



June 2009
Volume 5, Issue 6

Member of Ohio Chamber of
Commerce & U.S. Chamber of
Commerce

Brought to you by
Sustaining Member
Preble Memory
Gardens & Robert
L. Crooks Funeral
Center

Chamber Events

6/17 Preble County
Safety Council
12:00 Noon
Preble County YMCA
Eaton, Ohio

6/18 Toast of the Town
R & D Call Center
Eaton-Lewisburg Rd..
Eaton, Ohio
5:00 – 7:00 p.m.

**Eaton-Preble County
Chamber of Commerce**
122 W. Decatur Street
P.O. Box 303
Eaton, Ohio 45320
Phone: (937) 456-4949
<http://www.preblecountyohio.com/>

CHAMBER NEWS

“Promoting free enterprise and advancing the business community of Preble County”



TOAST OF THE... Town

June 18, 2009
5:00 – 7:00 p.m.

R & D Call Center
Richard & Debbi Lathrop
200 Eaton-Lewisburg Road
Eaton, Ohio

Come join in the fellowship & refreshments!

President’s Message:

We Have a New Name

Dear Investors,

On May 19, the Board of Directors voted to change our brand name from Eaton-Preble County Chamber of Commerce to “Preble County Chamber of Commerce”. The new brand is the fourth brand change since operations began as the Eaton Chamber of Commerce fifty-seven years ago. We have conducted operations under the Eaton-Preble County moniker since 1992. We will assume the new brand once necessary paperwork is approved by the State of Ohio .

The topic has been discussed since February 2008. We believe the new brand accurately reflects our mission statement, by-laws, marketing, and operations. Our mission statement is, “To promote free enterprise and advance the business community of Preble County ”.

Presently, 104 investors in the Chamber either are based outside of Preble County, non-profit organizations serving the entire county and beyond, or county government agencies. An additional 31 investors are corporations headquartered elsewhere with storefronts in Eaton. Our base extends south to Cincinnati, north to Celina, east to Xenia, and west to Connersville, Indiana.

Continued on next page

Board of Directors

Shanna M. Renner
Chairperson
Fifth Third Bank
456-7306

Michelle Buckley
The Classic Touch Fine
Photography
472-0001

Larry Englert, Treasurer
Englert & Pollock
456-4393

Charles Pennington
787-4535

Bradley Neavin
Eaton Community Schools
456-1107

Josh Maggard
Wal-Mart Super Center
456-1777

Ron Gard
Girton-Schmidt-Boucher
Funeral Home
456-3333

Ray Potter
SCORE
456-1241

Howard Carter
Carter Cleaning Enterprises, LLC
533-1732

Kathy Schulz
Rohm and Haas Chemicals, LLC
839-1307

Leslie Collins
The Register Herald
456-5553 Ext. 110

Jeremy Hamilton
CPH Service, LLC/dba
McDonalds
456-3830

Matt Appenzeller
Executive Director
456-4949

Virginia Lindsey
Secretary
456-4949

The new brand simply reflects what we are already doing. Our web site is registered under the domain

www.preblecountyohio.com.

We publish county-wide events in our brochures and on the web site. By entering previously underserved markets, we had a record year in 2008 by adding forty-two new investors. We are on pace to exceed last year's performance. We believe the new brand broadens our appeal further.

The Eaton Chamber of Commerce was formed in 1952. The association was re-branded in 1964 as the Eaton Area Chamber of Commerce before it assumed the Eaton-Preble County brand seventeen years ago.

Shanna Renner, Chairperson
Matt Appenzeller, Executive Director, Eaton-Preble County Chamber of Commerce

The Spring Wine Tasting was a Great Success



Wow!

For those who missed our first-ever Spring Wine Tasting on Tuesday, May 26, you missed a night of fun, networking, entertainment, and great prizes! Special thanks to Manfred Schreyer of Taffy's of Eaton for putting on a great fundraiser for the Chamber of Commerce. If you've never met Manfred, you should make

a point to visit Taffy's. His enthusiasm is contagious!

