



Red Oak Area Chamber News

Calendar at a Glance:

January 30, 2011

January 2011

The Red Oak Area Chamber of Commerce kicked off the new year with the City Manager, Tim Kelty speaking to the membership at our January luncheon. Mr. Kelty spoke about the exciting growth coming to our City, improvements which will be made to enhance its beauty and functionality, and additions to City staff to help the **City run smoothly. The luncheon was catered by Appe' Teaser Catering of Red Oak TX** and our luncheon sponsor for January 2011 was Access Self Storage.



February 8th
Morning Networker
7:30am-location
Edward Jones on
Ovilla Rd
Contact:
Michael Ewing
972-576-8536

February 19th
Lions Club
Chili Supper
to Benefit
ROISD
5-8pm

For info contact
Melanie Petersen
214-864-8014

February 23rd
Red Oak Chamber luncheon

March 26th

Meals on Wheels
Fabulous Forties Fling
Location:
Ennis Texas Motorplex
Contact:
Lisa Hicks
817-558-2840

April 21st
City of Red Oak Easter

Egg Hunt
Contact:
Lauren Findley
469-218-1202

May 2nd
Red Oak Chamber
Golf Tournament
Contact Shelley at
972-617-0906

Red Oak Area Chamber of Commerce
elects 2011
Chairman

Nickie Weyrauch



Happy 2011 to you all!

January is always a time of organizing for the year ahead. The new board of directors, Shelley, and I have started this same process for the Chamber. As part of our planning and organizing we have sent a quick survey out about the chamber. If you have not already, we would greatly appreciate you taking a moment to complete the survey.

This year we would like to encourage each of you to become more involved in the chamber. Your support is always greatly appreciated, but we would really like the opportunity to get to more about you and your business. There are so many ways that you can be involved. Attending the monthly luncheon is a great place to start, but there are other networking opportunities that allow you to get your name in front of other chamber members.

On another note I would like to thank Nanette Paghi for her two wonderful years as our fearless leader.

I am honored and excited to take on the roll of chamber chairman this year.

I would like to tell you a little more about myself and about how this "Allstate Insurance Lady" became the chamber chairman. I am a third generation Ellis County girl! My husband, J.J., and I have 3 boys; our 16 year old nephew and our two boys, 5 years and 21 months. I would say that we spend most of our time rooting for the Red Oak Hawks, the Texas Rangers, the Green Bay Packers, and the San Antonio Spurs. We are sports fans!

What can I say?

As I mentioned, I am an Allstate agent and have had my office here in Red Oak for 3 ½ years. Before I was an agent I worked for my father, who has been in insurance my entire life. I have known that having friends come over and jump on my trampoline is a liability risk since before most people even know what liability is.

Now onto how I became the chamber chair, I will warn you though my story is very cliché. Basically I grew up in a family of local business people who taught me that all successful communities have a successful chamber of commerce. **My mother has served as Red Oak's Chamber Chairman and is currently on the board of the Ennis**

Chamber of Commerce and my father and grandfather have both served as the chairman of the Waxahachie Chamber of Commerce. They all showed me that there is great value in being an upstanding leader in your business community.

I look forward to getting each one of you involved in this chamber over the coming year!

Thank you for this opportunity,

Nickie Weyrauch
Chamber Chairman

[Chamber Survey](#)

In our most diligent efforts to give your business the most from the Red Oak Area Chamber of Commerce we ask you to complete the following quick survey. Please click on the link below and take a short 10 question survey to help improve our Chamber.

<http://www.surveymonkey.com/s/73BHCB5>

New Members 2010

King Carpet Care Red Oak TX 972-224-7440	Gregg's Unisex Red Oak TX 214-650-6965	Red Oak Family & Pediatric Clinic Red Oak TX 972-617-6660	Phoenix Lodge # 648 Red Oak TX 214-796-1924
April's Pet Grooming Red Oak TX 972-576-1777	Randy's BBQ Red Oak TX 972-617-3336	Mary Rose Corrales Individual 214-535-9966	The Gymnastic Zone Red Oak TX 214-226-1224
Integrity Lawn Care Red Oak TX 972-617-0217	Red Oak Driving School Red Oak TX 972-850-0990	Keller Williams Realty Waxahachie TX 972-938-2222	Stephanie Rippe Photography Lancaster TX 214-549-1687
Edward Jones Michael Ewing Red Oak TX 972-576-8536	A Towing Resolution Red Oak TX 75154	Ridgeline Roofing Red Oak TX 972-576-1700	Red Oak Lion's Club Red Oak TX
Community National Bank Red Oak TX 972-617-8700	Comfort Suites Waxahachie TX 469-517-1600	Martin Towing Red Oak TX 972-935-0350	D & W Towing Red Oak TX 972-617-0444

Cash * Door Prizes * Unlimited Business Growth

Start the year off right with our New Morning Networker...Every 2nd Tuesday of each month.

Location will be Edward Jones, Ovilla Rd in Red Oak!!

