

A Newsletter from the



February  
2014

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Winter Wine  
Tasting  
February 20

# The Chamber VIEW



*Answering the questions: "What does the Chamber do for me?" and "How do I make the most of my Chamber membership?" was the focus of the Chamber's annual kick off meeting held on January 16. Testimonials from members along with a PowerPoint presentation demonstrated to the guests the most productive ways to utilize their chamber membership. See pages 6 and 7 for more photos of this informative meeting.*

Photo by Balance Photography

## SHAKE OFF THOSE WINTER BLUES AT THE 2ND ANNUAL WINE TASTING EVENT

Cabin fever got you down? We've got the cure! Come enjoy a Winter Wine Tasting hosted by the Greater Catonsville Chamber of Commerce on **Thursday, February 20 from 5:30 to 7:30 p.m.** at the Overhills Mansion, 916 S. Rolling Road. Long dark nights and the Victorian charm of Overhills provide the perfect setting to savor a variety of superior, unique wines and seasonal hors d'oeuvres. And the live music of blues guitar legends Automatic Slim and Jim Harrell will make the event a party to remember.

You can even have fun and benefit a good cause. Thanks to the sponsorship of We Love

Catonsville, Oakdale Fine Wine & Spirits and The Breadery, proceeds of the Winter Wine Tasting will be donated to Ribbons of Comfort, which provides assistance to patients undergoing treatment for cancer.

So enjoy winter this year and help provide comfort to those in need. Tickets are \$30 in advance and \$40 at the door and can be purchased online at [www.catonsville.org](http://www.catonsville.org). Or call the Chamber at 410-719-9609 or stop by our office at 924 Frederick Road. In case of inclement weather, the event will take place a week later on Thursday, February 27. Hope to see you there!

# The Chamber VIEW

**Editor,  
Design & Layout  
Teal Cary**

GCCC Executive Director  
410-719-9609

## PURPOSE

The purpose of the Chamber of Commerce is to have a strong voice with the county government, business and local community; to affect positive change in our area; to foster growth and expansion of our members' business; and to achieve the betterment of the Catonsville community.

Chamber Web Site:  
[www.catonsville.org](http://www.catonsville.org)

## ADVERTISING & PROMOTION OPPORTUNITIES

### One-Page Insert \$75

Get special attention for an event, sale, etc. An 8 1/2" x 11" insert (pdf file) in *The View* provided by your business.

### Event Sponsorship

Your company can be highlighted at one of our monthly events.  
(Costs vary)

### Business After Business Host

Invite the Chamber to your location for onsite promotion.  
(Costs vary)

### Website

Banner Advertising  
Sidebar Advertising

Check the Homepage of the Chamber's website for additional opportunities to promote your business

Call the Chamber Office  
**410.719.9609**  
for more information.

# The Chamber Working for You

## President's Message



**Sally Griffin**  
2014 President

**J**anuary was a very busy month for your Chamber of Commerce! We don't let a little cold and snowy weather slow us down!

First of all, we had our kick off meeting this month and let me begin by giving a big shout out to our programs committee for "recreating" the event and for The Catonsville Clubhouse and Whitehouse Caterer's, who did an awesome job with the food and the remodeled clubhouse! Instead of introducing the Chamber Board of Directors, Cathy Schneider (of the programs committee) decided to skip that formality and give a brief review from each of the committee chairpersons and highlight success stories from this past year, including testimonials from our members! It was wonderful to hear positive affirmations and kudos from so many of you. We need to hear the good and the bad and 2014 will have more effort on our part to reach out to our

members, keep you involved and hopefully watch your business grow! The comment that resonated with so many of us came from a member who said he thought that just by paying his dues to the chamber, he could sit back and get business! He soon realized that was not going to be good enough, he needed to be involved. No doubt, that creates the highest return on your money!

We also had our annual Board of Directors retreat on Friday the 17th at Rolling Road Country Club. The board spends the day assessing the past year and planning for the upcoming year. A LOT of information is presented and discussed, always considering the best interest of our members. I appreciate the fact that though we are all extremely busy, time was set aside by the majority of the board to concentrate and reflect on the organization we are representing.

