July 2019

Can you believe we are halfway through the year? We’ve had some fantastic events so far this year. We just finished up our Bloom Festival in June that continues to be a “blooming” community event and by the way it looks now, I know next year will be even bigger! We had over 60 craft/retail, plant and food vendors, children’s games and inflatables. Also taking place that same day, D.O.I.T. was set up with their Sidewalk Chalk Art Contest, the Public Library’s famous Duck Derby was a hit and the newest attraction in town, The Battle of the Bagpipes!

Our Chamber continues to grow so let’s spread the word. We have several events coming up. Be sure to keep your eyes open for registration for this year’s Business & Career Expo set for October 3rd as it’s going to be big! We are collaborating with Shippensburg University to enhance our event and it is another level to benefit our businesses and community. Watch for the flyer coming soon.

Don’t forget “Back to School Family Fun Day” is just around the corner on August 10th. The Chamber is partnering its “Family Fun Day” with King’s Kettle along with Memorial Lutheran Church’s “Blessing of the Backpacks” to make one great day filled with free entertainment, giveaways, educational and interactive exhibits for the family, free school supplies, free pizza and more! Continue to watch for our Focus Groups, Lunch and Learns, Business@Breakfast and many other networking opportunities.

We always have something going on just for you so take advantage of those benefits that your membership offers.

Have a safe and wonderful summer!

Sincerely,

Vicky Simmel
Chair; Board of Directors
Chambersburg
North Square Farmers Market Celebrating 11 Seasons; July 20 - Friday; Waynesboro
July 19 - Main Street Park Downtown Waynesboro - Food Truck Dancing"; Chambersburg
July 13-20 - ChambersFest; Chambersburg
The Capitol Theatre Presents $5 Summer Movies - July 18 - Shippensburg Historical Society; 52 W. King St.
July 19 - Strolling Through History: Civil War Walking Tours; July 18-20 - Open Mic at The Thought Lot; 37 E. Garfield St. W. King St.
July 18 - The Capitol Theatre Presents $5 Summer Movies - "Dirty Dancing"; Chambersburg
July 19 - Main Street Park Downtown Waynesboro - Food Truck Friday; Waynesboro
July 20 - North Square Farmers Market Celebrating 11 Seasons; Chambersburg
July 21 - Totem Pole Playhouse Presents - "Souvenir"; Fayetteville
July 22 - Fendrick Library - Introduction to the Art of Quilting; Mercersburg
July 23 - The Civil War Seminars - Conference: "Antietam the Bloodiest Day"; Hagerstown
July 26 - Destination ARTS! And the Arts Alliance of Greater Waynesboro - Events & Demos; Waynesboro
July 27 - Green Grove Gardens Event Center Presents - 2019 Dinner Show Concert Series - Featuring "Forever Young"; Greencastle
July 28 - Chambersburg Recreation Department - 2019 Concert Series; Chambersburg
July 19-21, 25-28, Aug. 2-4 - The Perfect Blend Grief Support Group; Drew Michael Taylor Place
July 21 - The Invisible String Workshop; The Drew Michael Taylor Place
July 23 - Oxyron Improv Comedy Troupe; The Playhouse at Allenberry
July 30-August 3 - The Ship Market; 180 Airport Rd.
July 30 - Out of This World Summer Awards Party; Shippensburg Public Library; 73 W. King St.
July 21 - The Perfect Blend Grief Support Group; Drew Michael Taylor Foundation Center for Grieving Families; 7 S. Earl St.
July 24 - The Invisible String Workshop; The Drew Michael Taylor Place
July 22 - Oxyron Improv Comedy Troupe; The Playhouse at Allenberry
July 27 - Green Grove Gardens Event Center Presents - 2019 Dinner Show Concert Series - Featuring "Forever Young"; Greencastle
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PA Chamber Applauds Passage of On-Time Budget, Urges Lawmakers To Build On Positive Economic Momentum with Pro-Growth Policies

HARRISBURG - Pennsylvania Chamber of Business and Industry President and CEO Gene Barr issued the following statement regarding the recently finalized 2019-20 state budget:

“We urge the legislature and the Wolf administration to build on this momentum and work together to enact pro-growth policies that will put the Commonwealth on a continued prosperous path. Constructive dialogue continues to be held in regard to addressing the state’s workforce issues. An additional focus on regulatory reform, as well as much needed updates to the state’s Tax Code, will send a strong message to job creators that Pennsylvania is open for business and a prime location for future investment. We look forward to working with elected officials on these and other important policy issues that will help to foster economic growth in the Fiscal Year that lies ahead.”