Photos of the event can be viewed at www.taffysofeaton.com, courtesy of Chris A. Photography (my crystal ball sees a Chamber membership in Chris' future). Blues musician Bob Dellaposta was outstanding! Bob's latest CD, *Baby, I'm a Rich Man*, can be found at www.bobdellaposta.com.

Gary Howard of Superior Insurance Marketing and his wife Vicki must be livin' right. The Howards won both sets of water park tickets; four apiece to The Beach at King's Island and the Indiana Amusement Resort. All water park tickets are courtesy of Laura Bailey at Kicks 96 FM.

(Looks like Gary's going to be piling the kids in the minivan. Maybe we should have given away a gas card, too.)

Other prize winners included:

Ron Gard of Girton Schmidt & Boucher Gard Funeral Home won two tickets to the Foreigner concert at the Preble County Fair.

Kristi Marcum of Preble County MRDD won one year of membership to the Chamber of Commerce.

Randy Daniel of the HIT Foundation won two tickets to Eaton-Preble County Chamber Night at the Richmond River Rats ball game on June 20th.

Becky Velez of AAA Travel won a bottle of premium Argentine wine signed by former Cincinnati Bengal Robert Johnson.

Chuck Hamilton of CPH LLC (dba McDonalds) won a special photography package from Chris A. Photography. Chris can be found on the web at www.chrisa.us.

Specifically, I would like to thank five Chamber investors who purchased blocks of tickets and, in effect, sponsored the event:

Henny Penny Corporation
Sinclair Community College
CPH LLC dba McDonald's

Girton Schmidt & Boucher Gard
Funeral Home
Eaton Computer (FYI, Bob Unruh has
a great homegrown business)

Our next fundraising event is Eaton-
Preble County Chamber of
Commerce Night at the Richmond
RiverRats minor league baseball
game on Saturday, June 20th. Tickets
are \$5 apiece. All purchasers of
tickets will have their business
announced several times during the
game.

Purchasers of 10 or more tickets will
enter a drawing to throw the First
Pitch!

Something Good, the popular singing
group from right here in Eaton, will
perform the national anthem and Take
Me Out to the Ballgame.

To order your tickets now, respond to
this email or call us at 456-4949.

Safety Council Update

By Kathy Schulz



For the May training topic, Abby
Helsing, the Health and Wellness
Director from the Preble County
YMCA, provided excellent
information on how to build up a
healthy back and prevent debilitating
injuries.

She provided some great resources
that companies can use and share with
their employees. She also
demonstrated specific exercises that
can be done throughout the day to
strengthen the muscles in our backs
and other critical parts of our body.
Although our safety council members
are a diverse group, this topic was
certainly relevant to all in attendance.

For our next meeting in June, we
expect a speaker who will cover
electrical safety including Arc Flash
calculations and safe working
distances. June will be our last
meeting for the 08-09 Safety Council
program. Information will be
available in the next newsletter to
enroll in the 09-10 program.

Just a reminder- as a service to our
members, you can now go to the
Chamber's website to see your status
towards the participation
requirements. From the website,
select the Safety Council tab at the
top. On the bottom of the page, you
will see a link to the attendance
spreadsheet. All members are
expected to attend 10 out of 12
possible meetings. The highest
ranking company official is expected
to attend one meeting as well.

U.S. Commerce Secretary visits Eaton

As most of you are aware, U.S.
Secretary of Commerce Gary
Locke and SBA Administrator
Karen Mills visited Preble
County on June 2nd. The forum
was hosted by Silfex (formerly
known as Bullen
Semiconductor) and moderated
by Mike Schnell.

I took some notes that you may
not find in media coverage of
the event.

Secretary Locke noted we must
do a better job of disseminating
information about initiatives
designed to help businesses
drive sales. Exporters may find
opportunities to sell American
made products internationally.
The contact person in our area
is Deborah Dirr, International
Trade Representative for the

U.S. Dept. of Commerce in the
Dayton area.

