



# American Legion Post 137

## 109 N. Penn St. O'Fallon, IL 62269

(618) 632-8879

**Serving Veterans - Serving the Community**

### **COME TO THE CANTEEN: GREAT FOOD & FUN!**

Daily Drink Specials

Lunch specials Mon. - Fri. 11 am - 1:30 pm

Delicious juicy burgers!!!!

Taco Tuesday 4-8 pm

Wednesday Night Cash Drawing 8 pm

Thursday Moose Lodge Wings & Things 4:30-8 pm

Also Thursday 6:30 pm, **XTREME BINGO**

Friday Fish & Chicken Dinners 4-8 pm



## **Free Pool**

**Rent our spacious  
HALL for your next event.  
Seating for over 200.  
Reasonable rates.**



### **5 Machines - No waiting!**

Find us on Facebook:  
American Legion Canteen/Bar  
O'Fallon, IL  
Join our group page to get  
updates & information.

**We are an "open to the public" post.**



O'FALLON-SHILOH CHAMBER OF COMMERCE

# CHAMBER TRACKS

MONTHLY NEWSLETTER

## The 5-Hour Rule



The most successful people on the planet are also the people most likely to devote an hour a day to reading and learning.

What successful trait do Elon Musk, Bill Gates and Jack Ma have in common?

[Page 8](#)

Our Re-Connect event is right around the corner! Have you purchased your tickets yet?

[Page 12](#)

O'Fallon EMS gets new life saving equipment, O'Fallon Fire Rescue is supporting Ukraine, Veterans Day Events and more

[Pages 14 & 15](#)

# NEW MEMBERS

Juice Heal Thrive  
 Angie Bernreuter  
 622 East State St.  
 O’Fallon, IL 62269  
 618-304-5445  
 juicehealthrive@gmail.com  
 http://www.juicehealthrive.com

Roots Professional Stump Grinding  
 Rudi Atkins/Jessica Atkins  
 203 Westwood Drive  
 O’Fallon, IL 62269  
 618-402-9907  
 contact@rootsgrinding.com or  
 jatkinggsua@yahoo.com  
 www.Rootsgrinding.com  
 Referred by Jon Greenstreet

FusionRX Health and Wellness  
 Racheal Hannah  
 1333 Central Park Dr.  
 O’Fallon, IL 62269  
 618-703-3037  
 admin@fusion.org  
 www.fusionrx.org  
 (Health and wellness)

Infuzed  
 Racheal Hannah  
 1333 Central Park Dr  
 O’Fallon, IL 62269  
 618-680-0524  
 admin@infuzedspa.com  
 (Health and Wellness)

**CHAMBER of COMMERCE**

## WHY JOIN THE CHAMBER?

- **Make new contacts**
- **Grow your business**
- **Learn new skills**
- **Get involved in the community**
- **Have fun!**

**KNOW SOMEONE WHO COULD BENEFIT FROM BEING A CHAMBER MEMBER?**

**INVITE THEM TO AN UPCOMING EVENT!**

O’Fallon-Shiloh Chamber of Commerce  
 P.O. Box 371  
 116 E. First Street  
 O’Fallon, IL 62269  
 www.OFallonChamber.com  
 Services: Maps: First one is free, each additional is \$1

Getting your name out  
 Newsletter Sponsor - \$100  
 Featured Business Ad - \$75  
 Full Page Ad - \$50 | 1/2 Page Ad - \$35  
 1/4 Page Ad - \$25  
[Click for more details.](#)

**Follow us on Social Media!**



# MEMBER RENEWALS

## Star Investors

**Associated Bank**  
**Drury Inn & Suites**  
**FCB OFallon Bank**

**IL American Water**  
**The Record Madison/St.Clair**  
**The Regency Conference Center**

Advanced Ankle & Foot Surgeons, LLC  
 Century 21 Bailey & Co  
 Creative Flare Candles, LLC  
 Envisioning Green  
 Evergreen Wealth Strategies  
 Family Hospice  
 Gateway Classic Cars  
 Hometown Dental  
 Hughes Group LLC  
 Huntington Chase Homes  
 IL SDBC for the Metro East at SIUE  
 John Coers  
 Shooter's Bar & BBQ  
 L & D Wilson Siding Inc.

Liberty Village of Maryville  
 Market Basket of O'Fallon, LLC  
 May Brown  
 Mid America Oral Surgery Center  
 Millennia Professional Services  
 Morning Glory Home Care  
 Newbold Toyota  
 O'Fallon Moose Lodge 2608  
 Peel Wood Fired Pizza and Brewery  
 Red Door Realty Group  
 St. Clair County Intergovernmental Grants  
 The Autism Clinic of Hope  
 Vollman Advertising  
 Zion Lutheran School

**Thank you for renewing!**  
**We love having you as a Chamber member!**

## YOUR CHAMBER OF COMMERCE STAFF

Debbie Arell-Martinez - [E-mail](#)  
 President/CEO

Melissa Federhofer - [E-mail](#)  
 Communications Manager

Doris Obernuefemann - [E-mail](#)  
 Operations Manager

Jessica Lotz - [E-mail](#)  
 Leadership & Development  
 Coordinator

Johnnie Hodges - [E-mail](#)  
 Membership Coordinator

Chamber Tracks is our monthly newsletter and comes out the first week of each month. The deadline for submitting your information for this publication is the 25th of the month preceding publication. We have gone "green" and post the newsletter electronically to the website. An e-mail goes out to all members advising them that the newsletter is available for viewing at [OFallonChamber.com/news.html](http://OFallonChamber.com/news.html).

Print copies are available in the Chamber office upon request.