The Pennsylvania Chamber of Business and Industry is the state’s largest broad-based business association, with its statewide membership comprising businesses of all sizes and across all industry sectors. The PA Chamber is The Statewide Voice of Business™.
**Do You Like Your Paint?**

I was asked by a coaching client, “How can I be a more authentic leader while frustrated or under stress?” That is really a great question, right? What would your answer to that question be? Or, how would you even think to answer that question?

Here is an analogy to consider. You buy some paint — your favorite color. When you get home and open the can, you see that the paint inside is a different color than what you wanted. No matter how much you want that paint to be a different color, what is inside the can is what will come out of the can.

Back to the question at the beginning. Our minds and bodies are the can. The paint is our emotions and thoughts inside of us. What is inside of us is what comes out and that is your authentic self. It is hard to be fake when things get rough. That is the deal. That is the real us. That is who we are. That is your paint.

Here is a question for you. Do you like your paint? Do you like what comes out of you when frustrated, or under stress, or angry, or hurt? Do you want your paint to be a different color?

If yes, there is good news. We can change what comes out of us... It isn’t as simple as going to the store and buying new paint, but our “paint” can be changed. Here are some steps to consider:

**Step #1,** Recognition. Recognizing that what is coming out of you is not what you want to come out is a huge first step.

**Step #2,** Vision. Identify what you want your paint to be. What does it look and feel like?

**Step #3,** Identify Options. Identify what will help you to change your paint to the desired color.

- Are you tired? Make changes to your sleep schedule. Make time to “wind down” when you go to bed. Perhaps consult with a professional on other things that fit you personally.

- Are you burnt out? Schedule and commit time to become refreshed. Maybe it is time in nature, meditating, yoga, working with your hands, a vacation, or binge watching Netflix so you don’t have to think and can just “veg”.

- Are you frustrated at work? Have a tough conversation. Find a new job, perhaps.

- Are your relationships in the basement? Schedule and commit time to working on and improving them. Or, make changes if that makes sense.

- Maybe you don’t know the source of your off-colored paint? Observe what is going on around you on a daily basis and journal or document any possible “color changers”.

**Step #4,** Commit. This will take work and if you truly want to change your authenticity, then commit to it. Find your first step and accomplish it. Then another and another. Over time, you will change your paint, and you will be happy with your authenticity.

Remember, if you don’t like your authentic paint color, work on the inside of your can. Thanks for joining me again. As always, “I Am Keeping It REEL”.

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**Tri County Community Action**

130 South Penn Street
Shippensburg, PA 17257
(717) 532-8611
cactricounty.org

Tri County Community Action is part of “America’s Poverty Fighting Network”, based out of Harrisburg, PA and has been helping people and changing lives throughout Cumberland, Dauphin and Perry counties since 1966.

As a private, non-profit, community development agency, they create and connect resources for individuals, families and communities to move from poverty and crisis to self-sufficiency.

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It is through this programming, their dedicated staff and their commitment to their Mission, Vision and Promise that they are helping people and changing lives every day.

shippensburg.org

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**JUNE EVENT RECAP**

**Bloom Festival & Chamber Mixer**

The 5th Annual Bloom Festival was held on Saturday, June 8th from 9am to 3pm in the Shippensburg Borough Lot located on West Burd Street. Mother Nature was exceptionally kind to the event with lots of sunshine, blue skies and a refreshing breeze to make the day great for the vendors and the community who joined us!

This family friendly community event featured over 60 vendors comprised of craft, retail, plant/flower and food vendors as well as non-profit organizations. Entertainment and children’s inflatables provided by Strouse Entertainment.

On June 13th, Courtyard Marriott hosted a mixer for Chamber members.

Attendees enjoyed an evening of delicious hors d’oeuvres, beverages and networking as well as the opportunity to enter to win an overnight stay provided by the hotel. Thank you to Courtyard Marriott for hosting the mixer!
Advertise in the Chamberline at fantastic ANNUAL rates!
Cost covers advertising for 1 year (12 issues).

1/8 page    $175.00 (2.75 x 4.25 size)
1/4 page    $350.00 (4.25 x 5.5 size)
1/2 page    $600.00 (5.5 x 8.5 size)
Full page   $1,000.00 (8.5 x 11 size)

Our membership is growing giving greater circulation! All issues of the Chamberline are uploaded to our website for additional viewing.

We also offer the option of having printed inserts placed in our issues.

8.5 x 11 size (flat)
#250 copies required by the 22nd of the month prior
Cost: $60.00/issue
Contact us for more information!
chamber@shippensburg.org

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Make Your Move. Tips To Simplify Your Mortgage Process

Whether you are buying your first home, a vacation home, or if you are planning to trade up, relocate, build or refinance, the process involved to get into your new home can seem overwhelming.

