



# Red Oak Chamber News

## Calling all Volunteers

We are looking for Volunteers for the following Committees

### Education Team

The Education team's mission is to provide resources and information to aid the success of our small businesses.

The Education team is responsible for educating the membership on subjects such as:

- How to use the Chamber to grow your business
- Customers Service seminars
- Marketing/ Advertising seminars
- Tax Strategies seminars
- Writing a Strategic plans
- Sales training seminars
- Business book library

The Education Team will also be responsible for working with the Red Oak ISD as necessary. A possible program is a New Teacher reception. In which the Chamber host a welcome to the new teachers and allows our businesses to set up booths and

displays to promote the business to the City of Red Oak's largest employer. We serve them lunch and give away door prizes.

### Marketing Team

The Marketing Team is responsible for determining the most effective ways to promote the Red Oak Area Chamber of Commerce, both internally and externally.

Their responsibilities include:

- Website and its design
- Any and all brochures, directories and promotional items
- Membership packets
- Internal and external marketing of our members.

The Marketing Team will be responsible for the image of the Chamber to our membership and the public. Creating consistency in our appearance, through out all marketing campaigns, including logos and graphics.

### Membership Team

The Membership Team is responsible for increasing and retaining members of the Red Oak Chamber of Commerce. The Membership Team will implement programs such as:

- Ribbon Cuttings
- Luncheon greeters
- Networking events
- Recruiting new members
- Recruiting new ambassadors
- Mentoring new members
- Greeting call

The Membership Team will recruit new members and be their guide into the Chamber, offering invitations and advice, helping them to meet other members and to help them to quickly feel like a part of the Chamber. The Marketing Team will be in the relationship business helping our members to feel connected.

### Special points of interest:

- Please contact the Chamber if you are interested in helping with the Golf Tournament scheduled for April.
- Come and participate in the Morning Networker on the 18th. Help your business grow!
- The Auction Committee will be meeting on Feb. 26th at the chamber office at 10 am. Volunteers are needed!
- The Luncheon will be on the 27th and Joey's Burrito will be catering.
- Calling all volunteers to participate in our three new committees.
- Remember to come visit Kelsey for her Birthday on the 19th of February!!

## Guess Who?!?!

She looks pretty familiar to me...If you can be the first to give me a name, then I will give you a free lunch.

Last week Mike Dickey, Attorney at Law won his free lunch by correctly

identifying Renee Chase of Edward Jones.

The Luncheon will be on February 27th and Joey's Burrito will be catering.



**Welcome New Members**

**Renewing Members**

**Anytime Fitness  
of Red Oak**

James Lewis  
132 E Ovilla Rd. Ste 12  
214.477.8494  
Redoaktx  
@anytimefitness.com  
Www.anytimefitness.co

**Supreme Lend-  
ing Individual**

Traci Gamel  
214.280.8571  
Traci\_gamel@yahoo.  
com

**Hilco Electric  
Cooperative,  
Inc.**

Joe Seale  
254.687.2331  
jseale@hilco.coop  
Www.hilco.org

**Victory Promo-  
tions**

Daryl Johnston  
972.723.5040  
dj@victorypromo.co  
m  
Www.victorypromo.c  
om



**The Methodist Health System  
Mobile Mammography Unit  
is scheduled to visit you on:**

**Thursday, April 24, 2008**

**Prosperity Bank – Red Oak**

**500 N I-35 Service Road – Red Oak**

**Take advantage of this important ser-  
vice while close to home!**

To qualify for a mammogram, you must be age 35 or older, with no breast implants, and have no current breast problems.

To Schedule An Appointment, Please Contact:

**Methodist Call Center**

**214-947-0026 or 1-877-637-4297**



Most major insurance plans may be filed including Medicare Part B and Medicaid.

Without insurance, the cost is \$140.00 payable at the time of service in the form of cash, check, Visa or MasterCard.

Please bring your physician's name and address to your appointment.



## A Note From Alan

### “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 hooey, 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!

# February 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	<i>Morning Networker</i>	5	6	7	8	9
10	11	12	13	14	15	<i>Pancake Breakfast</i>
17	<i>Morning Networker</i>	19	20	<i>Rise &amp; Shine</i>	22	23
24	25	26	<i>Luncheon</i>	28	29	

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**“I read someplace that eye contact is a very important business skill.”**