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# Kingdom Kidz Tour Provides Fun for All Ages pg. 11





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### The Inside Scoop

As we begin July, I'd like to wish each of you a Happy Independence Day! I hope you have an opportunity to enjoy your summer vacations and take time to reflect on what so proudly we hail. Please note the Chamber offices will be closed in observance of the July 4 holiday.



It was a fantastic day last Friday at the Bucknell Golf Club. After 23 years of B&E Golf

Tournaments, the Central PA Chamber team, Bucknell Golf Club staff, and our volunteers have got this nearly down to a science! Thank you to everyone who spent the day on the course with us. You can find all kinds of highlights and photos from the event throughout this edition of IYB.

Check out the collage of images and read about our experience at Kingdom Kidz last month, on page 11. We had a considerably younger-than-usual crowd for the Inside Jobs Tour, and I must say it only heightened the experience. Everyone had a delightful time and were thoroughly entertained by the music, lights, and puppetry!

You'll note our Seminar & Training Series is the topic of this month's "Did You Know?" highlight. We are always interested in providing a platform for topics of interest to our members. If you have an expertise you would like to share with our membership or if there is something you are keen to learn about, check out Jessica's column for more details!

Finally, thanks to Dr. Josh Hottenstein of Eulistic Health, one of our featured members this month, for providing a guest column with suggestions on how to mitigate the allergy season. Find it on page 14.

Happy reading!

Ryan Workman, Editor **Communications Director** rworkman@centralpachamber.com

# The President's Club

Thank you, 2024 Members! (Committed as of publishing.)

Abe's Custom Woodworking Asbury RiverWoods Backyard Broadcasting **Decal Dynasty Endless Mountain Enterprises Evangelical Community Hospital** First Commonwealth Bank **Fulton Bank** Heaven's Best Carpet Cleaning Heritage Springs Memory Care Hosterman Photography & Design Hot Frog Media i3 Point-of-Sale iHeart Media Intrada Technologies

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**Riverfront Financial Services** Service 1st Federal Credit Union Service Electric Cablevision The Standard Journal Sunbury Broadcasting Corp. Susquehanna Fire Protection Co. Susquehanna Valley Limousine Swift Kennedy & Associates Sync Solutions **T-Ross Brothers Construction** United Plate Glass UPMC The UPS Store **USA Life Company** Vendetta Cyber Defense **The Wealth Factory** 

The President's Club is an exclusive sponsorship program created to prominently recognize members that contribute to the Central PA Chamber over and above their annual membership investment. Learn more at centralpachamber.com/tpc.

#### **IYB** Deadlines

Below are upcoming It's Your Business due dates. Every effort is made to include information in a timely manner. Note: Only paid advertisements are guaranteed.

**August Digital Issue** News & Ads due by July 19

September Digital Issue News & Ads due by August 16

**Fall Print Issue** News & Ads due by September 13

\*IYB Quarterly is published four times a year. Copies are available at public member locations across the region.

# **TERRIFIC TOURNAMENT**

### 23rd Annual 'B&E' Golf Tournament & Golf Ball Drop! Phenomenal Success for Business & Education Association.

LEWISBURG – The combined forces of the Central PA Chamber and Bucknell Golf Club staff as well as dozens of sponsors and 30 volunteers came together to pull off another successful 'B&E' Golf Tournament on Friday, June 28.

85 players participated in the tournament, now going on for 23 years, and the largest annual fundraiser of the Business & Education (B&E) Association. The B&E Association is the Central PA Chamber's 501(c)3 nonprofit and supports the Chamber's mission and vision to unite, think, model, and empower a knowledge-able workforce. To achieve this the B&E Association supports several of the Chamber's educational initiatives: the Seminar & Training Series, Raising the Board, Career Fairs, Job Shadowing, and funds the registration for local students to attend Legislative Events.

The Chamber would like to acknowledge the support of master sponsor, T-Ross Brothers Construction, and Service 1st Federal Credit Union for sponsoring the Golf Ball Drop!, which is held just prior to the golf tournament on a practice green outside of the Clubhouse. (The Central PA Chamber is in the process of contacting its three winners from the drop, and they will be featured in the upcoming issue of It's Your Business.) You can see Jessica measuring the three closest golf balls, out of 216, to the hole on page 4.

You may recall last year's tournament was postponed due to rain. This year was just the opposite! It was a pristine day to enjoy the course and the myriad selection of beverages and snacks donated from several B&E supporters. Everyone who participated or volunteered at the tournament received a customized gift and goodie bag full of "swag" from our members.