Follow the general steps below to gain the confidence and knowledge you need to make your dream a reality.

THE BEGINNING.
Meet with a qualified mortgage specialist before you begin looking for a new home. Get an idea as to how much home you can realistically afford and the type of financing that is available. Ask to be pre-qualified for a mortgage. Inquire about the down payment requirements, application fee, information required for the application process, inspection fees, closing costs and other miscellaneous costs such as homeowners insurance. Then, go search for your dream home!

THE FINANCING.
Once you find the right home, your agent will assist you in writing up an offer for purchase. Work with your lender to determine which type of loan or refinancing program best fits your situation. There are many options, and an experienced lender should be able to make recommendations.

Complete a full application and provide supporting documentation such as asset statements, W-2’s, pay stubs and tax returns. This can be done online or in person. Once your home purchase offer is accepted, you can lock-in the interest rate for your loan. This means that if rates increase, your rate will not change. Your lender will underwrite/approve your loan, obtain an appraisal, and gather any other needed documents.

THE SETTLEMENT.
We have a dedicated settlement group, called Members 1st Settlement Company, which is comprised of professionals who will take you straight through the settlement/closing process. All documents will be prepared and ready for your signature at closing. Be sure to bring your closing cost funds, identification and other requested documents. Then sign and leave with the keys to your new home!

MAKE THE CALL.
Our Mortgage Services team is ready to help you. From your first hopes and dreams, to the day you walk into your new home, we are here to help. We truly provide a one-stop shopping experience for your home mortgage needs.

Call us at (800) 283-2328, ext. 6026 or visit members1st.org/products-services/mortgage-services.
When we are on vacation or traveling for business, a hotel or motel often serves as our home away from home. We go on vacation to get away from our everyday cares, but we cannot forget the importance of fire safety when we are away from home.

There are an estimated 3,900 hotel and motel fires annually in the United States. Cooking is the leading cause of such fires, which cause an average of $100 million in damage every year.

It is just as important to know what you would do in an emergency at a hotel as it is in your own home. Here are some tips from the U.S. Fire Administration and the National Fire Prevention Association so you are prepared in case of a fire or other emergency:

- Choose a hotel or motel whose rooms are protected by both hard-wired smoke alarms and an automatic fire sprinkler system.
- Find the fire alarms on your floor.
- Review the evacuation plan posted in your room.
- Find the closest exits to your room, and count the number of doors between your room and the exits. This will help if you need to evacuate in the dark.
- Make sure those exits are unlocked. If they are locked, report it to management right away.
- Keep your room key by your bed, and take it with you if there is a fire.

If the alarm sounds, leave right away, closing all doors behind you. Use the stairs — never use elevators during a fire.

If you must escape through smoke, get low and go under the smoke to your exit. If there is an emergency and you cannot leave your room:

- Shut off fans and air conditioners.
- Stuff wet towels in the cracks around the doors.
- Call the fire department and let them know your location.
- Wait for help at the window, and signal with a flashlight or light-colored cloth.

An increasing number of travelers are using alternatives to hotels, such as Airbnb and other “peer to peer” rental services. Make sure you find out whether the rental unit has smoke alarms, a sprinkler system and other items needed in an emergency, such as fire extinguishers and first-aid kits.

The federal Hotel and Motel Fire Safety Act of 1990 encourages fire safety in places that offer lodging to the public. You can use the federal government’s Hotel-Motel National Master List to find hotels and motels that have at least one single-station and hard-wired smoke alarm in each guest room and an automatic fire sprinkler system in each guest room (for buildings that are four or more stories tall).

For more information on electrical safety around water, visit SafeElectricity.org.
**Provision**

*He covers the sky with clouds; He supplies the earth with rain and makes grass grow on the hills.* *He provides food for the cattle and for the young ravens when they call.* -Psalm 147:8-9.

I saw a bunny in my backyard the other day. He was nibbling away at some clover. I enjoyed watching him and was glad my backyard could be his personal buffet. But I need to get rid of the clover at some point. Sorry Mr. Bunny. The bunny’s little dining experience is a perfect illustration of the Scripture verse cited above. God provides for the needs of His creation.

This past winter I was out hiking and almost walked right up on a skunk. Fortunately I saw him before he gave me a sample of his cologne. But he never budged when he saw me. He was busy foraging for food under the dead grass. He must have found plenty to eat because he was still there on my way back. God provides in all seasons and for all things. Even for a skunk.

If God provides for the cattle, ravens, bunnies and skunks how much more will He provide for you and me? Jesus said in Matthew 6:26, "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" You and I were created in the image of God. We are the crowning achievement of His creation. Skunks aren’t. So if He is gracious and caring enough to provide for them, will He not provide for us? Of course He will. So there is no need to worry.

