

November, 2010
Volume 6, Issue 11

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

Chamber Events

11/17 Preble County
Safety Council

12:00 Noon
Preble County YMCA
Eaton, OH

11/18 Chamber of Commerce
Luncheon/Meeting

11:30 am – 1:00 pm
Preble County YMCA
450 Wash.-Jackson Rd.,
Eaton

**Preble County
Chamber of Commerce**

122 W. Decatur St.
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

Preble County Chamber of Commerce General Meeting & Luncheon SPONSORED BY FIFTH THIRD BANK

Thursday, November 18, 2010
11:30 a.m. – 1:00 p.m.
Preble County YMCA
450 Washington-Jackson Rd., Eaton, OH

Speaker
Shawnda Combs
Preble County Economic Development Director

To make your reservation, please contact Virginia at the
Chamber Office at 456-4949 by November 12th!
Cost is \$12, payable at the door!

Dear Investors,

November is already upon us and my how the year has flown by. I thought I would take this opportunity to emphasize one of our greatest freedoms in our society...Our right to vote!

The right to vote is a basic right of all Americans. The importance of this right cannot be overstated. The leaders of our nation are chosen by our vote. Our elected officials are the people who make decisions and set policies for our communities, our state, and our country.

Despite its importance, many Americans do not exercise their right to vote. If we do not register to vote and cast our vote (complete and turn in an official ballot), we give up the chance to weigh in on who our leaders will be. We also give up the chance to let them know who we are, what we care about and what we want them to do. There is strength in numbers. Our elected officials pay attention to who votes and how many vote. They understand that to be elected and stay in office they must listen to and respond to the voters.

Please remember to exercise your right to vote and encourage others to do so as well...see you Tuesday, November 2nd at the polls.

Have a Happy and Safe Thanksgiving Holiday!!

Kristi Black

Chair, Preble County Chamber Board of Directors

Board of Directors

Kristi Black
Chairperson

Warren County Board of
Developmental Disabilities

Bradley Neavin
Chair-Elect

Eaton Community Schools

Charles Pennington
CIC

Ray Potter
SCORE

Leslie Collins
The Register Herald

Kim Eck
Henny Penny Corporation

Shawn Murphy
Michael Murphy Insurance

Kevin Turner
Preble County Educational
Service Center

Joanne Beineke
Bullen Ultrasonics, Inc.

Edmund H. Kalil
Attorney At Law

Rose Roberts
Fifth Third Bank

Manfred Schreyer
Taffy's Coffee, Wine & Music

At-Large Members
Dan Appenzeller
Corey Mangan
Abby Noland

STAFF

Matt Appenzeller
Executive Director
456-4949

Virginia Lindsey
Secretary
456-4949

The Road to Mission Fulfillment

The mission of the Preble County Chamber of Commerce is to promote free enterprise and advance the business community of Preble County. Our business plan emphasizes three core areas of operation: economic development, investor benefits, and business advocacy for our investors. We have made excellent progress over the past several years to this end. In 2007 and 2008, we placed a heavy emphasis on getting our investors engaged in the benefits we offer. Consequently, we estimate that our investors and their employees saved more than \$200,000 annually in the programs we offer or administer, including the Preble County Safety Council.

In 2009 and 2010, we worked very hard to form a new organization for economic development in the county. The Preble County Development Partnership, Inc. is the outgrowth of many long hours of planning and organizing. In addition to raising public and private funds, it has resulted in an investment by the county to hire Shawnda Combs as the economic development director. Similar to ED organizations such as Grow Piqua Now and the Troy Development Council, Shawnda will collaborate with the Board of Trustees of the PCDP, Inc. to advance the industrial, commercial, and civic development of Preble County. Working together, our public-private partnership will succeed. Shawnda will be our guest speaker the next Chamber luncheon on Thursday, November 18 at the YMCA.

