




Cypress, TX

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



inside this issue:

President's Letter	2
CYFEN Heart Walk	2
WOE Gala & Spotlights	3
Flashmob & FHPW Report	4
HAC & Chamber Report	5
Marketing Minute & Mentor Moment	5
ABW Day & Sandler Save the Date	6
Anniversaries & Birthdays	6
Leadership Team	7
Calendar of Events	8
ABWA & CYFEN Information	9



2010-2011 BEST PRACTICES Level II

Dear CYFEN President:

Congratulations to you and the members of your award winning ABWA Team, as you reap the rewards for your hard work and perseverance. By achieving ABWA's standards of excellence in group management, your chapter/network has earned the prestigious Best Practices Award for 2010-2011.

Great achievements require vision, persistence, talent, hard work and risk. All that deserves serious recognition at this year's National Women's Leadership Conference, where all the

members of your group who are present will be invited to appear on stage.

Again, congratulations for creating a "Place to Be" for working women of your community who are interested in learning new skills, acquiring new knowledge and experiences that will support them in achieving their professional goals.

See you in Irving!
René Street
Executive Director
American Business Women's Association



The 2011-2012 CYFEN Executive Board welcomes you to a new ABWA year! We have an amazing year planned for our membership and our community. Thank you for being a part of the future.

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

It is that time of year when I find myself charged with the task of writing my very first President's message for the upcoming CYFEN newsletter year. It has now been almost 10 years since our birth as a network. I have taken mouse and keyboard in hand to translate my observations, thoughts, insights and wishes for the future of CYFEN!

Days Past:

Speaking as an "old timer," it seems like it was just yesterday that we had our first Women's Expo, we were trying to figure out WIN on the ABWA site, putting together the CYFEN website and inducting the first male member! It is hard to believe that this time has passed! I have many wonderful memories and made many lasting friendships. I have seen tremendously talented business people walk through the doors, some of which I have had the fortune to be mentored by. Some members have gone onto new beginnings and some have returned! (We are hard to stay away from, apparently!). We enjoy sharing experiences regarding family, business and networking; what works what does not, and we do it with the support of 50 other members. Many of the current members are responsible for putting us in this forward growth pattern, through hard work, dedication and sacrifice.

Our Network is definitely now on the map, having achieved many accomplishments over the last few years. We have qualified for LEVEL 2 Best Practices two times, won the Regional Newsletter Award and involved the local

CY-Fair community in our chapter through Facebook, expos and fundraising. And, let's not forget, we also had a dance lesson at a luncheon! But, more importantly, we have learned together. From conferences, to speakers, to professional one-on-one mentoring, we are a better, more diverse and well-informed group, making better decisions regarding the future.

Our Future:

I am very excited to announce that for 2011, we have formed a Scholarship committee, Hospitality Committee and are improving the Mentor Program for new members. Better networking, social media marketing and improvements to our website will be a focus. After 2 successful Expos, we have identified new potential ideas for making the Cy-Fair Women's Expo an even bigger value for our attendees and vendors. And, at year's end, we will begin the planning phases of our 10th Anniversary Celebration.

I feel we are ready to begin the process of pinpointing what will make the chapter a more attractive part of the Cy-Fair business landscape and a professional development resource for all.

In closing, I would like to thank all of you who have given up your time, willingly and unselfishly, to promote the best interest of our network. Without your support, today would not be possible. Many thanks to: our Past Presidents, past Board members, our Committee Coordinators, our Expo Committees,

Delegates and all the volunteers who make the monthly meetings and events happen so seamlessly. Finally, I want to SHOUT OUT to my fellow board members who, along with me, have dedicated themselves to the ABWA mission for the next year.

What once was a dream and seemed so far away, is so much easier to see with each passing year.

Sincerely,
Darlene



SOLARIS STUDIOS EXECUTIVE HEADSHOT DAY

September 29, 2011
Houston National Golf Club
10 am – 2:30 pm

\$75.00

Reserve Here:

<http://solarisstudios.com/events/event/head-shot-day-at-sandler-training-2/>

CYFEN MIXER October 22, 2011

It's time to join the **CYFEN Heart Walk Team!** It's easy and fun!

- 1) Click on this link: [CYFEN Heart Walk Team](#)
- 2) Click on "Join our Team" at the top
- 3) Accept the User Agreement and follow the registration instructions

You can donate there with a credit card and create your own web page to start gathering donations yourself! We

will be walking as a group (there is a 3k and 5k option) and you can invite as many family and friends as you would like! The bigger our group the better!

CYFEN has a very big heart....so our goal is to have all CYFEN members registered on the site and either walking, fundraising, or both! I am certain we can raise at least \$7500 and impact lives all over Houston! If you have any problems signing up, please contact Melissa Rotholz at president-elect@cyfen.org.