God’s provision for humanity comes with a condition though. If we want to be sure to have all of our needs met by a loving Heavenly Father then there is something we need to do. Jesus went on to say, "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first His Kingdom and His righteousness, and all these things will be given to you as well."

We don’t need to worry. We don’t need to spend our lives chasing after temporary things and wondering if we will be able to pay the bills or put food on the table. What we need to do is seek first His Kingdom and His righteousness. In other words we need to seek to allow God to reign in our everyday lives and seek to live in a way that pleases Him. That is the condition. Then the promise of God’s abundant provision is ours in Christ Jesus.

Wow! That is a pretty good deal. It is a whole lot better than eating clover or worrying about tomorrow.

If you want to know more about God’s love and care for you, please give me a call at Shippensburg First Church of God, 717-532-8421 or stop by and worship with us Sundays at 8:30 am and 11 am.
5th Annual Bloom Festival

Thank you to our Chamber Members who joined us for this fun community event!

Robert T. Henry Pharmacy!
Lots of vendors!
Memorial Lutheran Church!

Tim & Anne Schaffner and Scott Eckenrode, some of the Bloom Festival Committee volunteers!
Holy Smokehouse BBQ!

Dillon Strouse
Strouse Entertainment!

Shop & Support Local!
Many things to check out!
A beautiful day to be outside!

A bird’s eye view!

Special Thanks to Our Sponsors!
Gannon Associates - Chamber Porch Sponsor
Chamberlin & Wingert Sanitary Services - Comfort Facilities Sponsor
Thank You...

Borough of Shippensburg
Shippensburg Fire Police
Shippensburg Police Department
Strouse Entertainment
All of the vendors who participated!
D.O.I.T.'s Sidewalk Chalk Art Contest and the Coy Public Library's Duck Derby!

It's summer, so naturally my thoughts are turning towards vacation. I don't have one coming up for about six weeks. Yikes! I just did just have a long weekend, though. None of us would dispute that taking a vacation-type break occasionally is good for us. Most people come back from this kind of break feeling energized, ready to tackle their jobs with renewed passion and vigor.

There really aren't many downsides to vacations. However, thinking about taking a break had me thinking about more mundane types of interruptions. You know—the kind that happen all the time and frustrate all of us.

Even for those without an Attention Deficit Hyperactivity Disorder (ADHD) diagnosis, interruptions can drive us crazy. Get us off task and make a long task even longer. I wondered: is there any chance these interruptions are actually good for us in some way? Turns out, interruptions have an almost completely negative impact on our work productivity, which is really worrisome since today there are so many things to stop our work flow. People don't just pop by your workspace to interrupt you these days, they also send messages, email, text and call, sometimes simultaneously. And let's face it, we all do it. We are all interrupted as well as those who get interrupted.

Certainly, email, messages, texts and calls are tools, and not intrinsically bad, but for many, interrupting the flow of thought and work causes frustration and delays that lead to difficulty with productivity and even work satisfaction.

· An article in the Journal of Experimental Psychology found that, after a 2.8 second interruption, study subjects made twice as many errors. After a 4.5 second interruption, the error rate rose to three times as frequent.

· A University of California/Irvine study found that people spend only 11 minutes on a project before being interrupted for the first time, and that it takes them 25 minutes after that interruption to get back to where they were in the project to begin with.

· The effects of interruptions on U.S. productivity, energy and work satisfaction is estimated to cost about $588 billion, according to a Basex poll.

· A recent Forbes poll found that 71% of people report frequent interruptions every work day.

· A Priority Management study found managers are interrupted every eight minutes and another Basex poll found interruptions lose average workers 2.1 hours per day.

So what can you do? It's nearly impossible to avoid interruptions in today's screen-saturated climate. Here are some coping strategies:

· Schedule screen-free times – turn off (or put out of sight) your electronics. Simply don't respond until the focus time is over. Communicate with co-workers that you're planning to do this, but be vigilant to enforce it.

· Consider a physical sign that tells others you're planning to do this, but be vigilant to enforce it.

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· Don't confuse urgency with importance. Texts are urgent, but may be very unimportant. Does the interruption really need to be dealt with now?

· Consider working somewhere outside of the office. Sometimes working in a coffee shop (sometimes with headphones) is a great way to get things done.

· When something comes to mind that has to be done, do it. Don't procrastinate or allow other things to get in the way.

As I was writing this, I got interrupted six times and interrupted myself at least twice. And I was trying not to let interruptions get in my way!

Having trouble managing your life, career, screen use? We can help.

At Sanctuary Christian Counseling we help grieving individuals, distressed teens and couples in conflict find peace, solutions and connection. Give us a call!