# MEMBER NEWS

## STEPHEN KULL NAMED MCKENDREE UNIVERSITY VICE PRESIDENT FOR INSTITUTIONAL ADVANCEMENT



McKendree University has named Stephen Kull as its Vice President for Institutional Advancement. Kull is currently the Vice President for Advancement and Chief Philanthropy Officer at Rockford University, in Rockford, Ill., where he is responsible for the management and oversight of alumni engagement, annual giving, planned giving, major gifts, corporate and foundation gifts, data and gift management, prospect and grant research, marketing and communications, and university events and scheduling. He will start in his new role at McKendree on May 2.

“We’re pleased to welcome Stephen as our Vice President for Institutional Advancement,” said McKendree University President Daniel Dobbins. “This was a key search for our institution as we prepare to roll out our strategic plan, UNITED. Stephen’s wealth of experience in higher education advancement, capital campaign leadership and strategic planning will make him a valuable addition to McKendree. We look forward to him becoming a strong contributor to our senior leadership team as we continue to further the mission of the university. We are excited for Stephen and his family to become part of our McKendree family.”

As Vice President for Institutional Advancement, Kull will oversee all areas of development, alumni and parent relations. In his 17 years of higher education advancement experience he has worked collaboratively to secure more than \$200M in philanthropic gifts. Under his leadership, the alumni participation rate at Rockford University doubled and faculty/staff participation rates increased from 13% in FY19 to 82% in FY21. Prior to his current position, he was Associate Vice President of Advancement at

Central Michigan University, where he successfully managed fundraising efforts for the University’s “Fire up for Excellence” \$100 million campaign, the largest in the institution’s history. He has also served as Director of Development – Gift Planning, Senior Director of Development and Interim Assistant Vice President for Advancement at Eastern Illinois University, as well as in other development roles at Blackburn College and Concordia Seminary in St. Louis.

“I am both humbled and thrilled to join President Dobbins and a passionate team at this point in my career,” said Kull. “I began my advancement career in the St. Louis area and this move feels like I’ve come full circle. I am looking forward to the exciting work we have ahead of us at McKendree. I’m eager to partner with the university’s passionate alumni, parents, and friends to support the initiatives, projects, and programs taking shape at the university. My family and I cannot wait to join the McKendree family and meet members of the campus community, alumni, and friends.”

Kull earned his bachelor’s degree in sociology from Texas A&M University, a certificate in executive management from University of Notre Dame, and is currently working on his MBA in Organizational Leadership from Rockford University. He and his wife, Angela (Collins) Kull, a Mascoutah native and former McKendree student, have four children.

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## IMPACT STRATEGIES GENERAL SUPERINTENDENT FRANK MALONE AWARDED GC FIELD EMPLOYEE OF THE YEAR BY ASA MIDWEST COUNCIL

 I M P A C T Strategies is proud to announce that General Superintendent Frank Malone received the American Subcontractors Association (ASA) Midwest Council’s GC Field Employee

of the Year award at the Council’s Neon Awards Gala, held April 9 at the Four Seasons Hotel in St. Louis.

ASA members nominated and cast votes for the award. The GC Field Employee of the Year award goes to the field employee that consistently goes above and beyond, fostering strong relationships and creating successful partnerships between subcontractor and general contractor.

Frank demonstrates excellence through his ability to genuinely connect with both subcontractors, tradesmen, and clients. He has an effective and contagious work ethic that unites his team and demonstrates strong character. Frank Malone has more than 22 years of experience in the construction industry. He joined IMPACT Strategies in 2016 as a superintendent and has been a valued team member on several of the firm’s local projects including Hofbräuhaus St. Louis–Belleville, Ameren IL operation centers, Covenant House Missouri, Altair at the Heights in Richmond Heights, and 2200 LaSalle at the Edge in Lafayette Square. Malone was promoted to General Superintendent in 2021.

“I am so honored and humbled by this award. I am blessed to be surrounded by so many amazing and supportive people in my personal life and at work. I couldn’t ask for a better work family than the IMPACT Strategies Team and the incredible subcontractors we work with day in and day out; they make my job easy.” said Frank Malone upon receiving his award.

IMPACT was also nominated for 2022 GC of the Year in recognition of their bid ethics practices, equitable contract/purchase order provisions, safety policy and practices, payment practices, jobsite supervision, scheduling coordination, subcontractor/vendor relations, and administrative procedures.

“It is most gratifying to be recognized by the ASA as a company committed to strong partnerships. said Mark Hinrichs, president of IMPACT Strategies. It is also a great honor to see one of our highly committed individual team members being

recognized for their leadership and commitment to our values of honesty and fairness.”

The ASA Midwest Council is a construction trade association of specialty contractors and suppliers serving the construction industry and the community. Their purpose is to improve the construction process through education, advocacy, and collaboration. The annual awards gala highlights the best of the best in the St. Louis construction industry and honors outstanding performance.

### GCS DONATES TO O’FALLON UNDERWATER SEARCH AND RECOVERY TEAM



GCS Credit Union employees joined together to raise \$1,305.00 in the month of March to benefit the O’Fallon

Underwater Search and Recovery Team through their Don’t Stop Donatin’ Jeans Program.

The Don’t Stop Donatin’ Jeans Program is funded by GCS employees who make monthly, monetary donations out of their own pockets to a local organization. By donating \$15 or more to a specific organization, GCS employees are able to wear jeans and tennis shoes on Fridays and Saturdays during that month. This year, GCS Credit Union is focusing on giving back to the 18 counties that they serve. March’s focus was on St. Clair County. GCS Credit Union proudly raised \$1,305 for O’Fallon Underwater Search and Recovery Team. OUSART is a non-profit organization that helps local law enforcement, fire departments, insurance companies and our community recover things underwater. In addition to their recovery efforts, OUSART also visits local schools to help educate our youth about water safety.

Follow OUSART on Facebook to find out more about this organization. To find out more about GCS Credit Union, visit [myGCScu.com](http://myGCScu.com).

