



A publication of River City Express Network, American Business Women's Association, Richmond, Virginia

June Meeting Details

The next River City Express Network meeting is Wednesday, June 2 at Willow Oaks Country Club. Breakfast and networking begin at 7:30 am. The program begins at 8:00 am.

Have you heard the old saying "the buck stops here?" It is true. You are the one power that influences the direction of your career or business. There is more to having a successful business and making a profit than just your ROI, gross income and decreasing your expenses.

Join us as Vickie Griffith of Breakthrough presents "Million Dollar Mindset: Secrets of Money Masters." Discover how simple changes can affect your daily experience and translate into

the health and success of your business or your career. Learn what legendary entrepreneurs like Mary Kay Ash, Oprah and Louise Hay know about attracting abundance.

The meeting cost for members is \$15 in advance, \$20 after noon on May 28 and at the door. The non-member cost is \$25. The reservation deadline is noon on May 28.

Advance payment checks can be mailed to Cindy Mims, VP Finance, 3 Poe Street, Richmond, VA 23222 and must be received by May 28. For a map and directions to Willow Oaks Country Club, visit their website at www.willowoaksc.org. Reservations may be made online at rivercityexpressnetwork.org.

This Month's Meeting Sponsor

Mary Foley is always up to something to increase women's sanity, confidence, and fun! As a speaker she recently inspired gals at ABWA events in Kansas City and Ocala, FL. On her "Girlfriend We Gotta Talk" radio show she just interviewed supermodel Kathy Ireland who offered real solutions for busy moms. Now it's time for some summer fun! How about a heart-warming, laugh-out-loud party with girlfriends? Based on the four steps for doing your nails in her Amazon best-selling book "Live Like Your Nail Color, Even If You Have Naked Nails," Mary is hosting a nationwide Live Like Your Nail Color



your own LLYNC Party with at least one girlfriend (2 girlfriends make a good party, 4 or more make a great one!) by July 31. Remember your camera because when you share photos or a video on MaryFoley.com, you will be eligible for weekly and grand prizes. To register and get your LLYNC Party Planner, go to MaryFoley.com. Then, let the summer fun begin! Questions? Contact Mary at 804-249-4749 or Mary@MaryFoley.com

Party-a-Thon
June 1 - July
31! And it's
absolutely free!
Just throw

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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.



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From the President



**2009-2010 President
Tena Krouse
Y Not Now, LLC**

Maximize: to increase to the greatest possible amount or degree; to make the greatest or fullest use of.

I know, I know, it is getting to be summertime; second only to the winter holidays when it comes to “checking out” for some of us. But mid-year can also be a great time to take stock of your business and marketing plan for the year. How are you doing? Are you on track with where you thought you would be? Have you had to change course due to unexpected or unplanned circumstances? Have you seized upon new opportunities? Are you “making the greatest or fullest use of” – are you maximizing - your time and efforts both in the office and out? I know, personally, I have a limited amount of time. I

have to maximize my weeks, days, and hours the best I can (and cut out those things that are not giving me the maximum benefit).

Now switch gears a little and consider this: What about your River City Express Network membership? Are you maximizing what you are getting from being involved in one of the most dynamic groups around Richmond? Have you taken the time to explore where you fit and have you gotten involved? Perhaps you consider yourself a shy person and want to venture outside your comfort zone. The Membership or Hospitality Committee might be a great fit for you. Would contacting local companies benefit you (and, at the same time, RCEN)? Perhaps you might take a look at joining the Resource Development Committee. Do you want to be involved in the inner workings of the organization? Think about chairing a committee in preparation for the Board! There are lots - dare I say, numerous - ways to maximize what you are getting out of your membership. Need help brainstorming about how to do that? Feel free to reach out to me – or any Board or committee member at any time.

Maximize your membership at every turn. The investment creates great return!

Fondly, *Tena*

Calendar

Catch the Express...
We're **GOING** Places!®

JUNE

2 RCEN meeting
Program: “Million Dollar Mindset: Secrets of Money Masters”
Presented by Vicki Griffith
Breakthrough

16 RCEN Board meeting

JULY

7 RCEN meeting
*POWER*Networking

21 RCEN Board meeting

AUGUST

4 RCEN meeting
9th Anniversary Celebration

OCTOBER 28-30 ABWA National Women's Leadership Conference
Chattanooga, TN

River City Express Network of the American Business Women's Association provides Richmond area businesswomen a unique opportunity to enrich their lives through relationship building, education and professional development.