The tournament wrapped-up with a cookout on the Bucknell Golf

Club patio and winners announcements:

Ist Place: Jersey Shore State Bank, Dave Latorre, Brian Knepp, Garrett Sanner, and Dick Grafmyre
2nd Place: River Valley Builders; Ben Cook, Josh Hoke, Ryan Shamp, Dan Stimely
Straightest Drive Hole #11: Hannah Rabb
Longest Drive Hole #15: Hannah Rabb
Closest to Pin Hole #13: Kenny Steinbacher
Closest to Pin Hole #16: Adam Hushon
Closest to Pin Hole #2: Riley Hengler
Closest to Pin Hole #4: Dick Grafmyre
Putting Contest: Season Purdy

We are already receiving positive reviews too!

"You [Tea Jay] and the team executed the tournament wonderfully!! It was an awesome day!!"

"Our team thoroughly enjoyed their day...it was great to connect with the Chamber..."

"You are probably the best group we work with."

"I think you did a wonderful job and next year can you order the same weather!?"

Have no doubt, the 24th Annual B&E Golf Tournament will be taking place! Mark your calendars and save the date: Friday, June 27, 2025.

The Central PA Chamber thanks everyone for their participation, and you can find the whole list of sponsors on page 7. Interested in playing, volunteering and/or sponsoring next year's tournament? Call 570-742-7341.



4-Central PA Chamber of Commerce

**IT'S YOUR BUSINESS** 



**More Than Just a Game!** 

Thank you golfers, sponsors, volunteers, and the Bucknell Golf Club for supporting the Central PA Business & Education Association.



Find New Members & Membership Renewals starting on page 8.

#### Central Pa Chamber of Commerce-5





#### How long has your organization existed?

Associates for Training and Development, (A4TD) has been helping mature workers find training and jobs for 40 years!

#### What makes your business unique in your industry?

We are one of 19 grantees nationwide, including big players like AARP, who administer the USDOL grant funded Senior Community Service and Employment Program (SCSEP). It is the only DOL grant 

in

#### Angela Hummel, **President & Owner** 570-486-3829

How long has your organization existed? leaders in transition, aspiring to higher Since 2019

#### What makes your organization unique in your industry?

Angela Hummel Consulting is a coaching and consulting practice based in Central PA focused on leadership, organization, talent and team development. The president and owner, Angela Hummel, holds professional certifications in Human Resources, Talent Development, and Coaching and has over 20 years of experience. The business serves coaching clients, especially women



#### How long has your organization existed?

**Opened November 2023** 

#### What makes your business unique in your industry?

Our membership based direct primary care gives patients one primary care

#### Louise Wyble, **Regional Coordinator** 570-404-7744

in

..... geared to helping people age 55+, with barriers to employment, receive training leading to jobs. Mature workers are in the news more often now, due to worker shortages, and we really understand the benefits mature workers bring and how to overcome the challenges they face.

#### Why are you a member of the Central PA **Chamber of Commerce?**

As a service organization serving the community, we need to partner with employers, as well as other nonprofits so we know what skills are needed and

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#### angela@angelahummel.com www.angelahummel.com 381 King St., Northumberland, PA

levels or those wanting to transition out of executive roles through career coaching, interview preparation, and resume design.

#### Why are you a member of the Central PA **Chamber of Commerce?**

We become a stronger community when our businesses thrive. It is my pleasure to be a member of the Central PA Chamber and serve local businesses. My membership in the Chamber allows me to network with local business owners and decisionmakers and serve as a trusted partner in a

#### Joshua Hottenstein Physician and Owner 570-908-4053

in

physician who is easily accessible via secure text, video, phone, and in person and focuses on treating the whole patient beyond just medications.

#### Why are you a member of the Central PA **Chamber of Commerce?**

It's an enjoyable way to meet new people in the community!

What benefit/opportunity from your

#### lwyble@a4td.org www.a4td.org 24 E. Third St., Williamsport, PA

what jobs are available for our mature SCSEP trainees.

#### What benefit/opportunity from your Chamber membership do you utilize or want to utilize?

Access to employers with jobs our demographic can fill.



coaching and consulting capacity as an experienced and certified talent and leadership development expert and thought leader.

#### What benefit/opportunity from your Chamber membership do you utilize or want to utilize?

I have enjoyed attending Breakfast Briefings, referrals from Chamber leadership through requests for services from members, and clients have scheduled the use of the conference room for multiple training series, when their office location isn't suitable or large enough to accommodate a training class.

joshua@eulistichealth.com www.eulistichealth.com 130 Buffalo Rd., Lewisburg, PA

Chamber membership do you utilize or want to utilize?

Connecting with local businesses and learning what they have to offer.





#### Danville Area Community Center Renovations Underway

DANVILLE – The Danville Area COMMUNITY CENTER A COMMUNITY CENTER EXT. 1996

commencement of their major renovation project, beginning June 17. Gray Builders of Danville will initiate the first phase by overhauling the men's and women's locker rooms—a much-needed update, as they have not been renovated in nearly 40 years.

