



**Sunbury/Big Walnut Area
CHAMBER OF COMMERCE**

*45 S. Columbus Street
P.O. Box 451, Sunbury, Ohio 43074
740-965-2860 phone and fax*

www.SunburyBigWalnutChamber.com

June 2008

News & Notes

“The mission of the Sunbury/Big Walnut Area Chamber of Commerce is to foster, support and promote the business environment in our community.”

Serving Villages of Galena & Sunbury — Berkshire, Genoa, Harlem, Kingston, Porter & Trenton Townships

Officers

President

Allan Roudebush
A & M Outdoor Concepts

President Elect

Chad Brownfield
Vision Concept Technology

Vice-President

Dave Martin
Village of Sunbury

Secretary

Jim Hildreth
American Family Insurance

Treasurer

Bob Singer
ComDoc, Inc.

Past President

Clint Keener
ClickaCoupon.com

Board of Directors

Mark Adams
Attorney

David Brehm
*Firestone, Brehm, Hanson,
Wolf & Burchinal, LLP*

LoAnn Burt
American Showa, Inc.

April Domine
Big Walnut Local Schools

Mike Forman
Forman Realtors, Inc.

Bob Jenkins
*Consolidated Electric
Cooperative*

Jim Kelly
EMBARQ[™]

Lisa Stumpf
National City

Chris Quinlan
Centerburg Pointe

Chamber Can Help Members Organize and Promote Business

Dear Members and Friends,

It concerns us that, once again, small businesses have closed their doors in the Big Walnut area. Running a competitive business takes much hard work, and more than just the desire to succeed and the knowledge of your product or service. You may be bogged down with budgets, payroll, personnel and advertising issues, so your business may suffer. If you are not marketing to the right customer, those who need what you are selling may never know you exist. You have skills and services others need, so our goal is to help you put that all together and make your business a success.

Among our Chamber members is a whole university of businessmen and women who can help you tackle your business management problems. You are then free to concentrate on what you love and do best, run your business.

What would work for you?

- ◆ Workshops or roundtables for business-related topics?
- ◆ Management consultants to meet with you one-on-one?
- ◆ Chamber mentors - partnerships with existing, successful business-owners to help get you started or turned in the right direction?

While it is not the Chamber's responsibility to run your business, it IS our mission to foster and support our business members by promoting good business practices. We have the resources...let us share them with you.

The Chamber Board of Directors is seriously concerned with today's economic environment and how it directly impacts each of us, personally and professionally. Please let us know how we can help. Feel free to contact the Chamber office and talk to us, and we will do our best to put you in touch with those who can help.

Best Regards,

Allan Roudebush
Chamber President

Advertisers In This Issue:

**The Alpha Group of Delaware
Delaware County Job & Family Services
Bodywork by Amy**

Meet the newest Chamber members!

Barbeau's Tax Service

Steve Barbeau
44 S. Kintner Parkway, Sunbury
mail: 15490 N. Old 3C Highway
Sunbury, Ohio 43074
Phone: 740-965-1754 Fax: 740-965-3342
Email: steveb@formanrealtors.com
Tax Services

Heiberger Consulting

Joe Heiberger
4849 Woodhaven Drive, Galena, Ohio 43021
Phone: 740-965-3586
Email: heiberj@embarqmail.com
Small Business Consulting

E4Safety Professionals, LLC

Keith Snead
35 S. Galena Road, Suite B
Sunbury, Ohio 43074
Phone: 740-965-5103 Fax: 614-839-9252
Email: KSnead@e4safety.com
Website: E4Safety.com
Safety & Health Consultants

J. Boley Services, LLC

David Williams
10701 Southwind Drive
P.O. Box 70, Westerville, Ohio 43086
Phone: 614-638-6821 Fax: 614-389-0393
Email: info@jboleyservices.com
Website: jboleyservices.com
Dealership Services, Marketings, Sales & Identity Theft Protection

The Greens at Northstar

Angie Buxton
9595 Cheshire Road, Sunbury, Ohio 43074
Phone: 614-493-7782
Email: angie@shumatedev.com
Residential Development

ActionCOACH

Deb Aungst
338 Fayburrow Drive, Sunbury, Ohio 43074
Phone: 740-965-5455
Email: blizzymyboy@aol.com
Small Business Development & Consulting Services

Feazel Roofing Company

Karen Turner
5855 Chandler Ct., Westerville, Ohio 43082
Phone: 614-898-7663 Fax: 614-898-7622
Email: kturner@feazelroofingcompany.com
Website: theproofisintheroof.com
Roofing Contractor

Farmers' Market 2008



Sunbury/Big Walnut Area Chamber of Commerce

The Sunbury Farmers' Market is in full swing, and the turnout of both vendors and visitors well exceeds our first few weeks last year!

