



Sauk Valley Area
chamber of commerce

UNITED STATES CHAMBER OF COMMERCE

ACCREDITED



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Partnering for Success

MARCH 2023

Surf Internet invites SVACC members to

Business After Hours

at Rusty Fox
(1 E. 3rd St., Sterling)
food provided by Candlelight
join us for networking & good food!



Thursday, March 16
5:00 - 6:30 p.m.

SURF Internet



45 IS THE
New 50

DID YOU KNOW?

45 is the new recommended age to start screening everyone at average risk for colorectal cancer. Your gastroenterologist

can find colon polyps early so they can be safely removed and help to prevent colorectal cancers. If you are 45 or older, talk to your healthcare provider about scheduling your colonoscopy today!



CGH Digestive Health Services • 815-625-0400, ext. 4457 • www.cghmc.com/digestivehealth

March Meetings

- March 2 Executive Board
- March 9 Ambassadors
- March 14 Board of Directors
- March 14 Education
- March 16 HBLC
- March 21 Ag

Sauk Valley Area Chamber of Commerce Directors & Staff

Executive Committee

President: Dr. Jon Mandrell
First Vice President: Pam Fluck
Second Vice President: Tim Determan
Treasurer: Geoff Wright
Past President: Lance Buser

Term Ends January 31, 2024

Dave Knie, Knie Appliance & TV
Tim Determan, Pinney Printing
Steve Munson, Retired, The Medicine Shoppe
Lance Buser, Wal-Mart DC #7024
Ryan Olson, Ward Murray Pace & Johnson
Violet Nava, Sauk Valley Bank

Term Ends January 31, 2025

Alejandro Rivera, RE/MAX Sauk Valley
Geoff Wright, CGH Medical Center
Josh Johnson, Whiteside Area Career Center
Dr. Jon Mandrell, SVCC
Rebecca Munoz-Ripley, YWCA

Term Ends January 31, 2025

Pam Fluck, Self Help Enterprises
Sandi Cavazos, US Bank
Katie Whitehead, HALO Branded Solutions
Kristina Kaecker, Kunes RV

Staff

Executive Director—Kris Noble
Marketing Coordinator— Dallas Knack
Financial Specialist/Office Manager—Bailey Dorner

A Message from the Director

The SVACC works to serve our members in many ways such as: assisting our members in making connections, being a catalyst for business growth and quality of life, being a champion for a thriving community, workforce development, advocacy at the state, local, and national level, and providing opportunities for our members to stay informed and have a voice.

One of the ways in which we work to help our members stay informed and have a voice is by organizing and hosting local candidate forums. In April, you will have the opportunity to vote in local elections for City of Sterling Mayor, City of Sterling City Council, and Sterling Public Schools School Board. To enable you to make an informed decision, the SVACC is hosting a candidate forum on Tuesday, March 21, 2023 at 6pm. If you have a question you'd like to be considered for inclusion in the forum, please submit them to the Chamber office at 211 Locust St., Sterling by March 15. Questions can also be emailed to knoble@saukvalleyareachamber.com.

Take advantage of this opportunity to get involved.



2023 CANDIDATE FORUM
TUESDAY, MARCH 21
AT 6 P.M.
OPEN TO THE PUBLIC @ STERLING CITY HALL
(212 THIRD AVE., STERLING)
& LIVE ON SVACC'S FACEBOOK

CITY OF STERLING MAYOR
CITY COUNCIL CANDIDATES

STERLING SCHOOL BOARD CANDIDATES

THE EVENT WILL INCLUDE MODERATED QUESTIONS.

QUESTIONS WELCOME.
PLEASE EMAIL
TO KNOBLE@SAUKVALLEYAREACHAMBER.COM

THE CHAMBER DOES NOT ENDORSE ANY CANDIDATE.



