



Chamber Connection

“Creating a Bright Future”

**Trotwood
Chamber of Commerce**

**Volume 7 Issue 2
February 2011**

A New Beginning — A New Year!

Although we are in the second month of the new year, we are encouraged by what we are hearing from the business community. Many businesses are seeing an increase in productivity and are cautiously optimistic that the economy is improving...we are hopeful this trend will continue.

The Chamber has been working with Office Depot on a “Value Added” project that will allow members to use a discount card to purchase office supplies at their store and receive 5-30% discount on those supplies. A representative from Office Depot will be contacting you to discuss the benefits offered to you...it is important that you meet with the representative otherwise these benefits may not be available to you.

When shopping at Gordon Food Services don't forget to mention Trotwood Chamber at the check out...you will receive a discount off your purchases. Visit our website at www.trotwoodchamber.org for a list of all of our member-to-member participants. If you would like to become a member-to-member participant, please call the Chamber at 937.837.1484.

City of Trotwood Cub Foods Grismer Auto Service Center K. M. Ingersoll & Son (new member) Mercy Siena Retirement Community North Dayton School of Discovery Office Depot Salem Square Improvement (DLC)	Shiloh Springs Care Center Sisters of the Precious Blood Trotwood Library Trotwood YMCA United Theological Seminary VFW Post 4270 (new member) Wertz Insurance Group
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We are quite pleased with the membership renewals for 2011 and for the new businesses joining the Chamber. In addition to those listed in our January Newsletter, businesses listed above have renewed or have joined the Chamber.

Thank you very much for your support, we are working on behalf of you, our members. If there is something we can do to assist you, please email trotwood-chamber@earthlink.net or call 937.837.1484...we are here to help you!

Marie Battle, CPS, Executive Director

January-June 2011 Chamber Events

A network breakfast and open house is scheduled for *Wednesday, February 23 from 8-9:30 a.m. at Friendship Village*...breakfast is sponsored by Friendship Village. Toni Weideling, Executive Director, Southern Ohio Chamber Alliance, (SOCA) will make a brief presentation on the new benefits offered to Chamber members...call the Chamber at 837.1484 to make your reservation.

Workshop Wednesday, March 23—Englewood Holiday Inn from 7:30 a.m. until 10 a.m. on the "Ten Keys to a Healthy Business," also included will be presentations on benefits provided to members. The workshop is being offered by Northmont, Vandalia and Trotwood Chambers.... the cost is \$5.00.

Workshop Thursday, April 7—Maria-Joseph Living Care Center from 8-10 a.m. on scams/frauds presented by the Better Business Bureau

Business Expo & Showcase of Technology (B.E.S.T) Thursday, May 5—Dayton Hara Complex from 11:30 a.m. until 7 p.m.

Chamber-after-hours Tuesday, June 14 from 5-7 p.m.—tour one of the renovated homes in Trotwood

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Hara Arena Complex

Executive Director

Marie Battle

In This Issue

Executive Director's Notes
Chamber Events
B.E.S.T. Expo
BWC
Law of the Garbage Truck

Upcoming Events

*Ribbon Cutting/Network
Breakfast February 23
Board Meeting March 16
Workshop March 23
Workshop April 7
Business Expo May 5
Chamber After-Hours June 14*

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The Miami Valley's B.E.S.T.

**Business
Expo &
Showcase of
Technology
Thursday, May 5, 2011
At-A-Glance**

What: The Miami Valley's Business Expo & Showcase of Technology (B.E.S.T.) is a one-day trade-show and symposium showcasing the region's best green entrepreneurs, companies, technologies and products. The event will gather a regionally recognized keynote speaker, forums, demonstrations and dozens of exhibitors to inform and enlighten both industry leaders and the general public of the advancements being made in green energy and how those advancements can improve not only energy efficiency and the bottom line, but overall quality of life.

Where

Dayton Hara Complex
Conference Center, Silver & Ballarena
1001 Shiloh Springs Road, Dayton OH 45415 /
(937) 278-4776 / www.haracomplex.com

When

Thursday, May 5, 2011
businesses from 11:30 am to 7 pm;
general public from 5 pm to 7 pm.

