

# Women's Division

Motivate • Support • Grow

2011 Theme: *Women in Motion*

NOVEMBER: FINAL AFTER-HOURS EVENT OF 2011!

## "Home for the Holidays"

Fun and Festive Networking with the Women's Division!

Jump start your holiday preparations by learning simple, delicious, make-ahead appetizers with Chef Jason Campbell of Whole Foods!

Seating is limited, so R.S.V.P. today!

**ONLY \$15.00 to reserve your spot for this up close and personal event!**



Thursday, November 3<sup>rd</sup>

5:30 - 7:30pm

Whole Foods

(NW corner of Park & Preston)  
2201 Preston Rd. Suite C  
Plano 75093

R.S.V.P. by 10/28/11

[www.PlanoChamber.org](http://www.PlanoChamber.org)



October newsletter sponsor:

*Crème de la Crème*  
Making The Most Of Your Child's Early Years

**Crème de la Crème**  
5516 W. Plano Parkway  
Plano, TX 75093  
972-818-5736

Lindsay A. Warnock  
Executive Director  
[lwarnock@cremedelacreme.com](mailto:lwarnock@cremedelacreme.com)

[Mona@CLMcreative.com](mailto:Mona@CLMcreative.com)

Coming next month – WEDNESDAY, **NOVEMBER 9<sup>th</sup>**:

## "Raising the Bar with Mitch Gaylord"

Mitch Gaylord first thrilled the world in 1984 by scoring the first Perfect "10" as an American Gymnast and leading the United States Olympic gymnastics team to its Gold Medal victory.

In 1995, he was inducted into UCLA's Hall of Fame, and in 2006, he was inducted into the US Olympic Hall of Fame. Mitch has served as a journalist/broadcaster for FOX Sports during the Atlanta Olympics and anchored the 2009 Maccabiah Games in Israel with JLTV.

**GET FOCUSED** - Clearly define your objective. Concentrate and visualize the end goal with an emotionally charged physiology.

**GET COMMITTED** - To Yourself, your team, and the process. Accountability, integrity, and consistency ensure productivity.

**GET STRATEGIC** - Build an intelligent game plan together. Create the blueprint for the successful completion of your goal.

**GET GOING** - It's "GO" time. Get out of your comfort zone and push yourself beyond past limitations.

**GET RESILIENT** - Employ mental toughness - A Gold Medal Mindset.

**GET IN THE ZONE** - Reach for peak performance.

**GET "IT"** - Success, Achievement, ultimate Fulfillment.

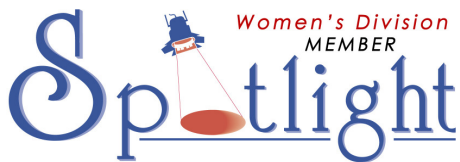


**Mitch Gaylord**  
[www.MitchGaylord.com](http://www.MitchGaylord.com)  
817-337-6808

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. **Individual introductions begin promptly at 11:50am**, followed by the program at noon, which concludes at 1:00pm.

Reservations are required and can be made on-line. The Chamber must receive reservations **by 2:00pm on FRIDAY, NOV. 4<sup>th</sup>**. See the Chamber website for more information: [www.planochamber.org](http://www.planochamber.org)

**Plano Chamber of Commerce**  
ADVOCACY • EDUCATION • NETWORKING



**Teresa Federspiel**  
**Sr. Director of Sports**  
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 Plano, Tx 75024  
 972.208.KIDS (5437)  
[teresaf@psaplano.org](mailto:teresaf@psaplano.org)

**I hail from:** Ada, Oklahoma and have lived in Plano, Texas since I was 16.

**When I'm not hard at work, my "Play Time" includes:** Facebook, out with friends or family, crocheting, or reading.

**A bit of wisdom or suggestion I can share with another woman, or person, in business is:** conduct yourself with integrity, be open to learning new things and keep improving your skills.

**The greatest thing about networking with the Women's Division is:** Meeting new people, and finding new business connections. I always have a good time and usually go back to work with an idea or two.

**How would you describe a "Woman in Motion" in 2011?**  
 Have you been to PSA? ☺ I love my job! We are constantly starting new programs and starting leagues. I am busy from the moment I get here until I go home at night. Also, I have obtained two certifications this year, so when I am not working I am studying for my continuing education requirements.

**SPECIAL THANK YOU's FOR OUR FABULOUS PAMPERING EVENT!**

- \* Octavio and Maresa with The Shops at Willow Bend
- \* Stylist, Porsche Montgomery with People StyleWatch
- \* Catering by Fresh Choice Express
- \* Make-up by Bare Escentuals
- \* Hand massages by Crabtree & Evelyn



**Upcoming Chamber Events**  
*(Please RSVP in advance)*

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

**Oct. 12: 6:00 - 8:00pm**  
 Business After Hours  
 Allen Event Center

**Oct. 26: 10:00 - 10:45am**  
 Prospective Member Orientation  
 Plano Chamber of Commerce Office

*For more information, or to RSVP for any of these events, please visit the chamber website:*  
[www.PlanoChamber.org](http://www.PlanoChamber.org)

**Remaining 2011 Luncheons:**  
**Gleneagles Country Club**

**Nov. 9** - "Embrace Your Greatness"  
 with Mitch Gaylord

**Dec. 14**

**Monthly Luncheon Sponsorships**

**Reservations for 2012 sponsorships will be available this coming November!**

To learn more about this exciting business marketing opportunity, contact **Lauren Garner**, Director of Education at the Plano Chamber.

[Laureng@planochamber.org](mailto:Laureng@planochamber.org)  
 972-424-7547 ext. 231

**2011 Women's Division Board of Directors**

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