Do you have something you would like the Chamber of Commerce to consider for 2014? We'd love to hear from you!

*See you around town!*

## LEARN HOW TO AVOID 6 BUSINESS KILLER MISTAKES

**N**o one ever plans to make mistakes. As business owners, you focus on running your business. Every day brings new challenges, opportunities and decisions. But there are six "Business Killer" mistakes that consistently cause businesses to fail and can destroy your business and your future.

You need to know what they are and how to avoid them!

Fortunately, the Greater Catonsville Chamber of Commerce is offering a **Lunch and Learn** program on **Thursday, March 27** that will teach you how to protect yourself and build a firewall around your business and your personal assets.

The businessKillers® Lunch and Learn Seminar is a unique, educational workshop with six video modules dramatizing critical errors in planning and protecting a business

and the impact on the owner's personal financial future. One unique and powerful aspect of the businessKillers workshop is that it gives you the ability to evaluate your own risk with a risk barometer booklet designed by industry experts.

With businessKillers, you learn from the mistakes of others in a concise, interactive, video format. Presenters **Omar S Jennings of AXA Advisors, Keith Wziontko from AXA Distributors and Louis Weinkam, Jr. of Weinkam & Weinkam** have a dynamic seminar prepared with no boring slides, charts or graphs.

This Lunch and Learn Seminar will take place at the Rolling Road Country Club on Thursday, March 27 beginning at 12 noon. For more information or to register, visit [www.catonsville.org](http://www.catonsville.org) or call 410-719-9609.

Catonsville Chamber of Commerce Presents

# Winter Wine Tasting

February 20, 2014

(Inclement weather date: February 27, 2014)

## Overhills Mansion

916 S. Rolling Road • 5:30 to 7:30 pm

**Tickets: \$30** pre-paid, \$40 at door

Purchase online at [www.catonsville.org](http://www.catonsville.org) or  
at Chamber office, 924 Frederick Road, or at  
Oakdale Fine Wine & Spirits, 1713 Edmondson Avenue  
The Breadery, 418 Oella Avenue

Tasting tables located throughout the attractive venue will  
offer a wide variety of high-quality, unique wines plus an array  
of light hors d'oeuvres. As wine enthusiasts sip, musicians  
**Automatic Slim and Jim Harrell** will enhance the setting with  
American Roots Music.

*Enjoy winter this year; join us for this fun event in Catonsville!*

Sponsored By:



Proceeds Benefit:

## The Chamber New Members

### Sponsorship Level

#### Payce, Inc.

Diana Rawlings  
1220B E. Joppa Road, Suite 324  
Towson, MD 21286  
443-299-5616, Fax 443-279-6362  
drawlings@paycepayroll.com  
www.paycepayroll.com

*Payce, a locally owned payroll service company located in Towson, MD provides a full range of payroll and other human resources services. Value and client service is their top priority in providing accurate payroll to businesses of all types. A dedicated client service representative provides assistance with payroll, tax filing, direct deposit/paycards, interfacing to clock or point of sale systems, "pay as you go" workers compensation premium products and many more payroll related services. Call for a free customized pricing package.*

### Member Level

#### Starting Point Acupuncture and Health Service

David Paton  
1603 Edmondson Avenue  
Catonsville, MD 21228  
410-299-1952  
dpaton@myspah.net  
www.myspah.net

*Starting Point Acupuncture and Health provides integrative health care services to reduce the effects of stress in daily living. Starting Point has experience with children with special needs such as ADD/ADHD/ASD as well as physical and emotional pain related conditions.*

## TIME TO NOMINATE AN OUTSTANDING TEACHER



**T**he Greater Catonsville Chamber of Commerce is now accepting nominations for their third annual "Outstanding Teacher Awards" banquet to be held at the John Erickson Conference Center at Charlestown, Thursday, April 10, 2014 at 5:30 p.m. Students, parents, fellow teachers, and community members and businesses are encouraged to nominate teachers, individuals and organizations they believe have made an outstanding impact on education.

