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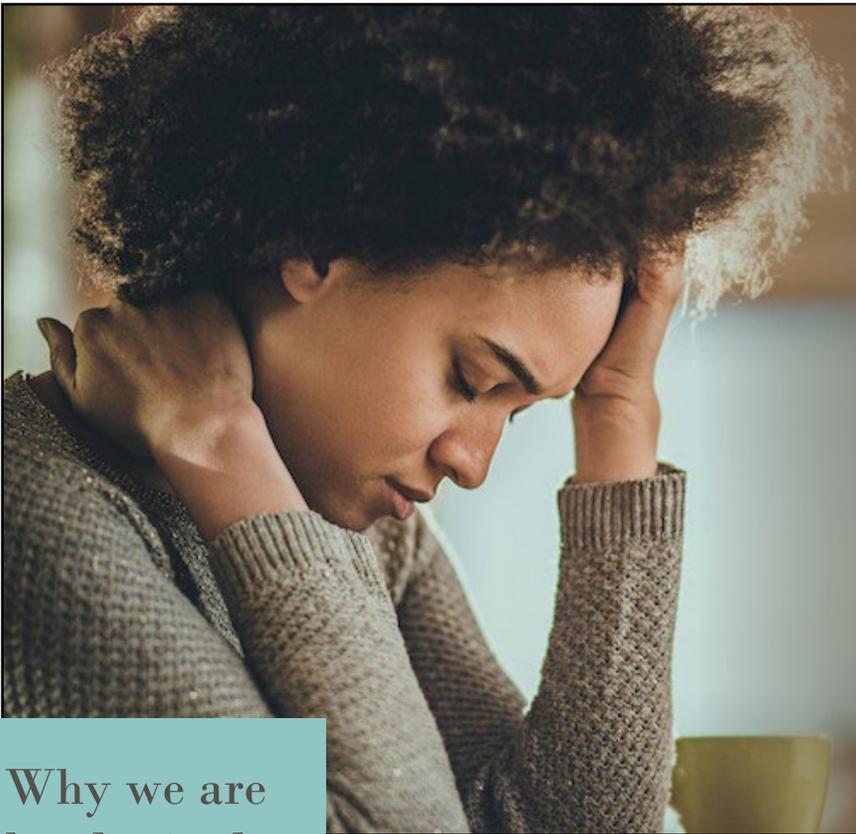
lisa.vorce@thrivent.com

connect.thrivent.com/lisa-voce

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**Humans
are wired
to worry.
Here's how
to not let it
control you.**

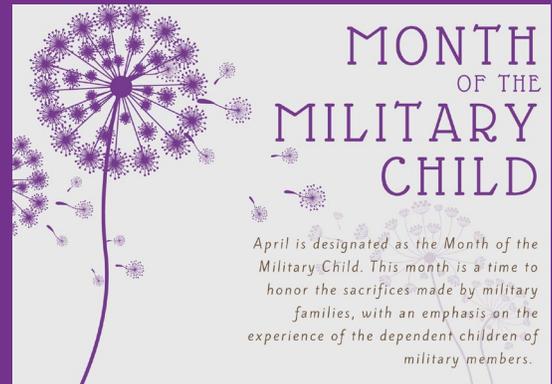
Why we are hard-wired to worry, and what we can do to calm down

Page 5



February is Healthy Heart Month.

Page 11



April is designated as the Month of the Military Child. Find out how you can help recognize and show appreciation for the sacrifices military families and children make.

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WELCOME NEW MEMBERS

Mason Place Too
Trena McCoy
125 North Ruby Lane
Fairview Heights, IL 62208
618-696-9721
Trenamccoy112@yahoo.com
www.masonplacetoo.com
(Autism Learning Center)

Three Sisters Craft & Gifts
April Barnes
129 E. State Street
O'Fallon, IL 62269
618-624-7193
Aeb624@aol.com
(Retail Sales)

Signature Tap House
Brandon McGraw
51 Lincoln Highway
Fairview Heights, IL 62208
618-589-9393
Brandon@signaturetaphouse.com
www.signaturetaphouse.com
618-589-9393
Referred by John Vitale



New Member?
Join us for Member Benefits Orientation (MBO)! Our next MBO is April 28 at 8 a.m. at the Bank of Springfield. [Save the Date or Register Early!](#) We'd love to see you there!

Know a business that could benefit from a Chamber membership? Put them in touch with our membership coordinator - Johnnie Hodges! If your referral joins, you get a free Chamber lunch on us!

*Designates Star Investor

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!



