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May 3, 2006
“Enhancing Lives”
A motivational speech by Head Women’s Basketball Coach, LaVonda Wagner

Summary of presentation

Listening to Women's Basketball Coach, LaVonda Wagner was a very positive experience. It’s no wonder the team did so well with such an excellent leader. LaVonda spoke to the group very informally, sharing anecdotes from her coaching experiences and also sharing how she gained her leadership and public speaking skills. Some of the things I took away from her presentation include:

- Always be yourself and always tell the truth
- Treat people the way you want to be treated
- If you want to be effective, it helps to be nice, assertive, and under control.
- Always maintain your dignity and class.
- The above things can really be hard work.
- We all lead, and leading means service.

These are just some of the things that came to mind for me. If you get the chance to hear Coach Wagner speak, take the opportunity it will be worth it. We are looking forward to a new season with a bunch of new players being lead by Coach Wagner. Good Luck Coach, and Go Beavs!

-Laurel Busse

Monthly Meetings Update

June 7, 2006

May 3, 2006

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Another reason to attend the Monthly PFLA Meeting!

Joyce Hurlbutt, Food and Beverage Manager of Marketplace West, has approved our PFLA group to get $1 off coupons each month for the PFLA meetings. You can come to the meeting and get a coupon and then go get your lunch for $1 off!

PFLA End of the Year Celebration!
June 28, 2007