



MAKE A LASTING CONNECTION IN 2017!

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Upcoming Meeting Friday, February 10, 2017

Please join us for a wonderful networking experience!

Please RSVP by Wednesday, February 8th.
It is important that you let us know if you plan to attend.

You may RSVP via [e-mail](#) or on our [website](#).
Email: connectionsprofnet@gmail.com

To prevent Connections from being charged by the Petroleum Club for no-shows, if you need to cancel your RSVP please do so by 10:00am on the Thursday prior to the meeting. We need to confirm our numbers with Petroleum Club by 11:00am the day before.

To cancel, please send email to connectionsprofnet@gmail.com.

Connections accepts cash or checks. Please have your check made payable to Connections prior to arriving at the meeting to expedite registration.



Petroleum Club
[111 Heymann Boulevard \(Oil Center\)](#)

Buffet Lunch \$18

Please bring cash or preferred method of payment check.

Meetings are being held in the lounge on the 1st floor, near the arch driveway, down the hall from the buffet.

Networking begins at 11:30 am.

Meeting begins at 12:00 Noon.

Featured Speaker



Bernadette Lee
KPEL 96.5

Join us for our February 2017 meeting to hear Bernadette Lee's presentation about Radio, Social Media, and the Way We Communicate.

Bernadette Lee, also known as Bernie to her loyal listeners, has been in radio for over 20 years, all here in the Lafayette market. She began working in radio shortly after being hired for a news internship with KPEL radio in 1994, a station everybody in her family listened to when she was growing up in Lafayette. She knew news might be for her as a kid when someone asked her if she had a favorite television show, and she answered, "60 Minutes". When she's not cracking jokes, poking fun at herself, or giving the public their daily dose of news, she's at home spending time with her husband Bret and the world's greatest dogs, Marlie and Gracie. She is passionate about news, politics, family and friends along with our great Acadiana area.

President's Message



Dear Connections Ladies,

I recently found this article on an Entrepreneur website, and found it quite interesting. I hope you do too. Happy Valentine's Day Everybody!!!

Happiness: everyone wants it, yet relatively few seem to get enough of it, especially those in their early forties. (That's about the time many of us start thinking, "Is this all there is?") Maybe that's because approximately 50% of your "happiness set-point" is determined by personality traits that are largely hereditary. In short, half of how happy you feel is basically outside your control. (Bummer.) But that also means 50% of your level of happiness is totally within your control: relationships, health, career, etc. So even if you're genetically disposed to be somewhat gloomy, you can still do things to make yourself a lot happier. Like these:

1. Make good friends.

It's easy to focus on building a professional network of partners, customers, employees, connections, etc, because there is (hopefully) a payoff. But there's a definite payoff to making real (not just professional or social media) friends. Increasing your number of friends correlates to higher subjective wellbeing. In terms of how happy you feel, doubling your number of friends is like increasing your income by 50%. Make friends outside of work. Make friends at work. Make friends everywhere. But above all, make real friends. You'll live a happier and longer life.

2. Actively express your thankfulness.

According to one study, couples that expressed gratitude in their interactions with each other resulted in increases in relationship connection and satisfaction the next day – both for the person expressing thankfulness and (no big surprise) for the person receiving it. Of course the same is true at work. Tell a coworker she did a great job and you both feel better about yourselves. Another easy method is to write down a few things you are grateful for every night. Happy people focus on what they have, not on what they don't have. It's motivating to want more in your career, relationships, bank account, etc. but thinking about what you already have, and expressing gratitude for it, will make you a lot happier. And will remind you that even if you still have huge dreams, you have already accomplished a lot... and should feel genuinely proud.

3. Actively pursue your goals.

Goals you don't pursue aren't goals, they're dreams -- and dreams only make you happy when you're dreaming. Pursuing goals, though, does make you happy. According to David Niven, author of *100 Simple Secrets of the Best Half of Life*, "People who could identify a goal they were pursuing (my italics) were 19% more likely to feel satisfied with their lives and 26% more likely to feel positive about themselves." So be grateful for what you have... then actively try to achieve more. If you're pursuing a huge goal, make sure that every time you take a small step closer to achieving it you pat yourself on the back. But don't compare where you are now to where you someday hope to be. Compare where you are now to where you were a few days ago. Then you'll get dozens of bite-sized chunks of fulfillment -- and a never-ending supply of things to be thankful for.