We are proud of our accomplishments over the past several years. Yet we must continue to improve as an organization. To this end, the Board of Directors recently approved a Public Petition

Policy to establish a procedure when we are asked to take a position on specific local issues. Additionally, Chris Brock, Grass Roots Advocacy Manager for the Ohio Chamber of Commerce, presented information at our Board of Directors meeting last week to show us how we can become more effective advocates for our members.

Our goal is to achieve mastery in the three core areas of operation. Doing so will lead to the achievement of our mission, and we are confident that it will lead to a more prosperous Preble County.

Matt Appenzeller
Executive Director
Preble County Chamber of
Commerce

Safety Council Update

By Mike Jeffrey



The Preble County Safety Council met on Wednesday, October 20th at the Preble County YMCA.

The speaker for this meeting was Jack Royer, Eaton Fire Chief, who spoke on Fire Prevention Business. It was a very informative and detailed presentation, which those present appreciated.

Also, Mark Ashworth, BWC Employer Services Supervisor, was there to distribute checks to last year's Safety Council member who met all the requirements for 2009-2010.

Next meeting of the Safety Council will be on **Wednesday, November 17th** at 12:00 noon at the Preble County YMCA. Our speaker will be Stan Weber from CINTAS to present a program on Bloodborne Pathogens.

New Executive Director named at Preble County Council on Aging

Shelley Ratliff has been named as the Executive Director for the Preble County Council on Aging and will begin her position on November 15th!

Shelley comes from Partners in Prime (Hamilton Senior Center) in Butler County as the COO. She has worked in the aging field for over 10 years. She and her husband, Greg, live in College Corner with their sons, Joe and Logan.

You may all meet Shelley at the Preble County Senior Center, 800 East St. Clair Street, Eaton, on **Thursday, November 18, 2010, between the hours of 9:00 am and 3:00 pm** and at the Annual Holiday Craft Bazaar at The Gathering Place, 501 Nation Avenue, Eaton.

Two Events Coming Up at Allen & Adaline Garber Nature Center

Nature's Treasures Scavenger Hunt



**Saturday November 13th
10:30 am**

at the Allen and Adaline Garber Nature Center at 9691 SR 503 N, Lewisburg.

Meet at the Garber farmhouse at 10:30am where Roberta Loman, Ohio Certified Volunteer Naturalist and program manager, will show her

personal collection of natural treasures and lead a walk in the forest. Families should bring a small plastic craft box or small plastic bags to collect treasures. Dress for the weather and wear shoes suitable for uneven, possible muddy terrain. An Ohio Department of Natural Resources scavenger list will be provided.

Heart Healthy Hikes



**Saturday November 13th
11:00 am to 1:00 pm**

at the Allen and Adaline Garber Nature Center at 9691 SR 503 N, Lewisburg

Monthly adult "Healthy Heart Hikes" will be held the 2nd Saturday each month starting at 11:00am and concluding at 1:00pm with sign in/sign out at the Garber Nature Center farmhouse. Hikes are self-guided, 2-3 miles in length over uneven terrain. Appropriate footwear is recommended. Well behaved dogs are welcome on 6 foot leads. NO flexi leads. Hikes will be held through March, regardless of weather, if roads are safe.

Additional dates include:

**DECEMBER 11, 2010
JANUARY 8, 2011
FEBRUARY 12, 2011
MARCH 12, 2011**

Call the Nature Center at 937-962-5561 for additional information or check out our website: www.preblecountyparkdistrict.org. The Nature Center provides nature trails in the 33 acre forest, a 400' handicapped accessible boardwalk and handicapped restroom facilities at the forest trail head, geo-caching, a wetland, and is open daily from dawn to dusk.



Health Spot.... Sponsored by The Greenbriar

CHALLENGE

**Avoid
Secondhand
Smoke.
If You
Smoke, Quit.**

What Is Secondhand Smoke?