#### Who is Eligible for Nomination?

- Baltimore County teachers, public and private, within the 21228, 21227, 21229 zip codes
- Individuals or organizations supporting Baltimore County public or private schools
- Collaborative teams supporting Baltimore County public or private schools

Nominees will be rated on the degree that they demonstrate excellence in education in the following four (4) areas:

1. Demonstration of commitment to student success and love for learning
2. Exhibition of the quality and/or innovation of an educational program or entity
3. Demonstration of supportive and caring attitude toward students
4. Demonstration of support for the school mission and vision

An online Nomination Form can be found at [www.catonsville.org](http://www.catonsville.org) and a printable nomination form can be found there, as well. Nomination forms can also be obtained from participating Baltimore County public and private schools, and at the Greater Catonsville Chamber Office (924 Frederick Road).

Completed nomination forms for the TEACHER CATEGORY and INDIVIDUAL/ ORGANIZATION CATEGORY should be sent directly to the Chamber office to the attention of the Outstanding Teacher Awards Committee or emailed to [teacherawards@catonsville.org](mailto:teacherawards@catonsville.org).

**The deadline for the submission of all nominations is February 15, 2014.**

Nominations received after this date will not be considered. Hand delivered or emailed nominations must be received by 5:00 pm. Mailed nominations must be postmarked by the due date.

## FRENCH REPUBLIC NAMES CHARLESTOWN RESIDENT HARPER GRISWOLD A "CHEVALIER" OF THE LEGION OF HONOR

### *D-Day Veteran Honored for Helping to Liberate France*

**T**he French Republic has named Charlestown retirement community resident Harper Griswold, a D-Day veteran, a "Chevalier" of the Legion of Honor. He will be officially honored for his U.S. Navy service that helped to liberate France in a Monday, January 27, ceremony at the French Embassy in Washington, D.C.

Griswold was a 2nd Class Petty Officer aboard the H.M.S. Ceres, a WWI cruiser with an American and English crew that served as the flagship for convoys, during the June 6, 1944 D-Day invasion of Normandy.

Olivier Serot Almeras, Consul General of France, will present the "Chevalier" Legion of Honor award to Griswold in the name of the President of the French Republic. The ceremony will be attended by an official delegation from Normandy.



# Joint Power Networking Breakfast

**"90 Second Speed Networking" Presentations  
Door Prizes - Great Connections!**

**Wednesday, March 19, 2014**

**7:30 to 9:30am**

**Overhills Mansion, 916 S. Rolling Road, Catonsville**

**\$25 Members Prepaid, \$45 Non-Members and Walk-ins**

**Join us for a morning of productive networking  
and a delicious breakfast.**

**Participating Business Organizations:**

Baltimore Washington Corridor Chamber of Commerce,  
The Better Business Bureau of Greater Maryland,  
the Entrepreneur's Exchange, Chesapeake Regional Tech Council,  
and the Chambers of Commerce of Baltimore County, Greater Crofton,  
Greater Severna Park and Northern Anne Arundel County  
and the Southern Maryland Black Chamber of Commerce.

**For more information or to register, visit [www.catonsville.org](http://www.catonsville.org)  
or call 410-719-9609.**

# Kicking Off 2014 at Annual Meeting





## Savory Mediterranean-Style Restaurant Celebrates 1 Year Anniversary in Catonsville

Umami Global Bistro at 712 Frederick Road in Catonsville celebrated its First Anniversary with a gala on January 25 from noon until 4. Everyone who came to the celebration had a chance to try free samples of Umami's famous falafel, humus, Naan, vegan soup, and homemade cardamom infused rice pudding with toasted pistachios, all made in the restaurant's kitchen with the freshest ingredients.

Rehan Khan, restaurateur and chef, chose Catonsville for his first location because of its proximity to the UMBC campus – they are glad to serve the college community.

The story of Umami Global Bistro goes back to the year 2011 when entrepreneur Rehan Khan decided to bring his passion and talent for cooking to his very own establishment. Being health conscious and preparing his favorite recipes with health in mind, Rehan applied the same standards to his menu. The Catonsville location, formerly a pizza shop, was totally remodeled top to bottom and now offers carryout, dine-in, and catering. The restaurant is small and offers a café-style setting.