"We're excited for our locker room renovations to begin on June 17, but we'll have to ask our members and visitors to plan ahead," said Heather Laubach, DACC Chief Operating Officer, "Our changing space will be very limited, so please plan accordingly."

Laubach reassured members that all other facilities, equipment, and classes would remain available during the renovation. She emphasized, "Come to the DACC ready to work out, and be patient for the return of showers this fall. There are restrooms on the upper and lower levels for limited use, and a rinse shower on the pool deck will be available for swimmers. Everything else, group exercise classes will be held, the pool will be open, cardio and strength areas will be available including the basketball and racquetball courts will be open during the locker room project."

The renovation is funded by the Embracing Our Legacy, Growing for the Future \$1.5 Million Capital Campaign, aimed at ensuring the DACC remains a vibrant, modern, and inclusive space for all community members. The Capital Campaign is still underway, and more information is available at www.danvilleacc.com.

In addition to renovations, the DACC will launch several new initiatives. The 'DACC Helping our Neighbors' program will soon see Central Susquehanna Opportunities staff stationed at the DACC to assist individuals with housing, various human service needs, and provide other forms of assistance, referral, and follow-up. The DACC will also be the Montour County location for the Mobile Food Pantry beginning June 26. Stay tuned for details on that important initiative involving the CSO, DACC and other partners.

Another significant addition will be 'Danville's Living Room,' a comfortable area with seating, high tables, coffee, and refreshments. Bason Coffee is a co-sponsor of this space, providing coffee at a low cost.

Next year, plans include adding a 24-slot childcare/preschool, replacing the pool filtration and HVAC systems, building an outdoor 'urban court' for pickleball, soccer, and other sports, and purchasing new fitness and exercise equipment. Renovation of the upper and lower levels, repaving the parking lot.

This ambitious renovation project marks a significant milestone for the DACC, reinforcing its commitment to serving the community for many years to come.

#### Lewisburg Arts Council Hosts Annual Sidewalk Chalk Festival

LEWISBURG – Get ready to turn the sidewalks of Lewisburg into vibrant canvases of creativity! The Lewisburg Arts Council is thrilled to announce the return of the much-anticipated



LEWISBURG

Sidewalk Chalk Festival, transforming the heart of Lewisburg into a dynamic outdoor gallery on Friday, July 5th, 2024.

This free, family-friendly event invites artists of ALL ages to unleash their imagination using washable chalk on the sidewalks of downtown Lewisburg. With every step, a new masterpiece awaits, making each sidewalk square a fresh adventure.

Register in advance at https://bit.ly/Lewisburg\_Sidewalk and start working as soon as you arrive downtown. But don't forget to stop by the registration table for your free sweet treat! Online registration closes on Wednesday, July 3 at 5 PM. In-person registration is also available from 1 PM to 6 PM on the day of the Festival in front of Brushstrokes at 340 Market Street.

Please note that only artwork created with washable chalk will be eligible for prizes. When planning your design, please limit it to one square. We want to ensure that those who come later in the day will have space to draw, too! And be sure to include your registration number in a corner of your artwork for easy judging. Participants are asked to be courteous to our downtown businesses by not drawing in directly in front of entryways or on squares touching the base of buildings.

Throughout the day, witness the creativity unfold as our Featured Artist, Russ Gleeson, works his magic in front of the Post Office. Gleeson placed first in the 19+ Age Category of the 2023 Sidewalk Chalk Festival.

When you are finished with your artwork, share your photos to Facebook and/or Instagram tagging @LewisburgArtsCouncil and #lewisburgsidewalkchalkfestival!

At 8 PM, join us in front of Brushstrokes as we announce the winners! The Lewisburg Arts Council is grateful to Sholley Insurance Agency for generously sponsoring this event!

The top three creations in each of the five age groups will be awarded prizes courtesy of Sholley Insurance Agency, Purity Candy, and Brushstrokes. Special theme-prize winners will be announced as well. This year's theme prize sponsors are The Campus Theatre, Jordanna Adams, Catherman's Home Made Candy & Bakery, and "Plants Are Cool, Too" Youtube Channel.

Winners will be posted at Brushstrokes and at LewisburgArtsCouncil.org after the festival. You do not have to be present to win a prize. Prizes may be picked up at Brushstrokes for a week after the festival.