We wish to thank our generous sponsors, National City and Sunbury Urgent Care for helping make this another great year for the Sunbury Farmers' Market.

Rhonda Peterson has done an outstanding job of putting all of the pieces together, and has recruited volunteer workers for each week of the Market, through October 11. We can always use more volunteers, so if you have interest in helping simply contact the Chamber office.

Vendor registration information is available on our website, SunburyBigWalnutChamber.com. Visitors are welcome to shop for "home grown or hand made" selections on Saturdays from 9:00 a.m. until noon on the Sunbury square. Tell your friends...bring your family! Hope to see you there!



Sunbury/Big Walnut Area
Chamber of Commerce

invites you to attend

Business After Hours

with

Silpada Designs

Thursday, June 26, 2008

4:00 - 7:00 p.m.

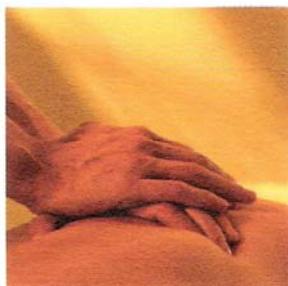
*at The Myers Inn Meeting Room
(Chamber office)*

45 S. Columbus Street, Sunbury

Refreshments! * Door Prizes! * Jewelry Raffle!

Silpada Designs Representative & Chamber Member Sheree Leonard invites you to join her for this fun and exciting evening to view and even purchase beautiful Silpada jewelry. Silpada is handcrafted, .925 sterling silver, high quality jewelry, with something for everyone, men and women alike. Bring your spouse or a friend and join us!

If you are unable to attend but would like to see a catalog, contact the Chamber office!



Amy Love LMT
Bodywork by Amy

**Relaxation and Therapeutic
Massage**

3393 Kelly McMaster Road
Delaware, Ohio 43015

614-507-0426
amylovelmt@yahoo.com

Sunbury Independence Day Celebration Schedule of Events

Brought to you by Sunbury Urgent Care, United Way of Delaware County, Preferred Wireless, Feazel Roofing Co., Manos, Martin, Pergram & Dietz Co. and ClickaCoupon.com



Friday, July 4th, 2008

7:00 a.m. 5:00 p.m. Flea Market on the Square

Vendors come from all over the state come to sell their wares. You will find antiques, crafts and everything in between. Food and beverages will be available from the Galena United Methodist Church. The flea market is sponsored by the Sunbury/Big Walnut Area Chamber of Commerce. There is a \$1 admission charge. (Children 10 and under are free.)

Proceeds from the flea market help pay for the community fireworks.

9:00 a.m. Ninth Annual Memorial Volleyball Tournament

The tournament is held in memory of Corey Lehman and Steve Morgenstern, and in honor of Erin Smith. It will take place at Big Walnut High School. There will be two divisions this year, incorporating recreational and experienced levels of play. Both divisions will begin play at 9:00 a.m., with registration to begin at 8:30 to avoid parade traffic. The cost to play is \$15 per player, which includes a tournament t-shirt. Be sure to bring lawn chairs, food, drinks (concessions will NOT be open) and canopies.

Please remember alcohol is prohibited on school property. For additional information about the tournament, or to receive an entry form, contact Mark & Janet Lehman at 740-965-1292, or e-mail to receive an entry form at MLEHMAN884@aol.com. In case of rain the tournament may be cancelled.