THANK YOU MEMBER RENEWALS

STAR MEMBERS

*C & C Sports Stop
*Country Estate Kennel
*Drury Inn & Suites
*Farmers and Merchants National Bank
*Holland Construction
*Jack Schmitt Cadillac, Inc.
*Jack Schmitt Chevrolet of O'Fallon
*Lashley Animal Hospital

*Lucky Dog Barks & Recreation
*Merrill Lynch
*OST Container Rental, LLC
*O'Fallon-Shiloh Towing, LLC
*R & W Builder's Inc.
*Spectra Graphics
*The Regency Conference Center
*Washington University Pediatrics Specialty Care

Ace Hardware of O'Fallon
Albert Oreit Allstate Agency
Bella Milano O'Fallon
BNI
Christone Enterprises, Inc.
Counselor Associates, LTD
Edward Jones Investments-Natalie Cortese Financial Advisor
E-Rate Funding Services, LLC
Experimac
Express Employment Professionals
Fezziwig's Marketplace
Gifts for Individuals
Global Brew Taphouse
GreenMount Lake Apartments
Hospice of Southern IL
Impact Strategies
Jim Clutter
Karla Smith Foundation
Kruep Construction
L & D Wilson Siding
Lion's Choice Restaurant
Mosquito Joes of MetroEast IL

NewBold Toyota-BMW
New Life In Christ Church
OB Gyn Care
O'Fallon Little Panthers Sports Club
O'Fallon Moose Lodge 2608
Peel's Wood Fired Pizza, LLC
Preferred Spine & Rehab
Refinery Salon
Rita Duckworth Writing & Editing
Rotary Club of O'Fallon (sunrise)
Sam's Club
Schildknecht Funeral Homes, Inc.
Shiloh Dental Group
Smart Style Haircuts
St. Clair Bowl, Inc.
Tamarack Golf Course
The Autism Clinic at Hope
Thirteen01 at Hartman Lakes Apartments
VFW Post 805
Warma Witter Kreisler & Associates, Inc.
Wittenauer Properties, LLC
Wood Bakery, Inc.

YOUR CHAMBER OF COMMERCE STAFF

Debbie Arell-Martinez - [E-mail](#)
Executive Director

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

Doris Obernuefemann - [E-mail](#)
Assistant Director

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 O'FallonChamber.com/news.html.

Print copies are available in the Chamber office upon request.

BUSINESS TRACK

Why we are hard-wired to worry, and what we can do to calm down



Article by James Carmody

<http://theconversation.com/why-we-are-hard-wired-to-worry-and-what-we-can-do-to-calm-down-127674>

A new year brings both hopes and anxieties. We want things to be better for ourselves and the people we love, but worry that they won't be, and imagine some of the things that might stand in the way. More broadly, we might worry about who's going to win the election, or even if our world will survive.

As it turns out, humans are wired to worry. Our brains are continually imagining futures that will meet our needs and things that could stand in the way of them. And sometimes any of those needs may be in conflict with each other.

Worry is when that vital planning gets the better of us and occupies our attention to no good effect. Tension, sleepless nights, preoccupation and distraction around those very people we care for, worry's effects are endless. There are ways to tame it, however.

As a professor of medicine and population and quantitative health sciences, I've researched and taught mind-body principles to both physicians and patients. I've found that there are many methods of quieting the mind and that most of them draw on just a few straightforward principles. Understanding those can help in creatively practicing the techniques in your everyday life.

Our brains sabotage the happier present moment

We've all experienced moments of flow, times when our attention is just effortlessly absorbed in what we are doing. And studies carried out in real time confirm an increase in happiness when people can focus attention on what they are doing, rather than when their minds are wandering. It may seem odd then that we leave our minds to wander for something like half the day, despite the happiness cost.

The reason can be found in the activity of linked brain regions, such as the default mode network, that become active when our attention is not occupied with a task. These systems function in the background of consciousness, envisaging futures compatible with our needs and desires and planning how those might be brought about.

Human brains have evolved to do this automatically; planning for scarcity and other threats is important to ensure survival. But there's a downside: anxiety. Studies have shown that some people prefer electric shocks to being left alone with their thoughts. Sound familiar?

Our background thinking is essential to operating in the world. It is sometimes the origin of our most creative images. We suffer from its unease when, unnoticed, it takes over the mental store.

Mindfulness, the practice of observing our mind's activity, affords both real-time insight into this default feature of the mental operating system and a capacity to self-regulate it.

That is confirmed by studies showing increased attention regulation, working memory, and awareness of mind wandering that develop after only a couple of weeks of mindfulness training. Imaging studies, similarly, show that this kind of training reduces default mode activity and enriches neural connections that facilitate attentional and emotional self-regulation.

Evolution prioritizes survival over happiness

This default to planning is part of our evolutionary history. Its value is evident in the effortless persistence and universality with which it occurs. Mind-body programs like yoga and mindfulness are indicative of the yearning many people have to be in the happier present moment.

How we use our attention is central to our emotional well-being, and many mind-body programs are based on training our minds to be more skillful in this way.

Mindfulness training, for example, asks students to direct their attention to the sensations of breathing. And while that may seem easy, the mind resists, tenaciously. So, despite repeated resolve, a person finds that, within seconds, attention has effortlessly defaulted to planning daydreams.

Just recognizing this feature is progress.

In those moments when you do manage to notice these thoughts with some detachment, their dogged concern with past and future becomes clear. And planning's semi-vigilant ("What could go wrong here?") Orientation also becomes clear.