Enjoy the day,

Kris

Investor Update March 2023

NEW INVESTORS

State Rep. Bradley J. Fritts
815-561-3690
101 W First St Suite 501, Dixon

Whoop Your Axe
815-213-7493
2317 E Lincolnway Suite C, Sterling

Whiteside County Sheriff's Office
815-772-4044
400 N Cherry St., Morrison

AM Disposal
815-973-4626
104 4th Ave, Sterling

The House Washing Guy
815-441-0246

Franklin Creek Conservation
815-456-2718
1893 Twist Rd., Franklin Grove

Brandywine Banquet
815-677-9372
441 IL Route 2, Dixon

INVESTOR RENEWALS

Advocare Independent Distributor
Altran Magnetics
Campos Construction Inc
Caro Litza's, LLC
Community State Bank
Cora Physical Therapy Sauk Valley
Country Financial
County Market
Grace Episcopal Church

Healthcare Plus Senior Care
Hughes Resources
Imprintable Memories
McDonald's
Melton Seed & Service LLC
Morningside of Sterling
N&C Cleaning Service
Nelsen Insurance
Resthave Home
Rock River Energy Services Co.

Select Employees Credit Union
Selmi's Wedding & Events
Showplace Antiques & Treasures
Sterling Hearing Aid Center
Sterling Rock Falls Child Care
TAG
United Craftsmen
VeriFacts, LLC
Wahl Clipper Corporation
Whiteside County Sheriff's Office

We would like to give special recognition to the following groups who provide extra support to the Sauk Valley Area Chamber of Commerce. This extra effort and support is truly appreciated. If you have the opportunity to express your sincere appreciation to these members, please do so!

Over \$1000 Invested

CGH Medical Center
Community State Bank
Farmers National Bank - Morrison
Midland States Bank
Sauk Valley Bank
Select Employees Credit Union
Sterling Federal Bank
US Bank
Wahl Clipper Corp.
Wal-Mart DC #7024
Ward, Murray, Pace & Johnson

150% Club

Bushel Basket Candle Co.
Candlelight Inn
Helm Civil
Hill's Electric Motor Service, Inc.
Illinois American Water
Lance's Plumbing
Lee Ogle Transportation System
LK Design Source
Loescher HVAC

Mattox Insurance Agency
Moore Monument & Granite Co
NICIL
RE/MAX Sauk Valley
Rock River Hospice & Home
Sawdust N Dreamz
Select Employees Credit Union
Sterling Rock Falls Child Care
Sterling Township
T-Mobile
United Craftsmen, Ltd.

110% Club

1st Gateway Credit Union
Astec Mobile Screens Inc
Bardier & Ramirez Real Estate
Bollman Auto Center
Compeer Financial
Dennis Electric of Tampico
Hawkins-Cassens Insurance

James S. Ferris DDS, PC
Jim Prescott's BBQ Shop
Johnson Oil Company
Kelly's Restaurant
Kiwanis Club of Sterling
Marv Lofgren & Sons Contractors
Mertes & Mertes
New Millenium Directories

Rock River Lumber & Grain
Rock River Ready Mix
Scholl Insurance Agency
Servicemaster
Showplace Antiques & Treasures
St. Mary's School
St. Vincent DePaul
Sterling Chevrolet

Sterling Napa Auto Parts
The Cornerstone Agency
Wendler Engineering Services
Winter Construction

Chamber Ambassadors

Allie Johnston – University of Illinois Extension
Angie Delhotal— Sauk Valley College Foundation
Arnulfo Valdivia—Sauk Valley Bank
Cassandra Salmon – YWCA
Chandra Meyer – Re/Max Sauk Valley
Christina Bystry — House in the Country
Janell Loos — Heritage Woods
Jennifer Alvarez — Surf Internet
Karen Voss – Morningside of Sterling

Mary White – Community State Bank
Nicole Bollman - CGH Medical Center
Pam Fluck – Self Help Enterprises
Rene Betts—Plotner Insurance Consultants
Sheila Martinez – U.S. Bank
Sherry DeWalt – CGH Health Foundation
Skip Dettman—LSSI
Stepheni Chandler. Hughes Resources
Tygen Bausman—Sterling Federal Bank

Ambassador Spotlight— Skip Dettman, LSSI

I have been working as the clinical director of Lutheran Social Services of Illinois Sterling office for almost 6 years. I am the Vice President of the Board for Whiteside County Healthier Communities Partnership, and I enjoy being a part of this team. The Whiteside County Healthier Communities Partnership is currently providing so much support to the community, as well as the Whiteside County School their contributions are amazing. I am grateful that CGH Medical Center now has a Behavioral Health Unit, I recently had the privilege of meeting with the Director of the Behavioral Health Unit and touring the unit, it is so nice to have these services in our community. Of course, I enjoy being an ambassador with the Sauk Valley Area Chamber of Commerce, seeing the passion and dedication the SVACC has for this community is overwhelming.