Show Schedule

Exhibitors Set-Up 9 am to 11 am
Keynote Luncheon 11:30 am to 12:30 pm
Expo Open to Area Businesses 1 pm to 7 pm
Expo Open to the General Public 5 pm to 7 pm
Break-out Seminars To be announced
Exhibitor Tear Down 7 pm to 8 pm

Show Admission

General Business Admission \$20 each
General Business Admission & 1 Keynote Luncheon Reservation \$49 each—Additional Keynote Luncheon Reservations \$20 each—Admission to the General Public (5 pm to 7 pm) \$ 5 each
Student Admission (with valid student ID, 5 pm to 7 pm) Free

Exhibitor Pricing

General Exhibitor Registration \$250 - if placed before 4/4/11 \$275 - if placed after 4/4/11
(Each registration includes one luncheon buffet, additional reservations can be placed for \$20 each)

Special Membership Opportunity
Submit exhibitor application and check for \$250 before April 4, 2011 and receive a 1-year Trotwood Chamber of Commerce membership free!

Sponsorship Opportunities

\$5,000 2 Booth Spaces, 1 Break-out Session, Name & Logo on Advertising & Marketing (whenever possible), Registration & Keynote Luncheon for five (5).

\$3,000 2 Booth Spaces, Mentions on Advertising, Registration & Keynote Luncheon for three (3).

\$1,000 1 Booth Space, Mentions on Show Signage, Registration & Keynote Luncheon for two (2).

Booth Space: Booth spaces are sold in 10 x 10 increments and include one 8 ft. draped table, an 8 ft. pipe & drape backdrop, two 3 ft. side rails & 110 electric. Those requesting additional space/electric, must submit their requests through Ms. Marie Battle at (937) 837-1484.

Keynote Speaker & Seminar Schedule

To Be Announced

Contacts

Information & Booth Space

Ms. Marie Battle, Trotwood Chamber
(937) 837-1484

Facilities & Publicity

Ms. Karen Wampler, Hara Complex
(937) 278-4776, ext. 220

Administration

Ms. Pam Hall, Friendship Village
(937) 837-5581 ext. 269

Seminars & Keynote Speaker

Mr. David Swenson, EMTEC
(937) 259-1365

Exhibits & Sponsors

Ms. Marie Battle, (937) 837-1484
Mr. Gregg McGuire, (937) 383-4000

For more information, visit the Chamber's Website at www.trotwoodchamber.org.

You may register on-line for this Expo by clicking the green light bulb and follow the prompts. All major credit cards are accepted with the exception of American Express.

This Expo is hosted by Emtec, City of Trotwood and Trotwood Chamber of Commerce.



Chamber Connection

APPLYING THE FIVE CRITICAL TENETS TO WEIGHT LOSS AND BETTER HEALTH

By Mr. Gary Hanson, President of
American Safety & Health Management Consultants, Inc.

I find myself among the growing number of baby boomers who are reaching the age in life when retirement is not far off in the future. In fact, a growing number of people my age are already starting to take early retirement. Like many, I find it increasingly more important to do the things that keep my body in shape, so that when I do retire, I can enjoy my life to the fullest. I want to be free to travel and do all of the things I couldn't during my working life. Unfortunately, too many of us will reach retirement unable to do all the things we want because of health related problems.

When I was young and in my prime, I thought like most young people that I would live forever. I had Superman Syndrome. I could run all day and still had energy to burn. As I grew older, got married, had kids and began my career, a lot of my energy was channeled into these areas. Fortunately, I have a high energy level, but over the years I didn't exercise as much and I gradually put on extra weight. About 18 months ago, I looked in the mirror and did not like what I saw looking back at me. The person in the mirror was not the person I had been or wanted to be. I decided it was time to change the image and get back into shape. I implemented the Five Critical Tenets that I use in my Management Safety Training Classes. The Tenets are the key steps in making things happen and if they worked in improving a Safety Program they would work in changing health habits as well.

The 1st Tenet is - AWARENESS

* Since I looked in the mirror and did not like what I saw, I was clearly aware of my situation. Many people get to this step. They are aware that they did not look or feel the way they want to, but all too often they either just accept it or are not willing to make the effort to change. The effort is not worth the outcome. This is where the 2nd Tenet is so important.

