will not use their personal power to advance their personal interests.
6. Members will strive for excellence in their professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.



CYFEN Contact Information

Darlene Hajduk, President
 Cy-Fair Express Network
 P.O. Box 1473
 Cypress, TX 77410
 Email: info@cyfen.org
 Website: www.cyfen.org

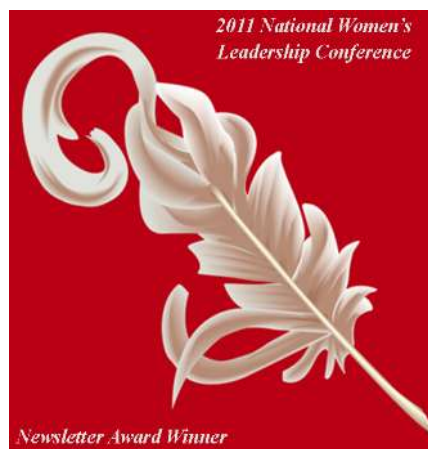
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An Express Network[®]
 of the American Business
 Women's Association

Founded 2003



CYFEN Awards and Honors



WIN is THE place to get useful online training for women in business. CYFEN encourages members to register on www.abwa.org and access the powerful WIN portal. We hold a drawing for prizes for WINners each month. WIN is where you can find meeting minutes, under the Team Library tab.

CYFEN News is published in September, November, January, March, May, and July of the membership year. Visit www.cyfen.org for advertising form, payment and submission deadline.

CYFEN News
 PO Box 1473
 Cypress, TX 77410
 Anya Lucas, Editor
past-president@cyfen.org
 Beginning August 1, send requests and ad art to:
newsletter@cyfen.org