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

Anne Frank(1929-1945)

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.

Experts Help Provide “Financial Health Check”



Worries about finances have plagued many a consumer and business owner alike. In fact, Americans report worrying about finances keeps them up at night, affects their performance on the job, and is detrimental to their health and overall well-being.

At the May meeting, RCEN presented a panel of financial experts to help with your “Financial Health Check”:

- Kelly Decker, New York Life
- Kirsten Graham, Creative Mortgage
- Rene Haines, RH Business Solutions
- Melanie Lee, Lee Law Group
- Dianna Patton, Patton Tax Group

They answered questions submitted in advance and from the audience such as these.

- What are the advantages and disadvantages of a second

home versus an investment property?

- Which should I consider first: life insurance or long term care insurance?
- What is the difference between having a will and estate planning?
- How often should I review my will?
- What are the differences between an S-Corp and an LLC?
- Why do I need a business plan?

Here are some highlights from the discussions prompted by those questions.

A second home generally needs to be at least 50 miles from your primary residence and used for vacations.

Purchase long term care insurance when you are young and definitely before you are 50 years old. Premiums go up 30% at 50 years old and each decade after that.

Wills, which are a part of estate planning, are the vehicle to pass on wealth to your descendants. The laws vary from state to state but the minimum times you should review your plans is if they are affected by

death, divorce, descendants or distance.

Think of the differences between an S-Corp and LLC as different kinds of vehicles or cars. One is not better than the other; it’s just that they have different features. It depends on what your business needs. Each offers different kinds of protection to the owners.

Think of a business plan like the plan for a vacation. What is your destination or end goal? How will you get there? What will you need when you get there? How will you end the trip/retire/leave?

At the same meeting, the network elected the 2010-2011 Executive Board:

President – Marcia Robertson
 President-Elect – Trina Willard
 VP Communication – Roxi Saultz-Dikteruk
 VP Finances – Cindy Mims
 VP Membership – Ashley Stefanko
 VP Programming – Susan Johnson O’Neil
 VP Marketing & PR – Mary Foley
 VP Resource Development – Judith O’Brien

Just Days Left to Win Bubl  Concert Tickets

Michael Bubl  is coming to Richmond and YOU could be in the audience! Get your tickets today for a chance to win two tickets (valued at \$100 each) to the July 6 concert at the Richmond Coliseum.

Tickets will be sold at RCEN events and online through the June 2 network meeting. Tickets are \$10 each and can be purchased with cash or check.

The drawing will be held on June 2. The winner's name will be posted on the RCEN website.

Proceeds benefit the educational and professional development activities provided to Richmond area business women by River City Express Network. We appreciate your support of the mission and programs of River City Express Network!



Member News and Events



Wine, Cheese & Networking Friend-Raiser!

Thursday, June 24th, 6 - 8pm

Do you enjoy socializing with your fellow RCEN members? Would you like to support a worthwhile cause at the same time? Then plan to attend our Wine, Cheese & Networking Friend-Raiser to benefit the RCEN 2nd Annual New Visions, New Ventures Buddy Program on Thursday, June 24 from 6-8 pm at the beautiful Main Street Homes Westerleigh model home, just minutes from the Powhite Parkway and 288 exchange. Tickets are only \$20 if purchased by June 18, after that the price goes up to \$25. A limited number of tickets is available, so purchase yours today at RiverCityExpressNetwork.org. In addition to wonderful wine, food and networking, we'll be giving away door prizes donated by Stella & Dot, Bodacious! Ventures, It's a Breeze Specialties, Organized A to Z, Belle Interiors, CABI and

more. For more information, or to pay by check, email Susan Banton at susan@coo2go.com. The New Visions New Ventures Network Buddy Program is designed to connect women entrepreneurs from NVNV Women's Business Center with our vibrant RCEN Network. RCEN Buddies serve as guides for these women as they incorporate networking into their businesses. Lee Gosselin of In Motion for Growth says of her experience in the program, "I am grateful to NVNV for introducing me to RCEN. I have thoroughly enjoyed meeting everyone at RCEN and have benefited both professionally and personally. I always take away something from the meeting speakers and thoroughly enjoy networking with like-minded business women." Participant Lorna Morton of Smile You're Beautiful says, "The RCEN Buddy Program was advantageous not only from a business sense but also personally," and adds that the support she received from RCEN Buddy Mary Foley was amazing! If you're interested in becoming a Networking Buddy, email Susan Banton at susan@coo2go.com for more information.