Debbie's phone number is
(937) 259-2522. Importer and
exporters can find more
information at www.export.gov
or www.buyusa.gov. Debbie
and I want to find ways to do a
better job of disseminating
information at the grass roots
level to business owners and
operators.

Administrator Mills mentioned
a new SBA loan program
called America's Recovery
Capital Loan Program (ARC).
The ARC Loan program begins
on June 15th. The program
provides 0% interest loans to
help small businesses free up
cash flow by consolidating
existing debt. The program
provides a 100% guaranty to
lenders.

Information about the ARC
Loan program can be found at
[http://sba.gov/recovery/arcloan
program/index.html](http://sba.gov/recovery/arcloan
program/index.html).

SBA lenders in Preble County
can be found at
[http://www.sba.gov/localresou
rces/district/oh/columbus/OH
COLUMBUS_LENDERINFO
_INDEX.html](http://www.sba.gov/localresou
rces/district/oh/columbus/OH
COLUMBUS_LENDERINFO
_INDEX.html)

Matt Appenzeller, Executive Director
Eaton-Preble County Chamber of
Commerce

Great Lakes Trade Assistance Expands

In May 2009 regulations took effect
which expand the Trade Adjustment
Assistance program to service firms.

Previously, only manufacturers suffering increased competition from overseas could qualify. Now service firms of all types can qualify also, if they have customers who have been buying their services from foreign competitors, including those in Mexico and Canada .

Companies may qualify for up to \$75,000 in matching funds, which can be applied toward projects that help the company become more competitive. Typically, companies use the funds to implement cost-cutting (lean) programs, train operators in new skills or launch aggressive sales and marketing campaigns. For information, to www.gltaac.org, or call Ruth Ann Church, Project Manager, Great Lakes Trade Adjustment Assistance Center (GLTAAC), 734-998-6596.



Health Spot....

Sponsored by The Greenbriar

Walk 40 Miles This Month

CHALLENGE

Start training and work up to walking 40 miles this month.

Requirements to Complete this HEALTH CHALLENGE™

1. Keep a written record of the days you walk and how far you go. Record the activity on your monthly Calendar.
2. Read “Everybody needs regular physical activity” and “Developing

your walking program,” and “Keep walking fun, safe, and interesting.”

3. To complete the Challenge, walk at least 40 miles in 1 month. Use a monthly Calendar to keep track.

4. Keep records of your completed Challenge in case your organization requires documentation.

* You might need to gradually build up your walking mileage for a few weeks before you attempt this challenge.

Everybody needs regular physical activity

No matter what your age or fitness level, physical activity will improve your health. The easiest and most popular form of exercise is walking. Walking is easy. Almost anyone can do it. And you don't need lessons to learn. You can walk any time, day or night. You can walk anywhere: sidewalks, trails, roads, fields, parks, treadmills, or shopping malls. Walking is also inexpensive – you don't need to buy expensive sports equipment. All you need is loose-fitting clothing and a pair of comfortable shoes with cushioned soles, a good arch, and heel support. Buy walking shoes with uppers made of materials that breathe, such as nylon mesh.

With a good pair of shoes, you're ready to begin your walking program.

Keep these things in mind:

- **Ease into your walk.** Pick up speed gradually as you get used to the exertion. Don't overdo it in mileage or speed. Allow time for your body to adapt.
- **Drink water** before and after your walk. If you walk more than 15 minutes, or if it's hot, bring water along and sip while you walk.
- **Posture matters.** Focus on the horizon, keep your shoulders back, and tuck in your abs (stomach muscles) to avoid arching your lower back.