A bright splashy painting by local artist Carla Cerrato and hand-crafted privacy screens set off the dining area, and fare is attractively displayed on china. The inviting setting is reflective of the food – uniquely different. Gluten-free and vegan menu items are available. To see the latest new creations on the menu and a video of Rehan on WBAL morning news, visit Umami's Facebook page at <https://www.facebook.com/pages/Umami-Global-Bistro/128497187323844> or visit the website at <http://www.umamibistro.com>.

## Comcast Business Awarded North America Service Provider of the Year by the Metro Ethernet Forum

Comcast Business recently announced that it won multiple awards in the Metro Ethernet Forum (MEF) Carrier Ethernet Awards for North America, including the prestigious

Service Provider of the Year. The company also won Best Marketing and Best Carrier Ethernet Business Application for an Ethernet network deployment with the Denver Broncos.

The MEF is a global industry alliance whose mission is to accelerate the worldwide adoption of carrier-class Ethernet networks and services through its technical specifications and implementation agreements to promote interoperability. The MEF's Carrier Ethernet awards are designed to celebrate excellence and leadership in the development, marketing and delivery of Ethernet services.

For more information about Comcast's services, call 866-429-3085 or visit <http://business.comcast.com/ethernet>. Follow them on Twitter @ComcastBusiness and on other social media networks at <http://business.comcast.com/social>.

## Catonsville Pharmacy Partners with the Greater Catonsville Chamber of Commerce to Provide Diabetes Classes in the Community

Catonsville Pharmacy announced that they will be hosting the Winter 2014 session of their **Rx for Success!** diabetes classes at the Greater Catonsville Chamber of Commerce. The group classes, which start on February 21st and run for a total of five weeks, will be held at the chamber building on Friday afternoons from 3:30pm to 4:30pm. Please note that space is limited to the first ten confirmed participants.

The Rx for Success! program at Catonsville Pharmacy is accredited by the American Association of Diabetes Educators (AACE), and includes both group classes and individual sessions. The classes are taught by pharmacists who are trained to provide diabetes education and are designed to complement the care provided by the patient's physician. Family members of class participants are also invited to attend the group sessions to learn more about caring for someone with diabetes. The following is a list of the topics covered during the group classes.

Rx for Success! Group Session Topics:

- Diabetes & Self Care
- Medications & Monitoring

- Coping & Problem Solving
- Eating Well & Staying Active

Catonsville Pharmacy is an independent, community pharmacy owned by Neil and Dixie Leikach. The pharmacy has been operating in the Catonsville area for 15 years, and employs approximately 17 people, including pharmacists, registered pharmacy technicians, delivery drivers, and cashiers. The pharmacy's mission is to be the compassionate healthcare solution center, and they provide several pharmacy services including immunizations, free prescription delivery, diabetic shoes and testing supplies, prescription compounding, compression stockings, and some medical equipment.

To register for the Winter 2014 Rx for Success! diabetes classes, please contact:

Ellie Varner, PharmD  
Catonsville Pharmacy  
6350 Frederick Road  
Catonsville, MD 21228  
Phone: (410)744-5959  
Fax: (410)744-4810

## Planning Ahead...

### Mark Your Calendar Now

## Power Networking Breakfast

**"90 SecondSpeed Networking"**  
**Wednesday, March 19, 2014**  
**7:30 to 9:30am**

**Overhills Mansion**  
**916 S. Rolling Road**

**For more information or to register,**  
**visit [www.catonsville.org](http://www.catonsville.org)**  
**or call 410-719-9609**

# THANK GOD IT'S MONDAY: CREATING A POSITIVE CULTURE AT WORK USING HUMOR

*By Bev Rosen, MSW, MBA, Principal  
WorkWonders  
8525 Hill Spring Drive  
Lutherville, MD 21093*

**H**umor contributes to the overall well-being of people in the workplace but I don't mean that there should be the constant telling of tedious, annoying and distracting jokes. I am suggesting the cultivation of an atmosphere in which we don't take ourselves too seriously and where we can laugh easily and often. Don't we need this with the ever present realities of stress and low morale? If left unchecked, these factors can seriously erode the well-being of those working with you and ultimately effect performance, productivity, staff relationships and profit. In today's workplace employees are expected to act more independently, handle increasingly complex problems and do more with less. When these expectations are accompanied by dwindling resources and support systems, tight budgets, frozen salaries and rampant layoffs, stress and low morale are inevitable.