Congratulations to **Trina Willard** who has established Knowledge Advisory Group, a small woman-owned management consulting firm specializing in tailored and flexible measurement

solutions. Trina says that the company "strives to increase the amount of useful information available to leaders and decision-makers. The company is committed to helping our clients find answers to burning questions, allowing them to make decisions that enhance efficiency and demonstrate results." The company focuses on services to nonprofit organizations and charitable foundations, while also offering assistance to government agencies and small businesses. To learn more, please visit www.knowledgeadvisorygroup.com or contact Trina Willard at 804.564.6969.

MEMBERSHIP ANNIVERSARIES

June

7 years

Trina Willard

6 years

Lee Ann Jewell
Leslie Winneberger

1 year

Stephanie Burcham
Jenna Chaney
Susan Johnson O'Neil
Karen Kerner

HAPPY BIRTHDAY

June

10 Anna Jolly
26 Melanie Rodgers

Welcome New Members

Tara Daly
Realtor®

Sarah Bice & Assoc Real Estate
3736 Heverley Drive
Glen Allen, VA 23059
804-301-6465
daly.tara@comcast.net

WELCOME BACK!

Kate Houck

The Houcks
7609 N. Pinehill Drive
Richmond, VA 23228
804-539-2613
kate@kate-paul.com



Want to get the inside information about RCEN and ABWA (check out the bylaws, standing rules, etc.)? Looking for an archived RCEN newsletter? How about an online course to help you brush up your interview, communication or collaboration skills? Log on to WIN and find all this and much more! See Page 10 for log-in instructions.

Member Spotlight - Patricia M. Wood



Name

Patricia M. Wood
Associate Attorney
Meyer, Goergen & Marrs, P.C.
(MGM Law)

Describe what you and your company do.

I am a trial attorney for a full-service civil law firm.

Please share information about your husband/

significant other/children/pets. My husband is Craig Wood and we were just married this past September. We have two cats, whom we consider our children. Their names are Nittany and Poz, both named after our dear alma mater, Penn State.

What do you do to relax/

unwind? Genealogy, decorating and landscaping our new house, reading, spending time with

family and friends, and watching college football.

Tell us about:

the book you are reading now "The Last Man in Rome" series

the last movie you saw "The Blind Side"

your favorite TV show "The Tudors," "Lost," "Southland," and "The Office"

your favorite comfort food homemade mac & cheese

your dream job run a political campaign

your last vacation Hawaii on our honeymoon

what you'd do if you won the lottery pay off all of my friends' student loans

your favorite childhood memory building igloos with my Dad and sister in the three feet of snow in our front yard

where you grew up Natrona Heights, PA (suburb of Pittsburgh)

where you went to school Penn State (for undergrad and law school)

your idea of a perfect day a fall day at a Penn State football game (when we beat Michigan)

What is the best business advice you've ever gotten?

Nothing worthwhile is ever easy.

Share your favorite

networking tip: Ask questions.

What quality do you most admire in others? patience

What do you know now that you wish you'd known then?

Savor the moment because time flies when you are having fun.

I wish I could write music.

My Mom told me to live within my means!

The best thing I ever did was study abroad in Spain.

I wish I had never read "Dracula" - it has been the source of too many nightmares to count!

I'd like to get tickets to see U2.

I'd like 30 minutes alone with Ronald Reagan.

My pet peeve at work is the copier.

I'd like to know more about everything.

I have a collection of Penn State football memorabilia.

I spend too much time worrying about the small stuff.

What is your favorite thing about Richmond? The restaurants!

What would you change? I would increase the maximum speed limit on major highways.

What is your favorite place for a business lunch? Café Caturra

What would we be surprised to learn about you? I'm a huge British history buff.

River City Record Wins ABWA District Award



River City Express Network has received its 9th consecutive ABWA

regional newsletter award.

National Secretary-Treasurer Lynn Drowne (at right in photo) presented the award to Editor

Marianne Lawrence on May 15 at the District IV ABWA Spring Conference in Annapolis.

Newsletters are judged by non-ABWA members and must adhere to specific guidelines. Judged on appearance (30%) and content (70%), five newsletters are chosen at each spring conference. The *Record* received an average score of 89 on a 100 point judging scale.

Regional award recipients will compete for national honors at the ABWA National Women's Leadership Conference to be held October 28-30 in Chattanooga, TN. The *River City Record* has received a regional award in each of the nine years of its publication and national awards in 2002, 2004, 2005, 2006, 2007 and 2009.