# **SUPERLATIVE SPONSORS**

### Please join the Central PA Chamber in thanking and supporting our 23rd Annual 'B&E' Golf Tournament & Golf Ball Drop! sponsors:

**Master Sponsor T-Ross Brothers Construction Golf Ball Drop! Sponsor** Service 1st Federal Credit Union **Hole-In-One Sponsor** Milton Savings Bank **Putting Contest Sponsor** Jersey Shore State Bank **Beverage Sponsor** The Coup Agency **Cart Sponsor** First Commonwealth Advisors - Scott Frost Lunch Sponsors Intrada Technologies Pennsylvania American Water Purdy Insurance Agency **Real IT Care** Turkey Hill Store 208 - Milton The Wealth Factory

#### Additional Donations -

Angela Hummel; Ashley Parrish; Avenues; Kaufman Funeral Home; Lauren McDonald; Michael Porter; Middle Creek Signs; Middleswarth; Our Best Friends Bakery; Pardoes Perky Peanuts; Robert Jones; Susquehanna Community Bank; T-Ross Brothers Construction; Tulpehocken Wegman's; Weis Markets

#### THANK YOU to all sponsors, donors,

#### Hole Sponsors

Edward Jones - Sheri Marshall; Evangelical Community Hospital; First Citizens Community Bank; Higher Information Group; Home Instead; Hosterman Creative; Hot Frog Print & Media; Nesco; Providence Engineering; River Valley Builders; Service Electric Cablevision; Sheesley Insurance; Stahl Sheaffer Engineering; The Standard Journal; Swift Kennedy & Associates; Thrivent - Tammy Rupert; Wayne Township Landfill



and the second	Date	Event	Location	Time	Cost	
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New Street	7/18/24	Blueprint for Security: Essential Policies and Procedures for Cyber Defense	Webinar	2:00 p.m. to 3:00 p.m.	Free	www.imcpa.com/events



#### Gold Leaf Frame Shoppe, LLC 201 Basin Street Suite 15 Williamsport, PA 17701 570-323-4854 glframeshoppe@yahoo.com Amy Messersmith, Owner www.glframeshoppe.com

Custom picture framing is our specialty! We'll frame just about anything, including documents, diplomas, photographs, prints, posters, needlework, shadowboxes, sports jerseys, collages, and more! With over 30 years experience our framing goal is to preserve and perfectly present your treasured items. Need just a new mat or a poster mounted for a presentation? We can do that, too! In addition to framing we also have a delightful gallery of original artwork by Central PA artists that includes pottery, paintings, fiber art, stained glass designs.... and coming soon original turned wood creations! We also offer professional frame and painting restoration done in accordance with current museum standards. Our friendly staff welcome you to come frame with us! Appointments available, but not necessary!

Mid State Builders of PA, LLC 89 Moose Hollow Lane Mifflinburg, PA 17844 570-966-0002 sherri@midstatebuildersofpa.com Sherri Aurand, Owner

#### www.midstatebuildersofpa.com

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Scott Ringkamp LLC empowers businesses through comprehensive technical consulting services. Our expertise encompasses enhancing technology systems, maximizing the potential of existing tools, and enabling companies to concentrate on their core objectives. We offer technology leadership, including risk assessment, prioritization of initiatives, and development of strategies to align technical resources with business goals. Additionally, we excel in technical project management across various domains like CRM, HRIS, email, cloud storage, LMS, and web systems. To further support our clients, we provide technical training, process development, and foster teamwork and leadership development. Our holistic approach aims to equip businesses with the technological prowess and knowledge necessary to thrive in today's dynamic landscape.

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(As of June 26, 2024)

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IT'S YOUR BUSINESS

## Time with Tea Jay

#### The Why Us? Factor

"You guys have been so welcoming and helpful already in the short time since we joined! Thank you for the official welcome and all that you do." This message was posted on social media by Today Farm & Market recently less than a month

after becoming a part of the Central PA Chamber family. This is the difference that people are speaking about. The "WHY US" factor of the work of the Central PA Chamber of Commerce.

"Dear Central PA Chamber of Commerce, I want to thank Tea Jay and your team for making my property purchase possible. After struggling to get responses from banks, Tea Jay stepped in, and the next day, I had multiple bank emails. One even gave a quick pre-approval, allowing me to make a timely offer. I'm sincerely grateful for your support. I recommend the Central PA Chamber of Commerce to all small business owners. Best, Yoshie Felix Owner, Yoshie's Healing Hands LLC." The "WHY US" factor of the work of the Central PA Chamber of Commerce.

"Hi Tea Jay, it was an absolute pleasure being able to sit down and chat with you and Jessica today to learn more about the Central PA Chamber and how your team is being adaptive, PROactive, and focused on fueling local economic growth. Your facility is incredible, and it is very clear that you and the team have focused on how to maximize efficient use of this space not only for your business, but also the membership base that makes up our community. Thanks, Seth M. Loff, Vice President – Relationship Manager Business Banking Division at M&T Bank." The "WHY US" factor of the work of the Central PA Chamber of Commerce.