So let's review the value of humor in the workplace:

1. Humor reduces stress levels and stress is the number one problem confronting employees today.
2. Laughter boosts morale. It is in the best interest of any organization to invest in the happiness of its employees. Laughter is an effective barometer of just how happy your people are.
3. Keeping things in perspective tends to boost morale and humor helps us keep things in perspective.
4. Humor helps facilitate change. Change is inevitable and people who laugh well and often tend to be more flexible and adaptable.
5. Communication improves when humor is used appropriately. The timely use of humor can get a point across effectively and assists in the process of problem solving.
6. Laughter and humor relieve boredom and increase creative energy.

7. Humor builds confidence. When we laugh at ourselves we are less rigid and more spontaneous. We tend to bounce back more quickly when negative things happen. Humor also makes us less fearful of making mistakes and more confident about overcoming setbacks. Remember that wisdom keeps us from making mistakes but comes from having made a ton of them.

8. Laughter and humor promote positive relationships. When you hear a funny story your first impulse is to tell someone and share the laughter. When laughter is shared, a natural bonding takes place.

Okay we see what humor and laughter can do but how do we begin to cultivate a climate and culture of humor and laughter in our place of employment beyond the holiday season? Holiday time gives us corporate permission to laugh more, relax more, use humor more, and be more grateful and praise and recognize those who have helped us at work. Once it's past January 1st, that permission seems to go away. In order for us to develop and release our creative potential we must instill a positive culture that allows us to feel free, spontaneous and secure. When we feel appreciated and valued we feel comfortable and secure. When we are secure and comfortable we feel free to express whatever idea comes to us without fearing that we will be ridiculed or laughed at. Nothing shuts down the creative flow faster than the fear of ridicule, failure or rejection. It is at this point that humor offers amazing rewards and benefits. Humor stimulates the right brain which is the source of human creativity. Once stimulated creative ideas begin to flow.

So here are two scenarios:

**Workplace One:** Let's say, for example, that we are discussing a serious problem in our workplace. There is a high degree of insecurity and fear among those asked to address the problem. Ideas are literally flying through our minds but no one says a word. The only ideas offered come from those in positions in leadership and authority. Others are intimidated by those in power and fearful of rejection if they contribute so their mouths remain shut.

**Workplace Two:** In this workplace, the same problem exists and employees gather to come up with possible solutions. The difference between this workplace and workplace one is found in the social climate that exists. In Workplace Two, there is a climate of fun. Workers are secure and feel appreciated by and comfortable with one another and their managers. They laugh easily and often and are encouraged to feel free and spontaneous in the expression of their ideas. The problem at hand is attacked and ideas flow and are willingly expressed by all present. There is absolutely no fear of rejection or ridicule or being considered silly for everyone knows that the solution to a problem is often found in what some may consider to be silly.

Which workplace is yours? In Workplace Two, there is a lot of laughing with but no laughing at. Suddenly within the laughter someone sees a solution lurking and says, "Heh, that might sound silly but it just might work." Now serious discussion takes place and a comprehensive exploration of the idea begins. Eventually a solution is found due mainly to the free, comfortable expression of an idea that could have been withheld because of fear. It pays to celebrate the silly.

Even if humor is unrelated to the problem at hand and just occurs when the group takes a break its value is undiminished. The stress released by the laughter refreshes and renews the problem solvers enabling them to return to the task at hand with increased energy and enthusiasm.

*About the Author:*

WorkWonders President Bev Rosen, MSW (University of North Carolina), MBA (Johns Hopkins University), has more than 25 years of experience motivating, counseling, training and consulting with individuals, groups and organizations.

# INVESTORS CAN LEARN MUCH FROM SUPER BOWL TEAMS



**Matthew Dunigan**  
*Edward Jones Financial Advisor*  
*Contributing View Columnist*

If you're a football fan (and probably even if you aren't), you are aware that we're closing in on the Super Bowl. This year's event is unique in that it is the first Super Bowl held in an outdoor, cold-weather site — New Jersey, to be specific. However, the 2014 game shares many similarities to past Super Bowls in terms of what it took for the two teams to arrive at this point. And some of these same characteristics apply to successful investors.

