



Message from the President

Summer is Here! Will your vacation pay?

Susan Martin
President/CEO
Bedford Area Chamber
of Commerce

As I prepare to leave for my beach vacation by spending days in advance working tirelessly to complete the work that will need to get done in my absence, I often wonder if it is all worth it! According to an annual vacation survey from CareerBuilder.com, 27 percent of employees will only use five days or less of their allotted vacation time and 33 percent of workers say they will be checking in with the office while on vacation.

Unfortunately, increased communications technology and busy work schedules are making it harder and harder to actually enjoy a mid-summer retreat. Technology has created a sort of e-leash that allows workers to be reached anytime and anywhere, defeating the whole purpose of getting away and spending quality time with family and friends.

Another important statistic to mention is that while time away from the office is an effective way to relieve tension and recharge, 35 percent of workers say they still feel stressed about work even when they are on vacation. This is attributed to scaled-down staffing, so-called emergencies and the dread of returning to a mountain of accumulated work.

Here are answers to some of workers' most common concerns about making the most of their time off and leaving the office at home as reported by CareerBuilder.com.

Q: Those first few days are so hectic. How can I make sure I'm not overwhelmed when I first return from vacation?

A: Schedule your time off far in advance. Not only will you guarantee a great airfare, but you'll be able to better manage your workload and prepare co-workers and clients for your absence. And take an extra day if you can to take care of laundry, stock up your refrigerator, reset your body clock or even get a head start on your work e-mail.

Q: I want to make myself accessible while I'm away, but only for emergencies. What should I do?

A: Make one co-worker, and only one, your point person. Give them your phone number and permission to contact you if an emergency pops up. If you must check in with the office, schedule specific days and times that you will do so that you aren't answering e-mail or returning phone calls three times a day.

Q: How do I shake the guilt that comes with taking vacation?

A: You've worked hard and earned your time off. Preparation is the key to banishing guilt. Improve your planning and scheduling—the more you prepare, the less you'll worry about the work you're leaving behind.

Q: I'm burned-out but my boss says now is not a good time for me to be out of the office. What should I do?

A: Sometimes all you need is a long weekend. Breaks, even short ones, are beneficial. They reduce stress, improve productivity and lift your spirits. Try scheduling one or two three-day weekends over a short period of time and don't connect with work at all!

So, as I stare at my tropical beach screen saver on my computer screen I've decided that "Yes" a vacation is definitely worth it.

Here's your opportunity to tee it up on the beautiful members-only course at Boonsboro Country Club!

On Monday, October 19th, the Bedford Area Chamber of Commerce will hold its annual Bedford Educational *Classic* on this beautifully manicured 18-hole course. The *Classic* benefits the Chamber's educational initiatives including our popular Career Exploration Day program.



A "Shotgun" start is scheduled for 1:00 PM and will finish with awards and dinner in the dining room. Dinner is being underwritten by *Brooks Food Group*.

If you've played this tournament in the past, you will recall how professionally this event is managed. Team and individual registrations are available and players will enjoy a VIP treatment that this *members-only* course provides! Attendants are on hand to manage your clubs and beverage carts are stationed along the way to manage your thirst. We've scheduled a day of sunshine, beautiful blue skies and velvety green fairways with lush plush greens, so sign up your foursome NOW!

Valuable Sponsorship Packages are still available. Call us for details at 540-586-9401.

MEMBER SPOTLIGHT

Bedford Genealogical Society

This month the Member Spotlight focuses on Bedford Genealogical Society, a charitable local organization that is primarily involved in researching, verifying, recording, storing, and sharing genealogy information about the people and places in Bedford and Bedford County. This information comes from the written records and books that are found in the Court House, Libraries, and Museum; plus personal contacts with friends, relatives, and other knowledgeable people.

The Society meets on the second Saturday of each month, and details about each meeting and speaker can be found in the "Coming Events" section of the *Bedford Bulletin*. Visit their website at www.bedfordgensociety.org; an email address at bedfordgensociety@hotmail.com; or a personal contact at 540-297-9237.

Members and guests also give periodic genealogy classes and seminars, and their next event will be on Saturday, September 12th, at the Bedford Campus of CVCC - 1633 Venture Blvd. This is their annual Bedford Genealogy Fair, which goes from 9:00 AM - 3:00 PM. There will be approximately 40 tables set up, which will feature both presenters who have their own family histories and genealogy information, plus vendors and local organizations with genealogy roots.

The Society will provide five one hour classes throughout the day on a variety of topics - see their web page, etc for more information. There will also be people at three tables who are knowledgeable in internet research, and are available to help with your research or problems. Food will be available throughout the day, but all other events and activities are free and open to the public.

Society members would like to show you just how much fun and excitement can be found in the subject, genealogy. *So bring your own family history and join the hundreds of other people at our event on September 12th!*

Bedford Area Chamber President Completes Institute, Week-long Nonprofit Leadership Program

Susan Martin, President/CEO of the Bedford Area Chamber of Commerce recently completed her second year of Institute for Organization Management (Institute), an intensive week-long nonprofit leadership training program held June 21-25, 2009, at the University of Georgia in Athens, Georgia.

