

**Friday, December 10, 2010**

**Guest Speaker Jennifer Antkowiak**  
KDKA TV 2 News Anchor  
Author, Mom and Caregiving Coach



We are busier than ever taking care of our responsibilities. All too often we let our own needs take a back seat. When we don't take care of ourselves, we increase our risk of heart disease, depression, certain cancers, and many other serious illnesses. Jennifer Antkowiak can show you how you can sleep better, eat better, get more exercise, and be calmer and more balanced with easy-to-use, affordable ten minute strategies.

**Location:** Longwood at Oakmont  
500 Rte. 909, Verona, PA 15145

**Registration at 11:00 a.m. sharp!**  
Luncheon Time: 11:30 a.m.—1:00 p.m.

**Jennifer Antkowiak's speaking fees Sponsored by Hometown Pharmacy**



Luncheon also sponsored by:

**St. John the Baptist School**



**North American Karate & Fitness**



Register online at [www.plumchamber.com](http://www.plumchamber.com) or call our office at 412-772-8420.

**"Early Bird Business Builder"**

Held on the 2nd & 4th Wednesday of every month!

December Meetings are as follows:

December 8, 2010  
Presenter: Mike Silvert  
*In Community Magazine*

December 22, 2010  
Presenter: Tracy Mitchell  
*Holiday Park Apartments*

Time: 7:45 a.m.— 8:45 a.m.  
Location: S & T Bank  
301 Unity Center Road, Plum

*Get a jump start on your morning!  
Join us for Open Business Networking.  
Plan on a 1 minute commercial about your business!*

***Save the Date!!  
January Luncheon  
Friday, January 14, 2011***

**We are pleased to welcome  
Speaker Joe Badalich  
Senior Project Manager  
UPMC Corporate Construction  
Team**

**Topic: Update on UPMC East and  
what it means to our Region!**




Time: 11:30 a.m.—1:00 p.m.  
Location: Pugliano's Italian Grill  
1808 Golden Mile Highway, Plum

Please register for this luncheon at [www.plumchamber.com](http://www.plumchamber.com) or by calling our office at 412-772-8420

**THANK YOU  
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## Borough/Chamber Open House

Thank you to everyone who attended our Open House on November 4th at the Plum Borough Building. It was a great opportunity to meet and socialize with other business members in our community. Mike Thomas, Borough Manager, talked about many topics pertaining to small business and some of the benefits of having a business in Plum. In an effort to continue to stay better connected to the businesses in our community, the Borough will be holding quarterly breakfast meetings open to all Plum business members. **The first one is scheduled for Thursday, January 6, 2011, 7:30 a.m.—9:30 a.m.** This is a great opportunity to stay up-to-date on business development, growth and changes in Plum and how it might benefit and/or affect your business.

Mark your calendar and plan to attend.!

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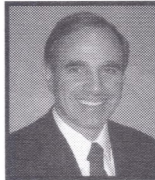
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## November Luncheon



Thank you to everyone who joined us for our November Luncheon at **Palmieri's Restaurant**. If you did not get the opportunity to attend this luncheon, you missed out on an amazing presentation!

Our keynote speaker was *Jeff Tobe*,

**cOLORiNg OUTsiDe tHe LiNes**

**...Creating the Ideal Customer Experience**

Jeff was an **entertaining, amusing and interesting** motivational speaker. He talked about ways in which every person can think "outside of the box" to benefit their personal experiences and their businesses.

Thank you to **Palmieri's Restaurant** for accommodating our event and for the wonderful lunch! *Please consider patronizing this restaurant the next time you are dining out!*

We look forward to seeing you at our next event!

## Welcome New Chamber Members!

### BP Insurance, Inc.

P.O. Box 602  
Ligonier, PA 15658  
Ed Stimel, Assoc. Agent  
Phone: 877-856-5603  
[www.panichelleagency.com](http://www.panichelleagency.com)  
email: stimele@nationwide.com

*Insurance*

### Golden Years Management

231 Coxcomb Hill, Road, #4  
New Kensington, Pa 15068  
Phone: 724-339-0281  
[www.goldenyearsmanagement.com](http://www.goldenyearsmanagement.com)  
email: rrubingcm@verizon.net