Congratulations to Triple P BBQ for receiving the Customer Service Award!

Nominated for incredible staff and amazing food!
Visit Triple P at 3312 W. Rock Falls Rd, Rock Falls.
For more information or event services
call 815-625-7138.



CSA Sponsored by:



The SVACC Agribusiness committee presented a contribution to University of Illinois Extension Whiteside County 4-H to support youth programming and ag education.

To learn more about 4-H call 815-632-3611.

Ribbon Cuttings

Midland States Bank—new location
4404 E Lincolnway Ste A, Sterling
815-626-4321



Tri-County Opportunities Council
405 Emmons Avenue, Rock Falls
815-625-7830

Westwood Wellness
1900 Westwood Dr, Sterling,
815-622-6201



Workforce Development

Connecting Education and Business with Students and Employers.

The SVACC is working with Milledgeville High School and Rock Falls High School this semester to provide students with a 6-week Certificate of Employability Workshop. This initiative gives students the opportunity to learn information about local businesses in our area, and the various career pathways in the Sauk Valley.

Pictured: Aaron Gonzalez, Director of Operations, Peabody's Inc, talks with seniors at Milledgeville High School about the various career pathways at Peabody's and in the Ag industry.

During this session, students also discussed a key essential skill: communication.

If you would like to become part of this initiative, please contact the Chamber: 815-625-2400.



Member Spotlight



Bugsy's Arcade and Gaming is your family friendly, local spot for fun games, quick bites, drinks, and slots! We offer the latest arcade games featuring a virtual reality experience and some of your classics such as Pinball and NFL Blitz. Check out our wide variety of ticket redemption prizes! We also serve a full bar for our 21+ customers, sweet treats, and slushies for the kids, and feature daily specials. Come and visit us Monday - Wednesday for half price arcades from 4-7pm or for Happy Hour Monday - Thursday from 5-8pm for \$2 domestic beers. Join our Fivestar Rewards Program and earn 1 point for every dollar spent at the counter. If you're looking for a great place to have a party, we have hosted kids birthdays, family gatherings, holiday parties, company parties, and more! Let us host your special day and we will do all the work. We look forward to seeing you at Bugsy's Arcade and Gaming at the Northland Mall in Sterling!



The FTC has proposed a rule to ban almost all non-compete clauses across the country. This move raises significant concerns about the FTC's statutory authority and its approach to this sweeping ban. The FTC is set up to be an administrative body that evaluates the facts on a case-by-case basis to determine whether business conduct constitutes an unfair method of competition. It is not empowered to broadly write its own rules to regulate the economy. Bottom line: Only Congress can write laws that regulate competition in the economy or choose to regulate non-competes in such as sweeping fashion.

Non-Competes:

The FTC's massive over reach on non-competes is unparalleled

- Non-competes are a form of restrictive covenant agreement that when appropriately used serve a legitimate and lawful purpose.
- For this reason, a blanket federal ban makes little sense and is impossible to justify. In fact, the proposal was labeled by former Secretary of Labor Eugene Scalia as perhaps "the most audacious federal rule ever proposed".
- The FTC's proposed approach, if finalized would rewrite by its own estimate 30 million contracts and pre-empt laws regulating them in nearly every state.
- All but three states allow them, while also placing limitations on their duration, geographic scope, and in some cases banning their use with lower-wage workers.

The FTC's blanket ban ignores legitimate reasons for non-competes

- Employers use agreements that can be mislabeled as non-compete agreements for a wide range of legitimate purposes that are both pro- employee and pro-employer Examples include:
 - To protect intellectual property and trade secrets.
 - For a reasonable time, to prevent non-solicitation of their customers.
 - To reward senior executives, particularly in start-ups and small businesses, reward these key employees with significant equity in the business.
 - To require, as part of complex compensation and talent management plans, things like stock grants, bonuses, training costs, etc. to be repaid if an employee were to depart for a competitor shortly after getting these rewards.
 - As part of severance payouts.
- The FTC's proposed sweeping ban provides no clear safe harbors for such common practices.

The FTC's blanket ban may harm more workers than it helps

- A blanket ban would force companies to rethink their compensation and talent acquisition strategies in ways that might reduce what companies are willing to pay for top talent. A blanket ban would chill the incentives to pay bonuses, award equity, pay severances, and invest in the skills of their employees.
- Employees that choose to stay with their employer can also be harmed. When fellow employees leave for a competitor and take with them sensitive business information, client lists, and other proprietary information, those still working for the employer have been unfairly harmed.
- The FTC claims its proposed ban will lead to higher wages. Yet, they provide no concrete economic analysis to back their numbers.