We begin to notice that this hoping, comparing and regretting is often concerned with family and friends, job and money – themes of relationship, status and power that are central to the survival of tribal primates. All set against the background knowledge of our passing.

Our bodies take notice

Traditional meditation teachings attribute our everyday unease to the bodily tightening that naturally accompanies the possibility of loss, failure and unfulfilled dreams embedded within this narrative. It's a tension that is often unnoticed in the midst of managing everyday demands, but its background discomfort sends us looking for relief in something more pleasant like a snack, a screen, a drink or a drug.

Mindfulness makes us more aware of these preoccupations and reorients attention to the senses. These, by their nature, are oriented to the present – hence the almost clichéd "being in the moment" idiom.

So, when you notice yourself tense and preoccupied with anxious thoughts, try shifting your attention to the sensations of your breathing, wherever you notice it in your body. Bodily tension naturally dissipates with the shift in focus, and a feeling of greater calm follows. Don't expect attention to stay there; it won't. Just notice that attention goes back to worries, and gently return it to breathing.

Try it for just a couple of minutes.

Other mind-body programs use similar principles

It would be nearly impossible to design studies comparing all the techniques that cultivate mindfulness. But my more than four decades experience as a practitioner, clinician and researcher of several popular mind-body programs suggests that most techniques use similar principles to recover the present moment.

Yoga and tai chi, for example, direct attention to the flow of sensations accompanying the sequence of movements. In contrast, systems such as cognitive therapy, self-compassion, prayer and visualization counter the ambient narrative's unsettling tone with more reassuring thoughts and images.

Just a little practice makes this universal mental tendency, and your ability to shift it, more apparent in the midst of activities. The reduced arousal that results means that stress-related hormones dissipate, allowing feel-good ones like serotonin and dopamine to be restored in the brain as the happier here and now becomes woven into the fabric of everyday life.

MEMBER NEWS

[Find more member news on our website!](#)



SHAVE THE DATE for the 2020 St. Baldrick's Foundation Event at Helen Fitzgerald's Irish Grill & Pub

20 years ago, a group of friends from New York founded the St. Baldrick's Foundation as a challenge to see how they would give back for their "good fortune in business". The volunteers decided to raise funds to help find cures for children with cancer. With the support of their family, friends, and employers as sponsors, they shaved their heads in solidarity with children who typically lose their hair during cancer treatment. The inaugural event was hosted on St. Patrick's Day, March 17, 2000.

Every 2 minutes a child somewhere in the world is diagnosed with cancer. More children are lost to cancer in the US than any other disease, in fact, more than any other childhood diseases combined. The St. Baldrick's Foundation is a not-for-profit organization raising funds to help find cures for children with cancer by shaving heads all across the world.

With the help of volunteer nurses in St. Louis, the first St. Baldrick's event was hosted at Helen Fitzgerald's Irish Grill and Pub in 2004 raising \$76,000. 17 consecutive years later, we are still shaving heads and continuing to break records! With donations from local supporters and sponsors, the St. Baldrick's Event at Helen Fitzgerald's has raised over \$5.8 million to go towards childhood cancer research and shaved over 4,000 heads. SSM Cardinal Glennon Children's Medical Center and St. Louis Children's Hospital have directly received grants from the St Baldrick's Foundation over the years.

What do we need your help with?? RAISING MONEY! Whether you can donate directly, your company would like to be a sponsor or you can provide auction items, anything you can do makes a direct impact.

- [Website link to donate](#)
- [Facebook Event link](#)

We hope you're able to join us for another amazing year. Please reach out for donation opportunities, to sign up to shave or any questions.

O'Fallon Presented with CityWorks Excellence in Enterprise Award



At this year's Cityworks Conference, the City of O'Fallon was awarded the 2019 Cityworks Excellence in Enterprise Award. The Excellence in Enterprise Practice Award recognizes clients who use Cityworks throughout

their organization in a high-quality manner. These clients offer great examples of how Cityworks enterprise solutions can help improve work, planning, budgeting, and communication across an entire organization.

"In order to be efficient and effective, we use technology to help us conduct business in the best manner. This has helped us keep our costs low and needed headcount to a minimum. All of which results in savings to our residents," said Mayor Roach. "This award is validation that we are using our enterprise systems to their full potential."

The City of O'Fallon has been using Cityworks Asset Management System (AMS) to manage infrastructure and service requests in the Public Works Department for over 14 years. Just over a year ago, O'Fallon implemented another module of Cityworks for Community Development and the City Clerk called Permits, Licensing, and Land, or PLL for short. Cityworks is currently used by Public Works, Community Development, the City Clerk, as well as the Police Department for Crime Free Licensing, and is also integrated with the O'Fallon On Demand app to handle all citizen requests.

Salvatore Cincotta

Canon U.S.A. names local photographer to their ELITE Explorers of Light program

Salvatore Cincotta named one of 33 EOLS in the world.