"Thank you, Central PA Chamber of Commerce for hosting a great learning session today on the FLSA Final Overtime Rule. Attorneys at McNerney, Page, Vanderlin & Hall did an outstanding job summarizing and providing examples to those who attended. I appreciate the opportunity to stay up to date for my HR and Talen Development clients. Here's a #SHRM article if you'd like a quick summary. Thank you, Tea Jay Aikey and team, for ensuring your members are well-informed." This was a LinkedIn post by Angela Hummel of Angela Hummel Consulting. The "WHY US" factor of the work of the Central PA Chamber of Commerce.

"THANK YOU!!! Your follow up emails are very helpful and BAM! We got a five star one!! This makes us super happy!! It probably is just a "restaurant thing" but we strive for these emails and review EVERY day, from the front of the house to the back of the house we are definitely a teamwork family! Thanks again Tea Jay... YOU put a smile on this whole team's faces!! You're pretty awesome!" Pam Showers, General Manager of the Watson Inn. The "WHY US" factor of the work of the Central PA Chamber of Commerce.

Did you know that the Central PA Chamber family has grown to over 625 memberships representing nearly 1800 designated membership contacts who receive the monthly "It's Your Business" magazine where YOUR business can be featured? The news magazine is a wealth of information and again explains "WHY US" and what makes the Central PA Chamber special.



Tea Jay Aikey President & CEO tjaikey@centralpachamber.com



The Central PA Chamber of Commerce participated in several ribbon cutting ceremonies during the past month. Congratulations to Elite Auto Glass Plus (pictured above) on their grand opening at 2760 Point Twp. Dr, Northumberland. Several community organizations gathered with friends and family to celebrate the occasion on Friday, May 31.

The Coup Agency opened their new Lewisburg location, 23 N. Derr Dr, Suite No. 1 with clients, friends, and family on Wednesday, June 12. (pictured middle)

Riverfront Financial Services held a client appreciation event and ribbon cutting ceremony on Tuesday, June 18. See the multi-generational ribbon cutting photo, below.





# Family Fun at Kingdom Kidz

Thank you for joining our Inside Jobs Tour of Kingdom Kidz in June. We were delighted to be joined by several members of their target demographic! Attendees were treated to a delicious luncheon, tour, and Miss Donna discussed the history of the program and facility. We were also treated to a live, professional puppet show!

Join our next IJT by visiting www.centralpachamber.com/events









# Members Recognized

#### Community Foundations Announce Collaboration to Host New Nonprofit Conference

Collaboration to Host New Nonprofit Conference Community Giving Foundation and First Community Foundation Partnership of Pennsylvania (FCFP) are neighboring community foundations dedicated to the well-being of communities across six counties in the Susquehanna Valley. The two are thrilled to partner together to create Elevate2, a new regional nonprofit conference. The inaugural conference will be held on October 14-15, 2024, at Bucknell University in Lewisburg. Elevate2 will serve as a platform for learning, networking, and sharing experiences as nonprofit work is *elevated* and community impact is *amplified*.

"For many nonprofits in the region, professional development opportunities are limited by budgets and access. FCFP and Community Giving Foundation have long desired to partner for the benefit of the organizations we support, and Elevate2 reflects our collective goal to inspire and strengthen nonprofit leaders through collaboration and education. By combining our resources, we have created a unique experience and doubled the impact that this conference will have on those who attend," explains Jennifer D. Wilson, FCFP President & CEO.

Community Giving Foundation and FCFP both recognize the strain nonprofit professionals face as they address community challenges and create positive change. The goal of Elevate2 is to offer sessions and workshops that directly tie into the issues these organizations face every day.

"Both of our community foundations appreciate the pivotal role that our nonprofits play in the well-being of our communities. As we came together, one of the first steps was utilizing our strong relationships with local nonprofits to listen to the challenges their staff and volunteers face," shares Kara G. Seesholtz, President & CEO of the Community Giving Foundation. "Building the Elevate2 conference based on nonprofit feedback will ultimately elevate their work and provide a platform for fruitful learning, networking, and sharing where collaboration can flourish."

Elevate2 is excited to welcome NYTimes bestselling author Shawn Achor as keynote speaker. Over two days of collaboration and learning, regional and national speakers will present on a variety of topics around leadership, fundraising, marketing, grantmaking, board governance, and more.

Registration is now open for 501(c)(3) nonprofit organizations in Columbia, Lower-Luzerne, Lycoming, Montour, Northumberland, Snyder, and Union Counties. Due to the conference venue size, attendance is limited to 1-2 people from each organization, with total attendance capped at 250. More information is available online at elevate2.org.