10:00 a.m. Parade through Sunbury - Parade Sponsor - F.O. E. Aerie 3614

Parade Theme - "Celebrating Our 200th July 4th - Past, Present & Future"

The parade is being organized by the Sunbury/Galena Rotary Club and sponsored by the Chamber. With approximately 70 entries from in and around the Big Walnut Community, you'll see everything from wee little ones on bikes, to beautifully decorated floats. The parade begins at the high school, goes north on Columbus Street, east on Cherry Street, south on Rt. 37 and ends up back at the high school. You won't want to miss this! In celebration of our county's Bicentennial we are pleased to have General Rosecrans as our Grand Marshall. Honorary Grand Marshalls will be members of several pioneer families of Delaware County! If you would like your family to be recognized as one of our county's pioneer families, please contact the Chamber office!

11:00 a.m. (approx.) Football Skills Contest

Immediately following the parade, the Big Walnut Youth Athletic Association will be holding a football skills contest at J. R. Smith Park. Prizes will be awarded. Sign-ups will be held at the park just prior to the start of the competition. For information, please call Frank Roberto at 614-323-4015.

12:00 p.m. Fun Frolics

Sign-ups are at noon and the games begin at 12:15 p.m. Fun Frolics is being organized by Condit Livestock 4-H Club and will be held at the Big Walnut High School football field. Different games are planned, such as sack races, three-legged races, egg toss, balloon toss and more. It's sure to be a fun time. Prizes will be awarded.

7:00 - 10:00 p.m. Fire Safety/Smoke House

Our local volunteer fire departments will set up their very own fire safety training smoke house. Bring your children so they can learn about fire safety. The house will be set up in the lower parking lot by the high school football field. Other fun activities will also take place during this time. HyperSounds Entertainment will set up a bounce house and provide musical entertainment for the evening. Come see what fun you can have!

10:00 p.m. Community Fireworks

To top off a great day, be at the high school football field for a spectacular array of fireworks!

The BW Athletic Booster concessions and restrooms will be open on the both sides of the stadium throughout the evening.

Note: We are still looking for volunteers to help with the flea market! If you have interest in helping with this great community event, please contact the Chamber office at 740-965-2860.

The Myers Inn Museum

The Big Walnut Area Historical Society is pleased to announce that the Myers Inn Museum, located at 45 South Columbus street, on the Sunbury square is officially opened! While work is still underway, we want to encourage you to come visit us and see the history of your great community.

Hours of operation:

Thursday and Friday, from noon - 3:00 p.m.

Saturday, 10:00 a.m - 2:00 p.m.

Admission is free, however, donations are encouraged to help continue the renovation work on The Myers Inn.



An official Grand Opening is planned for this fall, so watch for announcements.

Vineyard Church of Delaware County Presents Free Concert Series

These concerts are for the whole community to come out and enjoy an evening of music, conversation and fellowship. It's not a Vineyard thing, it's a Big Walnut thing!

- ◆ Sunday, July 13, 6:30 - 9:00 p.m. "Swings the Thing"
- ◆ Sunday, August 10, 6:30 - 9:00 p.m. "Grapes of Jazz"
- ◆ Sunday, Sept. 14, 6:30 - 8:00 p.m. "Chili Cook-Off" (blues band)

Concerts are free, with free hot dogs and refreshments, no rain dates, with professional (mostly local) bands. Call the church for more information, 740-965-8888.

Heiberger Consulting

offers complimentary services.....

Are you making the profits you think you should be making? You know you can make your business run better and have skills others need, so how do you put that all together for a successful business?

Chamber Members - call me for complimentary consulting services.

I am retired after 30 years from Nationwide with vast management experience in:

- ◆ Sales
- ◆ Marketing
- ◆ Administration

If you choose to take advantage of my services and you and your company benefit, you would be requested to make a donation to the Big Walnut Area Historical Society. The donation could be as little as \$50 and is tax deductible. See my membership listing on the Chamber website for additional information

*Let me help you and your company.
Together we can help the
community we all love.*

Joe Heiberger, Heiberger Consulting
740-965-3586



Relax to Music, Ease Blood Pressure

Breathing Slowly While Listening to Music for Half an Hour Daily May Improve Mild Hypertension

By Miranda Hitti, WebMD Medical News

Reviewed by Louise Chang, MD

May 15, 2008 -- Blood pressure a bit too high? Spending half an hour a day listening to music and breathing slowly may help. That's what happened in a new Italian study of 28 adults taking drugs to control their mild high blood pressure (hypertension). First, the patients wore a device that tracked their blood pressure for 24 hours. Next, they were given a CD of classical, Celtic, or Indian music. All of the tunes on the CD had similar slow rhythms, Professor Pietro A. Modesti, MD, PhD, of Italy's University of Florence, tells WebMD in an email. The patients were assigned to listen to the CD for 30 minutes per day for a month and to breathe slowly while listening to the music, taking twice as long to exhale as to inhale. At the end of the month, the patients wore the blood pressure monitor again.