### HSHS ST. ELIZABETH’S HOSPITAL’S WOUND CARE CENTER RECOGNIZED FOR CLINICAL EXCELLENCE IN PATIENT SATISFACTION



HSHS  
St. Elizabeth’s  
Hospital

HSHS St. Elizabeth’s Hospital’s Wound Care Center has been named a recipient of the Center of Distinction award by Healogics®, the nation’s largest provider of advanced wound care services.

The center achieved outstanding clinical outcomes for 12 consecutive months, including patient satisfaction rates higher than 92% and a minimum wound healing rate of at least 92% within 28 median days to heal. There were 555 centers eligible for the Center of Distinction award and 278 achieved the honor. Other Hospital Sisters Health System (HSHS) hospitals receiving this same honor include HSHS St. Anthony’s Memorial Hospital in Effingham and HSHS St. Joseph’s Hospital in Highland.

“We are pleased to have received this national distinction,” shared St. Elizabeth’s Interim President and CEO Brandon Fish. “The high-quality and compassionate care that our Wound Care Center provides is often life changing for many of their patients. This award is a testament to their exceptional care, and we congratulate all involved for their ongoing commitment to our patients.” St. Elizabeth’s Wound Care Center is a member of the Healogics network of over 600 Wound Care Centers® and offers highly specialized wound care to patients suffering from diabetic foot ulcers, pressure ulcers, infections and other chronic wounds which have not healed in a reasonable amount of time.

Advanced wound care modalities provided by the hospital’s wound care experts include negative pressure wound therapy, total contact casting,

bio-engineered tissues, biosynthetic dressings and growth factor therapies. The center also offers hyperbaric oxygen therapy, which works by surrounding the patient with 100% oxygen to help progress the healing of the wound.

Jennifer Steiner, RN and clinical program director for St. Elizabeth’s Wound Care Center., said, “As a collaborative team, we are dedicated in making sure that we provide the best care, and the most effective treatments for our patients. Our comprehensive care goal is to find the cause, heal the wound and help educate the patient on preventing future wounds and other related health problems.”

She also noted, “St. Elizabeth’s Wound Care Center is devoted to healing problem wounds and helping our patients reclaim the quality of their lives. We are proud of the fact that we have had great success in healing people who have been dealing with open wounds for years. Our highly skilled and compassionate team is always ready to help, and we enjoy celebrating with our patients when we can release them from our care because their wound has been healed.”

If you or a loved one is suffering from a wound that has not begun to heal after four weeks with traditional treatment methods, contact St. Elizabeth’s Wound Care Center at 618-234-2120, ext. 32742. A physician referral is not required.

For more information about HSHS St. Elizabeth’s Hospital, visit [steliz.org](http://steliz.org).

**Find more Member News on our website:**

**[OFallonChamber.com](http://OFallonChamber.com)**

# April Ribbon Cuttings



**The Rehabilitation Center of Southern Illinois**  
2351 Frank Scott Parkway East, Shiloh  
*Welcome to Shiloh!*



**Advanced Vision Care**  
821 W. Hwy 50, STE 302, O'Fallon  
*Congrats on your new O'Fallon location!*



**Pure 111**  
391 Frank Scott Parkway East, Fairview Heights  
*Congratulations on your new Fairview Heights location!*



**Hi-Pointe Drive-In**  
630 W Hwy 50, O'Fallon  
*Welcome and Congrats on your O'Fallon location!*



View all our ribbon cutting photos and videos  
on our website: [OFallonChamber.com](http://OFallonChamber.com)

**OPEN TO THE PUBLIC**



# **ELECTRONICS RECYCLING DRIVE & SHRED EVENT**

**WHEN: Wednesday, May 18th  
1:00 pm - 3:00 pm**

**WHERE: RASI Parking Lot  
1124 Hartman Ln.  
Shiloh, IL 62221**

## **ACCEPTED ITEMS**

- DESKTOPS, LAPTOPS, PHONES
- TVS AND MONITORS (NO CRTS)
- KEYBOARDS, MICE, PRINTERS, SPEAKERS
- HARD DRIVES AND OTHER COMPUTER PARTS
- POWER CORDS AND CABLES
- SERVERS AND NETWORKING EQUIPMENT
- PHOTOCOPY, FAX, COMPUTER PAPER
- INDEX CARDS
- STAPLES & PAPERCLIPS ARE OK

## **UNACCEPTABLE ITEMS**

- HOUSEHOLD APPLIANCES
- MICROWAVES, REFRIGERATORS, VACUUMS
- CAR BATTERIES
- CRT (TUBE) TVS AND MONITORS
- COPIERS
- ANYTHING CONTAINING CHEMICALS, FOSSIL FUELS, BIO WASTE, OIL, LIQUIDS, POWDERS, ASBESTOS, FREON
- FLUORESCENT OR WET PAPER
- CARDBOARD
- TELEPHONE BOOKS
- MAGAZINES & NEWSPAPER



# BUSINESS TRACK ARTICLE

## The 5-Hour Rule Used by Bill Gates, Jack Ma and Elon Musk

by: John Rampton

[https://www.entrepreneur.com/article/317602?utm\\_source=pocket\\_discover](https://www.entrepreneur.com/article/317602?utm_source=pocket_discover)

### The 5-Hour Rule



The most successful people on the planet are also the people most likely to devote an hour a day to reading and learning.

You just walked in the door from an exhausting day at work. You're hungry and spent, just wanting to catch your breath for a minute. You grab something to eat and then veg out in front of the TV. The next thing you know, you've just binge-watched five episodes of the latest Netflix show.

While that's okay occasionally — we all need ways to decompress and shut down — this isn't a healthy habit. That's why the most successful people in the world spend their free time learning.

