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Promoting Oregon's Businesses & Community

OREGON AREA CHAMBER OF COMMERCE

Membership Meeting Minutes

Thursday, January 15, 2009; 11:30AM-1:05PM

St. John's Lutheran's Church,
625 E. Netherwood Road, Oregon

Board Members Present:

- Brett Davis (State Assembly Representative)
- David Mastos (DLM Financial Solutions)
- Steve Peotter (Oak Bank)
- Barb Mulcahy (State Bank of Cross Plains)

Board Members Absent:

- Jason Johns (Tenuta & Johns)
- Aaron Ingham (Trachte, Inc.)
- Lisa Kersten (Unified Newspaper Group)
- Erika Weidler (Firefly Coffeehouse)
- Jerod Bennett (Keller Williams)

Staff Present: Marechiel Santos-Lang (Director), Kristin McGuine (Operations Specialist)

Members Present:

- Ray Antoniewicz (A-Z Farms)
- Dave Wytttenbach (Bank of Oregon)
- Amy Ketterer (American Cancer Society)
- Julie Pankow-Helland (Creative Marketing Specialists)
- Force of Life Wellness (Myra Mastos)
- Lori Miller (Group Health Cooperative of South Central Wisconsin)
- Nancy Selfridge (Group Health Cooperative of South Central Wisconsin)
- Judy Knutson (Oregon Community Bank & Trust)
- Paula Ricker (Oregon Community Bank & Trust)
- Jason Hill (St. John's Lutheran Church)
- Charlie Miller (St. John's Lutheran Church)
- Staci Boudreau (State Bank of Cross Plains-Oregon)
- Cathy Grender (Welcome Neighbor)

- **Welcome.** Marechiel called the meeting to order at 12:15 and welcomed everyone in attendance. New board President Brett Davis also welcomed everyone, and extended thanks to St John's Lutheran Church for hosting the meeting. He indicated that he is looking forward to an exciting year for the Oregon Area Chamber of Commerce, emphasizing that now more so than ever, it important for businesses to be involved and active with the Chamber of Commerce. The coming year will include a focus on tourism and economic development as well as striving to increasingly address and meet all the "small" needs of member businesses. The Chamber wants to "touch" all members in a service capacity. Brett also introduced Amy Ketterer, a volunteer with the American Cancer Society—the first new member of the year!
- **Around the Table:** Members Introduced Themselves and shared with other fellow members Information about their Business including news, changes, promotions, sales & event.
Membership Theme Question: What are your business' top 3 priorities in 2009?

Dr. Mark McCann, LSM Chiropractic Clinic: Goal is to keep people healthy, feeling good, and able to cut back on pain medication reliance.

Ray Antoniewicz, A-Z Farms (where the wind really grows): Goal is to get through the winter to warmer weather! A to Z is hosting sheep shearing on the 21st of February. They will be holding many educational agricultural (sheep) programs. In fact, A-Z is hosting the March 19 membership meeting.

Charlie Miller, St. John's Lutheran Church: They are happy to be serving their congregation and our community.

Pastor Jason Hill, St. John's Lutheran Church: Jason is relatively new to Oregon, and really enjoys the feeling of a small, close-knit community. He and his wife have found people here friendly and hospitable.

Dave Mastos, DLM Financial Solutions: An independent financial advisor helping people afford the lifestyle they deserve-now and in later retirement. People spend more time planning their vacations than their financial future! David is also the new board Treasurer, and is excited about the chamber getting on track and bringing value to members. He invited feedback from members about what the Chamber can do that would be of value to them.

Myra Mastos, Force of Life Wellness: Is looking to help support people in meeting their health goals. She takes a holistic approach to living a vibrant life that's full of energy. She does this through both nutrition and life style counseling.

Lori Miller, Group Health Cooperative-South Central Wisconsin: GHC is a Chamber Care provider. They offer health care plans for small (and larger) businesses, and also individual plans. Incidentally, Dave Mastos is an agent for GHC. GHC was recently ranked #8 in nation for quality; they are ranked first in the state of Wisconsin.

Judy Knutson, Oregon Community Bank & Trust: Wants to help customers save money in this economy. OCBT is currently offering free business checking, and wonderful mortgage rates.

Barb Mulcahy, State Bank of Cross Plains-Oregon: Plans to continue supporting the community both financially and terms of volunteer time.

Staci Boudreau, State Bank of Cross Plains-Oregon: As branch manager, she is looking to continue to grow in Oregon, as they are a relatively new bank in the community.

Julie Pankow-Helland, Creative Marketing Specialists: Helps organizations put their logo on promotional products. With budgets so tight this year, she wants to help clients put their logos on the right products to target potential buyers.

Paula Ricker, Oregon Community Bank & Trust: Emphasized that OCBT is offering great IRAs, along with free checking for both personal and business accounts.

Amy Ketterer, American Cancer Society: Coordinates the Stoughton-Oregon-McFarland Relay for Life, scheduled for June. Relay for Life is an event that raises money to accomplish ACS missions, including research, advocacy, and patient care. She wants to teach people about all that the ACS has to offer. She handed out notices for the Relay for Life Kick-off on Tuesday, January 27, 2009 at the Stoughton Senior Center (248 West Main Street) at 6:30 PM. This Kick-off is designed for attendees to learn more about Relay for Life and how to contribute in a meaningful way. Amy pointed out that you don't usually need to look far to see someone who's been touched by cancer.