- **Look ahead**, not down at the ground.
- **Stand up straight** when walking on level ground. Lean forward slightly when walking up hills, or at a very rapid pace.
- **Swing your arms**, with your elbows bent up to but not more than a 90-degree angle. Keep your elbows fixed. Your hands come to the centerline in front of your body, but do not cross it. Pump your arms faster to help you walk faster.
- **Walk as fast as feels comfortable.** You should be able to carry on a conversation while walking. If you're too breathless to talk, you're going too fast.
- **Check your breathing** periodically to see if you're exercising within your target intensity.
- **Take easy strides**, not overly long ones. Your stride will lengthen as you pick up speed, but don't force yourself to take longer steps.
- **Push off with your back foot** for power. Generate push at the end of each step as your leg prepares to swing forward. You should feel as if you're showing the sole of your shoe to someone behind you.
- **Land on the heel of your foot**, and roll forward to drive off the ball of your foot. Walking only on the ball of your foot, or walking flat-footed, may cause fatigue and soreness.
- **Slow down a few minutes** before you finish. This is your “cool down” period.
- **Gently stretch** after walking.
- **Keep track of your progress** with a walking journal or an online tracking program.

Developing your walking program

If you haven't been exercising or have a physical condition or limitation, see your doctor before

starting your exercise program. Then, start slowly. You might be shocked at how out of condition you are. Don't be discouraged if you are only able to walk 5 or 10 minutes. You can build up your stamina. If you're able to walk 5 minutes, do that; rest; then walk another 5–10 minutes or until you're fatigued. As your condition improves, you should gradually increase your time and pace. Some experts say it takes a month of reconditioning to make up for each year of physical inactivity.

Forty miles a month might sound overwhelming until you break it down. It's just 1.3 miles every day. Once you get into a regular walking program, you'll probably be walking more than that. Your goal should be to get to the place where you can comfortably walk 3 miles in 45–50 minutes – that's 60 miles a month walking just 5 days a week!

Monitor the intensity of your walk

It is important to walk fast enough to challenge the heart and lungs to show improvement, but not so fast that you overdo it. You can monitor your intensity by listening to how hard you are breathing. You know you are getting a good challenge to your cardiovascular system when:

- You are breathing deeply but are not out of breath.
- You begin to warm up and sweat a little.
- Your heart rate begins to climb but isn't racing.

When walking and warmed up, your walk should feel “fairly easy” to “somewhat difficult” but not hard or strenuous. If you exercise too intensely, you are likely to tire out before completing your exercise time or distance. If you don't walk briskly, you will not see as much improvement in your walking capability. Start at an easy level and slowly work up to a more vigorous walking pace.

Research shows that people who walk briskly for 30–45 minutes most days of the week cut their risk in half for

heart disease and early death. Regular walking can:

- Strengthen your bones and prevent osteoporosis and hip fractures in later life
- Reduce your risk for colon, breast, and pancreatic cancers
- Improve your stamina and your fitness
- Give you more energy
- Improve your mood and decrease the risk of depression
- Reduce stress and help you relax
- Tone and strengthen your muscles
- Increase the number of calories your body uses to help you achieve and maintain a healthy weight
- Lower your risk of chronic diseases, such as heart disease and type 2 diabetes
- Give you an opportunity to socialize actively with friends and family
- Help you live a longer, more productive life

Keep walking safe, fun, and interesting

Following a few precautions will help you have a safer walking experience:

- **Choose a pleasant and safe place to walk** – a well-lighted neighborhood, a local school track or parking lot, or a busy park.
- **Walk in a covered shopping mall** when the weather is nasty outside.
- **Invite someone** – a friend, spouse, child, or neighbor – to go walking with you. Your walking partners should be able to walk with you on your same schedule and at the same speed.
- **Take your dog** walking with you (if you have one).
- **Occasionally plan special walks** by a lake, in the mountains, or by a river. In winter, go snowshoeing.
- **Wear clothes that are right for the season.** Try using layers of clothing in the cold weather to keep you warm,

and shorts and a cotton tee shirt in warm weather to keep you cool.

- **Wear a reflective vest** or brightly colored clothing if you walk at dawn, dusk, or night.
- **Remove jewelry** when exercising briskly to prevent chaffing.
- **Keep aware of your surroundings.** Wearing headphones can be distracting and dangerous if you walk along streets.