It's not exactly breaking news. During his five-year study of more than 200 self-made millionaires, Thomas Corley found that they don't watch TV. Instead, an impressive 86 percent claimed they read — but not just for fun. What's more, 63 percent indicated they listened to audiobooks during their morning commute.

Productivity expert Choncé Maddox writes, "It's no secret that successful people read. The average millionaire is said to read two or more books per month." As such, she suggests everyone "read blogs, news sites, fiction and non-fiction during downtime so you can soak in more knowledge." If you're frequently on the go, listen to audiobooks or podcasts.

Maybe you're thinking: Who has the time to sit down and actually read? Between work and family, it's almost impossible to find free time. As an entrepreneur and a father, I can relate — but only to an extent. After all, if Barack Obama could fit in time to read while in the White House, what excuse do you have? He even credits books to surviving his presidency.

President Obama is far from the only leader to credit his success to reading. Bill Gates, Warren Buffett, Oprah Winfrey, Elon Musk, Mark Cuban and Jack Ma are all voracious readers. As Gates told *The New York Times*, reading "is one of the chief ways that I learn, and has been since I was a kid."

So how do they find the time to read daily? They adhere to the five-hour rule.

#### Breaking down the five-hour rule

The five-hour rule was coined by Michael Simmons, founder of Empact, who has written about it widely. The concept is wonderfully simple: No matter how busy successful people are, they always spend at least an hour a day — or five hours a work week — learning or practicing. And they do this across their entire career.

Simmons traces this phenomenon back to Ben Franklin, who was constantly setting aside time to learn. Franklin generally did this in the morning, waking up early to read and write. He established personal goals and tracked his results. In the spirit of today's book clubs, he created a club for artisans and trademen; they'd come together to pursue self-improvement. He also experimented with his new information and asked reflective questions every morning and evening.

## The five-hour rule's three buckets

Today's successful leaders have embraced Franklin's five-hour rule by breaking the rule into three buckets.

**Read:** Self-made millionaires including Mark Cuban and Dan Gilbert, owner of the Cleveland Cavaliers, read between one and three hours daily. Elon Musk learned how to build rockets, which lead to SpaceX, by reading. Besides expanding your knowledge, Jack Ma, co-founder of Alibaba, says that "reading can give you a good head start; this is often what your peers cannot obtain. Compared to others, readers are more likely to know other industries' strategies and tactics."

Even if you can't commit to an hour or more of reading every day, start with 20 to 30 minutes. I always have a book with me so when I'm waiting for a meeting to start or in the waiting room of a doctor's office, I can read instead of waste time on my smartphone. You could also try audiobooks during your daily commute or when exercising.

**Reflect:** The five-hour rule also includes reflecting and thinking. This could be just staring at the wall or jotting down your thoughts. For example, Spanx founder Sara Blakely is a longtime journaler.

Focusing on the past gives you a chance to learn from mistakes you've made, as well as assess what you did correctly. As a result, you'll be better suited to achieve your goals and improve your life. In 2014, a University of Texas study found that mental rest and reflection improves learning.

Need help getting started? Schedule reflection time in your planner. I've found blocking out 15 to 20 minutes after lunch is ideal because I'm coming out of that post-lunch slump. But start small: Allocate five or 10 minutes per day, then work your way up so you're not overwhelmed.

Know the questions you want to ask. Stick with just two or three questions focused on that specific day. For example, if you attended a conference, ask, "What were the key takeaways?" and "How can I apply this to my business?"

**Experiment:** The third and final bucket is rapid experimentation. Ben Franklin and Thomas Edison became leading inventors and thinkers because of their experiments. We have Gmail because Google allowed employees to experiment with new ideas.

The reason experiments are so useful is because you have

facts, not assumptions. Experiments show you what's working. You can learn from your mistakes and obtain feedback from others. Best of all, experimentation isn't that time-consuming. Most of the time, you're testing through the same activities you'd perform without testing.

Jack Ma even recommends applying the knowledge you've learned to a real-life scenario. For example, after reading a book about collaboration and teamwork, you could take on new volunteer work to put that knowledge to use.

When you make learning a habit, you'll very likely be more successful and productive across different areas of your life. By investing in a reading habit, you can ensure you're growing yourself — and your company — every day.

## 6 ways to get more reading in your life

### MULTITASK

Try to incorporate reading into your daily routine, maybe even associating it with another task you perform regularly. Sometimes, even a few minutes can add up to lots of pages!

### SCHEDULE IT

Put reading on your calendar, or task list with a plan to read a certain number of minutes or even 1 chapter. You're more likely to stick to it if you see it written where your appointments are.

### BINGE

Give yourself permission to take some time to read for a long time. Sign up for a reading marathon, set timer or read a page-turner you're reluctant to put down, and don't put it down!

### DON'T FINISH

Life's too short to read bad books. If you are not loving what you are reading, you don't have to finish it. Don't make yourself slog through something when other textual wonders await!

### AUDIOBOOKS

If you can't sit and read, try walking and reading, or driving and reading. Audiobooks are not cheating and allow you to read while doing something else.

### DON'T LEAVE HOME WITHOUT IT!

This is one place tech can come in handy. Use Overdrive or another book app to always have something to read on your phone or tablet. Of course, you can always have a paper copy handy too.

# STAY HEALTHY

## HEALTH AND WELLNESS COMMITTEE

Does your teenager struggle with communication, social or leadership skills? Could they benefit from learning more about working in a collaborative setting? Counselors Associates Ltd is offering a summer camp focusing on building self-confidence and creating new friendships led by our professional therapists. This camp is open to adolescents entering 6th, 7th, or 8th grade between the dates of June 20th and July 21st. The positive influence leadership camp is offered at the following locations: Maryville, Shiloh, IL and Clayton, MO. Call 618-972-1568 for more information or to sign your adolescent up today!



