



CYFEN NEWS

Cy-Fair Express Network

Cypress, Texas

AN EXPRESS NETWORK OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

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. For information go to www.abwa.org

President update, preview, positions

Welcome to 2008. With the New Year we have new changes and a new board.

I would like to welcome Anya Lucas, with Lucas Car Care, and Melissa Rotholz, with Lone Star College-CyFair to our board. They will be implementing some new and exciting ways for us to keep up with our RSVPs.



I also wanted to take a moment to remind everyone about the upcoming 2008 Spring Conference for ABWA. There are six different locations around the country; however, the one closest to us is San Antonio, April 25 – April 26.

CYFEN will pay for the registration fee for the first five people who sign up.

In addition, we have some wonderful opportunities for our members to be delegates to the Federation of Houston Professional Women, consists of women's groups across Houston and the Houston Area Council, consists of ABWA groups around Houston. Both meet quarterly the fourth Monday and fourth Thursday of the month, respectively.

Delegates will be responsible for voting at the meetings and costs paid by deadlines will be reimbursed when you report back to CYFEN.

If you are at all interested, let me know.

Mark the calendar

Jan. 24 ~ HAC quarterly meeting "Empowering Women on Heart Health and Mental Well Being"

Jan. 28 ~ FHPW quarterly meeting "Build the Buzz— Net Weaving at its Best"

Feb. 28 ~ CYFEN regular meeting with State Representative Corbin Van Arsdale

March 27 ~ CYFEN business expo

What do you need to know about changes with CYFEN and board?

As with any new year, people resolve to make changes in their life. However, sometimes it is circumstances that bring changes as well and that is the case with the current board of the Cy-Fair Express Network.

CYFEN's Vice President of Finance Jackie Pierson has had to resign from her position in part to a new job opportunity. Belinda Fultz volunteered to take on the treasurer role, leaving the Vice President of Communications spot open. However, Anya Lucas and Melissa Rotholz has teamed up to take on that role which includes check in and reservations.

The transition is going well. As you may have noticed, Anya has implemented an evite reminder for monthly

meetings, a process that worked well in another American Business Women's Association group she belonged to previously to CYFEN.

Please note the following changes in the CYFEN Board.

Contact VP of Finance Belinda Fultz by phone at 832-443-8252 or by e-mail at bfultz@minutemanpress.com.

Contact VPs of Communications Anya Lucas by phone at 281-379-5800 or by e-mail at anya@lucascarcare.com and Melissa Rotholz by e-mail at Melissa.l.rotholz@lonestar.edu or by phone at 832-482-1056.

Board meetings are held the first Thursday of the month at 12:15 a.m. at Amegy Bank on Barker Cypress at U.S. Highway 290.

Inside this issue

Meeting recaps for both November and December, Member Birthdays, delegate information and the ABWA Proud Code of Conduct ~ pg. 2

RECAP: December Meeting — Annual Holiday Season Party

December was the holiday party! The networking game to get members and visitors in the holiday spirit was to find your match to a song lyric. Then gifts were chosen in order based on numbers drawn with stealing allowed only twice. A good time was had by all!

RECAP: November Meeting — Credit Scores

Meeting business

Reminder that Spring conference for our region is April 25 and April 26 in San Antonio.

Business in the Spotlight

Marla Reagan with Organized Time specializes in helping organize your administrative tasks and space to help you be more effective and efficient. Marla discussed the 5 easy tips to help get you through the busy holiday season. These steps include things like planning lists, what to do when you get home, strategies for keeping up, journaling and preparing for next year. Marla also reminded those in attendance to be sure and relax enough to enjoy the holiday. Marla is available for consultation and hire by calling 281-682-0127.

Program speaker

Presenting “Credit Scores. What they mean to you” was Tracy L. Strickland a Certified Mortgage Planner and Broker Associate. Tracy spent time explaining strategies for home purchases and well as how to keep your credit score accurate. Tracy also explained how to read a credit report and what all the information means to lenders. Tips were given on how to increase your score and some myths were also busted on how credit scores are obtained and maintained. Members and guests were given time to ask questions and Tracy encouraged everyone to contact him directly with any more questions at 832-818-1227.

Happy Birthday members!!!



In December — **Phyllis Oustifine** with Hawes Hill and Calderon
Anita Kearns with Lee Wayne Corporation.

In January — **Dana Ashrawi** with Said & Done Inc.

Get involved: be a CYFEN delegate

Would you like more business contacts and networking time? Sign up to be a Federation of Houston Professional Women or Houston Area Council delegate (quarterly evening meetings) or as a Cy-Fair Houston Chamber of Commerce delegate (monthly luncheons and open to several members.) Call Regan Armstrong at 281-894-1590 for details.

Submit your accolades and other newsletter information to
Kelly Ann Norton,
CYFEN NEWS editor
Phone: 281-290-3969
E-mail: info@cyfen.org

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 By-laws.
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.