Elevate2 is a nonprofit conference collaboration from Community Giving Foundation and First Community Foundation Partnership of Pennsylvania. For more information on the conference, visit elevate2.org. Learn more about each community foundation at csgiving.org and fcfpartnership.org.

#### **Focus Central PA**

BETHLEHEM – Bohler invested \$1,500 in Focus Central Pennsylvania as a gold level exhibit investor for 2024. The contribution aims to boost economic growth across Central PA by promoting it as an attractive destination for high-quality investment projects. Shown in the photo are Bill Rearden, P.E., Principal of Bohler and Lauren Bryson, Executive Director of Focus Central PA.

Bohler was an exhibitor and presenter at the March 13th, 2024, Industrial Development Forum, where over 250 industry experts and professionals convened on the campus of Commonwealth University – Bloomsburg to learn, network, and connect on smart industrial development opportunities. Bohler's Mike Jeitner joined Matthew Nunn of Ethos Development to discuss capacity, reliability, and sustainability challenges surrounding infrastructure planning for large industrial sites.

Bill stated, "Bohler is proud to partner with organizations like Focus Central PA that promote the investment, design, and development of innovative industrial facilities. We see a lot of opportunity across the region for businesses to expand their manufacturing and distribution operations."

Bohler has 36 offices throughout the United States and a team of 900 talented professionals that provide land development consulting and site design services to developers and their partners. They help their clients create and realize opportunities that accelerate growth. Learn more at https://bohlerengineering.com/.

For more information, contact: Lauren Bryson, Executive Director, Focus Central Pennsylvania www.FocusCentralPA.org 418 Railroad Street - Danville, PA 17821 USA 844.293.8719 Email: locate@focuscentralpa.org



Bill Rearden, Bohler and Lauren Bryson, Focus Central PA

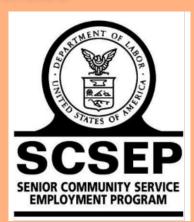
#### Central Pa Chamber of Commerce-13

# Are you a mature worker, age 55+, unemployed and looking for work?

A4TD is currently accepting applications into The Senior Community Service and Employment Program (SCSEP).

SCSEP provides part-time, paid training to eligible mature job seekers by placing them in positions at local government agencies or nonprofit organizations where they can use or update their job skills while earning a modest income. The program also offers skills training - including industry certifications -- and assistance in one's job search.

Participation in the program often leads to permanent employment. The SCSEP program is the nation's oldest and most reliable pathway to help low-income, mature workers find employment, and for more than 50 years has moved



thousands of older job seekers back into the work force. And A4TD has successfully administered SCSEP for over 40 of those 50 years!

We have open positions to enroll eligible mature workers now. People can apply at lwyble@a4td.org or www.a4td.org or call 1-570-404-7744 for more information.

Services available in VT, NY, PA, ME and CT.





Learn more about Peppercorn at www.haventohome.org

Raindate Sunday, July 28 322 Raspberry Ave. Sunbury, PA 17801 ironvineswinery.com

Know someone recently hired, retired, honored or awarded? E-mail: rworkman@centralpachamber.com

### Guest Column

# Members Recognized

# How Do I Relieve My Allergies?

Allergy season is just beginning and there are few things more miserable than the fatigue, runny nose, sinus pressure, and itchy eyes that come with seasonal allergies. Let's review some helpful prevention strategies.

Allergy symptoms occur when the body's immune system reacts to a foreign substance—usually a protein from dust mites, pollens, dander, smoke, or food. When the body reacts, the immune system causes the symptoms of allergies.

Allergens are present everywhere. Sometimes allergy medicines only help with some of the symptoms. As a result, reducing your exposure to allergens can significantly improve your symptoms.

1) Bedding—wash bedding once a week in hot water. Replace your pillow if more than a year old. Encase mattresses and pillows in allergen covers. Remove carpet from the the bedroom. This prevents accumulation of dust mites.

2) Most people will not get rid of their pet, but do not allow your pet to sleep in your bed or bedroom. This will reduce the amount of pet dander. Vacuum carpets on a regular basis.

3) Change out your air filter regularly—once a month is ideal—with a HEPA (highefficiency particulate air) filter. If you can afford one, purchase a portable air purifier for your bedroom. You can compare the different types on Consumer Reports or ConsumerLab.

4) Download the EPA AirNow app and avoid outdoors during peak air pollution and peak pollen times. Pollens are usually worse between 5 and 10 AM and on dry and windy days.

5) Make sure you have a diet rich in Omega-3 acids—found in salmon, mackerel, sardines, flax seed, walnuts, and greens. This nutrient helps to reduce inflammation in the body.