2011 Woman of Excellence GALA

The theme for the 2011 FHPW Woman of Excellence Gala was “Black and White and Red All Over” and it was a night to remember! Diana Saufley, CYFEN’s 2011 Woman of Excellence was a vision in red. Also in attendance supporting Diana’s night were CYFEN members Anya Lucas, Regan Armstrong, Phyllis Oustifine and Lynda O’Donnell. There were 33 honorees presented in addition to the FHPW Educational Fund scholarship recipients. The night was full of celebration, networking and fundraising. We could not be more proud of our Diana!



July Business Spotlight Highlights

Catechis, Campbell & Associates

Established in 1983 as a full-service real estate appraisal firm specializing in residential appraisals, with a desire and ability to answer all your appraisal questions. You can find out more about CC&A by contacting Windee Falla at w.falla@sbcglobal.net or online at <http://www.cca-appraise.net/Home>.



Cool Hands Air

If you need an HVAC contractor the professionals at Cool Hands Air are here to help install, repair, and maintain your system for your residential or commercial space. You can find out more about Cool Hands Air by contacting Kristin Lybarger at Kristin@coolhandsair.com or online at www.coolhandsair.com.

August Business Spotlight Highlights

COMPOUNDING SOLUTIONS

Compounding Solutions is a Pharmacy specializing in customized medications for individual patients and customers needs, with an expertise in Natural Bio-identical hormones for women and men. hormone imbalance, weight loss and anti-aging products. For more information contact Nirvana Hightower, RPh at compoundsolution@sbcglobal.net.



NORTH CYPRESS MEDICAL CENTER PROJECT PINK 2011

The marketing department of North Cypress Medical Center shared with us the details of the upcoming Project Pink event supporting Breast Cancer awareness and research. For more information please contact Kaci Hancock at Kaci.Hancock@NMC-Hospital.com.

August CYFEN MIXER – REACH FLASHMOB



HAC President Debbie Holliday and Anya Lucas



Fearless Leaders Darlene Hajduk & Anya Lucas



CYFEN Members and Friends



Reach Participants

July FHPW Quarterly Meeting

The July 25th Quarterly meeting was titled An Evening of Celebration and began at 6:00 pm at the HESS Club, Houston, TX. Business items discussed were: April 2011 minutes approved, treasurer's report presented, request to update and correct membership roster, upcoming event Leadership Launch October 4th. October quarterly meeting will be held October 25th. WOE Gala update: Silent Auction committee looking for single big ticket items versus baskets of lower valued items, Auction

Donor Forms, Souvenir program form and Gala Sponsor forms provided at each table. 34 Women of Excellence were present and each were introduced by their organization representative. Door prizes were awarded and then the meeting adjourned at 8:30 pm. Vendors were available for shopping after the meeting.

Jill Denson,
FHPW Delegate



Anya Lucas & 2011 WOE Diana Saufley

JILL'S MARKETING MINUTE!

Make sure to stop by **CYFEN's Facebook** page and visit with fellow members during the month. Have an event, a product or some great business news to share? Remember that you can add it to the Facebook page by posting a message on the Wall.

August CyFair Chamber Report

At the August Chamber Luncheon, Dr. Jack Neal, Strategic Technology Advisor, with Exxon Mobil was the guest speaker. Dr. Neal discussed Exxon Mobil's outlook for energy to 2030. The outlook considers economics as well as energy. Dr. Neal noted that changes in societies, changes in population and changes in the standard of living all affect energy demand. For example, Dr. Neal stated, "The worlds' population is expected to grow to 8 billion people from approximately 7 billion in the coming decades, and populations statistics are the backbone of energy demand. Exxon Mobil will be meeting the energy challenge with new technology, which includes directional drilling, algae biofuels, and sour gas processing. The outlook in its entirety, can be found at: http://www.exxonmobil.com/Corporate/energy_outlook_view.aspx.

Shawna Milne,
Chamber Delegate

July HAC Report

The July Houston Area Council meeting for 2011 featured speaker Christine Noble. Christine informed us on how to keep computers safe during hurricane season. A few of her tips were as follows: Back Up, Back Up, Back Up frequently and remotely. She highly recommended carbonite for home pc. Install emergency lights, inscription software for laptops since 1.5 million laptops are stolen every year. Christine can be reached at chris@marnoble.com for further questions.

Marilyn Sander then spoke to us about ABWA Ambassador Program. Ambassadors advocate and communicate chapter missions and should be used as a resource for chapter and express networks. The Greenspoint Chapter won the HAC Quarterly Achievement Award for their Business Associate Event. Marilyn Sander and Debbie Berry accepted the award on behalf of Greenspoint. Several Chapters and Express Network Events were announced. Finally, Myrleen Knot recapped the upcoming 2011 National Women's Leadership Conference in Irving, TX Sep. 22-24. The evening closed with fabulous door prizes and a 50/50 cash drawing.

Pandora Hernandez,
CYFEN HAC Delegate



July New Member Installations
Kelly Norton with Kristin Lybarger, Windee Falla and Donna McCarty

MENTOR MOMENT

August we held our very first CYFEN Member Orientation! It was very informative and a great way to share our ideas and our experiences we've had throughout CYFEN and learned about all the great opportunities that are available. Thank you again to everyone that attended and we invite you to our next New Member Orientation on Thursday January 26th, right after our luncheon.