Here are a few of these shared traits:

- **A good offense** — Most Super Bowl teams are adept at moving up and down the field and crossing the goal line. And good investors know how to choose those investments that can provide them with the gains they need to keep moving toward their own goals, such as a comfortable retirement. That's why, at every stage of your life, you will need to own a reasonable percentage of growth-oriented investments, such as stocks and stock-based vehicles.

- **A strong defense** — Even a good offense usually isn't enough to vault a team into the Super Bowl, which is why most participants in the Big Game also have strong defenses. Similarly, the best investors don't just put all their money in a single type of aggressive instrument and then forget about it — they know that a downturn affecting this particular asset class could prove extremely costly. Instead, they "defend" their portfolios by diversifying their holdings among a range of investments: stocks, bonds, government securities, certificates of deposit, and so on. And you can do the same. Keep in mind, however, that although diversification can help reduce the impact of volatility on your portfolio, it can't guarantee a profit or always protect against loss.

- **Perseverance** — Every team that makes it to the Super Bowl has had to overcome some type of adversity — injuries to key players, a difficult schedule, bad weather, playoff games against good opponents, etc. Successful investors have also had to overcome hurdles, such as bear markets, bad economies, political battles and changing tax laws. Through it all, these investors stay invested, follow a long-term strategy and continue to look for new opportunities — and their perseverance is often rewarded. You can follow their example by not jumping out of the market when the going looks tough and not overreacting to scary-sounding headlines.

- **Good coaching** — Super Bowl teams contain many fine players, but they still need coaches who can analyze situations and make the right decisions at the right times. Smart, experienced investors also benefit from "coaching" — in the form of guidance from financial professionals. It's not always easy for busy people to study the financial markets, stay current on changing investment-related laws, monitor their own portfolios and make changes as needed. By working with a financial professional who knows your situation, needs, goals and risk tolerance, you will find it much easier to navigate the increasingly complex investment world.

As we've seen, some of the same factors that go into producing a team capable of reaching the Super Bowl are also relevant to investors who want to reach their own goals. By incorporating these behaviors and attitudes into your own investment strategy, you'll be following a pretty good "game plan."

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*

## SPONSORSHIPS ARE AVAILABLE FOR THE 2014 PROGRAM YEAR

Being a sponsor of our general meetings is a great way to promote your business to a captive audience for a small marketing cost.

You can find unlimited opportunities to broaden your competitive advantage by increasing your credibility, image and prestige in sponsoring events attracting your target market.

Here are the sponsorship levels for our Chamber general meetings and the benefits your marketing dollars receive.

### Platinum - \$500

- 4 tickets to the event (\$80 Value)
- Display table at the event for your business
- A special time to promote your business at the event
- Recognition in news releases, flyers, The Chamber *VIEW*, and at the event

### Gold - \$250

- 2 tickets to the event (\$40 Value)
- Display table at the event for your business
- A special time to promote your business at the event
- Recognition in news releases, flyers, The Chamber *VIEW*, and at the event

### Silver - \$100

- 1 ticket to the event (\$20 Value)
- A special time to promote your business at the event
- Recognition in news releases, flyers, The Chamber *VIEW*, and at the event

Contact Teal Cary, 410-719-9609 or e-mail [chamber@catonsville.org](mailto:chamber@catonsville.org) for more information.

# 2014 Chamber Events Calendar

## **FEBRUARY**

**Event:** **Mega Networking Event & Trade Show**

*Joint event with the other Chambers and Business Associations throughout Baltimore County*

**Date:** Tuesday, February 4, 2014

**Time:** 5:30 pm - 7:30 pm

**Place:** Sheraton Baltimore North

**Cost:** \$25 pre-registered & pre-paid  
\$35 at door, \$35 non-members

**Event:** **Winter Wine Tasting**

**Date:** Thursday, February 20, 2014

(Inclement Weather Date: Feb. 27)

**Time:** 5:30 pm

**Place:** Overhills Mansion

**Cost:** \$30 pre-registered & pre-paid  
\$40 at the door

## **MARCH**

**Event:** **Breakfast Networking Event**

*Joint event with the Baltimore County Chamber & Baltimore Washington Corridor Chamber*