The industry leader in nonprofit education, Institute is a four-year program held at five sites each year—one in the winter and four in the summer. Most participants attend the one-week sessions at the same site each year, building valuable relationships with others in the industry and creating a network of idea sharing. Through a combination of required courses and electives, students not only enhance their own organizational management skills but add new fuel to their organizations, making them run more efficiently and effectively.

Graduates of Institute receive the IOM recognition, signifying completion of 96 hours of course instruction in association, chamber, and nonprofit management. In addition, participants can earn points toward the Certified Chamber Executive (CCE) or Certified Association Executive (CAE) designations.

The U.S. Chamber of Commerce is the world's largest business federation representing more than three million businesses and organizations of every size, sector, and region.

For more information, contact Institute for Organization Management at U.S. Chamber headquarters at 202-463-5570; 1615 H Street, NW, Washington, D.C. 20062-2000; www.uschamber.com/institute.

WHAT YOU DON'T KNOW CAN HURT YOU!



Chamber Hosts Seminar for Bedford Businesses

On Wednesday, June 24th, our Business & Human Resources Committee hosted a well-attended seminar entitled "What You Don't Know Can Hurt You," which was the second in the 2009 series of no-charge seminars. This committee provides the much-needed strength of human resource, legal and financial information to the small business that does not have the luxury of having its own in-house business/HR resources.

Facilitated by Board Member and Committee Chairman Jim Burns, the two-hour seminar featured a panel of extremely knowledgeable community leaders who covered a broad range of topics that can hurt you if your information is not current.

Attorney Dudley Woodley a specialist in the area of Labor Relations at Woods Rogers law firm spoke about regulations that covered a range of issues from downsizing to managing and supervising your workers. Woodley made it extremely clear which regulatory requirements are required relative to the size of the business.

Using a PowerPoint presentation, Cheryl Nester, HistorConsulting and HistorInvesting, spoke on the subject of financial and management practices for small business and non-profit organizations. Nester stated, "Trust is the basic requirement for all relationships" and provided a lot of information regarding employer and employee responsibilities to increase organizational efficiency.

Barbara Nash, Vice President of Human Resources for Brooks Food Group, directed her comments to the promotion of the Business and HR Group, of which she is a member. Nash stated, "With 30 years of experience, I still find areas that need clarification." Also, according to Nash, "With the new administration in DC, HR legislation is coming fast and furious." She urged everyone to network with their peers when questions arise and to use volunteer agencies to stay informed.

Mary Jo Boone, Executive Director and CEO of the Bedford Area Family YMCA, spoke primarily to the issues that concern non-profit organizations. "Although we are a non-profit organization, we employ 85 employees, which means we must also run a sound business. She encouraged the necessity of documenting employee records and making that all important connection to your employees.

A healthy participation in the question and answer session indicated strong interest in the information that was presented.

These seminars are quickly becoming recognized for the relevance of topics selected and for the professional and knowledgeable speakers who bring their wisdom to the subject at hand. Watch for upcoming seminars continuing through the summer.

If you are interested in learning more about valuable committees under the Chamber's umbrella that can have tremendous effect on your business, including the Business & HR committee, please call us at 540-586-9401.

RIBBON CUTTING AT BEDFORD NURSERY & LANDSCAPING

On Friday, June 19th at 4:30 PM, the Bedford Area Chamber of Commerce was pleased to participate in a Ribbon Cutting Ceremony for Bedford Nursery and Landscaping, located at 7047 Moneta Road. President Susan Martin was available to officiate on behalf of the Chamber and to wish the new business owners, Regina and Denzil Cadle, much success in their new venture.



Ribbon Courtesy of Glo-Lyn Flowers in Bedford

Bedford Nursery and Landscaping has developed a new way to grow large specimen trees and shrubs that allow planting year round with no circling roots, stress or tree loss. They can supply trees up to 30+ ft. and specialize in Native trees that are acclimated to Virginia. Their trees are featured at Falling Creek Park, Bedford Counties newest 200 acre public park. From landscape design, stonework, decks and gazebos we can do all kinds of outdoor construction. We build roads, dams, retaining walls, fish ponds and have the heavy equipment to do the project on time and on budget!

From Bedford take Rt. 460 to the the Smith Mountain Lake exit and go 7.5 miles on the right, From Moneta go 4 miles, go past the Rt. 24 intersection 1 mile on the left. You may also reach them by phone at 540-309-0511.

Put a Community Bank with
People You Know
and Trust Behind You.

Serving 40 communities.
Over 80 fee-free ATMs.

StellarOne

Excellence.
Partnership.
Service.

888.785.5271 • www.StellarOne.com

MEMBER FDIC

ONE PLAN *complete*

MemberOne
FEDERAL CREDIT UNION

434.237.0871 800.666.8811
memberonefcu.com

The ONE for You.

LYNCHBURG HEALTH & REHABILITATION CENTER

Medical Facilities of America+ Community Skills HOME

Essential Skills Transitional Skills

Critical Skills

HOSPITAL ACCELERATION ZONE

The Recovery MapSM

Road to Recovery

The Recovery Map is our rehabilitation program that enables our patients to return to independent, active lifestyles.

5615 Seminole Avenue • Lynchburg, VA 24502-2282
434-239-2657 • Fax 434-239-4062