The patients' blood pressure improved during the study. When the experiment ended, their average systolic blood pressure (the first number in a blood pressure reading) had dropped three points, and their average diastolic blood pressure (the second number in a blood pressure reading) had dropped four points. For comparison, 20 other patients didn't listen to music or practice slow breathing. Their blood pressure didn't change during the study.

It's not clear what mattered more, the music or the slow breathing. "The antihypertensive effects [have] to be considered as the result of the combination of music and breathing exercises," Modesti notes. The findings were presented in New Orleans at the American Society of Hypertension's annual scientific meeting. Modesti calls for further studies to see if the results hold up in the long term. SOURCES: American Society of Hypertension Annual Scientific Meeting, New Orleans, May 14-17, 2008. Email from Professor Pietro A. Modesti, MD, PhD, University of Florence.

© 2008 WebMD, LLC. All rights reserved.

Anthem Blue Cross and Blue Shield is the trade name of Community Insurance Company. Independent licensee of the Blue Cross and Blue Shield Association. ® ANTHEM is a registered trademark. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

Sunbury/Big Walnut Area Chamber of Commerce Breakfast

Date: Friday, August 8, 2008

Time: 7:30 a.m.

Location: Bent Tree Golf Club



Sponsored by



and

"Integrity, Knowledge, and Value"



Join us for breakfast and take advantage of this opportunity to meet and greet other Chamber members.

Breakfast is free, thanks to our sponsors, but reservations are required.

Please call the Chamber office at 740-965-2860 by Tuesday, August 5 with your reservation!

Chamber Calendar of Events

Special Events:

- ◆ **Thursday, June 26, 2008, 4:00 - 7:00 p.m.**
Chamber Business After Hours with Silpada Designs, at The Myers Inn Meeting Room (Chamber office), 45 S. Columbus St., Sunbury
- ◆ **Friday, June 27, 2008 Delaware Area Career Center 8th Annual Community Classic Golf Outing**, Oakhaven Golf Club. Contact Marsha Link at 740-201-3216
- ◆ **Friday, July 4, 2008**
Community Independence Day Celebration.
See complete schedule of events on page 3.
- ◆ **Saturday, July 5, 2008 - Delaware Bicentennial Parade**
1:00 pm, Delaware County Fairgrounds
- ◆ **Friday, August 1, 2008**
Big Walnut Education Foundation Golf Outing
Blackhawk Golf Club - 12:00 noon (see article below)
- ◆ **Saturday, August 2, 2008, through Sat. August 9**
150th Hartford Fair, Croton, Ohio
- ◆ **Thursday, August 21, 2008, 4:00 - 7:00 p.m.**
Chamber Business After Hours at Oberfield's Sunbury Plant, 777 West Cherry Street, Sunbury
- ◆ **Sunday, September 14, 2008**
The Delaware County Fair
- ◆ **Thursday, September 18, 2008 - The Little Brown Jug Harness Racing at The Delaware County Fair**

Big Walnut Education Foundation Golf Outing

Blackhawk Golf Club, 8830 Dustin Road in Galena, will be the place to be on Friday, August 1 for the BW Education Golf Outing. This outing and extravaganza is a major fundraiser for scholarships for BW students. Since 1994, over \$850,000 in scholarships and grants has been awarded.

The dinner speaker this year will be OSU great Calvin Murray. The cost is \$500 for a foursome. Contact Ben Kerns, 614-890-0383 or 614-899-7274, for registration or more information.



and



Sunbury/Big Walnut Area
Chamber of Commerce

Business After Hours

Please join us on

Thursday, August 21, 2008

4:00 - 7:00 p.m.