O'Fallon, IL, January 15th, 2020 – Canon USA names local photographer, Salvatore Cincotta, to their Explorer of Light program. This elite designation is reserved for only the most inspiring and influential photographers in the world. "It is an honor to be part of such a small group of individuals. With only 33 Canon Explorers of Light worldwide, this is a major accomplishment for me both personally and professionally" ~Sal Cincotta

Imagery is powerful, it can elicit emotions, reinvigorate memories and forever capture new ones. The Explorers of Light (EOL) program created by Canon U.S.A showcases industry leading photographers who leverage Canon products to see and capture the most evocative images of our time.

Salvatore Cincotta is an award-winning international photographer based in O'Fallon, IL. The company was built on the foundation of providing clients with high-end wedding and portrait photography. Today, the company has expanded into vertical markets to support professional photographers through education, hands-on training, post-production services, and product development.

Cincotta & Co. is located at 226 State Street, O'Fallon, IL and is the parent company of Salvatore Cincotta Photography – www.salcincotta.com // Shutter Magazine – www.behindtheshutter.com // Evolve – www.evolveedits.com // Virtuoso – www.vbysal.com // Salvatore – www.salvatorethystore.com // Enception Dress Rentals - www.enceptionrentals.com // CreativeCinc – www.creativecinc.com
For more information on Canon or their EOLs: <https://www.usa.canon.com/internet/portal/us/home/explore/explorers-of-light/explorersal-cincotta> OR <https://www.usa.canon.com>
Contact: Alissa Zimmerman, 618.304.7848, alissa@cincottaemail.com



Webinar: Learn about the 2020 Anti-Harassment Laws with Attorney Julie Proscia

Wednesday, February 12
10:00 AM - 11:00 AM
Via webinar \$39

Effective January 1, 2020, compliance with new laws requires the following actions:

1. Mandatory anti-harassment training
2. Reporting requirements for final verdicts and decisions
3. Revisions to employment policies
4. Revisions to employment and severance agreements

Attendees will gain a thorough understanding of the new requirements and what actions must be taken by the December 2020 deadline to avoid fines.

This legislation comes into effect after almost two years of work by the Senate Task Force on Sexual Harassment.

Join us!

[Click here to Register](#)

MEMORIAL HOSPITAL EAST WELCOMES SITEMAN CANCER CENTER

Siteman Cancer Center is among the top 1% of cancer centers nationally, according to *U.S. News and World Report*. And, as the only National Cancer Institute-designated Comprehensive Cancer Center in the region, Siteman ranks among MD Anderson, Mayo Clinic, and other institutions also known internationally for their scientific leadership and cancer research.

We are pleased to bring the highest quality care, and research, **to the Metro East.**

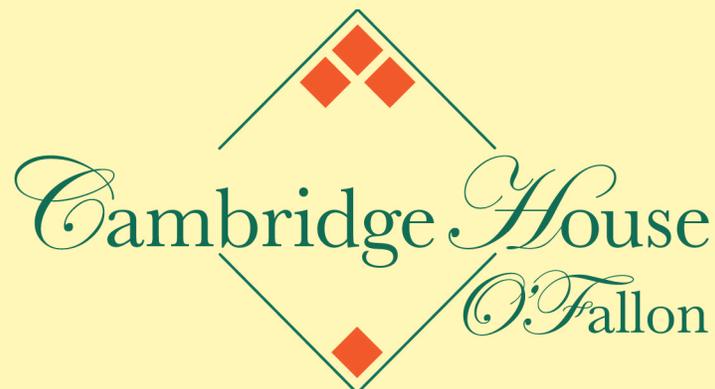
NOW OPEN at our Memorial Hospital East Campus in Shiloh.



Mardi Gras Party at Cambridge House O'Fallon

**JAZZ MUSIC FEATURING
"JAY DOVER JAZZ"**

Refreshments will be provided
Invite your friends for a fun & festive Mardi Gras Party



*844 Cambridge Blvd., O'Fallon IL
618-624-9900 cambridgehouse-slf.com*

**FRIDAY, FEBRUARY 21ST 2020
2:30 P.M.**



Managed by Gardant Management Solutions



M^cKENDREE METROREC PLEX

PRESENTS

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STATE CONSTRUCTION, EQUITY 55 REALTY, WOODS BASEMENT SYSTEMS,
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MARK YOUR CALENDAR NOW FOR THE 1ST ANNUAL GREATER METRO EAST HOME AND GARDEN SHOW AT THE PLEX!
DON'T MISS THIS OPPORTUNITY TO SHOW OFF YOUR LATEST HOME PRODUCTS AND SERVICES TO THOUSANDS OF
LOCAL CUSTOMERS AND POTENTIAL CUSTOMERS OVER THE COURSE OF THIS THREE DAY SHOW.

ALL CONVENIENTLY LOCATED AT THE INTERSECTION OF HWY 50 AND TROY-SCOTT RD. IN O'FALLON, IL JUST A HALF MILE OFF I-64!!

