

51ST ANNUAL GOLF OUTING

MACC was excited to host our 51st Annual Golf outing on September 13th. Attending this event is a yearly tradition for many of our members and we were happy to welcome them back to the course at the Marietta Country Club.

This year our first place winner was the team from Mid-Ohio Valley Employment (MOVE), followed closely by Mallett Rentals who placed second. As always, our midway placing teams were recognized as well. Pioneer Pipe placed tenth and Englefield Oil snagged the eleventh place spot.

This event wouldn't be possible without the many board members, Chamber ambassadors, and community volunteers who worked to make it a success. We would also like to recognize all of the Chamber members who chose to sponsor this event, their logos are displayed on the next page.

2nd Place
MALLETT RENTALS



1st Place
MID-OHIO VALLEY
EMPLOYMENT

10th Place
PIONEER PIPE

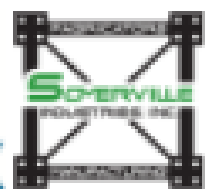


11th Place
ENGLEFIELD OIL

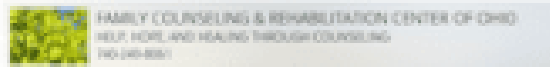
Diamond Level Sponsors



Gold Level Sponsors



Silver Level Sponsors



The Marietta Times

THANK YOU!
51st Annual Golf Outing
Sponsors

TEAM PHOTOS!



Golf Outing Photos



MARK YOUR CALENDERS...

2020-2021
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Jada Riley
Member Services Manager

Victoria Freeman Powell
Office Manager

BOOST

·YOUR·

BUSINESS

BOOST YOUR BUSINESS
Wednesday, October 13th
8:00 am - 9:00 am

The meeting will be at Huntington Bank,
located at:
226 3rd St, Marietta, OH 45750

SPONSORED BY HUNTINGTON BANK

BUSINESS



HOURS

BUSINESS AFTER HOURS
Thursday, October 21st
5:00pm - 7:00pm

This event will be at Thomson's Landscaping,
located at:
26130 OH-7, Marietta, OH 45750

PROFESSIONAL



ROUNDTABLE

PROFESSIONAL WOMEN'S ROUNDTABLE
Tuesday, October 26th
12:00pm - 1:00pm

The meeting will be at Peoples Bank Evans
Conference Center, located at:
118 Putnam Street, Marietta, OH 45750

COFFEE CHAT
Friday, October 29th
8:30am - 9:30am

The meeting will be at the
Marietta Area Chamber of Commerce:
100 Front Street Suite 200 Marietta Ohio
45750

SPONSORED BY JEREMIAH'S COFFEE HOUSE

COFFEE
CHAT

RIBBON CUTTINGS

SEPTEMBER 2021

This September we were thrilled to do ribbon cuttings and celebrate anniversaries for
FIVE DIFFERENT BUSINESSES!

We couldn't be happier to honor the 25th anniversary of American Flags & Poles, be present at the unveiling of the Putnam Street Bridge Tunnel and partake in the opening of a second location for Mid-Ohio Valley Employment in Vienna.

If your business is celebrating it's anniversary be sure to let us know!

*American
Flags & Poles*



*Putnam Street
Tunnel*



RIBBON CUTTINGS

continued

Mid-Ohio Valley
Employment



Commonwealth
Financial



Pioneer
Laundry, LLC



AMBASSADOR VISITS

September 2021



Clayman & Associates

JADA RILEY, MACC;
SCOTT WRIGHT, CLAYMAN & ASSOCIATES;
KRISTIN MEEKS, WV SOCIAL MEDIA
CONSULTANTS, LLC

Trading Post Thrift Store

JADA RILEY, MACC; KRISTIN MEEKS,
WV SOCIAL MEDIA CONSULTANTS,
LLC; JOSHUA GINGERICH, TRADING
POST THRIFT STORE





BUSINESS AFTER HOURS



We celebrated 75 years of great radio this month with the WMOA/WJAW crew! These people do amazing work providing local coverage of news and sports.

WMOA is also the longest-running affiliate of the Cincinnati Reds!

We always look forward to our Monday morning radio spot each week because we know we'll be in the company of professionals who also love to have fun.

On September 23rd we had a Business After Hours with the Belpre Area Chamber of Commerce and the Chamber of Commerce of the Mid-Ohio Valley for the Mid-Ohio Valley Entrepreneurship Expo where The Cocktail Bar's Zak Huffman was named the MOV Entrepreneur of the Year!



MID-OHIO VALLEY SAFETY COUNCIL

2021-2022 OHIO SAFETY COUNCIL MEGA MEETING
WEDNESDAY, OCTOBER 6TH
11:00AM - 12:00PM

Meetings will feature
a welcome from BWC
Administrator
Stephanie McCloud.



Keynote speaker:
David J. Sarkus, MS, CSP
Chief Servant Leader and
Founder of David Sarkus
International Inc.

A leading health and safety
management consulting and
training firm based in
Pittsburgh, Pennsylvania.

Leading from Your Heart!™



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How to Create a Healthier Work-Life Balance

Today's technology allows us to be connected far more than ever before. A glance at our watches, tablets, or phones quickly lets us check our emails, stock performance, latest news headlines, weather updates and more. This constant, real-time barrage of information takes its toll on our work-life balance. Occasionally "unplugging" is vital to our emotional well-being. Here are some ideas on how to de-stress and unwind when it's time to relax.



1 **Commit to a post-work unplugging time.** Your work has a quitting time for a reason. While it's admirable to be devoted to your career, it shouldn't come at the expense of your health. Determine a reasonable quitting time at the end of each workday and commit to not using your phone or tablet to check your work-related emails. When you must check your emails, do so at consistent but limited intervals. If you must be available after hours or over the weekend, try to establish personal blackout times during which you will not be expected to be available. Consider having a hard-stop time an hour or two before bedtime, after which you will not check emails or use social media.

"Your work has a quitting time for a reason."

2 **Make technology work for you, not against you.** Most of the gadgets that have become mainstays in our lives have settings that can make them more helpful, less intrusive, and less stressful. Do you really need your wristwatch to ping you every time a news event happens? Similarly, unless you're a stockbroker or financial advisor, feeling like you're on a virtual Wall Street rollercoaster likely brings no real benefit to you or your finances.

Explore the notifications settings on your devices and consider disabling any app or function that might provide you unnecessary stress. If your devices have settings such as "Do Not Disturb" or other options that protect your peace and quiet, use them.

"... feeling like you're on a virtual Wall Street rollercoaster likely brings no real benefit to you or your finances."

3 **Establish an exercise routine you can live with.** If you're already a fitness buff, great. But an exercise regimen that will provide great health benefits and stress-reduction need not be grueling. In fact, if you dread exercise, you're far less likely to stick with your routine. Consider a brisk walk for starters. For most adults, 7,000 to 10,000 steps per day is considered active. Make your regular walks something you look forward to. Ask a friend to join you or savor this special alone time. A few extra steps each day are a small price to pay to fight heart disease, obesity, diabetes, high blood pressure, depression and anxiety.

You Deserve a Happier, Healthier You!

Don't feel guilty about having some "you" time and prioritizing your health and well-being. After all, your family and career will both benefit from a healthier you. When you return to work more rested and refreshed, you'll likely be more productive, efficient and agreeable.

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