



The Chamber Chatter Box

Summer Edition!



www.bbwchamber.com

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President's Corner



It is an honor to be serving as your President for a second term! To continue to thrive as an organization, we rely on our member volunteers who give their time to serve on the Board of Directors. I am thankful for the new and returning board members for volunteering their talents and time to leading the Chamber for another year and grateful for those member's service whose terms have ended and are rolling off the Board. In addition to our volunteers, I also want to recognize Mary Dilla for all of the talents she brings as Chamber Secretary year after year to keep us running smoothly!

With one year under my belt as President, I feel ready to set some new goals for next year. There is just something so energizing about the possibilities that a new year brings! Carly Morgan, Managing Editor of *The National Chamber Review*, talked about the three qualities that are important about goals in her recent article "Work Smarter Not Harder: Tips for Productivity." A good goal must have these three qualities: they should "be specific, measurable, and attainable." As our Executive Board spends some time before September taking care of some board management items, we will keep these three qualities in mind. But setting goals, whether for work or personal goals, is only part of the process. Now we have to try to reach them! Morgan continues to talk about strategies such as "Just Get Started" and "Setting Micro-Goals." Just break those goals down into smaller parts. Any specific steps we take towards a goal is measurable progress that will make that goal that much more attainable!

The summer events are upon us, as we already wrapped up another successful Community Golf Day in June and the July 4th Parade last week! Instead of a regular luncheon, we are holding a breakfast meeting on July 18. Our Food Truck event is coming up August 23, along with local community day events. Our Golf Committee has also been meeting already to plan the 16th Annual Corridor Communities Golf Outing for Monday, September 17. There are lots of opportunities for chamber members to network with each other as well as advertise to the community through these summer activities. Remember always to visit www.bbwchamber.com for the most current event information!

Virginia Weida

Summer Networking Breakfast!

Wednesday, July 18, 2018

8:00 AM

Gianna Via's Restaurant

Caste Village
Pittsburgh, PA 15227

Guest Speaker

Gregory Jones
Executive Director



Greg jones will give us an update on the projects of EDS along the 51 Corridor and beyond.

Take this opportunity to meet and network with fellow chamber members in a relaxing breakfast setting. The Board of Directors would like to hear your voice and ideas regarding the events and activities the chamber provides.

A Hot Buffet Breakfast will be served



Advance reservations requested

Email Mary Dilla:

secretary@bbwchamber.com

\$15 with reservation, \$20 without reservation and non-members

Next General Luncheon Meeting - September 6th, noon, SHCC

Speakers: The Superintendents

Randy Lutz Ed.D, Baldwin Whitehall School District

Amy Burch D.Ed, Brentwood School District

BRENTWOOD BALDWIN WHITEHALL CHAMBER OF COMMERCE PRESENTS

Food Truck Festival 2018

Thursday, August 23, 2018
5:00 - 7:00 p.m.
Baldwin High School Central Lot

featuring

- Pittsburgh Pierogi Truck
- Pittsburgh Po' Boy
- Bados Pizza Grill & Ale House
- Sugar & Spice Ice Cream
- Beatnik Sweet Eats & Dessert
- Cousins Main Lobster Truck

THANK YOU TO OUR SPONSORS:

WOMEN'S NETWORKING LUNCHEON

Friday, August 10, 2018
Noon
South Hills Country Club
4305 Brownsville Road
Pittsburgh, PA 15227

Guest Speaker

Shauna Frantz, LCSW
Community Outreach Specialist
Jefferson Hospital Behavioral Health Services
Managing Stress Mindfully

Everyone is affected by stress, and stress affects our health more than people realize - 60-90% of doctor visits are stress related. Mindfulness practices have become internationally popular in the past decade. Everyone is promoting mindfulness techniques as the latest discipline; however, their roots reach 2,500 years into the past. The purpose of these practices is to end suffering. We will explore some of the similarities and some of the differences between mindfulness and meditation and learn some simple mindfulness techniques to reduce stress and increase relaxation.

If you are looking for new marketing opportunities to showcase your products and services, please reserve a table and share this information. **Display tables (\$15 for chamber members, \$20 for non-members) are limited and will be reserved on a first come first served basis.**

Lunch for Chamber Members - \$20 - Bring a friend!

Lunch for Non-Members - \$25

Please make a reservation by contacting our secretary:
Mary Dilla - secretary@bbwchamber.com

Welcome New Members!

All Occasion Cards — Paula Sanpietro
724-350-2400 — sanpietropaula@gmail.com

USX Federal Credit Union—Kelly Kilmeyer
888-219-3159x5610, kakilmeyer@usxfcu.org

Honor Your Body Wellness—Carrie Shalley
412-999-4612, hybwellness@gmail.com

Right Track Addiction Services LLC—Matthew Workman
412-207-8774, mw.right.track@gmail.com

2018-2019 Officers

President Virginia Weida, Virginia Weida Design
Vice President Matt Fazio, Ph.D., Donnelly-Boland & Associates
Treasurer George Zboyovsky, Brentwood Borough
Secretary Mary Dilla



SPOTLIGHT!

Corridor Communities Golf Outing September 17th

South Hills Country Club

Watch your email for more details!

If you have a prize to donate, or would like to purchase an ad or tee sign, contact Mary Dilla.



Early Bird registration for golfers is August 31st. If you don't golf, consider joining us for dinner! Hope you can join us!

More information on the chamber website.
bbwchamber.com



Place Your Promotional Items in Chamber Tote Bags!

Food Truck Event - August 23rd at Baldwin High School And Whitehall Community Day – August 25th

The chamber will be giving away 200 tote bags at the Food Truck Event and 200 additional tote bags at Whitehall Community Day.

You can participate by providing 200 promotional items from your business to be placed in the tote bag for each event or a total of 400 items for both events. All items should be dropped off at the Chamber mailbox in the Brentwood Library. A listing of all chamber members will be included in each set of tote bags.

Please label envelope/box "Attention Mary Dilla, BBW Chamber" and **mark the total number of items you are providing and which event (or both) you want your items placed.**

Items must be received by July 23rd to allow time to stuff the bags.
Contact Mary Dilla if you have any questions.

Volunteers Needed!

If you can give an hour or so of your time to help with the Chamber table at the Food Truck Event or on Whitehall Community Day, please contact Mary Dilla.

Board of Directors

Amy Burch, D.Ed	Sean J. Hayes, DC	Randy Lutz, Ed.D
Dottie Coll	Andre Hulsman	Virginia Weida
Matt Fazio, Ph.D.	Mac McIlrath	Jenny Worley
Steve Gardiner	Scot Love	George Zboyovsky