The Butterfly Effect

Contributor: Jeanne Willson

What is the butterfly effect? According to acclaimed author, Robert G. Allen, *'the Butterfly Effect is the theory that the tiny flutter of a butterfly's wings can create enormous changes halfway around the world.'*

In his book about the Enlightened Millionaire, Allen believes you can accomplish amazing things with your life – even become a millionaire – using carefully designed systems of focused actions.

So get ready to flutter your wings because each month we will be bringing you a simple 'flutter' you can use in your business. Try them and let's see where it takes you!

SYSTEMS

This month we're talking about setting up systems in your business. *"97% of all failure is due to the SYSTEM and not the person."* -W. Edwards Deming

Systems not only make you more efficient, they can make you more prosperous by squeezing two to three times the results from your business and your team.

We all get overwhelmed at times - my husband refers to it as 'plate spinning.' For example, you are ready to get back to someone you met at a networking breakfast, but where did you put their number? An important

contact didn't show up for a meeting, did you remind them? While you're spinning those plates, some will slip and break and that feeling of being overwhelmed just got worse.



WORK 'ON' YOUR BUSINESS, NOT 'IN' IT

The solution is setting up systems. Systems can be defined as; *'putting together a sequential series of events with a specific outcome.'* It's best to shift your mindset from *'what you are doing'* to *'how you are doing it.'*

"Most entrepreneurs fail because they're working IN their businesses rather than ON their businesses." -Michael Gerber

In order to set up a proper system you need to know three things:

- 1) What process requires a system?
- 2) What is your outcome?
- 3) How do you get there?

The best way to figure out #1 is to spend a week writing down each action you take during the day. Checking emails, networking meetings, sales calls, event planning, whatever it may be. Then, choose one simple item and get started.

SAMPLE SYSTEM FOR NETWORKING

Scenario: You went to a River City Express Networking meeting (which was fabulous and incredibly informative) and you made a connection with a fellow small business owner who you would like to get to know better.

Define the three things necessary for your system:

- 1) What process requires a system?
 - Following up with networking connections
- 2) What is your outcome?
 - Get to know them better
- 3) How do you get there? (here's your system)
 - A) collect their business card
 - B) write on the back where/ when you met
 - C) within 24 hours
 - 1) add them to your database
 - 2) connect with them on LinkedIn
 - 3) 'Like' their business Facebook page
 - 4) follow them on Twitter
 - 5) file their card
 - D) email them a "thank you" and ask to set up a meeting to get to know their business better
 - E) check out their website to learn a little more about how they position their business
 - F) send them a quick, detailed reminder email about your

(Continued on page 7)

2010 ABWA National Women's Leadership Conference
October 28-30

CHATTAHOOGA
TAKE ME THERE



National Conference Q & A

Join hundreds of ABWA members at the 2010 ABWA National Women's Leadership Conference.

Q. When is this year's NWLC?

A. October 28-30, 2010

Q. Where will we meet?

A. Chattanooga Marriott & Conference Center (\$149/room - single to quad)
Chattanooga, TN

Q. What's the registration fee?

A. \$479 (includes general sessions, voting for national officers, choice of professional development tracks, Saturday night dinner and entertainment)

Options:

Inner Circle Luncheon \$40

Woman of Year Luncheon \$45

Q. How can I register?

A. Register at ABWA online or by mail-in forms available in magazine and online.*

Q. Is there a Pre-Payment Plan Available?

A. Yes! Sign up on WIN or download mail-in form.* The deadline to register for the plan is May 28.

Q. How do we get there?

A. Airport & transportation: Chattanooga Memorial Airport
Airlines: American Eagle, NWA Airlink, Allegiant Air, US Airways Express, Delta Connection

Approx 8-1/2 hour drive from Richmond

Hotel has transportation service and also Groome Transportation shuttle services

Q. Are there ways to advertise/showcase my company, products and/or services?

A. Program Ads:
Pricing and forms are available online.*

Exhibitor Booths:

Pricing and forms are available online.*

Q. Who's going to be there?

A. With other RCEN members, you will connect with ABWA members from all over the country as they celebrate, learn, network and share their successes.

Q. What else is there to do?

A. At the conference you'll spend three full days attending seminars and workshops presented by business experts, participate in national awards sessions, and enjoy the excitement of the campaigning and voting for the 2010 ABWA National Board of Directors.