Additional information:

Walking Works,
Blue Cross Blue Shield Association:
www.fitness.gov/BCBSAfinalfinalWalkGuide.pdf

Exercise Is Powerful Medicine:

www.wellsources.info/wn/Physical_Activity.pdf

Take a Virtual Walk!

- Pick a location you'd like to visit.
- Calculate the distance from your house to that location, such as a national park, scenic vacation spot, or a historical site.
- Write down your mileage daily, and plot your miles walked on a map.
- When you've accumulated enough miles to walk across your state, to the ocean, or other selected spot, take a mini-vacation there.

When you first start, walk every other day, and then slowly increase to 5+ days a week. If your muscles or feet get sore, ease back for a few days. Walk a little slower or reduce your distance. Take a day off when needed. Give your body time to adapt. Remember that the more you walk, the better you will feel!

Written by Don Hall, DrPH, CHES & Paula Wart, BS
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SBA to offer Free Webinars on 2009 Recovery Act for Small Business Owners

Columbus - The U.S. Small Business Administration will present FREE webinars for Small Business Owners and Entrepreneurs through ReadyTalk. These sessions will provide information pertinent to small business owners and will share the new developments on SBA's programs related to The American Recovery and Reinvestment Act. The series is scheduled to run on selected Tuesdays at 10:00 and should last about 40 minutes with a Q & A at the end of the program.

The ReadyTalk system is a call-in and web site login system which provides an audio presentation over the phone and a video presentation over the internet. All that is needed to participate is a computer with internet access and a phone to call a toll free number.

Select sessions will incorporate featured presenters which will include the Internal Revenue Service Officials to discuss tax incentives, Economic and Community Development Institute to discuss the Microloan Program and KeyBank to discuss lending and vital Key programs.

June 09, 2009 - SBA Programs - will share updates on SBA's programs
June 16, 2009- Economic & Community Development Institute - discuss the Microloan Program
June 23, 2009- SBA Programs - will share updates on SBA's programs
July 07, 2009- KeyBank - will discuss lending and Key Programs
July 14, 2009 - SBA Programs - will share updates on SBA's programs
July 21, 2009- Internal Revenue Service - will share tax incentives affecting small business

These Webinars are FREE however please make a reservation by sending an e-mail to

Shannon.Feucht@sba.gov and indicate which session you are interested in attending.

Chamber of Commerce to Generate 2nd Newsletter for Non-Profits

As the Chamber of Commerce grows, a primary focus is to generate more business content in the Chamber Newsletter. However, this focus creates a problem for many non-profit organizations and public agencies that have supported the Chamber loyally throughout the years. These organizations provide valuable services that private enterprise cannot, or will not, provide.

Beginning in July, we will publish a separate newsletter called "Non-Profit News". The newsletter will be devoted solely to content about valuable local agencies in Preble County .

Content will include:

- General Information
- Employment and Volunteer Opportunities
- Upcoming Events
- Press Release & Success stories

Exclusions:

- Tax levy articles will not be accepted unless the article includes specific information regarding the economic cost-benefit of the proposed levy.
- Pictures
- Although promotion is encouraged, overt selling is discouraged

Contributors should follow these guidelines:

- Font should be 12 point Times New Roman
- No more than one page, with one inch margins
- For the first edition, please submit your articles to Corey Mangan at cmangan@preblemrdd.org no later than July 1st.

Please keep in mind that we are attempting something new with limited resources. We are likely to make mistakes and we will learn as we go.

Special thanks to Jewel Bartels and Michelle Poe of Preble County Family and Children First Council, Randy Daniel of The H.I.T. Foundation, and Corey Mangan at Preble County MRDD for helping to provide a new, creative service to our investors!

“Welcome” New Chamber Member!

Tim Appledorn

327 W. Main Street

Phone: 937-733-9037

Email: golfpro1996@hotmail.com

Individual Membership

Harrington-Hoch, Inc.