MARCH 27-29, 2020

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FOR MORE INFORMATION CONTACT:

DEAN DELZE (DDDELZE@METRORECPLEX.COM), ANDY KERR (AKERR@METRORECPLEX.COM) OR SCOTT BLACK (SBLACK@METRORECPLEX.COM)

HEALTH & WELLNESS

Keep That Heart Healthy

It's 2020 and we find ourselves continuing to do more. A lot of swiping, streaming, scrolling, double tapping, emoji-picking, our thumb and fingers are getting a real work-out! Most people are spending an average of at least 8 hours a day on computers. Although it may not be deliberate, and mostly because our communication relies on the use of computers, cellphones, etc., we have become a more sedentary society.

We therefore need to make a conscious effort to get up and move more. Why....because there is an incredibly higher risk with heart disease with a more sedentary lifestyle! Even the more physical people have become more sedentary! It's 2020 and technology is only getting more sophisticated in helping us accomplish what we once had to get up and do!

February is designated as "Healthy Heart Month"! It's a good time to think about getting up and moving again, and take care of what is really helping you to live...a healthy heart!

At the Esquiline, we have started a "Walk Challenge" for our employees and it's incredible what a little competition will do! We encourage our employees to walk around our community and use those steps to stay healthy! And our residents too....it can be contagious! Make that conscious effort to get up and move.... your heart depends on it!

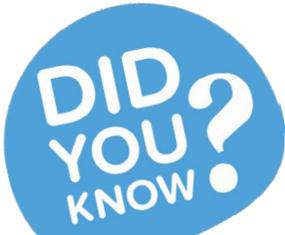


Health Tip: The Blueberry!

Blueberries are incredibly healthy, and are as the new superfood! They are sweet, low in and high in nutrients. They have many health blueberries can help with high blood pressure, sugar, heart disease, protect cholesterol, DNA urinary tract infections, they have antioxidant to help fight cancer and aging, and also help to function and improve memory! This little berry for us! So, what are you waiting for...toss them on or grab a handful as they are very tasty.....and eat up for



labeled calories benefits; high blood damage, protectants maintain brain can be so good oatmeal, in a salad, a healthier 2020!



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

[Click to open the full newsletter.](#)



CHECK IT OUT!

O'Fallon-Shiloh Chamber of Commerce Lead-In Graduate, Brad Lewis is the newest chaplain for the O'Fallon Police Department!

Congratulations Brad!



O'Fallon Police Welcome New Chaplain

Rev. Brad Lewis is the Associate Pastor at [O'Fallon Methodist Church](#). He and his wife, Jamie, have two kids that love the O'Fallon Police officers. Brad is a 2019 graduate of the O'Fallon Citizens Police Academy and a 2019 graduate of the Chamber of Commerce Leadership Institute program. He obtained a Bachelor's degree from SIUE and attended Seminary at Asbury Theological Seminary in Wilmore, Ky. Brad is also an avid sports fan and has coached Football and Track at OTHS.



Capt. Brueggeman, Rev. Lewis, & Chief Van Hook

Brad has a desire to serve with OPD because of his family history with law enforcement. His grandfather was a police officer in East St. Louis and later became a United States Marshal. His uncle Rick was an East St. Louis police officer and later served as the St. Clair Country Corner. Brad's little sister is currently completing her academy training to be a sworn officer with the Herdon, VA Police Department. Because of his deep family history of law enforcement and his desire to serve, Brad has taken on the role of Chaplain with the O'Fallon Police Department. "It is a great honor to serve the O'Fallon Police Department, I believe that we have the best officers, command staff, and support staff in the entire area! I look forward to contributing to the community and getting to know the members and families of OPD."

Our Chaplains assist the Department, its members and the community, as needed. Some of their responsibilities include providing support OPD members and their families, assisting with injury and death notifications, and helping members cope with stressful incidents.

The other OPD Chaplains are:
Rev. Phoenix Barnes ([Southern Missionary Baptist Church](#) – Madison, IL)
Rev. Darren McCormick ([Central Christian Church](#) – O'Fallon, IL)
Pastor Aaron Lynn ([First Church of the Nazarene](#) – Belleville, IL)

We want to put **YOU** in the Spotlight!

Have some awesome Member News you want to share? Send it to Melissa: communications@ofallonchamber.com for our review and you may be published in our next Chamber Tracks Newsletter!



BUSINESS AFTER HOURS



We kicked off the year with a Business After Hours at Hilton Garden Inn, O'Fallon.

They really know how to throw a party - between the live music and delicious

menu of food and drink members had a great time.



The Hilton Garden Inn is located next to The Regency Conference Center. The Hotel boasts free indoor, heated pool; fitness center; free wifi and more, and is perfectly located for easy commute to the highway and for O'Fallon-Shiloh shopping, dining and entertainment.

Thanks for hosting!



Check out the full gallery and highlight video on our Facebook page:

RIBBON CUTTINGS



1/14/20 | Ribbon Cutting | Hampton Inn O'Fallon
430 Regency Park Dr, O'Fallon

Welcome and Congrats!

