

Women's Division

Motivate • Support • Grow

Women for Women

This month's program sponsor:

Kim Segal has been a Texas State licensed athletic trainer and clinical researcher since 1979. She has specialized in the care, prevention and rehabilitation of injuries. She has rehabilitated athletes from the Dallas Mavericks and Cowboys, Indianapolis Colts, Seattle Seahawks, New York Knicks, the United States World Champion Water Ski Team, as well as Olympic, University and High School athletes. As a clinical researcher, she has developed some of the leading rehabilitation programs that are currently used today. Kim has been granted US patents for a "diode laser irradiation system for biological stimulation". Through her research in clinic she has developed technology that is now incorporated in her patented therapy equipment, the Laserstim 1500 and the Vetlase 500. She has spent the past 18 years researching the efficacy of biostimulation and therapeutic laser applications.

Kim is an animal lover and owner. In veterinary rehabilitation, she continues her work with equine and small animals. Kim has worked with numerous national and regional equine champions and assisted in the rehabilitation of numerous dogs referred by Dallas veterinarians.



Chronic Pain and Athletic Injury Specialist
Stop Hurting! Start Living!
Kim Segal
972-406-0088

April newsletter sponsor:



**Conservatory
Senior Living**
6401 Ohio Drive
Plano, Texas 75024

*Resort Style Living
for Seniors in Plano!*

*Be our guest
for lunch and a tour!*

*Call Tish Seidler
today!
972-491-3100*

**LADIES:
DON'T MISS OUR
SPONSORSHIP
AT THE JUNE
LUNCHEON!**

Coming next month – WEDNESDAY, MAY 12th:

A Women's 2010-2020 Vision: Charting the Course for Personal Success and Shared Responsibility

Dr. Sherry Dean, Executive Dean at Richland College

Dr. Sherry Dean is responsible for 170 faculty in 10 disciplines. Dean also teaches French language and culture; speech communication and cultural studies.

Sherry holds a Ph.D. in Higher Education Administration from The University of Texas at Austin. Her research focused on globalization and global education innovation. She also holds two Master's degrees from the University of Texas system. She has done extensive professional development in Mexico, the Middle East and China.

Sherry has led numerous international Service Learning seminars in Senegal, West Africa and France. She directed a Fulbright-Hays program to Senegal, West Africa in 2006. Her work in Senegal centers on empowering women through micro-lending projects and academic scholarships. Sherry also serves as a consultant to industry and the academy, conducting workshops on the topics of cross-cultural communication, global education competencies for business professionals, global education and organizational vitality.

Sherry has received numerous awards for teaching excellence. Among these, the French government awarded her a Knighthood in The Order of the Academic Palm (Chevalier, Ordre des Palmes académiques) in 2003.

Sherry is currently a trustee of Girl's Inc. of Metropolitan Dallas. Sherry was a member of the Leadership Dallas 2009 class.



Dr. Sherry Dean
Richland College
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Dallas, TX 75243
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sherrydean@dcccd.edu

The Plano Chamber of Commerce Women's Division luncheons are held on the 2nd Wednesday of each month at Gleneagles Country Club, 5401 West Park Boulevard. Networking is from 11:30 am – noon, followed by the program, which concludes at 1 pm.

Reservations are required and can be made on-line.
The Chamber must receive reservations **by NOON on FRIDAY, MAY 7th**. See the Chamber website for more information: www.planochamber.org





Kim Ludwig
Marketing Representative
Tri-Star Insurance
4949 Hedgcoxe, Suite 250
Plano, Texas 75024
214-387-0600 ext. 118

I hail from: Des Moines, Iowa and currently reside in Plano.

When I'm not hard at work, my "Play Time" includes: lakeside activities with friends and family including jet skiing, boating, tubing, grilling and enjoying fine wine on the dock.

A bit of wisdom or suggestion I can share with another woman, or person, in business is: that the 1st priority is a harmonious home and marriage; hopefully well adjusted children fold into this mix. If your house is in order, the energy and responsibility of making good decisions and accomplishing goals will follow.

The greatest thing about networking with the Women's Division is: meeting, conversing and exploring the wide diversification of women's careers and backgrounds, while enhancing one's own knowledge.

I plan to make connections in 2010 by: routinely and methodically grouping together people of common interest and pool our thoughts, ideas and resources for successful endeavors. In addition, I would like to meet one-on-one persons of interest for in depth educational discussions.

*There's Nothing Better Than
Diva's Den Accessories
for the Red Shoe Realtor!*

Cheryl Webb of Keller Williams gets some serious shopping done at the WD's First Quarter After-Hours, courtesy of member **Joyce Williams at Diva's Den Accessories** in Plano. Guests noshed on a light dinner and then enjoyed a healthy discount at the registers! Cha-Ching!



Upcoming Chamber Events
(Please RSVP in advance)

Every Friday: 7:30am
Networking at Business Interchange
Plano Chamber of Commerce Offices

Apr. 15: 5:30 - 7:00pm
Progressive Business After Hours

Apr. 16: 11:30am - 1:00pm
3rd Friday Ambassador Luncheon
Kelly's Eastside - 1422 Avenue K, Plano

Apr. 20: 5:30 - 7:30pm
"Leadership Plano Distinguished Leadership Award and Program Information Reception For Interested Candidates for Class 28"
Courtyard Theater, Plano - 1509 Avenue H

Apr. 28: 10:00 - 11:00am
Prospective Member Orientation
*RSVP for the orientation to
Lindseyk@planochamber.org or
Call (972) 424-7547 ext. 226*

Apr. 28: 11:30am - 1:00pm
"Success In Business" - Plano Chamber
Brown Bag! FREE for Chamber Members
\$5 for non-members

*Unless noted, please RSVP by email
rsvp@planochamber.org
or call (972) 424-7547 ext 230*



A garden is evidence of faith. It links us with all the misty figures of the past who also planted and were nourished by the fruits of their planting.

- Gladys Taber

My faith has been the driving thing of my life. I think it is important that people who are perceived as liberals not be afraid of talking about moral and community values.

- Marian Wright Edelman

Faith is not contrary to the usual ideas, something that turns out to be right or wrong, like a gambler's bet: it's an act, an intention, a project, something that makes you, in leaping into the future, go so far, far, far ahead that you shoot clean out of time and right into Eternity, which is not the end of time or a whole lot of time or unending time, but timelessness, the old Eternal Now.

- Joanna Russ

2010 Women's Division Board of Directors

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