Secondhand smoke is the smoke from the burning end of a cigarette, pipe, or cigar, or smoke exhaled by the smoker. It is a complex mixture of over 4,000 compounds, more than 60 of which cause cancer. Exposure to secondhand smoke is often called *passive smoking* or *involuntary smoking*.

The danger from passive smoking is as high as one-third that of actively smoking. According to the American Lung Association, secondhand smoke:

- Causes 3,400 deaths each year from lung cancer in nonsmokers
- Causes eye, nose, throat, and lung irritation, leading to coughing and chest discomfort
- Causes an average of 46,000 deaths per year from heart disease in nonsmokers
- Increases health hazards for unborn children, sudden infant deaths, and allergy and respiratory infections in young children

- Causes 30% increased risk of lung cancer to nonsmoking Spouses

To protect yourself and your loved ones from secondhand smoke:

- Don't let people smoke in your home or car. If someone absolutely must smoke, politely ask them to do so outside – away from windows and doors.
- Choose restaurants, hotels, and rental cars that are smoke-free.
- Sit in nonsmoking sections of airports, shopping malls, stadiums, and other public areas.
- If you are in an environment where people are smoking – and you cannot leave – open windows or use exhaust fans to help send the smoke outside.
- Ask your employer to make sure you do not have to breathe other people's smoke at work.
- If family members smoke, ask them to quit.

Smoking and exposure to secondhand smoke claims an estimated 438,000 American lives each year.

What if You Smoke?

- Smoking causes 1 in 5 deaths and millions of illnesses every year in the United States.
- Cigarette smoking is related to increased risk of heart disease, high blood pressure, stroke, and lung cancer.
- Cigars contain the same addictive, toxic, and carcinogenic compounds found in cigarettes. In fact, a single large cigar can contain as much tobacco as an entire pack of cigarettes.

Research shows that stopping makes a significant difference. Consider the health advantages of quitting:

Personal health. Your blood pressure will drop, circulation will improve, and lung function will increase. Your risk of heart disease, stroke, and cancer of the lung, mouth, throat, esophagus, bladder, cervix, and pancreas will decrease. You'll have healthier bones, and be sick less often.

Appearance. Your breath will be fresher. Your teeth will not be as stained. You'll smell better.

Money. You'll not only save money by not buying cigarettes (figure it out, the number of packs/day times 365 days a year). You'll also save on insurance and medical expenses.

Longevity. You can live as many as 8.5 years longer to enjoy your grandchildren.

Sexuality. Quitting smoking decreases the risk of impotence.

Fire safety. You'll reduce your risk of starting a house fire. More people die from fires started by smoking materials than any other type of fire.

Other's health. Your loved ones will breathe easier. You'll also be a good example as a nonsmoker.

Steps to Successful Quitting

Most smokers (about 70%) want to quit, and half of them try each year. Millions of Americans have stopped smoking. If they did it, you can too!

Write down why you want to quit (e.g., health concerns, family, improved fitness). Review these reasons daily when first quitting.

Get help and support from your doctor. Most people who have stopped tried several times before being successful. If you didn't make it on your last try, don't get discouraged. This time may be your successful attempt. New treatments and medications are available that can more than double your chances of quitting successfully.

Set a quit date. This should be within 2 weeks of the time you visit your doctor. Tell your family, friends, and coworkers your plans and your quit date, and ask for their understanding and support. Ask other smokers in your house and office not to smoke in your presence.

Anticipate roadblocks and plan how to handle them, such as coping with withdrawal symptoms (e.g., using nicotine replacement therapy), and fear of weight gain (e.g., replace smoking with an active lifestyle). Keep busy in the evening and on weekends with activities you enjoy.

Prepare your environment. Remove all tobacco products from your home and work. Avoid smoking in places where you spend a lot of time (your

office, home, or car.) Have your teeth cleaned the week you stop. Keep major deadlines and pressures at a minimum the first 2 weeks after you quit.