Thanks!
for being a
Valued Member



1/16/20 | Ribbon Cutting | Tower Loan of Fairview Heights
2055 West Hwy 50, Fairview Heights

Welcome and Congrats!

Thanks!
for being a
Valued Member



1/23/20 | Ribbon Cutting | Spectrum
3950 Green Mount Crossing Dr, Shiloh

Welcome and Congrats!

Thanks!
for being a
Valued Member



1/31/20 | Ribbon Cutting | Signature Tap House
51 Lincoln Hwy, Fairview Heights

Welcome and Congrats!

Thanks!
for being a
Valued Member

Reserve your Billboard ad today!

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EXCLUSIVE OPPORTUNITY TO ADVERTISE ON A DIGITAL BILLBOARD!
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EAST ST. LOUIS BILLBOARD LOCATION

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COLLINSVILLE AVE &
MARTIN LUTHER KING DR.
(EASTBOUND, INTO IL)

TYPE: DIGITAL
AD SPECS: 480PX BY 1504 PX 72 DPI, RGB
COLOR IN JPEG
SIZE: 14'X49'
TRAFFIC COUNT: 133,110 VEHICLES DAILY
AD COUNT: 40 SPOTS PER DAY
AD DURATION: 10 SECONDS

NEED HELP DESIGNING YOUR AD?
WANT TO UPDATE OR CHANGE YOUR AD? NO PROBLEM!
ADS CAN BE UPDATED ONCE PER QUARTER!

LET US DESIGN IT FOR YOU FOR ONLY \$50!

QUESTIONS? CALL THE CHAMBER! 618-632-3377

YOU CAN BUY MORE THAN ONE SPOT!

2020

*All ads must be approved by the O'Fallon-Shiloh Chamber of Commerce before airing. The Chamber reserves the right to refuse/reject any ad.

COMPANY NAME: _____
CONTACT PERSON: _____
EMAIL: _____
PHONE: _____

CHOOSE YOUR AD OPTION(S): *SPOT NOT RESERVED UNTIL PAYMENT IS RECEIVED*

52 WEEKS - \$1,300 \$3.57/DAY 15,600 AD SPOTS SAVINGS OF \$24,700!	32 WEEKS - \$880 \$3.94/DAY 9,600 AD SPOTS SAVINGS OF \$15,120!	20 WEEKS - \$575 \$4.11/DAY 6,000 AD SPOTS SAVINGS OF \$5,655!
---	--	---

REGULAR COST - \$2,000/4 WEEKS ALL MONTHS = 28 DAYS

We are now accepting applications for our billboard ads! Ad start running in April and sell out FAST, so now is the time to reserve your spot and start working on our ad copy!

Graphically challenged? No problem! Melissa can design your ad for you for a nominal fee of \$50!

Get your business seen on a big screen and help support the Chamber. Call or email the Chamber office, or [download the form](#) today before they are sold out!

READY, SET LEAP!



The O'Fallon Downtown District is planning a series of Leap Day festivities on February 29!

Vine Street Market Leap Day at the

O'Fallon Station from 10 a.m.-2 p.m.

Leap Day Treasure Hunt will begin at the O'Fallon Station at 1 p.m. for a scavenger hunt throughout the Downtown District at 16 participating stores and City Hall.

To conclude the special day, "Leaping Through the Decades" Trivia Night, hosted by the O'Fallon Historical Society, will be taking place at the VFW at 7 p.m.



Current as of November 2019



Department of Defense Expanding Access to Military Commissaries, Exchanges and Recreation Facilities

More veterans and caregivers to have eligibility.

The Department of Defense is proud to expand commissary, exchange and morale, welfare and recreation retail eligibility to:

- Purple Heart recipients
- Former prisoners of war
- All veterans with service-connected disabilities
- Individuals approved and designated as the primary family caregivers of eligible veterans under the Department of Veterans Affairs Program of Comprehensive Assistance for Family Caregivers

The DoD, VA and the Department of Homeland Security are collaborating to implement the Purple Heart and Disabled Veterans Equal Access Act of 2018 for those who will be eligible for this benefit on Jan. 1, 2020.

Facilities like these will be open to the newly eligible patrons starting Jan. 1, 2020:

- Commissaries*
- Military service exchanges
- Golf courses
- Bowling centers
- Recreational lodging
- RV campgrounds
- Movie theaters
- And more!

*DoD is required to charge a small fee to new users who are eligible solely under the Purple Heart and Disabled Veterans Equal Access Act of 2018, to cover any increase in costs to the U.S. Treasury for processing commercial credit and debit cards.

Want to know more? Check out the FAQs on the following pages.





April is designated as the Month of the Military Child. This month is a time to honor the sacrifices made by military families, with an emphasis on the experience of the dependent children of military members. Our military affairs committee would like to find ways to show support and thank military children for their strength and sacrifices.

We're asking our membership for discounts and promotions during the month of April, specifically the weekends of April 3rd and April 24th. Do you

have something you can offer in celebration of our military children? A free ice cream cone? Discount on something you already do? Special give-away? We'll require that the child comes in with an adult with active, reserve, or air national guard ID card. We'll share the details with you on what those ID cards look like. We'll also advertise your promotions on social media and our website.