777 West Cherry Street, Sunbury
for an informal Business After Hours. We'll have refreshments, door prizes, and a Rosetta Stone demonstration!

Please R.S.V.P. to the Chamber office at 740-965-2860 by Monday, Aug. 18, so we can plan accordingly. Hope to see you there!

Community Calendar

Regularly Scheduled Monthly Meetings:

- ◆ Chamber Board - 2nd Monday, 11:30 am
Chamber office (Executive Committee at 10:30)
- ◆ BW Breakfast Lions - 7:30 am, 1st & 3rd Tuesdays
- ◆ Sunbury Village Council - 7:30 pm, 1st & 3rd Wednesdays
- ◆ Sunbury Zoning - 4th Monday, 7:30 pm
- ◆ BW Senior Citizen's Club - 11:30 am, 1st Thursday, PJ's Pizza
- ◆ Sunbury Evening Lions - 6:30 pm, 2nd & 4th Mondays
- ◆ BW School Board - 7:00 pm, 2nd Monday
(June, July & August - 8:00 pm)
- ◆ Community Library Board - 8:00 pm, 2nd Tuesday
- ◆ BW Area Historical Society - 7:30 pm, 3rd Tuesday
- ◆ Galena Village Council - 7:00 pm, 4th Monday
- ◆ Sunbury-Galena Rotary, 7:30 am, Tuesdays
- ◆ Big Walnut Friends Who Share - 12:30 pm, 2nd Wednesday
PJ's Pizza

For a complete
schedule of
events for the
Delaware County
Bicentennial
Celebration
visit
[www.delawareco
200.com](http://www.delawareco200.com)



For registration information for the July 5 Delaware Bicentennial parade, visit the "News" page at SunburyBigWalnutChamber.com

.....ANNOUNCING.....ANNOUNCING.....ANNOUNCING.....ANNOUNCING.....



NEED MORE FLOOR SPACE???
WE CAN HELP!!

ANNOUNCING the arrival of *Alpha's eBay Services*

DOES YOUR SURPLUS SEEM TO BE MULTIPLYING???
WE CAN HELP!!



We're expanding our service offerings and are please to announce the start of Alpha's eBay Services - the latest addition to The Alpha Group of Delaware. This latest innovation will continue our commitment to quality service to the community and rewarding employment people who select us as their vocational service provider.

Do you have inventory that is surplus, overstock, outdated or just plain in the way?

Alpha eBay Services
We can offer a profitable solution to selling online. We can help your business turn a crowded warehouse into revenue. Our services include:

- Create a storefront for your company
- Full service consignment services
- Receive your inventory
- Photograph your items and create sales page
- Handle all payments
- Pack and ship your sold items or donate it
- Send your payment

Maybe you are looking for a means to move a product online, but are distracted and confused by the listing and fulfillment responsibilities of eBay.

IS YOUR INVENTORY MOVING TOO SLOWLY???
WE CAN HELP!!



CAN'T KEEP UP WITH YOUR INVENTORY???
WE CAN HELP!!



Help is right here.
Call today:
Connie Kerns
The Alpha Group of Delaware, Inc.
740 368-5810, ext. 138 (office)
740 272-2442 (cell)
conniekerns@alphagroup.net



.....ANNOUNCING.....ANNOUNCING.....ANNOUNCING.....ANNOUNCING.....

Delaware Area Businesses To Be Nominated For Awards

The Delaware County JobNetwork Employment and Training System, the Kroger Company and NorthStar Golf Resort are teaming up to sponsor the 2008 Workforce Development Summit on September 30th at NorthStar Golf Resort in Sunbury, Ohio. Nominations are now being accepted for the 2008 awards recognizing the exemplary workforce development practices of local businesses. The Summit's estimated 150 participants will acknowledge and celebrate innovative approaches by clients, colleagues, suppliers, and partners that are supporting and developing our workforce of tomorrow.

This year's key-note speaker, former Ohio State and NBA basketball star Jerry Lucas will speak at the Summit with the theme of Economic Development: Remembering The Future. Gus Comstock, the Economic Development Director for the City of Delaware will also be giving an update on economic trends and ongoing investment both by established and new companies in the Delaware community.