6) Use nasal irrigation with sterile saline solution or with a Neil Med Sinus rinse twice a day to reduce allergens present in the nose or sinus.

Eulistic Health is a Direct Primary Care practice dedicated to providing personalized, caring, and responsive primary care treating the whole person.

Dr. Josh has over 20 years of clinical experience and is board certified in Family Medicine and Integrative Medicine and treats most acute and chronic primary care problems. He is looking for patients who would benefit from consistent care from the same doctor every time.

www.eulistichealth.com 570-908-4053





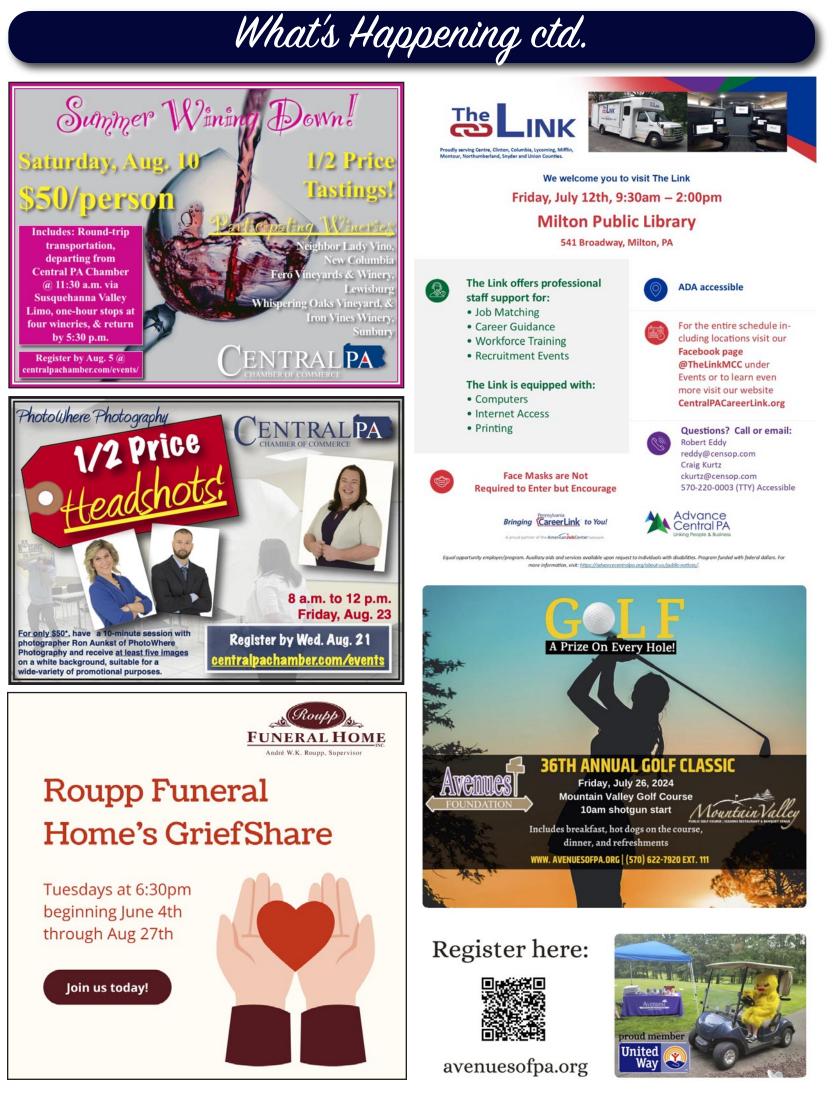
HARRISBURG, PA, June 25, 2024 – The Team Pennsylvania Foundation announced today the newest additions to its Board of Directors, formally approved during its annual meeting, including Central PA Chamber of Commerce member, Chris Bingaman, CEO, Bingaman & Son Lumber, Inc.

"This esteemed group of leaders believes in the power of collaboration, and they believe in Pennsylvania," said Abby Smith, President & CEO of Team PA. "It is not just the impressive titles they hold and the important industries they represent; these are leaders that align with our core values and are committed to accelerating economic growth for all Pennsylvanians."

As a nonpartisan publicprivate partnership, Team PA's Board of Directors is co-chaired by the sitting Governor and a private sector leader. Representatives from the public sector include leaders from all four caucuses of the Pennsylvania legislature and the secretaries from four agencies: the Pennsylvania Departments of Agriculture, Community & Economic Development, Education, and Labor & Industry. Representatives from the private sector include leaders of business and industry, academia, organized labor, and nonprofit organizations.

"We are pleased to welcome such a diverse, thoughtful, and talented group of leaders to our Board," said Brian Jackson, private sector co-chair of Team PA's Board of Directors and Chair of McNees Wallace & Nurick LLC. "They represent all four corners of the Commonwealth and bring with them a wealth of experience and leadership that will benefit the organization and Pennsylvania's economy."