*Healthcare*

### Loan Web USA

4334 Old William Penn Hwy.  
Monroeville, PA 15146  
Phone: 412-373-1123  
[www.loanwebusa.com](http://www.loanwebusa.com)

email: loanwebusa@verizon.net

*Financing*

### Red Swing Group

P.O. Box 14125  
Pittsburgh, PA 15239  
Phone: 412-860-5226  
email: Matthew.Smith@RedSwingGroup.com

*Development Services/Engineering*

### The Greeting Gallery

Unity Plaza, 321 Unity Center Road  
Plum, PA 15239  
Phone: 412-795-2232

*Cards and Gifts*

### WPC Sportswear and Specialties

194 Colonial Village Drive  
Pittsburgh, PA 15236  
Phone: 412-600-0587  
[www.wpcsportswear.com](http://www.wpcsportswear.com)  
email: wpcsportswear@verizon.net

*Sportswear*

### Zaiaka Authentic Indian Cuisine

924 Presque Isle Plaza  
Pittsburgh, PA 15239  
Phone: 724-325-1247  
[www.zaiaka.com](http://www.zaiaka.com)

email: info@zaiaka.com

*Indian Restaurant*

Please consider using one of our members the next time you are in need of a service that they provide!

## November After Hours hosted by...



Thank you to everyone who attended our after hours event at **Energy Swing Windows**. Drinks and appetizers were served.

At Energy Swing, we are dedicated to working hand in hand with our customers to fully evaluate their needs while educating them on the options for solving their problems. If you are thinking about new windows or doors, now or in the future, you owe it to yourself to talk with Energy Swing. We feel confident that the more you know about us, the more you'll understand that you can trust us to deliver value for every dollar you invest to create "raving fans" for a lifetime. That's our goal and that's our commitment to you in your home.

*Stephen Rennekamp President*

Submit your business card at our monthly luncheon drawing for a chance to win a spotlight of your business in our Newsletter. The winner will have their business spotlight in the following month's newsletter. This is a great opportunity to receive free advertising for you and your company.



Congratulations to Innova Benefit Services, LLC, for being selected at our November Luncheon!

### **INNOVA BENEFIT Services, LLC** *Personalized Services from Professionals Who Care*

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- **COBRA Administration**
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**795 Pine Valley Drive, Suite 21  
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1-866-993-7702**



The Plum Chamber office would like to have some information, brochures, and/or materials about your business to keep in our office. We have people who call or visit our office at times requesting information.. We distribute all available information of interest equally and fairly.

If you are interested in supplying the Plum Chamber office materials about your business, please mail or deliver them to our office at 4555 New Texas Road, Plum, PA 15239.

Thank you for your help in spreading the word about our members and the businesses in our community..

The Plum Chamber of Commerce



**Tammy Gary**  
Owner

4430 Gateway Drive • Monroeville, PA 15146  
724-325-7008 • Fax 724-733-5949  
[www.adspecpgh.com](http://www.adspecpgh.com)

## **Would you like to be a Business Sponsor for our January Luncheon?**



We still have an opening to be a business sponsor for our January 2011 Luncheon. Our keynote speaker will be Joe Badalich, Senior Project Manager, **UPMC Corporate Construction Team**. Mr. Badalich will give an update on the UPMC East and what it means to our region. Being a luncheon sponsor gives you an opportunity to speak about your business for 5 minutes. In addition, you will be able to distribute your flyers/materials at each setting. The cost for being a luncheon sponsor is \$100.

If you are interested in being a sponsor for this luncheon or any other monthly, please contact our office at 412-772-8420. We look forward to hearing from you!



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**Office Hours:**

Monday—Thursday  
9:00 a.m.—2:00 p.m.  
Phone: 412-772-8420  
Fax: 412-772-8231

**email:**

info@plumchamber.com

**website:**

www.plumchamber.com



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- Congressman Jason Altmire
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- Pittsburgh Business Times
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- Plum Senior Community Center
- PNC Bank - Golden Mile Hwy.
- Professional Mortgage Group LLC
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- Ventec Refrigeration Inc.
- VPS-Reliance Business Solutions
- Zaiaka Authentic Indian Cuisine\*
- Zucco Security

*Please consider using one of our members the next time you are in need of a service that they provide! Check our website often for a current list of member to member discounts.*

*\*Indicates New Members*