Mallory Allgire and Megan Droege  
1941 Frank Scott Parkway E, Suite C  
Shiloh, IL 62269  
1-618-972-1568  
info@counselorsassociates.com

**POSITIVE INFLUENCE**  
LEADERSHIP CAMP

**Dates, Times & Locations**  
**June 20th - July 21st**

**Clayton, MO Office**  
Mondays & Wednesdays from 9:00am-12:00pm

**Shiloh, IL Office**  
Tuesdays & Thursdays from 9:00am-12:00pm

**Maryville, IL Office**  
Tuesdays & Thursdays from 9:00am-12:00pm

Excluding the week of July 4th-July 8th

**What We Learn**

- Teamwork
- Social Skills
- Leadership Skills
- Communication Skills

**Enroll Now**

Adolescents entering 6th, 7th, and 8th grade will have the opportunity to learn leadership skills, communication skills, and social skills, all while building self-confidence, engaging in fun activities, and creating new friendships. Campers will also receive a positive leadership certificate upon the completion of the camp.

Counselors Associates Ltd

**\$50 per camp day or \$325 total if paid in full.**  
**Call (618) 972-1568 to sign-up now!**

Our guest speaker at our April Healthcare & Wellness Committee Meeting was Bridget Rolens, MA, HSHS St. John's Hospital. Bridget spoke about Mindfulness and Brain Health. Resources and information from this presentation can be found here:

[www.hshs.org/mindbody](http://www.hshs.org/mindbody) – The website for all the programs offered through the Hospital Sisters Health System.

The video presented in the meeting can be found here: The Neuroscience of Mindfulness – What exactly happens to your brain when you meditate.

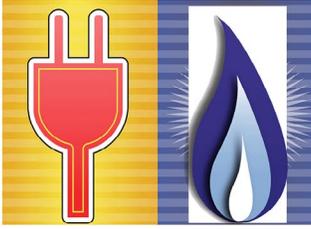
<https://www.youtube.com/watch?v=GszmHs8qPFE>

And another great video on mindfulness: All It Takes is 10 Mindful Minutes – Andy Puddicombe <https://www.youtube.com/watch?v=qzR62JJCMBQ>

Reading resources from our speaker, Bridget Rolens: [CR Stress Management Handout 202.03.28](#)

And the full meeting video can be found on our website or by clicking on the image to the right →

**Guest Speaker**  
**Bridget Rolens, MA**  
**HSHS St. John's Hospital**  
**Mindfulness and Brain Health**



**CEC**

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## Commercial Energy Consultants Can Reduce Your Energy Expenses!

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Save Money.**

**It really is that *Simple!***

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President  
Commercial Energy  
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mike@trycec.com

*Find out more at:*  
**trycec.com**



Re-Connect with us at a fun and casual member networking event at O'Fallon Station! Enjoy local food trucks, desserts, Global Brew cocktails and beer, live music and each other! Close your office early and bring the entire staff!

Ticket sales are now open and are limited due to space. Get yours today before they are sold out!

We cannot wait to see you and Re-Connect with you!

*At 2:15 p.m. we will do our change-over for our Board of Directors. Please come and welcome/congratulate our new board!*

**Tickets are \$20 per person**

Includes a small plate from each of the following food trucks:

Sugarfire Smokehouse  
Flamentco's The Place  
Soulcial Kitchen

Dessert bar  
Pay as you  
Go Bar:  
Global Brew  
(brews & big batch drinks)

**GET YOUR TICKETS!**

**Member Networking Social Event**  
**Re-Connect**  
Cocktails - Food Trucks - Music

We appreciate our sponsors for this event!

May 20, 2022

EVENT SPONSORS

**Together**  
CREDIT UNION

HSHS  
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Hospital

REVELA  
at O'Fallon

gonzalez

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FUNERAL HOME  
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HomeworX Pro  
Repair. Remodel. Renovate. Landscape.

First  
Community  
For all your Savings and all your Loans.



Join us May 24, 2022 | 8:30 a.m.

Whether you are new to the Chamber, not yet a Chamber member or just need a refresher on what the Chamber can do for you, this meeting is for YOU! Join us as our Membership Coordinator, Johnnie Hodges, talks about the benefits of being a Chamber member and how you can make sure you are taking full advantage of them to help promote and grow your business.

This event is free to attend but please RSVP. Currently being held virtually via Zoom.

For more information or to register:  
<http://ofallonchamber.chambermaster.com/events>

REGISTER TODAY!

ADVERTISE IN THE O'FALLON WEEKLY FOR ONLY \$15 A WEEK!



The O'Fallon Weekly is offering a Special Discounted price on their Marketplace Ads. Get a business card size ad in the O'Fallon weekly at 40% off regular prices - only \$800 a year! PLUS get one free 1/2 page ad in ANY issue of the Weekly throughout the year.

The O'Fallon Weekly is a locally owned publication - support local and support printed news by purchasing an ad today!

Contact Nick Miller at [Nick@OFallonWeekly.com](mailto:Nick@OFallonWeekly.com)



Clinton MANOR



Top Rated Nursing Home in Metro-East Providing Long Term Care & Short Term Rehabilitation

618-588-4924 | [ClintonManorLivingCenter.com](http://ClintonManorLivingCenter.com)  
111 E. Illinois Street, New Baden, IL

JOIN OUR TEAM!  
Go to: [clintonmanor.mitcawm.com/jobs/](http://clintonmanor.mitcawm.com/jobs/)



The O'Fallon Police Department puts out a monthly newsletter with great community information.

Click to the image to open the full newsletter.



May Public Safety Newsletter





Your Best Medicine™ is Right Here.