4. Do what you excel at as often as you can.

You know the old cliché regarding the starving yet happy artist? Turns out it's true: artists are considerably more satisfied with their work than non-artists -- even though the pay tends to be considerably lower than in other skilled fields. Why? I'm no researcher, but clearly the more you enjoy what you do and the more fulfilled you feel by what you do the happier you will be. In *The Happiness Advantage*, Shawn Achor says that when volunteers picked, "...one of their signature strengths and used it in a new way each day for a week, they became significantly happier and less depressed."

Of course it's unreasonable to think you can abandon your career and simply do what you love. But you can find ways to do more of what you excel at. Delegate. Outsource. Start to shift that you do into areas that allow you to bring more of your strengths to bear. If you're a great trainer, find ways to train more people. If you're a great salesperson, find ways to streamline your admin tasks and get in front of more customers. Everyone has at least a few things they do incredibly well. Find ways to do those things more often. You'll be a lot happier.

5. Give.

While giving is usually considered to be unselfish, giving can also be more beneficial for the giver than the receiver. Providing social support may be more beneficial than receiving it. Intuitively we all know that since it always feels great to help someone who needs it. Not only is helping those in need fulfilling, it's also a reminder of how comparatively fortunate we are... which is a nice reminder of how thankful we should be for what we already have. Plus receiving is something you cannot control. If you need help -- or simply want help -- you can't make other people help you. But you can always control whether you help someone else. And that means you can always control, at least to a degree, how happy you are -- because giving makes you happier. (Want to know if you're a relatively giving person? Check this out.) Related: [10 Qualities of Really Amazing Employees \(LinkedIn\)](#)

6. Don't single-mindedly chase 'stuff.'

Money does a lot of things; one of the most important is to give us choices. But after a certain point money doesn't make people happier. After about \$75,000 a year, money doesn't "buy" more happiness. As the authors of the linked study say, "Beyond \$75,000... higher income is neither the road to experience happiness nor the road to relief of unhappiness or stress. Perhaps \$75,000 is the threshold beyond which further increases in income no longer improve individuals' ability to do what matters most to their emotional well-being, such as spending time with people they like, avoiding pain and disease, and enjoying leisure." And if you don't buy that, here's another take: "The materialistic drive and satisfaction with life are negatively related." (Or in non-researcher's terms, "Chasing possessions tends to make you less happy.") Think of it as the bigger house syndrome. You want a bigger house. You need a bigger house. (Not really, but it sure feels like you do.) So you buy it. Life is good... until a couple months later when your bigger house is now just your house. All too soon, new always becomes the new normal. "Things" only provide momentary bursts of happiness. To be happier, don't chase as many things. Chase more experiences instead.

7. More than anything, live the life you want to live.

Bonnie Ware worked in palliative care, spending time with patients who had only a few months to live. Their most common regret was, "I wish I'd had the courage to live a life true to myself, not the life others expected of me." What other people think -- especially people you don't even know -- doesn't matter. What other people want you to do doesn't matter. Your hopes, your dreams, your goals... live your life your way. Surround yourself with people who support and care not for the "you" they want you

to be but for the real you. So make the choices that are right for you. Say the things you really want to say to the people who most need to hear them. Express your feelings. Stop and smell a few roses. Make friends, and stay in touch with them. And most of all, realize that happiness is a choice. 50% of how happy you are lies within your control, so start doing more things that will make you happier.

LinkedIn Influencer, [Jeff Haden](#), published this post originally [on LinkedIn](#).

Business Spotlight



Kristie Buford
337-257-7328



"Gluten-Free Goodness Everyone Will Love".