Please let Debbie know if you're interested and what you might like to do.

We have a lot of military families in our community



NOMINATE YOUR FAVORITE BUSINESS!



Every year the O'Fallon-Shiloh Chamber of Commerce recognizes businesses that have contributed the community in several categories: Economic Impact, Beautification and Heritage. The Awards are presented at

our Annual Salute to Business Award Luncheon - this year on April 1, 2020. We are currently accepting nominations for these prestigious awards.

Any individual, business or organization may submit nominations. We encourage you to self-nominate, as well as nominate your deserving clients and business partners. Awards are given to current O'Fallon-Shiloh Chamber of Commerce members who are within O'Fallon-Shiloh limits. If you don't know if a nominee is a Chamber member, visit our website at www.ofallonchamber.com. Not all awards are given each year and any combination of awards may be given.

The form includes the following fields:

- 1. Nominee Information (dropdown menu)
- Name of Business/Organization you wish to nominate: *
- Business/Organization Name: _____
- Point of Contact for the nominated business: *
- First Name: _____ Last Name: _____ Title: _____
- Nominee's Phone Number: *
- Area Code: _____ Phone Number: _____
- Nominee's E-mail Address: *
- Example: example@example.com
- Nominee's Address: *
- Street Address: _____
- Street Address Line 2: _____
- City: _____ State/Province: _____

To nominate your favorite business fill out our online form by February 10th: <http://ofallonchamber.com/s2bnomination/>

Winners will be announced on or about February 27, 2020

Prepare for **Liftoff**...



IT'S TIME FOR
GIRL SCOUT
COOKIES!

girl scouts 
of southern illinois

QUESTIONS ABOUT GIRL SCOUT COOKIES?
VISIT WWW.GSOFSI.ORG OR CALL 800.345.6858

MONTHLY CALENDAR

FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Health & Wellness Committee Meeting Ambassador Mtg Book Club	6	7	8
9	10	11	12 Downtown District Mtg Joint Chamber Luncheon	13 Military Affairs Committee Mtg	14 <i>Valentine's Day</i> 	15
16	17	18 Education Committee Mtg Business After Hours	19	20 Ribbon Cutting - Mason Place Too	21	22
23 Executive Board Meeting	24 Ribbon Cutting - Homes by Janell	25	26 Ribbon Cutting - Skin Serenity	27 Board of Directors Mtg	28 Business Over Breakfast	29



OPENING EARLY 2020

CANCER CARE CENTER OF O'FALLON

HSHS St. Elizabeth's Hospital is proud to be a part of bringing comprehensive cancer services to patients in the metro east region.

SERVICES AND FEATURES WILL INCLUDE:

- Medical Oncology, Hematology and Radiation Oncology Services
- Research and Clinical Trials
- Diagnostic, Consultation and Follow Up Services
- Cancer Screenings, Cancer Prevention & Wellness Programs
- Education and Support
- Imaging (Bone Densitometry, CT, PET)
- Laboratory
- Chemotherapy, Infusion Therapy & Immunotherapy
- Radiation Linear Accelerator and CT-simulator
- Intensity Modulated Radiation Therapy (IMRT)
- Image Guided Radiation Therapy (IGRT)
- Stereotactic Radiosurgery (SRS)
- Stereotactic Body Radiotherapy (SBRT)



DISCOVERY SCHOOL REGISTRATION

Open registration begins March 16, 2020

for '20-'21 school year & summer camp

2-Day, 3-Day, and 5-Day Preschool

Extended Day (Open 7:00AM-6:00PM)

Enrichment and Junior Kindergarten

Flexible Options for Summer Camp

IL State Funded Preschool

CHASI Accepted

Tours now available

Registration packets available for pickup March 2, 2020

Discovery School

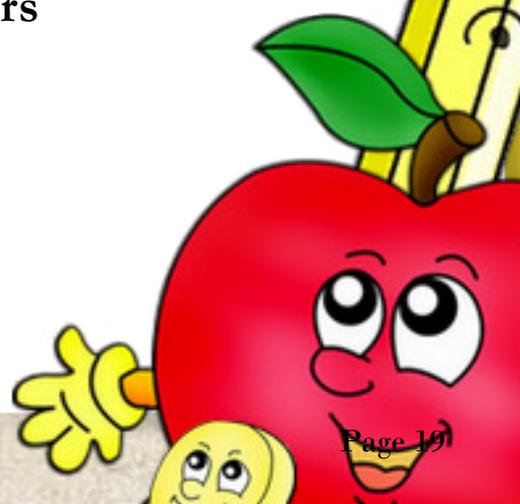
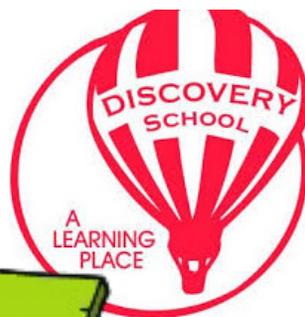
810 Obernuefemann Road

O'Fallon, Il 62269

618.632.3670

www.discoveryofallon.com

Serving O'Fallon Over 50 Years



Your Feedback is Important to us!