Memorial Hospital Shiloh is committed to meeting the needs of our community with everything you need available on the Shiloh campus:

- Inpatient, outpatient, emergency care, and diagnostic services
- Family Care Birthing Center
- Children's at Memorial
- Primary care and specialty services from BJC Medical Group
- Specialty care from Washington University Physicians in Illinois, Inc.
- Siteman Cancer Center—the only satellite facility in Illinois

And as part of BJC HealthCare, we are connected to Barnes-Jewish Hospital. It's the world's best medicine right where you live.



memhosp.org

### O'Fallon-Shiloh EMS is stepping up their game with new life saving equipment



The O'Fallon-Shiloh EMS received their first LUCAS devices on May 2, 2022. These devices will help medics deliver more effective CPR to those in need. Safe to use on people ages 12 and older who have suffered from cardiac arrest, LUCAS has shown to create more blood flow to the brain both in humans and experimental studies compared to manual CPR.

LUCAS allows for application of the defibrillation electrodes outside the suction cup. Further, unlike manual CPR, the device can be used without interruption during defibrillation. Soon, LUCAS devices will be carried on all O'Fallon-Shiloh EMS ambulances!

### BEHIND THE SCENES AT THE CHAMBER Military Spouse Appreciation Day

Thanks to these Chamber members that donated goodies for the Scott Spouses' Club Military Spouse Appreciation Day.



- RASI
- Café Biz 618
- YMCA
- Together Credit Union
- Webster University
- CEFCU
- SIBA
- State Farm – Elisa Hager
- Memorial Hospital Belleville | Shiloh

Thank you so much for providing goodies to fill the “thank you” bags to be given out. Shannon Lawrence came by to pick up all the goodies.

### O'Fallon Veterans Day Events



The City of O'Fallon will hold a Memorial Day observance on Monday, May 30th at 11:30 am at The Veterans Monument, located at 737 East Wesley Drive, O'Fallon IL. The guest speaker will be Major General Laura L Lenderman, USAF, Air Mobility Command's Director of Operations, Strategic Deference

& Nuclear Integration. There will be participation from Colonel Phil Goodwin, USAF (Retired); the OTHS AFJ ROTC; VFW Post 805; Miss Athena King, OTHS Choir student, in addition to others. The names of the newly-inscribed veterans will be introduced at this time. Pre-service music will begin at 11:15. Veterans are encouraged to wear their medals and decorations that day. Please bring your own lawn chairs and water. In case of inclement weather, the event will take place at the First Baptist Church, located at 1111 East Highway 50 in O'Fallon.



VFW Post 805 will be hosting a Memorial Day event at from 9 - 9:30 a.m. at the City of O'Fallon Cemetery, located on North Oak Street. The program includes pre-ceremony music by the OTHS band, posting of the colors, national anthem, wreath laying, comments by O'Fallon Mayor Herb Roach, rifle gun salute, and taps. The speaker is Chief Master Sergeant (retired) Ken McQuiston. The public is invited to attend.

## O'FALLON FIRE RESCUE JOINS NATIONWIDE EFFORT TO SEND FIREFIGHTING EQUIPMENT TO UKRAINE

There is a group of firefighters called Project Joint Guardian, a nonprofit organization made up of firefighters who help those in need around the world. Firefighters on this mission will transport the supplies into Ukraine, distribute them to the fire stations and stay to train personnel, often in the field, to use the equipment.



O'Fallon Fire Chief, Brad White with supplies donated from area fire departments for Ukraine. (O'Fallon Weekly Photo by Tanya Scherschel)

The O'Fallon Fire Rescue is helping to collect supplies and get it where it needs to go, and they are ready to deliver their first shipment to the Ukraine.

So far, they have collected and are donating about 40 sets of their structural bunker gear ( coats, pants and protective hoods, helmets,

gloves and boots) as well as vehicle extraction equipment (the jaws of life, cutters and spreaders).

They will ship at least 10 boxes at a cost of around \$140 each, but they might need to fill more boxes.

Ukrainian first responders also requested basic medical supplies such as trauma kits and tourniquets. An email was sent to local hospitals inquiring about surplus supplies but anything they can get first-aid wise is needed.

If you would like to help the Fire Department support the Ukraine, checks of any amount can be made out to O'Fallon Fire Department (in the memo please put shipping gear to Ukraine) and mailed to 1215 Taylor Road, O'Fallon IL 62269.

For more information on Project Joint Guardian, visit their facebook page or to donate visit: <https://fundthefirst.com/campaign/task-force-joint-guardian-6qr1qa>

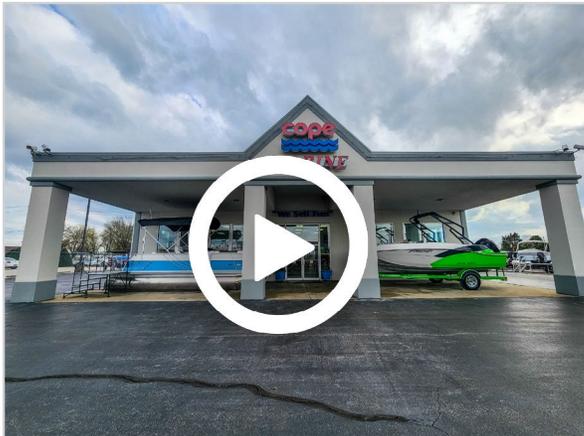


*This article is excerpted from the O'Fallon Weekly Newspaper dated Wednesday, April 27th, 2022, Vol. 8, No. 1*

*For the full article or subscription information please contact Nick Miller at [Nick@OFallonWeekly.com](mailto:Nick@OFallonWeekly.com)*

Our April Business After Hours was hosted by Cope Marine. Cope Marine is a long-time O'Fallon business specializing in all things boats. From sales, service, repairs and custom covers to water sport toys and equipment, they sell FUN! The delicious food was catered by Texas Roadhouse. Thanks for hosting!