Before and after the conference activities, take time to visit the city. Chattanooga is historic, beautiful and fun! Check out Chattanooga's website more information at www.chattanoogaofun.com.

*Online forms are available on WIN and at the Meetings & Events page at www.rivercityexpressnetwork.org.

The Butterfly Effect...continued

(Continued from page 6)

meeting (e.g. 'I look forward to getting together at Panera on Thursday at 10am and learning more about your business')

F) meet with them and determine how you can do business together or become a referral source for each other

This may sound like a lot of steps but once you start implementing it over and over, it will become a simple, automatic routine.

The best way to set up a system is to create a map so that you and your team will have turn-by-turn directions that anyone can follow. (And... if anyone can follow the plan, you can take a vacation!)

So remember, a great team can reach their ultimate goals by following your map.

RECOMMENDED RESOURCES

Recommended reading:
The E Myth Revisited, Michael E. Gerber

Recommended website:
www.e-myth.com

Recommended RCEN resource:
Rene Haines
RH Business Solutions
www.RHBusinessSolutions.com

ABOUT THE AUTHOR

~ Jeanne Willson is the Director of Markbeech Marketing, the virtual marketing department for small business. She is a small business marketer, social media manager, blogger, entrepreneur, speaker and professional graphic designer. Learn more at www.MarkbeechMarketing.com.



New Member Breakfast Combines Fun & Facts

RCEN members gathered for the 2010 New Member Breakfast April 28 at Great Seasons Restaurant at Belgrade.

Breakfast followed networking and sixteen new members were introduced. Board members and committee chairs discussed how members can participate in various RCEN activities. Members were encouraged to join a committee based on their

interests and skill sets.

Vice President of Membership, Melanie Rodgers reports, "We had a great venue, we were well-organized and well-advertised and everyone had a really great time."

Those new members who were unable to attend the breakfast can contact Melanie Rodgers at (804) 788-8080 if interested in learning more about RCEN committee opportunities. "After all," she

says, "these small groups are a great way to get the most out of your RCEN membership!"



Join an RCEN Committee & Discover the Fun!

River City Express Network members elected their 2010-2011 Executive Board at the May network meeting. Over the next few months, they will be working in several planning sessions to set goals and directions for the new network year.

Now is the time for you to get in on the fun and excitement! Join a committee and take advantage of the opportunity to work with and get to know better other RCEN members. Learn and practice new skills in a safe, supportive environment, then transfer them to your office or workplace. Share your time, energy and talent with other network members eager to learn from you.

Briefly, current RCEN committees include:

Community Partnerships

Contact Mary Foley
mary@gobodacious.com
RCEN participates in four community involvement activities throughout the year as a way to give back and be involved in our local community. These projects

give our members an opportunity to a) make a contribution, b) interact with one another in a different environment and c) develop new skills. These projects are a benefit to RCEN as they give us an opportunity to attract new members and gain additional exposure in the community.

Corporate Partnerships

Contact Laura Pence
LauraEPence@gmail.com
The committee solicits, develops and maintains the network's relationships with corporate partners. The committee also assists in obtaining corporate sponsors for various RCEN activities and events.

Hospitality

Contact Lisa Martin
lisamartin39@gmail.com
The committee is responsible for: organizing periodic social events/dinners at a member's home or other location; organizing a special gathering for new members; and soliciting information from members about their accomplishments, special events and celebrations.

Membership

Contact Melanie Rodgers
melanie@richmondexpress.com
The purpose of the Membership Committee is to retain a strong membership and bring in new members to the network. The committee focuses on activities for recruiting new members as well as keeping the current members abreast of RCEN information. Committee members act as hostesses for the monthly network meetings.

Programs

Contact Trina Willard
trina@knowledgeadvisorygroup.com
The responsibilities of the Programs Committee include: securing speakers/programs for monthly meetings; gathering required marketing information from speakers and forwarding to appropriate parties; and acting as the primary contact and "hostess" for the speakers, both prior to and at meetings/events.

Detailed information about these and other RCEN committees can be found at
www.rivercityexpressnetwork.org.

COMING IN JULY: Pictures and first-hand reports from RCEN members who attended the District IV ABWA Spring Conference in Annapolis, MD.