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\* Tips for working with college students today \* Contacts for future ideas and collaborative efforts

Missy Gutkowski, Assistant Dean for Experiential Learning Bethany Slear, Program Director, Experiential Learning Terry Burke, Coordinator of Experiential & Community

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### Jessica's Jottings

#### Seminar & Training Series Opportunities to Learn and Share

Ever want to learn more about a certain topic or procedure? Want to have your employees learn more about how to do their jobs more efficiently or keep up with the current

procedures or laws? Do you have a topic that should be shared with others? If you answered yes to any of these questions, then you belong to the right Chamber of Commerce!

Every year we look for topics that our members, the general public, and everyone in between may need to make their professional and personal lives better. This is done by means of our Seminar & Trainings Series.

Some seminars and trainings are meant to help you understand your Chamber benefits like the "What is the Central PA Chamber?" . This seminar walks you through all your benefits and opportunities. Now the "Elevator Pitch" seminar is used to help you strengthen your speaking skills when at events or functions where you will be networking. Another useful training the Chamber offers is our ever growing "Raising the Board" class. This class is meant to strengthen the knowledge of current and future non-profit Board members.

Other seminars & trainings you can expect to see at the Chamber can range from mental health awareness to changes in policy for businesses/organizations. To make these seminars happen we look within our Chamber's members to find knowledgeable professionals that can present these topics. Every year we poll our members on topics they would be interested in learning more about as well as keeping our eyes and ears open to what is happening in our region, state, and world that could affect our member businesses and organizations.

As always if you have a topic for a seminar or training that you believe could impact others' professional or personal lives simply reach out to the Chamber staff to learn how we can help present it and promote it.

Another aspect of this benefit is if you need a space to host your employees or clients for a training class look no further than the Central PA Chamber of Commerce. Our facility is open to members 24 hours a day and 7 days a week.

I look forward to seeing you soon and don't forget to contact the staff here at the Central PA Chamber to take advantage of these opportunities.



Jessica Beaver Finance & Membership Director jbeaver@centralpachamber.com

Learn more about Breakfast Briefings & how to host them here: centralpachamber.com/membership/benefits/



# What's Happening ctd.

### Free Electrical Safety Training



Central PA – The Innovative Manufacturers' Center (IMC), Inc. is excited to announce its continued partnership with The Manufacturers' Association to support training in electrical safety in central and southcentral Pennsylvania through December 2024. The Association was awarded a \$157,833 training grant by the Federal Susan Harwood Occupational Safety and Health Administration (OSHA), which will focus on manufacturing but also other industrial sectors.

This electrical safety training will help workers and employers recognize serious workplace hazards, including implementing injury prevention measures and understanding rights and responsibilities under the Occupational Safety and Health Act. The grant audience also focuses on small businesses as well as temporarily unemployed workers and recent graduates seeking to enter manufacturing or industrial sectors. The initiative will include training such as electrical safety, lockout tagout, arc flash and NFPA 70e and will be offered in English and Spanish.







Thanks to everyone who was able to attend our most recent Breakfast Briefing! Everyone in attendance delivered their elevator pitch--including several attendees who are now members! We would like to especially thank Brian from Sustainable Energy Fund for sponsoring and presenting during the event.

If you couldn't join us this time, you missed out on Jessica's new strawberry breakfast short bread! Be sure to join us next month and see what's on the menu! Sign-up early so you don't miss out: www.centralpachamber.com/events





### **STATE SENATOR CULVER** invites you to... **COFFEE** & CONVERSATION SHARE YOUR THOUGHTS AND IDEAS ABOUT STATE GOVERNMENT WEDNESDAY, JULY 10TH 9 A M **Middleburg Carnival Grounds** 196 S. Charles St, Middleburg, PA In order to stay connected with the people of the 27th Senatorial District, I host regular events to discuss the issues that are of the utmost importance to our communities. I encourage you to attend my upcoming "Coffee and Conversation" event at Middleburg Carnival Grounds on the morning of July 10th starting at 9 am. Light refreshments will be available. State Senator Lynda Schlegel Culver Rynda School Cuber RSVP BY JULY 5TH to wdombroskie@pasen.gov or 570-743-1918. State Senator SENATORCULVER.COM with your legislator nonade with

Wednesday, July 10, 2024 • 2 pm - 3 pm Brown Ave. Park, Izer Dr., Milton



Share your thoughts and ideas about state government.

Please RSVP to 570-743-1918 or email wdombroskie@pasen.gov by7/5/2024. Space is limited.

Senator Lynda Schlegel Culver