For more info contact: Michael Ewing @ 972-576-8536

“Most People Die at Eighteen”

“Most people die at eighteen, but we just don’t bury them until they’re sixty-five”- Benjamin Franklin

I am always amazed at people that wake up in a bad mood everyday. Comedian W.C.Fields said, “Start everyday with a smile and get it over with”. Some people have obviously taken him seriously. It was not a joke for those of you that would like Oscar the Grouch as a hood ornament on your car of life.

They walk around with a scowl on their face and dare anyone to be pleasant or upbeat. They haven’t been happy in years and resent anyone who is. They believe all that positive attitude stuff is a bunch of hooley, unrealistic pie in the sky hogwash that has absolutely no benefit. Oh contraire!

Did you know that sporting a bad attitude is unhealthy or that a positive attitude can help in the prevention of disease? Dr. James Strain, Director of Behavioral Medicine and Consultation Psychiatry at Mount Sinai Hospital in New York City found this to be true when he compared pessimistic and optimistic men who had had heart attacks. In the first group of twenty-five pessimists, twenty-one died within eight years of a heart attack. Only six of the twenty-five optimistic men died in that time.

Dr. Thomas Hackett, a Harvard psychiatrist, found that sick people who minimize the seriousness of their condition by emphasizing their optimism, hope, trust, and humor have higher survival rates than chronic worriers. He said, **“Sometimes the best medicine is in your head...a positive attitude has a life saving effect”.**

Attitudes have a definite biochemical effect on the body. An attitude of defeat or panic constricts the blood vessels and has a debilitating effect on the entire endocrine system. By contrast, an attitude of confidence and determination activates benevolent, therapeutic secretions in the brain.

Attitudes can also impact the length of you life. In an Oxford, Ohio study in 1975, a group of 660 people over the age of fifty were asked a series of questions-questions that evaluated their attitude toward aging. They were asked **whether they agreed or disagreed with statements such as, “Things keep getting worse as I get older”; “I have as much pep as I did last year”; and, “I am as happy now as I was when I was younger”.** Researchers checked back thirteen years later to find that the people with the positive attitudes lived, on average, 7.5 years longer than their negative counterparts. Conclusion: Your attitude affects your health, not to mention your happiness.

But, you have to choose that attitude. It is not circumstances that control your life but your reaction to those circumstances. Dr. Norman Vincent Peale said, **“Any fact facing us is not as important as our attitudes toward it, for that determines our success or failure”.**

So go ahead...smile, it’s good for you!





Renewing Members
Last quarter 2010

US Post Office

Compton's Carpet Cleaning

Mike Dickey Attorney at Law

Vintage Bank

The Greenery

Gardner's Kwik Kar

Ellis County Chronicle



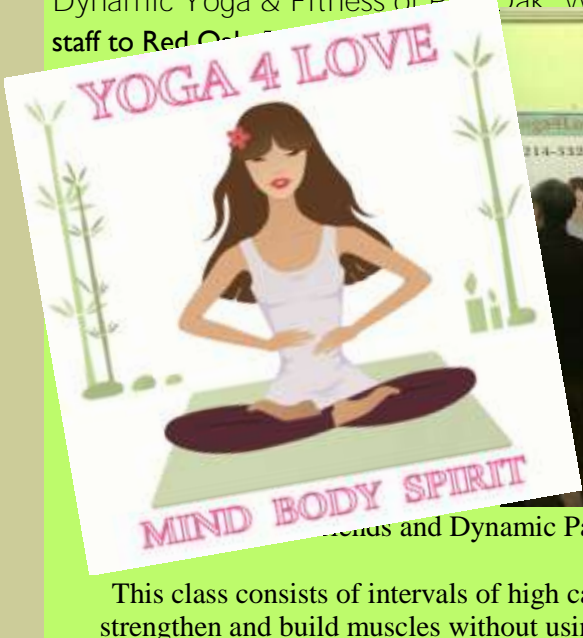
*****Advertising Opportunities*****

Business Card Ads:
Runs once a month

\$15 per month

Quarter Page ads are also available. Call or e-mail the chamber if you have any question.

On January 14th The Red Oak Area Chamber held a Grand Opening and Ribbon Cutting for Dynamic Yoga & Fitness of Red Oak. We would like to welcome Lisa Ware, the new owner and her staff to Red Oak.



Members and Dynamic Pass Members please book workshop online.

This class consists of intervals of high cardio and strength. Imagine how great it will feel to burn fat, strengthen and build muscles without using any weights. Also, includes a nutrition plan, coaching and accountability from your DYNAMIC instructors and all the tools you will need in order to be successful on your journey to becoming a healthier you! Following your BOOT CAMP you will be nourished with refreshing snacks, tea, nuts and juices. Relax and learn nutritional info on organic eating, food preparation and a sharing of ideas. Bring a copy of your favorite healthy recipe to share. If you feel inclined, bring a healthy dish if you want to, as well. Class is on first-come, first-served basis or pay \$30 at the door, if space available. Reserve a spot now! You'll be glad you did!

~Instructors: Lisa Ware and Irene Machuca~



Join us on Kangen Water and Detox to follow Boot Camp 1-1:30

Dynamic Yoga and Fitness Studio
558 Bluebird Lane Red Oak TX 75154
469.437.1334
dynamicyogaandfitness.com