Cathy Grender, Welcome Neighbor: Recently purchased this business from the previous owners. She takes a basket of goodies to new Oregon residents, introducing all the participating organizations. Please see Cathy if your business/organization would like to participate.

Dave Wyttenbach, Bank of Oregon: Looks ahead to working with customers in need of relief to get through these tough economic times. Dave also offered congratulations to all the new board officers.

Steve Peotter, Oak Bank: New Vice-President of the board, reiterated that mortgage rates are low. He also specified that the banks represented at the meeting today are very different from those making national news—they are community-based, customer-oriented, and stable.

Marechiel Santos-Lang, Oregon Area Chamber of Commerce: Emphasized the Chamber's focus on Economic Development and Tourism initiatives. She also expressed the desire to touch all members, encouraging them to let the Chamber know how to be there and to serve each member.

- **Chamber Announcements: Marechiel Santos-Lang**
 - Announced the successful advocacy for member needs with regards to the second phase of downtown construction. After talking to members and soliciting feedback on Village scenario options about parking, the Chamber chose what option they felt would best serve the interest of our members, and made a bold statement endorsing that option. At the end of the committee meeting, a motion passed, aligning with the OACC's recommendation. Steve Peotter noted that prior to that meeting; the overall feeling of committee was very different and heading in a different direction. With the input from the chamber and the chamber members in attendance at the ad-hoc meeting, the committee had a better information for making a decision and endorsement on the matter. Steve lauded the Chamber board and its members for making their position on this matter communicated well.
 - 2009 Membership Renewals are due today. If membership is a hardship, the Chamber is offering an ACH option. Another important reason to renew is that only renewed members will be included in 2009 Oregon Business & Recreation Guide set to publish in March.
 - Brett announced the Annual Dinner, scheduled for March 7 at Hawthorn's. There are a lot of exciting ideas coming out of the planning committee. No one will want to miss this Casino-themed night, complete with the opportunity win a real diamond and bid on packaged gift items I.e. Heath & Wellness package, Sports package, Family Entertainment package, Hunting & Fishing package etc.
- **Approval of the December 18, 2008 Meeting Minutes** Barb Mulcahy moved. Cathy Grender seconded. Approval passed unanimously.
- **Introduction of the Guest Speaker:** Lori Miller, Account Manager, Group Health Cooperative of South Central Wisconsin. GHC offers complementary medicine as a benefit on a cost-share basis. This is a very popular opportunity, and is providing long-term cost savings.
- **Member Matters: Dr. Nancy Selfridge MD, Integrative Medicine, Chief Complementary Medicine & Wellness Center, GHC-SCW.**

Dr. Selfridge presented information to members on utilizing a combination of Western and Eastern health practices. After working 25 years in family practice medicine, she experienced health problems that seemed better served with alternative rather than traditional medication. She felt compelled to become educated in a wide range of complementary medicine options for benefits of her patients. She found she couldn't address the needs of many patients with conventional medicine alone and is now bringing a holistic approach to her health care practice.

- Environment dictates which of good and bad genes impact our health. An awful lot of exploration and self-examination can be required to come up with a whole personal health care management package—one that will “Slow the slide down the slippery slope” toward death.
- Here are some points to consider and/or try:
- Say this to yourself every day: “I deeply and completely love and accept myself, without judgement.”
- Unprocessed food is the best. We all need plant material, some animal ok, too-but no one meal plan fits all. However, keep in mind that moment-by-moment food decisions make a difference at your cellular level.
- Supplements—There is no evidence that even multivitamins can serve as a safety net for poor diet.
- Vitamin D—it turns out we need WAY more than anyone thought-preserves bone, turns genes, including cancer, on and off. You do NOT want to have low D status. Statistics show improvements in health with increased D alone. It used to be that 2,000 IU was recommended. Nowadays, a recommendation to 5,000 IU is being discussed.
- Fish Oil—Can be very beneficial, up to 1,000-2,000 mg/day.
- Herbs can be beneficial, and, in fact, have often been the basis for pharmaceuticals.

- Body movements is important, but consider playful movement, not WORKing out. Try Ta'i Chi. Exercise/movement does not necessarily need to be “no pain, no gain.”
- Massage, Chiropractic, Acupuncture care—In favor of body work for relaxation and to feel good.
- Talking care of the body will take care of the mind. It is also important to engage in lifelong learning, puzzles, etc. to stave off dementia.
- Stress management is important for both the mind and body. 40% + of ailments are stress induced or stress related. Meditation practices can be very simple and very effective.
- Spirit and emotional self--Take care of this! Love yourself. Taking care of yourself is not selfish—but soul-fish.
- Try to PLAY every day.
- Cultivate happiness.
- Relationships-cultivate good ones!
- Religious/spiritual practice.
- Living for your own heart's desires.
- Be open to finding good information about taking care of yourself. Sometimes we need to reject popular belief and the info in mainstream ads to achieve optimum health.

The meeting closed with an exercise in breath-work, one that changes your physiology instantly.

Member Matters is a Member-to-Member information / networking / mini seminar that will be part of most chamber meeting agendas. At each meeting, we will feature a speaker/topic sharing information and answering questions relevant to our membership. If you would like to be a presenter or if you have speaker suggestions, please contact the Chamber staff.

- Adjournment: Meeting adjourned at 1:29 PM.

Next Membership Meeting: February 19, State Bank of Cross Plains, Community Room

We value your input and participation. See you next meeting!