**Date:** Wednesday, March 19, 2014

**Time:** 7:30 am

**Place:** Overhills Mansion  
916 S. Rolling Road

**Cost:** \$25 pre-registered & pre-paid  
\$30 at door, \$45 non-members

**Event:** **Lunch & Learn Seminar-  
"6 Mistakes That Can Kill Your Business"**

**Sponsors:** **AXA Advisors**

**Weinkam & Weinkam**

**Date:** Thursday, March 27, 2014

**Time:** 12 Noon

**Place:** Rolling Road Country Club  
814 Hilltop Road

**Cost:** \$20 pre-registered & pre-paid  
\$25 at door, \$35 non-members

## **APRIL**

**Event:** **Outstanding Teachers Awards**

**Sponsors:** **Needed**

**Date:** Thursday, April 10, 2014

**Time:** 5:30 pm

**Place:** John Erickson Conference Center  
at Charlestown

**Cost:** Tickets \$40

## **MAY**

**Event:** **Catonsville Flower Fest  
Opening of Sunday Farmers  
Market (each Sun. 5/4 to 11/23)**

**Date:** Sunday, May 4, 2014

**Time:** 10:00 am

**Place:** Frederick Road

**Cost:** FREE

**Event:** **Chamber Open House/  
Networking Event**

**Date:** Thursday, May 22, 2014

**Time:** 5:00-7:00pm

**Place:** 924 Frederick Road

**Cost:** FREE

## **JUNE through AUGUST**

**Event:** **Taste of Catonsville**

**Sponsors:** **Needed**

**Date:** Monday, June 2, 2014

**Time:** 6:00-9:00 pm

**Place:** Overhills Mansion  
916 S. Rolling Road

**Cost:** \$35

**Event:** **Frederick Road Fridays**

**Sponsors:** **Needed**

**Date:** Every Friday, June 6-Aug. 29

**Time:** 6:30-8:30 pm

**Place:** The Shops on Mellor

**Cost:** FREE

## **SEPTEMBER**

**Event:** **41st Annual Catonsville  
Arts & Crafts Festival**

**Sponsors:** **Needed**

**Date:** Sunday, September 7, 2014

**Time:** 10 am to 5 pm

**Place:** Frederick Road

**Cost:** Free

## **SEPTEMBER**

**Event:** **56th Annual Crab Feast  
& Auction**

**Sponsors:** **Needed**

**Date:** Friday, September 26, 2014

**Time:** 5:30 pm

**Place:** The Lodge in Oella

**Cost:** TBA

## **OCTOBER**

**Event:** **Plans for October Event TBA**

## **NOVEMBER**

**Event:** **Legislative Luncheon**

**Sponsors:** **Needed**

**Guest Speakers:** **Newly Elected Local  
Legislators**

**Date:** Thursday, November 20, 2014

**Time:** 12:00 noon

**Place:** Knights of Columbus  
Frederick Road

**Cost:** \$20 pre-registered & pre-paid  
\$25 at the door  
\$35 for non-members

## **DECEMBER**

**Event:** **Holiday Party**

**Sponsors:** **Needed**

**Date:** Thursday, December 11, 2014

**Time:** 12:00 noon

**Place:** Overhills Mansion

**Cost:** \$30 in advance with payment,  
\$40 at the door

*NOTE: Times, locations, and costs are  
subject to change. Always check the  
Chamber's website for the most  
updated information.*



CHARLESTOWN  
**FIELD OF HONOR**<sup>®</sup>  
2014

*A Memorial Day event to benefit Charlestown's "Benevolent Care Fund"  
and "Operation Second Chance," a non-profit established to help war heroes move on.  
"With Special Recognition of the 70th Anniversary of the D-Day Invasion of Normandy, France"*

# Patriotic Volunteers Needed.

**Starting Memorial Day weekend**, the Hubbard Funeral Home and Charlestown Retirement Community will present an exhibition of over 1000 full size American flags known as the "Charlestown Field of Honor Veterans Tribute."