Your Way Cuisines
Owner
www.yourwaycuisines.com



American Entitlements
Licensed Insurance Agent
www.americanentitlements.com

Born and raised in Franklin, LA, I enjoyed growing up in a small town community and developing friendships that have lasted a lifetime thus far. I moved to Lafayette in 1993 to attend USL and graduated in Speech, Language and Hearing Specialist in the College of Education in 1998, then moved to Houston for 5 1/2 years. I returned to Lafayette to be closer to family after going through a divorce from a brief marriage. A year later I started dating my current husband of 10 years whom I had class with at USL. Chad and I now have 2 fun, loving, athletic little boys, Hunter (9) and Jacques (5). Life is an adventure with boys!

When I lived in Houston, I had a hard time finding a job in my education without a masters and the requirements became very extensive to get into the program the year I graduated. So I tried to figure out what to do now! I worked at hospital for a short period of time, then I took an aptitude test and found out I would be great at sales and marketing. I got a job at a marble & granite company in marketing/sales for a couple years and then found out I was allergic to all the saw dust from the granite. I then went to a commercial real estate company where I was assistant to the vice president and 5 agents for marketing. After that I went to work for Chick-fil-A as a Marketing Director for a franchise owner where I also flew once a month to open stores in Arizona and California. It was a blast! When I moved back to Lafayette, I went to work for Mr. Arten, the owner of 2 then; now 3 Chick-fil-a stores in Lafayette. You see the menus on the tables, that was my idea. It improved sales tremendously for the store on Ambassador. I implemented many marketing strategies that they still use today. I worked for them for 2 years and then decided it was time for a big change. I got a job in marketing and sales as field representative for First Option Infusion Pharmacy and Home Health where I worked for 8 years. I called on doctors, hospital case managers nurses and many community leaders. Overtime, I become burnt out and started to research on what I wanted to do next.

What I left out in my experiences in what I've just told you, was my health. In college, at age 21 I got a cold that turned into something severe that scared me for life and was diagnosed with severe Asthma. I ended up in the hospital for 7 days, sick for 3 weeks prior and a handicap sticker for 6 months because I could not walk short distances without running out of breath. While living in Houston, I ended up with an 11 day stay in the hospital for asthma where all my internal organs started shutting down. Luckily, I made it through. When I returned to Lafayette, I ended up with another 7 day hospital stay and long recovery. During all these years, I saw many doctors and specialist trying to figure out the root cause. I had allergy test, shots, medication, inhalers, steroids and more. Nothing seemed to work. Finally I begged to be food allergy tested and more after losing a child at 15 weeks. What they found was that I was Allergic to Wheat and had Celiac disease! What! No more gumbo!!!

I then changed my diet to a Gluten Free diet. My husband and I both like to cook and started experimenting with gluten free flours and foods. I found out baking was not my thing! Me and breads did not get along, however my gumbo came out really good! My kids started requesting my gumbo and we started feeding it to our family and friends. When they found out it was gluten free, they said you should bottle this up. Therefore, Your Way Cuisines was born in October of 2013. I didn't have a clue on how to start a business, but I did the research, got licensed, rented a kitchen; that we made to gluten free standards and made our first appearance at gluten free food show in New Orleans. I also started going door to door to stores with samples and jars. We are now in approximately 60 retail locations and online. We have 2 products: Sorghum Roux, which is great for Chicken and Seafood dishes and has a milder flavor and Corn Roux, which is great for meat and wild game. We love it in meatball stew and any rice and gravy. They are both excellent in gumbos to you specific recipes! With these products, I wanted to give back to the community. I wanted to help people like myself that eating gluten free isn't a choice it's a necessity. Since I've been gluten free, my asthma has improved tremendously and the quality of my life in general. At this point, I am slowly getting the brand out and business is steady. However, starting a brand from scratch is tough.

News & Announcements

NEW Connections website:

<http://www.connectionsforwomen.net/>

Members... You can bring marketing materials, business cards and brochures/ flyers to the meeting and place on the door prize table to promote your business!!

Members... You can email announcements, accomplishments, business tips or share good news to Anita Link and she will share on Connections Facebook page.

Send to: Anita Link - anita@stpierrepromos.com

Connections Career Achievement

Thank you for all of your nominations for this prestigious award. It will be a difficult decision among the talented ladies nominated this year. Meet and Get to Know the Winner at our March Meeting.

