



Chamber Connection

Trotwood Chamber
5790 Denlinger Road
Trotwood OH 45426
www.trotwoodchamber.org

October 2021

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Trotwood Chamber's Annual Dinner

Trotwood Chamber of Commerce invites you to our "19th Annual Awards Dinner," Thursday, November 11 at Meadowbrook Golf Course, 6001 Salem Avenue, Clayton Ohio. Our evening starts at 5:30 p.m. with networking and silent auction followed by dinner and the program.

In the past we recognized a small and a large business; however, because of the pandemic and COVID that affected not only our community but the Nation, we will recognize those businesses involved in helping to make a difference in our community. The award will be given based on nominations we receive. An award will be given to a new business, Community Service and Humanitarian. Please take a moment to fill out the form below, mail it to Trotwood Chamber of Commerce, 5790 Denlinger Road, Trotwood OH 45426 or email to mbattle@trotwoodchamber.org. We ask that you return the form no later than October 28, 2021.

The Chamber will also have a silent auction at our event. If you would like to donate an item for our silent auction, call the Chamber at 937.837.1484 and someone will pick up your donated item. All awards, recognitions, and businesses donating an item will be listed in our program, posted on our website and in our newsletter.

Sincerely,

Marie Battle

Name of Business _____

Why Nominated? _____

Contact Person _____ Phone No. _____

Donate an item _____

Sponsor - \$250.00 includes dinner for two _____

Trotwood Chamber of Commerce, 5790 Denlinger Road, Suite 401 I, Trotwood OH 45426

phone: 937.837.1484, email mbattle@trotwoodchamber.org or visit www.trotwoodchamber.org

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This Article Includes:

Annual Dinner 2021
Informational Corner
Chamber's Thank You
Safety Information

Renewal 2021

Robinson's Janitorial Svc.
Shiloh Springs Care Canter
TM Educational Foundation

INFORMATIONAL CORNER



City of TROTWOOD

DRIVE-THRU
TRICK-OR-TREAT
October 28, 2021

Trotwood Industrial Park
6-8 PM

For more information contact Ciara Lewis
937-854-7228, clewis@trotwood.org



Ribbon Cutting Saturday, September 24, 4 Seasons Boutique, 4632 Salem Avenue, phone 937.931.2055



Lt. Governor Husted and InnovateOhio announced on **Monday** that the Ohio Bureau of Motor Vehicles (BMV) will now provide individuals with valid Ohio credentials the ability to order one reprint of their driver license or identification card (ID) online. This new service will save an average of 500,000 visits to Deputy Registrar agencies per year.

“This priority project of InnovateOhio is another example of our work to change the culture of state government to be more customer-service friendly,” said Lt. Governor Husted, Director of InnovateOhio. “Instead of having to take a trip to the BMV, customers can now order an exact reprint of their license from the convenience of their home.”



Stop by Dayton Nutra Foods in Trotwood, help them to celebrate their 64th anniversary. Sale is for October Lines include Solgar, Now Foods, Carlson, Solaray, Ancient Nutrition and Terry Naturally plus many other unadvertised.



Fall Festival

Saturday, October 23rd
10:00 am—3:00 pm

at **Friendship Village**
5790 Denlinger Road, Dayton, OH
For more information,
call 937-837-5581
extension 1205



Breast Cancer Awareness Month (BCAM), also referred to in the United States as National Breast Cancer Awareness Month (NBCAM) is an annual international health campaign organized by major breast cancer charities every

October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure.

Trotwood Chamber of Commerce wishes to thank our sponsors, donors, volunteers and golfers for supporting and participating in our golf outing September 10, 2021 at Meadowbrook Golf Course. Below is a list of our sponsors, donors and volunteers.

SPONSORS



DONORS

Dayton Dragons
Grismer Tire and Auto
Home Depot
J.W.'s Wine
T-M City Schools
Trotwood Chamber of Commerce

VOLUNTEERS

Dr. Reva Cosby
Sean Freeman
Brandey VanGorder and family
Mindy Shelley
Sandra Monaghan
Deborah Smith

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 is 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 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 every day 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-

BELIEF 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 overnight 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 must 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.

Lifestyle 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 (Gary Hanson) at 1-800-356-1274.



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Fax: 937.837.1508
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