- 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!!

grat-i-tude

\grat'-i-tood'ʌn. **tate of being grateful** a k

the state of being grateful: thankfulness

No matter how you define it, there are never enough words to express "thanks" for our tremendous CyFen customers. In this spirit of appreciation, we want you to know we are grateful for your kindness, your friendship, and the business you have provided to us and how you support the success of our company.

We wish you a prosperous quarter!

Fondly,
Darlene, Lili and Veronica

American Business Women's Day



A TOAST TO
you
IN HONOR OF AMERICAN
BUSINESS WOMEN'S DAY—
SEPT. 22, 2011!

ABWA
AMERICAN BUSINESS WOMEN'S ASSOCIATION

The American Business Women's Association was founded on September 22, 1949. One of the most historic events affecting ABWA was the proclamation of Sept. 22 as American Business Women's Day. Enacted in 1983 by a joint Congressional resolution and the signature of then-President Ronald Reagan, the proclamation recognized all working women. In recognition of ABW Day, we propose a toast to working women everywhere—to our past, present, and future success!

Hospitality Committee

Heart Walk T-shirt Logo Contest

Design a logo to go with the slogan--**CYFEN has Heart!**

Submission Deadline is Friday, September 30th

Judging to be done by the Hospitality Committee and Board of Directors

Winner receives a free t-shirt and \$50 VISA gift certificate


Email Submission to:
president-elect@cyfen.org

November Membership Drive

SAVE THE DATE
Networking - Professional Development - Lunch

You're Invited!

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

OCTOBER

- 1st – Regan Armstrong
- 10th – Kim McCully
- 21st – Lynda O'Donnell
- 21st – Dee Grady

NOVEMBER

- 6th – Melissa Rotholz
- 10th – Sonja Rucker-Hines
- 20th – Diana Saufley
- 21st – Dee Grady

SEPTEMBER

- Angila Ervin – 14 Years
- Diana Saufley – 5 years
- Dee Grady – 2 years
- Laurie Roberts – 1 year
- Jill Manty – 1 year
- Elizabeth Hilbun – 1 year

OCTOBER

- Shawna Milne – 2 years
- Sharon Calvert – 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:** Available
- Scholarship:** Diana Saufley
- Mentor:** Jessica Smith
- Hospitality:** Barb Kelly

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

September 22 – ABW Day

September 22-24 – ABWA Conference 2011 National Women's Leadership Conference

Las Colinas Convention Center, Irving, TX
Registration available at www.abwa.org

September 29 – CYFEN Luncheon

Networking & Conference Review
11:15 am – 1:00 pm
RSVP By September 24th www.cyfen.org

October 4 – FHPW Leadership Launch

Details: Connie Smith mmpfb@msn.com or
832-563-8206

October 22 – CYFEN MIXER

American Heart Association Heart Walk
Lone Star College Cy-Fair
8:30 am

October 24 – FHPW Quarterly Meeting

5:30 pm to 8:30 pm
H.E.S.S. Club, 5430 Westheimer, Houston, TX, 77056
\$30.00 with Reservation
RSVP: reservations@fhpw.org

October 27 – HAC Quarterly Meeting

5:30 pm to 8:00 pm
Sheraton Four Points, 10655 Katy Frwy, Houston
Members \$28.00, Non Members \$33.00
RSVP: hospitality@abwahouston.org

October 27 – CYFEN Luncheon

Jill Manty – *Social Media*
<http://mantywebdesigns.com/>
11:15 am – 1:00 pm
RSVP By October 21st www.cyfen.org

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

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

October 6 – Reach Unlimited Annual Fundraising Luncheon

12 pm – 1 pm, Berry Center, 8877 Barker Cypress Rd
No Cost; Donations are Encouraged
For reservation contact Table Captains: Leslie Martone,
Melissa Rotholz and Kelly Norton OR
bcooley@reachunlimited.org

October 15 – Project Pink & Style Show North Cypress Medical Center

21214 Northwest Freeway, Cypress, TX 77429
Tickets: \$65.00 Call 832-912-3692
<http://www.ncmc-hospital.com/project-pink/index.asp>

October 17 – FORE CYFAIR Gold Tournament 2011 Cy-Fair Houston Chamber of Commerce

9:30 am – 5:30 pm
Longwood Golf Club
13300 Longwood Trace Dr, Cypress, TX 77429
<http://public.cyfairchamber.com/events/details/fore-cyfair-golf-tournament-17504>

October 22 – Houstons Walk to END Alzheimer's Diana Saufley Designs Team "Memory Walk"

8:00 am
Minute Maid Park
www.walktoendalz.kintera.org/houston/dianasaufleydesigns_memorywalk

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

CHOOSE A REALTOR® YOU CAN COUNT ON	
	BARB KELLEY Realtor® (713) 530-8374 barbkelly@cbunited.com www.barbkelly.com <small>Coldwell Banker United, Realtors 23800 Northwest Freeway, #101 Cypress, TX 77429</small>

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

Like us on Facebook!

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.com 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