We need you to help stage this heart-felt, compelling event honoring those who have sacrificed for our liberty. Volunteers are needed to join various committees such as fundraising, marketing, programs, flag assembly and field set-up.

**To sign up**, or receive additional information, please call event chair Daniel Simons at (410) 242-3300 or send an email to; [daniel.simons@carriageservices.com](mailto:daniel.simons@carriageservices.com) or Tammy Collier at 410-504-6870, Ext. 8397, or; [tammy.collier@erickson.com](mailto:tammy.collier@erickson.com) -Volunteer opportunities will continue right up to the event.



Volunteer  
Meetings to be  
held at  
Charlestown's  
"City  
Lights Room."  
Call  
410-504-6870,  
Ext.8397 for  
time & dates.

**The Charlestown Field of Honor will be open to the public May 24-31, 2014** beginning with opening ceremonies at 10AM, Saturday the 24th. Each flag displayed will be sponsored by area businesses and residents for \$35 per flag. Flags can be purchased by contacting the above, or go online to: [www.healingfield.org/baltimore14](http://www.healingfield.org/baltimore14) -Net proceeds to benefit the "Operation Second Chance" and the "Charlestown Benevolent Care Fund."

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[www.healingfield.org/baltimore14](http://www.healingfield.org/baltimore14)

# The Chamber Member News

## FastSigns Gets New Owner and Expands Services

Local business owners Leigh and Dave Rand recently purchased their second FASTSIGNS® center, FASTSIGNS® of Arbutus – Baltimore, which has been providing signs and graphics to the Baltimore area since 1998. In January the Chamber attended the shops grand re-opening ceremony and ribbon cutting.

FASTSIGNS® of Arbutus is a sign, graphics and visual communications company that provides comprehensive visual marketing solutions to customers of all sizes—across all industries—to help them meet their business objectives and increase their business visibility. To learn more, visit [fastsigns.com](http://fastsigns.com).

## Patient First Offers

### WINTER STORM SAFETY TIPS

#### Keep your family safe in the snow

Our region is being hit hard this winter with snow and ice that present potentially dangerous conditions. It is important to keep some basic winter safety tips in mind during and after the storm:

#### Shoveling Snow

A necessary evil after a snow storm, shoveling snow can pose a health risk for many people. Snow shoveling can be a strenuous activity. It can increase blood pressure and heart rate. Individuals with a history of heart disease, high blood pressure or strokes should not shovel snow.



*FASTSIGNS' grand re-opening and ribbon cutting was held on January 7, 2014. Pictured above (l to r) Sally Griffin, Chamber President; Leigh and Dave Rand, new FASTSIGNS owners; staff members Krista Wilson, Justin Strong, Sean McCormack, Rafael Rodriguez; and Teal Cary, Chamber Executive Director.*

If you must shovel snow, shovel as early as possible. Snow is heavier after it has been on the ground for a few days - often melting and re-freezing, creating a solid chunk of snow rather than powdery, just-fallen snow. Also, make sure that you are properly hydrated and prepare your body for shoveling by warming up. Jog in place or do ten jumping jacks before you begin to shovel, as this will get your blood flowing before you begin. Also, be sure to take your time and move slowly when shoveling snow. Shoveling too fast can increase your blood pressure and put you at greater risk for spraining or pulling a muscle.

#### Walking on Ice

Icy patches can be tough to spot. The slips and falls that come with ice can be serious. If you come across a patch that

you believe may be icy, tap the edge of the area with your foot to be sure. Wear shoes with gripping soles to provide traction. Also, keep your hands out of your pockets when walking in order to keep your balance on a slippery surface. Don't carry heavy items like shopping bags with you when walking on slippery surfaces. This can change your center of balance, making you more likely to slip and fall.

When getting out of your vehicle, check to make sure there are no icy spots near your vehicle. If you are parked on a slick spot, move the vehicle to a different area if you can. Also, when entering and exiting your car while on ice, use the vehicle for balance and support.

Patient First currently operates 16 centers in Maryland. For more information, visit [www.patientfirst.com](http://www.patientfirst.com)

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## Quote for February

"Have a heart that never hardens, and a temper that never tires and a touch that never hurts."  
*Charles Dickens*