Make a "survival kit," including chewing gum, tooth picks to hold in your mouth, carrot sticks and celery, and mints or red-hot candies. Keep your fingers busy with a pencil, rubber band, or a rubber squeeze ball.

On your quit date, STOP! It's best to quit cold turkey, not even one puff after the quit date. Should you slip and smoke a cigarette, don't give up. Make tomorrow a smoke-free day.

Avoid alcohol, since alcohol reduces your resolve to quit. If you want to smoke every time you have a cup of coffee, you may want to try another hot drink.

Get social support. Join a stop-smoking class or group. Find someone you can call and talk to when smoking urges get really strong.

Start a list of personal benefits you receive from stopping (e.g., feel better about yourself, less winded when exercising). Add to the list whenever you can.

Reward your progress. Set short- and long-term goals and rewards. For example, if you stop for a week, buy a new outfit or CD. When you've remained stopped for 6 months, take a special vacation.

Follow up with your doctor. Visit your doctor during your first week of stopping, and then again a month after stopping. Discuss any difficulties you are having.

Plan for long-term success. Replace smoking with other activities. Many people go back to smoking if they are discouraged, so plan what you would do if you have a crisis in your life. Continue your commitment to a healthier you.

Need more help?

Smokefree.gov provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking.



Frank Gates/Avizent Two-Hour Safety Training Sessions

Paul Feck, ARM Manager
Ohio State Fund Operations

November 9, 2010 –
Northwest Community Building, Edon
(Northwest Ohio)

November 16, 2010 –
Colerain Senior Center – Colerain
Township, Cincinnati (Southwest Ohio)

December 8, 2010 –
West Shore Unitarian Universalist
Church, Rocky River (Northeast Ohio)

December 15, 2010 –
Jackson Township/Stark County
Township Safety Center (Northeast
Ohio)

The Ohio Bureau of Workers' Compensation (BWC) requires that employers who are participating in a Group Rating Program or Group Retrospective Rating Program, and had one or more workers' compensation claims in the preceding two years, must attend two hours of safety training. Any employee of the company is permitted to attend and fulfill the safety training requirement. BWC procedures only permit individuals to obtain 2 hour credit once per session. If you represent more than one company or policy number, you must attend a separate session per policy.

The cost to attend these training sessions is \$40.00 per person. More information will be sent by Frank Gates/Avizent to employers in the area that are required to fulfill the Two-Hour Safety Training requirement. If you would like more information, please contact the Seminar Coordinator at Frank Gates/Avizent at 888-547-4283 or email seminars@frankgates.com.

Safety Plan Step 2: Employee Involvement and Recognition



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Safety is a behavioral science not an engineering or technical science. The vast majority of things that cause employees to get hurt are behavioral in nature. Unfortunately, behavior is one of the hardest things to change, especially if employees have been allowed to develop bad habits. These habits usually go unnoticed or unchanged until someone has had an accident. Once this has happened we often try to determine blame, instead of finding the root cause. Most of the time, the causes are easy to see if we only open our eyes and start observing why our employees do what they do.

One of the best ways to determine why employees behave the way they do is simply to ask them. When you observe employees working in an unsafe manner and ask them about their behavior they will often times provide you with legitimate reasons. These reasons need to be addressed with them in a positive manner. Listen, act and then follow up:

- Ask your employees for suggestions on improving the safety program.
- Review accidents with them and ask them for their recommendations.
- Set up a Safety Suggestion program to solicit good ideas.
- Set up a Safety Committee or Safety Improvement Team.

A Safety Committee or Safety Improvement training is an excellent way to get employees involved in the safety process. Select employees who want to be a part of the team, but make sure all employees have the opportunity for input.

The more employees are involved, the easier it is to change long standing unsafe behaviors. If employees buy into the safety program, everybody's job in this area will be easier. Remember, however, that there has to be a genuine effort on management's part and their effort has to be supported on a continuous basis.



“Welcome” New Chamber Members!

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