



# Chamber Connection

## “Creating a Bright Future”

**Trotwood  
Chamber of Commerce**

**Volume 4 Issue 5  
May 2008**

### Executive Director's Notes

Mark your calendar for **May 28** for our first **Chamber After Hours Event** for this year. The event will be at Larch Tree Golf Course, 2765 Snyder Road, from 5-7 p.m. Join fellow business leaders to visit this wonderful facility and enjoy a round of golf. This event is sponsored by Cub Foods and Fifth Third Bank. Snacks will be provided.

The strategic planning committee is hard at work planning Expo 2008, this is an Expo we are sure you will not want to miss! Tentatively the Expo is scheduled for October, a definite date will be published next month..

The Chamber has moved its office to **4444 Lake Center Drive** (formerly Moto Photo). We invite you to stop by to visit us at our new location; office hours are from 9 a.m. until 1 p.m. Monday thru Friday.

### Stress in the Workplace

Everyone has experienced stress at some point and we all know when we are experiencing it! Jobs can be stressful when we are overworked. Family life is stressful when conflict arises and agreements are not easily reached. Stress can make us feel irritable, it can upset our stomachs, and it can make sleep seem more like a distant dream. Despite the obvious signs, and though we all intuitively know what stress is, defining it has the potential to prove quite difficult.

Often, researchers define stress as the psychological and physiological conditions a person experiences when they perceive a situation as threatening, harmful, or demanding. Whether we feel stress or not depends on how we perceive the events we are facing. Therefore, what is stressful for one person might not be for another. Many factors influencing how you interpret events include: Who you are, your attitudes, your skills, your personality, the current situation, other events in your life and other people in your life.

Having some stress in your life is a good thing — it keeps your body and mind active and more alert! It becomes harmful when you have too much stress. When you are experiencing stress, you may feel like you have too much to do and not enough time, develop a stomachache or heartburn, neglect your responsibilities not enjoy what you usually like, develop tense muscles, become irritable, eat poorly, use drugs carelessly or recreationally, fall ill more often and have problems sleeping.

Once you recognize that you are under stress, you must then choose a way to deal with your stress. It may help to stop worrying about things you cannot control; try to look at change as a positive challenge, not a threat; work to resolve conflicts with other people; exercise regularly; talk with a trusted friend, family member or counselor; eat well-balanced meals and get enough sleep; meditate, participate in something you don't find stressful, such as sport, social event or hobbies.

Once you have a method or two in place, you can take action to reduce the stress you are experiencing. When you have a plan, stress becomes much easier to break down and deal with, piece by piece, until it is gone or at least severely lessened. Information provided by eMBrace Healthcare @ work, April issue, McGohan Brabender

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**Executive Director**  
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**New Member**  
Rumpke Waste Removal

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To the following businesses for renewing your membership this past month, and new member for your support to the Trotwood Chamber of Commerce.

Access Systems  
DGL Woodworking

Logan Services, Inc.  
Rumpke Waste Removal & Recycling

# Chamber Connection

## Member Highlight—Jerri’s Catering

Jerri’s Catering is family owned and has been in business for over five years. Jerri’s serve the Greater Dayton area by providing off premise catering using the freshest ingredients in their favorite savory recipes, and giving first class quality service.

Do you have an event coming up , Jerri’s Catering is the caterer you will want to call for any occasion, from wedding receptions and rehearsal dinners, to corporate gathering and social events. Make your occasion a success, call Jerri’s Catering at 937.832.4647 or 937.239.4647 today, to customize a menu that meets your taste and budget.



## Upcoming Events

### May 5

LEADER Meeting, Dayton Chamber of Commerce, noon

### May 21

Chamber Board Meeting, noon, **new location 4444 Lake Center Drive.** (former Moto Photo Building)

### May 28

Chamber After Hours, Larch Tree Golf Course, 2765 Snyder Road, 5-7 p.m.



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