Network Corporate Partners




SunTrust is proud to support River City Express Network and the American Business Women's Association



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Tena Krouse
President

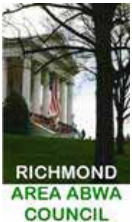
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www.YNotNow.net

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INDIVIDUAL MEMBER SPONSOR
Roxi Saultz-Dikteruk

For more information about becoming a Corporate or Member Sponsor, contact Laura Pence at 804-938-7404 or LauraEPence@gmail.com.

Network Community Affiliations



RWBC
Richmond Women's Business Consortium



new Visions
entures



**Get Ready,
Get Set,
WIN!**

Quick steps to log in to WIN for the first time:

1. Go to www.abwa.org/login.cfm
2. Enter your e-mail address as on your ABWA membership record.
3. Enter the password you've used to access ABWA's Home page. Don't have a password? E-mail webmail@abwa.org to have it set. Or go to www.abwa.org/contact.cfm?ID=2 and complete the form.
4. Click on Login button, then on Enter Now on the members-only welcome page. If you haven't paid your \$15 WIN Technology Fee yet, you'll be directed to do so at this point.
5. Welcome to WIN! Please post to the team board so that we know you're here!

This new online learning tool offered exclusively to ABWA members is designed to help you realize your full potential! Take courses on your time and at your own pace. Learn to "Facilitate Team Meetings" for maximum efficiency and effectiveness. Learn "Problem Solving Processes" to identify and solve common problems. That's just two of the many courses available!

RCEN - A History of Achievement

River City Express Network was chartered by the American Business Women's Association on August 1, 2001 with 52 members. Since then, membership has doubled and the network has received local and national recognition for its networking opportunities, professional development programs and community involvement projects.

Network Presidents

- 2001-2002
Cindy A. Mims
NeighborWorks
- 2002-2003
Laura Posey
Dancing Elephants
- 2003-2004
Genevieve Roberts
The Titan Group
- 2004-2005
Karen D. Higgins
Wells Fargo Advisors
- 2005-2006
Alisa H. Dick
AAA Mid-Atlantic
- 2006-2007
Kyra Oliver
Oliver Creative
- 2007-2008
Cherie Biddle
AAA Mid-Atlantic
- 2008-2009
Sandra B. Sylvester
Superior Expressions
- 2009-2010
Tena Krouse
Y Not Now

ABWA National Board of Directors

- 1983-1984
Marianne L. Lawrence
Triangle Resource Group
- 1996-1997
Cindy A. Mims
NeighborWorks

Network Women of the Year

- 2002 - Laura Posey
Dancing Elephants
- 2003 - Genevieve Roberts
The Titan Group
- 2004 - Karen D. Higgins
Wells Fargo Advisors
- 2005 - M. Casey Quinlan
Mighty Casey Media
- 2006 - Alisa H. Dick
AAA Mid-Atlantic
- 2007 - Tena Krouse
Y Not Now, LLC
- 2008
Sandra B. Sylvester
Superior Expressions
- 2009
Marcia Robertson
Printing Department, Inc.



- 2010
Mary Foley
Bodacious! Ventures

Regional Newsletter Awards

- 2002 2003 2004 2005
2006 2007 2008 2009 2010

National Newsletter Awards

- 2002 2004 2005
2006 2007 2009

ABWA National Best Practices Awards

- 2003 2007 2008 2009

ABWA Top Ten Nominees

- 2006
Kyra Oliver
Oliver Creative
- 2007/2008
Laura Posey
Dancing Elephants
Achievement Group
- 2009
Tena Krouse
Y Not Now, LLC
- 2010
Sandra B. Sylvester
Superior Expressions



- 2011
Trina Willard
Knowledge Advisory
Group

ABWA Top Ten Business Women

- 1998
Marianne L. Lawrence
Triangle Resource Group
- 2002
Cindy A. Mims
NeighborWorks
- 2009
Tena Krouse
Y Not Now, LLC

Sponsor

- 2004 ABWA National Convention
Richmond
- 2007 ABWA Spring Conference
Norfolk



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During ABWA's *Decade of Discovery, a Ten Year Adventure*, from August 1, 2000 to July 31, 2010, members will discover new and exciting ways to grow personally and professionally.

Each year a theme is chosen to represent the efforts of the Association. The 2009-2010 award year marks not only the culmination of our 10-year journey, but also the 60th anniversary of the American Business Women's Association. The last decade of discovery tops off an incredible 60-year history of innovation, alliances and changing women's lives. Because of all of this, it's only fitting that the 2009-2010 award year is represented by the theme, "Celebrate the Success!"

River City Express Network

Editor

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