*View all the photos and the highlight video on our [website!](#)*



**BUSINESS  
AFTER HOURS**

# MONTHLY CALENDAR



- 4 [Ribbon Cutting](#)  
12:00 p.m. | Nitro Family Food  
231 E. State Street, O'Fallon
- 5 [Economic Development Committee Meeting](#)  
8:30 a.m. | TownePlace Suites  
445 Regency Park Dr, O'Fallon
- 5 [ChamberNet - Gateway Grizzlies](#)  
6:00 p.m. | Gateway Grizzlies Ball Park  
2301 Grizzlie Bear Blvd, Sauget
- 11 [Downtown District Committee Meeting](#)  
8:45 a.m. | City Hall Council Chambers
- 13 [Ambassador Meeting](#)  
11:30 a.m. | Southern Illinois Builders Association
- 12 [Military Affairs Committee Meeting](#)  
3:30 p.m. | O'Fallon VFW Post 805
- 17 [Business After Hours](#)  
5:00 p.m. | BOS Metro East Banking Center  
1770 Frank Scott Parkway East, Shiloh
- 18 [Ribbon Cutting](#)  
12:00 p.m. | FusionRX Health and Wellness & Infused  
1333 Central Park Dr, O'Fallon
- 20 [ReConnect - Member Networking Social Event](#)  
2:00 p.m. | O'Fallon Station  
212 E. First Street, O'Fallon
- 23 [Executive Board Meeting](#)  
1:15 p.m. | Chamber Depot
- 23 [Member Engagement Committee](#)  
2:30 p.m. | Chamber Depot
- 24 [Maximize Your Benefits](#)  
8:30 a.m. | virtual via Zoom
- 24 [Ribbon Cutting](#)  
11:30 a.m. | Studio Strong  
629 W. Hwy 50, O'Fallon
- 25 [Ribbon Cutting](#)  
11:30 a.m. | Booz Allen Hamilton  
475 Regency Park, Ste 300, O'Fallon
- 26 [Board of Directors Meeting](#)  
8:00 a.m. | Memorial Hospital Shiloh





Stay in the know by subscribing to The 618 Now on your favorite podcast app

**New Episodes Every Friday!**

—the—  
**618 NOW**  
 Podcast

[The618now.podbean.com](http://The618now.podbean.com)



Join us every Friday morning for a snapshot of what's happening in the O'Fallon and Shiloh (Illinois) area right now. We'll give highlights of new developments and projects, details of upcoming events and report on good news happening in our community! Listen to The 618 Now to be in-the-know. This podcast is a production of the O'Fallon-Shiloh Chamber of Commerce and the O'Fallon Weekly.

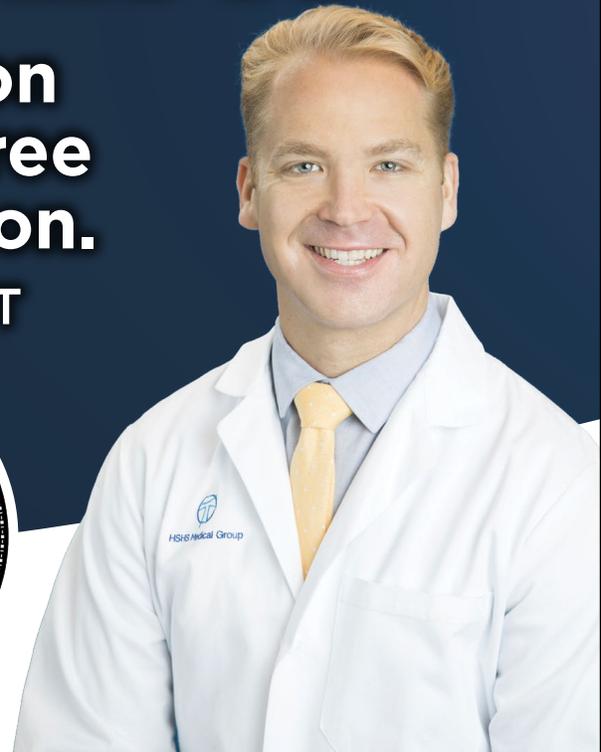
**Have a great topic idea for an upcoming podcast episode? We'd love to hear 'em!**

**Submit a Podcast Topic Idea!**

# Joint PAIN?

**Join Orthopedic Surgeon Travis Junge, MD, for a free one hour virtual discussion.**

**Thurs., April 21, 2022 - 7 pm CST**



# SALUTE TO OUR STAR INVESTORS

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## TWO STAR INVESTORS



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## ONE STAR INVESTORS

1st National Bank of Waterloo  
A Calming Place  
AMW Risk Management Group  
Associated Bank  
Auffenberg Dealer Group  
Bank of Belleville  
Bank of O'Fallon  
Belleville News Democrat  
BOS Metro East Banking Center  
Booz Allen Hamilton  
Busey Bank  
C&C Sports  
CEFCU  
Cambridge House O'Fallon  
Cambridge Capital Management, LLC  
Carrollton Bank  
Catholic Community Credit Union  
Central Bank of St. Louis  
Clete's, Inc.  
Clinton Manor Living Center  
Coldwell Banker Brown Realtors  
Commerce Bank  
Country Estate Kennel  
Dierbergs Markets Inc.  
Discount Storage  
Drury Inn & Suites  
Essence Health Care  
Farmers & Merchants National Bank