We recently emailed out a survey regarding our communications with the membership. Congratulations to Andy Vitale, from Apex Network Physical Therapy, who won the \$50 1818 Chophouse gift card just for completing our survey!

Keep an eye on your email inbox for future surveys and YOUR chance to win!

2020 Scott Air Force Base Air Show Sponsorship Opportunities Now Available!

Build brand awareness and foster community pride by becoming a Scott AFB Commercial Sponsor. Various opportunities are available...Egg Hunt, Air Show, Mother's Day Events, Bowling Tournaments/Events, Fall Festival and more! For more information, contact Tracy Tinsley at 618-256-3766 or email tracy.tinsley.1@us.af.mil.

This is a solicitation for Commercial Sponsorship by a Nonappropriated Fund Instrumentality of the United States Government. It does not obligate appropriated funds or nonappropriated funds of the Government.



2020 BOOK CLUB

FEB 5

WEEKEND LANGUAGE

by Andy Craig & Dave Yewman

Presenting with more stories and less PowerPoints.

Jessica Lotz, Moderator

MAY 6

THE INNER GAME OF TENNIS

by W. Timothy Gallwey

The classic guide to the mental side of peak performance.

Kenric Lynn, Local Noon Moderator

SEPT 9

THE SLEEP REVOLUTION

by Arianna Huffington

Transforming your life, one night at a time.

Amber Munro, RST- Sleep Center Manager
Sleep Disorder Center, Memorial Hospital
Moderator

NOV 4

TBD

Stay tuned for details about the Nov book club and moderator!

SALUTE TO OUR STAR INVESTORS



TWO STAR INVESTORS



ONE STAR INVESTORS

1st National Bank of Waterloo
Associated Bank
Bank of Belleville
Bank of O'Fallon
Belleville News Democrat
BOS Metro East Banking Center
Busey Bank
C&C Sports
Cambridge Capital Management, LLC
Carrollton Bank
Catholic Community Credit Union
Central Bank of St. Louis
Clete's, Inc.
Clinton Manor Living Center
Commerce Bank
Country Estate Kennel
CSL Plasma
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Farmers & Merchants National Bank
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First Bank
First Community Credit Union
Gateway Metro Federal Credit Union
GCS Credit Union

Hancock Irrigation Services, Inc.
Hilton Garden Inn
Holland Construction Services
Illinois American Water
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Jack Schmitt Chevrolet of O'Fallon
Kerber Eck & Braeckel, LLP
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Lashley Animal Hospital
Lincoln Surgical Associates
Lucky Dog Barks & Recreation
Marcus O'Fallon 15
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McKendree Metro RecPlex
Merrill Lynch | Woody Gray
Metro East Signs
Midwest Regional Bank
Morningside of Shiloh
Morrison Plumbing, Heating and Air
Mueller Enterprise Group, LLC
Navy Federal Credit Union
O'Fallon Progress/ Command Post
O'Fallon Shiloh Towing

OST Container
Parkway Lakeside Apartments
PNC Bank
Poettker Construction
Providence Bank
R & W Builders, Inc.
Regency Manor
Regions Bank
Schaefer Autobody Center
Scott Credit Union
Scott Family Housing
Sigman Heating & Air Conditioning
Simmons Bank
Spectra Graphics
Telesto Group
Taylor Roofing
The Regency Conference Center
Together Credit Union
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Veterans United Home Loans
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Wisper Internet

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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 January Newsletter Sponsor is:
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O'FALLON • SHILOH
 CHAMBER of COMMERCE



Date	Time	MEMBER LUNCHEON
Wed, January 15	11:45 a.m.	The Regency Conference Center 400 Regency Park Drive, O'Fallon
Wed, February 12	11:45 a.m.	Four Points Sheraton Multi-Chamber Event! 319 Fountain Parkway, Fairview Heights
Wed, March 11	11:45 a.m.	Klucker Hall 14 Park Drive, Shiloh

Date	Time	BUSINESS AFTER HOURS
Tuesday, January 21	5 - 7 p.m.	Hilton Garden Inn O'Fallon 360 Regency Park Drive, O'Fallon
Tuesday, February 18	5 - 7 p.m.	Far Oaks Golf Club 419 Old Collinsville Road, Caseyville
Tuesday, March 17	5 - 7 p.m.	Family Eye Care of O'Fallon 735 Insight Avenue, O'Fallon

Date	Time	BUSINESS OVER BREAKFAST
Friday, January 24	7:30 a.m.	Public Safety Building 285 N. Seven Hills Rd., O'Fallon
Friday, February 28	7:30 a.m.	Public Safety Building 285 N. Seven Hills Rd., O'Fallon
Friday, March 27	7:30 a.m.	Public Safety Building 285 N. Seven Hills Rd., O'Fallon