2nd Tenet is - WINNING ATTITUDE

- Whatever you do in life it must be worth winning or you wouldn't do it well. You may start the process but it is just a matter of time before more important issues divert your attention. This is certainly true when you are trying to lose weight. There is always some type of party, dinner or event that you must attend. Time is limited so exercising on schedule is difficult at best. Many times there is not sufficient time for a sit down lunch so fast food becomes the lunch of choice. These are all obstacles that must be overcome and therefore, the reward, better health, more energy and better appearance must be constantly referenced. 3rd Tenet is where the rubber meets the road-

Total Commitment to Success

- In anything we do we must be totally committed to success. We need to be on a mission and focused on achieving the desired outcome. There can be no acceptable excuses. Excuses are only justifications for failure. A diet must be established, weight monitoring must be done everyday and time for exercising must be set aside. In other words, you establish an Action Plan and stay on it like a laser beam. 4th Tenet keeps you on track-

Believe in What You Are Doing

- If you don't truly believe in what you are doing you wouldn't do it with passion. Passion is the drive behind successful people. Set yourself a weight reduction target and constantly monitor the results. Success does not happen over night and takes time. Do not let day to day life pull you off your plan. If you overeat one day do not give up, get back on your plan. 5th Tenet is the hardest of all to achieve and maintain.

Behavioral Change

* You have to change your day to day behavior and this has to be a permanent long term change. We can all change our behavior temporarily, but long term permanent change is hard. This change will only occur if we truly believe in what we are doing, are committed to change, see the real value of making the change and are aware that we need to make the change. It must become a part of your daily life and repeated over and over each day. Since I decided to change I have reached my targeted weight. I am now in the ongoing never-ending process of maintaining my weight at a level where I feel good about myself, have increased energy and I no longer have that other person looking back at me from the mirror.

I have joined millions of other Americans that have decided to change their lives for the better. It wasn't and isn't easy. There are always roadblocks but I now stay on my plan. A healthy lifestyle is worth the effort.

Life style diseases are the number one killer of Americans. If you have not already started a wellness program for your employees, please think about it. Encourage proper exercise, diet and weight control. In the long run, it will save millions in health care costs, reduce many types of job related injuries and increase employee work longevity. All of these are good for your employees and good for your business. In other words, it is simply good business.

If you have any questions about your Safety Program or have any questions, please feel free to call me at 1-800-356-1274.

Step 5—Timely Notification of Claims

Requirements

Employers must report claims immediately to the managed care organization (MCO), which reports the claim to BWC within 24 hours. The employer will comply with all requirements for reporting claims to the employer's MCO as specified under the HPP rules.

Implementation

When an injury occurs, first arrange for medical care for the employee. Next, investigate and document the circumstances, and report the injury to the claim handler.

Reporting claims quickly:

- Demonstrates care and concern for the employee
- Prevents delays and/or confusion in the claim process
- Reduces the potential for fraud or abuse
- Reduces the potential for needless litigation

Through timely reporting of claims, you:

- Establish an open line of communication
- Develop accurate information to manage the worker's compensation claim
- Provide benefits to the injured employee on a timely basis

Chamber Connection

Law of the Garbage Truck

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us! My taxi driver slammed on his brakes, skidded, and missed the other car by just inches!

The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy, and I mean, he was really friendly! So I asked, "why did you just do that" this guy almost ruined your car and sent us to the hospital!" This is when my taxi driver taught me what I now call, "The Law of the Garbage Truck."

He explained that many people are like garbage trucks...they run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they will dump it on you...don't take it personally. Just smile, wave, wish them well and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life is too short to wake up in the morning with regrets. So, love the people who treat you right, pray for the ones who don't.

Life is ten percent "what you make it" and ninety percent "how you take it."

Robert L. Stephenson, Sr.

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We Copy Up a Storm!
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Fax: 937.854.7006

Summit Towing, Inc.



Over 65 Years in Dayton
4164 Gardendale Avenue
Dayton OH 45427
Ph: 937.268-6100
Fax: 937.268.0277



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