The Summit will honor four businesses in our community for their contribution in supporting and developing our workforce of tomorrow. Please help us by nominating Delaware companies that have removed barriers to employment through education, provided new tools to workers, on-the-job learning opportunities and certifications, invested in new technologies, created and retained jobs, reduced turnover through best practices, or meaningfully impacted the workforce through partnerships between industry, government and education. Completed nomination forms (see opposite side) may be mailed to CDJFS Workforce Awards, Rutherford B. Hayes Building, 140 N. Sandusky Street, 2nd Floor, Delaware, OH 43015 or faxed to (740) 833-2395.

In conjunction with the Summit, a golf outing to benefit the Delaware County Children Service's Foster/Adoptive Parent Program will be held at The NorthStar Golf Resort following the Summit. For more information please contact Steven Fischer at (740) 833-2335 or at fischs@odjfs.state.oh.us.

2008 DELAWARE COUNTY WORKFORCE DEVELOPMENT AWARDS



The purpose of the WORKFORCE DEVELOPMENT AWARDS is to acknowledge and celebrate local companies demonstrating exemplary workforce development practices. Be a part of this exciting process by:

- 1) Nominating a local company for one of the awards - a client, supplier, partner, employer, colleague, etc...
- 2) Signing up for the 2008 WORKFORCE SUMMIT, SEPTEMBER 30, 2008 at the NorthStar Golf Resort, Sunbury OH 43074

Be surprised and inspired at the world-class accomplishments of these "local players." Uncover key resources, innovative approaches and winning development practices driving business success. Meet others and find practical workforce development strategies to help your team make the cut, climb the leader board and finish in-the-money.

Award Categories (select one):

Youth Small: Less than 25 employees Medium: 25-200 employees Large: More than 200 employees

Name of Nominated Company _____ Sector/Industry _____

CEO, President or Local Lead _____
Name and Title

Telephone _____ Email _____

Nominator _____ Relation to Nominee _____
Name/ Company I.E. Supplier, Banker, Colleague, Employee

Telephone _____ Email _____

Please describe and explain what distinguishes your nominee in terms of Workforce Development Practices. Attach up to two additional sheets to assist in describing the nominee. May want to include:

- | | | |
|--|---|---|
| <input type="checkbox"/> Key aspects of formal, on-the-job, internships and learning opportunities | <input type="checkbox"/> Results from efforts focused on workers with barriers to employment | <input type="checkbox"/> Workforce development best practices and/or benchmarks |
| <input type="checkbox"/> Innovative approaches to learning, delivery methods, technology, etc... | <input type="checkbox"/> Practices aligned with workforce and economic development initiatives | <input type="checkbox"/> Impact and meaningful outcomes from the workforce development investment such as new jobs created, jobs retained, decreased turnover, cost savings, etc... |
| <input type="checkbox"/> Workforce partnerships with industry, government, education and others | <input type="checkbox"/> Tools for individuals: career paths, assessments, certifications, etc... | |

2008 WORKFORCE SUMMIT	SUMMIT RESERVATIONS	AWARD NOMINATIONS
DATE: SEPTEMBER 30, 2008	DEADLINE: September 15, 2008	DEADLINE: September 7, 2008
DETAILS: SUMMIT: 7:30 AM – 9:30 AM NorthStar Golf Resort 1150 Wilson Road, Sunbury GOLF (OPTIONAL): 10:00 AM www.northstargolfresort.com ♦ 740.524.4653	SUMMIT SPONSORS: The Delaware JobNetwork Employment & Training System, The Kroger Company, & The NorthStar Golf Resort Register on-line at: www.co.delaware.oh.us or Fax: (740) 833-2395	SEND NOMINATION FORMS TO: DCJFS Workforce Awards Rutherford B. Hayes Building 140 N. Sandusky Street Delaware, OH 43015 Fax: (740) 833-2395 fischs@odifs.state.oh.us
CONTACT STEVEN FISCHER FOR MORE DETAILS 740.833.2335		

RSVP for The Summit at 140 N. Sandusky Street, Delaware, OH 43015 ♦ Fax: (740) 833-2395 ♦ Email: fischs@odifs.state.oh.us
 For more information on the 2008 Workforce Summit telephone (740) 833-2335
 For Information on Delaware County Workforce Development go to: www.delawaredjfs.org