Phil Quinn

They are located at 1126 E. Main St.,
Richmond, Indiana 47374

Phone: 765-962-9502

Fax: 765-962-9506

Product/Service: Insurance

Vonderhaar Farms, Inc.

Rachael Vonderhaar

Located at 4636 St. Rt. 725 W.
Camden, Ohio 45311

Phone: 937-452-3302

Fax: 937-452-3998

Email: Farmeral3@core.com

Product/Service: Agriculture/Bird
Seed (manufacture/whole seller)

Creature Comforts Veterinary Clinic

Kate Crawford, Practice Mgr./Owner
Located at 955 St. Rt. 127 South
Eaton, Ohio 45320

Phone: 937-472-0499
Fax: 937-472-2008
Email:
creaturecomforts@embarqmail.com
Website:
www.creaturecomfortsvetclinic.vetsourceweb.com
Product/Service: Veterinary services for dogs, cats and horses

Sinclair Community College

Rebecca Butler
Located at 450 Washington-Jackson Road, Eaton, Ohio 45320
Phone: 937-456-5252
Email: Rebecca.butler@sinclair.edu
Website: www.sinclair.edu
Product/Service: Community College Learning Center

Sarah's Pizza

Tim Suter, Owner
Located at: 125 E. Main Street Eaton, Ohio 45320
Phone: 937-456-6871
Email: tsuter1974@yahoo.com
Product/Service: Restaurant – dine-in, Carry-out, Delivery of Pizza & Subs

Registration at The Preble County Learning Center has begun!

Information sessions, registration and placement testing has begun at the Preble County District Library and Administration Resource Center.

Sessions Schedule:

May 21-July 28 –

Tuesday 1:00-4:00 p.m.

Thursday 9:00 am-12 p.m.

June 11 and 25

Thursday 4:00 – 7:00 p.m.

July 23 and 30

Thursday 4:00 – 7:00 p.m.

*For more information contact,
Janet G. Schmitt, Manager
Janet.schmitt@sinclair.edu
(937) 456-5252
Or
www.learningcenters.sinclair.edu*



**June 20th
The Richmond RiverRats
of the Pioneer League
will host Chamber Night
exclusively for the Eaton-
Preble County Chamber
of Commerce!**



This is a great way for you to offer employees a fun, inexpensive night at the ballpark during difficult economic times. Businesses who order 10 or more tickets will be recognized during the game. For those ordering 10 or more tickets, your business will enter a drawing to win a chance to throw the First Pitch!

To pre-order your tickets, please give us a call or send us an email.

More Chamber Events

**You asked for more
events. We delivered!**

According to a recent Two Question Tuesday survey, investors identified “networking” as the primary reason

for belonging to the Chamber of Commerce. In addition to the Spring Wine Tasting and Chamber Night at the Ballpark, we have added **three “Toast of the Town”** events to promote local investors and give you the chance to network:

**Tuesday, July 28 -
H.I.T. Foundation
1751 N. Barron St., Eaton**

Randy Daniel of the H.I.T. Foundation personally invites you to an Open House/ Toast of the Town on July 28.

The Foundation has been instrumental in helping many people avoid the foreclosure process in recent months, serving clients throughout Ohio.

**Thursday, September 24 -
Sinclair CC Learning Resource
Center BBQ**

**450 Washington-Jackson Road,
Eaton, Ohio**

Janet Schmitt of Sinclair CC will host a fun event to celebrate the opening of the LRC! Bring your appetite! Culinary students (and perhaps some local vendors) will have a cook off.

If you are interested in being a food judge, let us know. If you like BBQ, you don't want to miss this one.

**Thursday, December 3 -
AAA Travel
221 N. Aukerman St., Eaton**

Join Dalene Thomas and the rest of the AAA Travel team for a holiday Toast of the Town!

AAA Travel has become very active in the past few months in the Chamber. They are very creative and a great asset to the community.

Come check them out!