Special thanks to Pat Sonnier for leading her committee.



Thank you to everyone that gave door prizes for the January meeting. Donating a door prize is a great way to advertise yourself and your business.

Door Prize Donors:

Jeannine Prather - Jeannine Prather Bookkeeping
Gail Wolf
Janice Weber - Janice Weber, Counselor
JoAnn Pugh
Michele Coker - Lil Cajun Girl
Betty Saunier - Mary Kay
Michele Veillon - Elder Outreach
Lourdes Broussard - Lynn Wood & Associates



February is Heart Month

Ladies, Be Good to Yourself and Take Care of your Heart!!

Heart Attacks and Strokes are still the Leading Causes of

Death among US Women.



Business Portrait Session by Nouveau Photeau's Danny Izzo
at Connections February 10th Meeting

Arrive as early as 11 a.m. to take your headshot with certified professional photographer, Danny Izzo.

Nouveau Photeau is a recent winner of Locals Love Us. Detailed information can be found by following the link.

If you'd like to partake in the member-only \$50 special, please take a moment to RSVP [here](#).



Faith House, a women's organization that we support, has a list of immediate needs for their shelter.

Immediate Needs: Laundry detergent, dish washing liquid, paper plates, utensils, bowls and cups, towels and washrags, floor cleaner, brooms/mops, diapers (size 4 and 5), sanitary products, ethnic hair care products, Lysol, sheets and blankets (Twin Size)

For women moving out of the shelter, they are also seeking: Furniture (Sofas, beds, dressers, etc.) sheets/blankets, pots/dishes/utensils, kitchen tables/chairs, car seats, fans, and suitcases.

Please contact Mary Usner at (337) 234-2715 for donations or questions.



Connections Book Club

We are excited to announce that the first book of the Connection's Book Club will be *Z: A Novel of Zelda Fitzgerald* by Therese Anne Fowler. The group will tentatively be meeting to discuss this book on February 15th at 7:00 at the Lafayette Main Library on Congress Street. If anyone is interested in attending but cannot make this date, time, or location, please contact Paige at 446-5161 or at pcbeyt@gmail.com.

January Meeting

Thank you to Cheryl Taylor Bowie for her presentation on Finding Synchronicity in Your Career.





Connections Member Mixer

@ Romacelli Bistro
Thursday, January 26th





Mark Your Calendar!

Our next Connections meeting will be on March 10th
Networking and business card exchange begins at 11:30 a.m.
Meeting starts promptly at 12:00 noon at the Petroleum Club.

Future Connections' Meetings:

March 10th

April 14th

May 12th

CONNECTIONS PURPOSE AS BY OUR
CONNECTIONS CONSTITUTION

2016 / 2017 Board Members
Connections Officers
Cynthia Beslin - President

SECTION ONE: TO PROVIDE A PROFESSIONAL, EDUCATIONAL AND PERSONAL SUPPORT NETWORK FOR CAREER-ORIENTED WOMEN.

SECTION TWO: TO PROVIDE AN ARENA IN WHICH CAREER-ORIENTED WOMEN CAN MEET ONE ANOTHER.

SECTION THREE: TO PROMOTE PROFESSIONAL ACHIEVEMENTS OF WOMEN IN THE COMMUNITY.

SECTION FOUR: TO PROVIDE MODELS FOR THE COMMUNITY.

Enjoy yourself at our meeting!!

Rebecca Taylor - President Elect
Eugenia Shedrick – Newsletter VP
Anita Link – Public Relations VP
Paige Beyt – Membership VP
Debra Billeaud – Treasurer
Lana Fontenot - Program VP
Deirdre Detraz – Board Member at Large
Pat Sonnier - Career Achievement
Joann Pugh - Scholarship Chairperson
Lisa David - Arrangements Chair

CONNECTIONS is a monthly newsletter published by the members of CONNECTIONS. For consideration of all information and articles, contact Newsletter Vice President and Editor, Eugenia Shedrick at 337-852-3027 or eugenias@worknet2k.com. If you would like to become a member of CONNECTIONS, contact Paige Beyt, Membership Vice-President at pcbeyt@gmail.com.

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