FCB O'Fallon Bank  
First Bank  
First Bankers Trust Company  
First Community Credit Union  
First Mid Bank & Trust  
Gateway Metro Federal Credit Union  
GCS Credit Union  
Guaranteed Rate Lending  
Hilton Garden Inn  
Holland Construction Services  
Illinois American Water  
Jack Schmitt Chevrolet of O'Fallon  
KB Homes Powered by KW Pinnacle  
Kerber, Eck & Braeckel, LLP  
Keystone Place at Richland Creek  
Klein's Brand Source  
La Casa Mexicana of O'Fallon  
Lashley Animal Hospital  
Lincoln Surgical Associates, Ltd.  
Lucky Dog Barks and Recreation  
McKendree Metro Rec Plex  
McKendree University  
Merrill Lynch | Woody Gray  
Mid America Oral Surgery Center  
Navy Federal Credit Union  
O'Fallon Progress/Command Post  
O'Fallon Shiloh Towing  
OST Container

Regency Manor  
Regions Bank  
Revela at O'Fallon  
Sandberg Phoenix  
Serenity & Hope Counseling  
Serra Honda of O'Fallon  
Schaefer Auto Body Centers  
Scott Credit Union  
Sigman Heating and Air Conditioning  
Spectra Graphics  
Taylor Roofing  
The Lash Lounge Shiloh  
The Record Madison/St.Clair  
The Rehabilitation Institute of  
Southern Illinois  
The Regency Conference Center  
Together Credit Union  
Town & Country Bank  
TownePlace Suites by Marriott  
U.S. Bank  
Veterans United Home Loans at SAFB  
Washington University Physicians  
-Pediatric Specialty Care  
Webster University at SAFB  
Wisper Internet

# BOARD OF DIRECTORS

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## EXECUTIVE BOARD

Cindy Helmkamp, Board Chairperson  
Together Credit Union

Kevin Meder, Treasurer  
CliftonLarsonAllen

Jeff Dossett, Vice Chairperson  
Memorial Hospital Belleville | Shiloh

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## 2022-2023 BOARD MEMBERS

Dr. Vinay Bhooma  
HSHS St. Elizabeth's Hospital

Kurt Schroeder  
Greensfelder, Hemker & Gale, P.C.

### Ex-Officio

Mayor Robert Weilmuenster  
Village of Shiloh

Jon Greenstreet  
Bike Surgeon

Susan Schultz  
Webster University

Mayor Herb Roach  
City of O'Fallon

Dan Jackson  
Carrollton Bank

Tony Smallman  
BARBER Murphy Group, Inc.

Melissa Fanning | Lead In  
United Way of Greater St. Louis

Nathan Klitzing  
Cambridge Capital Management

Kevin Welch  
1st National Bank of Waterloo

### Mayoral Representative

Donna Richter  
Southern Illinois Builders Assoc.

Mike Williams  
Serra Honda

Brenda Kern  
Village of Shiloh

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## CHAMBER AMBASSADORS

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American Red Cross

Reneé La Bruyere  
Horner & Shiffrin

Mieke Taylor  
Reach the Meek Marketing. LLC

Debbie Brauer

Nathan Parchman  
Farmers & Merchants National Bank

Raven Trebilcock  
Legacy Planning, LLC

Jaclyn Gross  
Hilton Garden Inn

Lindsay Porzeinski  
Home Heating & Cooling

Lisa Vorce  
Thrivent Finanicla - Lisa Vorce

Lisa Harley  
O'Fallon, IL YMCA

Dr. Shelly Severns, DC  
Severns Family Chiropractic

Justin Ward  
1st National Bank of Waterloo

Cindy Hill  
Home Instead

Dave Snyder  
Rotary Club of O'Fallon

Sheri Welch

Erik Huber  
Bank of Springfield

Ginni Stajduhar  
Nothing Bundt Cakes - Fairview Hts

Heather Wieczorek  
First Community Credit Unon

O'Fallon-Shiloh Chamber of Commerce  
 P.O. Box 371  
 116 E. First Street  
 O'Fallon, IL 62269  
 www.OFallonChamber.com

Services: Maps: First one is free, each additional is \$1

## Our May Newsletter Sponsor is: American Legion

April - June 2022

**SAVE THE DATES**

ALL EVENTS WILL FOLLOW CURRENT CDC GUIDELINES

**BUSINESS AFTER HOURS**  
 ANNOUNCEMENTS AND ATTENDANCE PRIZE DRAWINGS ARE AT 6 P.M.

**cope MARINE**  
*"We Sell Fun"*  
 1725 West Hwy 50, O'Fallon  
 Tuesday, April 12 • 5-7 p.m.

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**BOS** Metro East  
 Banking Center  
 1770 Frank Scott Parkway East, Shiloh  
 Tuesday, May 17 • 5-7 p.m.

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**PURE111**  
 medical aesthetics  
 391 Frank Scott Parkway East, Fairview Heights  
 Tuesday, June 21 • 5-7 p.m.

Please RSVP to 632-3377 or [chamber@ofallonchamber.com](mailto:chamber@ofallonchamber.com)

**RESTAURANT ROULETTE**

Thursday, April 7 11:30 a.m.  
**NO RESTAURANT ROULETTE IN MAY**  
 Thursday, June 16 11:30 a.m.

*Have an exceptional networking session with 3 to 7 other chamber members!*

Location at various member restaurants  
 You RSVP; we tell you the day before where you're going for lunch; you find out who you're having lunch with when you arrive at your table!



**BUSINESS OVER BREAKFAST**

Friday, April 29 8:00 a.m. **NOTE TIME CHANGE**  
**NO BUSINESS OVER BREAKFAST IN MAY**  
 Friday, June 24 8:00 a.m.

all BOB events located at  
 Public Safety Building • 285 N. Seven Hills Road, O'Fallon

Chambers All In



2022 Platform

for economic recovery

## ALL IN FOR ECONOMIC RECOVERY

We're all in. We are joining the Chambers All in for Economic Recovery Initiative. Our coalition is now over 50 Illinois Chambers of Commerce calling for the legislature to make economic recovery for businesses a priority in 2022.

[Learn More About All In on our website](#)