On February 1, 2023, the Sauk Valley Community Leadership Program cohort began class at the YWCA of the Sauk Valley with a presentation by Executive Director Rebecca Munoz-Ripley. Munoz-Ripley's eye-opening, interactive discussion focused on diversity, equity, and inclusion. After a short break, a panel of experts helped us explore multiple forms of oppression within society and what we can do to become allies. Lunch from Sophie's Cafe was fantastic.



We began class on February 15th with an insightful presentation by Tom Wadsworth about "10 proven principles of media relations that can help anyone survive and thrive when the news media come calling." We rounded out the morning with a continuation of what we began in October with Danny Langloss, retired Dixon Police Chief and current Dixon City Manager. Langloss helped the cohort shift their thinking from having a "difficult" conversation to having a "caring" conversation, and he walked us through specific scenarios. Langloss' engaging, interactive presentation was followed by an extraordinary lunch from Basil Tree Ristorante of Dixon.



Guest Editorial

By Maggie Wike, NAMI Sauk Area

NAMI Sauk Area's mission is to improve the quality of life for people with mental illness and their families through support, education, and advocacy.

Some of the services and activities NAMI Sauk Area offers:

-Visit our website at namisaukarea.org to sign up for our FREE Youth Mental Health First Aid classes.

Youth Mental Health First Aid is for adults (including parents) who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches an action plan for how to help young people in both crisis and non-crisis situations.

-NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. 4th Tuesday of the month at St. John's Lutheran Church in Sterling, 6:30 pm.

-Survivors of Suicide Support Group is a peer-led support group for those who have lost loved one or friend who has died by suicide. Gain insight from peers who have experienced a similar experience. 4th Thursday of the month at Crossroads Community Center, Morrison, 6:30 pm.

-Sign up for the NAMI Sauk Area 5K. Our annual fundraiser is July 8, 2023. This fundraiser supports all of the programs we provide for FREE! Register at Race Roster and search "NAMI Sauk Area" or use this link:

<https://raceroster.com/events/2023/65715/nami-sauk-area-5k>

-If you are interested in supporting mental health, sign up for the "HOPE" Series. Participate in both the NAMI Sauk Area 5K and Run for Brain Health 5K (May 20th). Proceeds from both of these races go to NAMI Sauk Area. You get a discount for signing up for both races and you receive a "boxed" prize including a t-shirt specific for those who do the HOPE series. Sign up: <https://raceroster.com/series/2023/65809/hope-series-5k>

[-end-the-stigma](#)



Written by: Olivia Turner—Sterling High School

Joining CEO has undeniably been the best part of my everyday mornings. I took the class in hopes of receiving more knowledge in the business world as I have always wanted to become a business owner. The learning experiences CEO has offered me and my classmates is truly unlike any program I've been involved in.

The first semester was very informative for me. As a student that had grown accustomed to being told what to do in our normal everyday classrooms, the beginning of CEO was a bit of a surprise. I realized we were more engaged and hands on in what we did during class and decisions that were made. Visiting the different businesses was eye opening for me as every speaker had different backgrounds and insight to teach us. Many times, throughout the semester, former CEO students visited us. I found it to be inspiring when listening to the alumni's advice on being involved in CEO as well as how much being in CEO has affected them.

Starting the second semester, we have been even more involved in decisions as we've started our personal business. At first, I was unsure of what I wanted my business to be. Coming up with an idea became a tad stressful for me. I juggled the ideas of t-shirts, cupcakes, candles and even clay pots, but none of my ideas captivated my interest fully. After listening to many different speakers' advice throughout the weeks and with the help of my mentor, I realized I needed to find something I am passionate about. I started to think about possible ideas that could solve problems. I was ecstatic when I thought of selling simmer potpourri mixtures. Simmer potpourri are pots with naturally fresh ingredients that are boiled in water to give off a natural smelling aroma throughout one's house. Simmer pots release clean moisture into the air which can alleviate allergies and congestion. Simmer pots are also a better alternative from candles as they do not put bad chemicals back into the environment. Knowing that this business idea can benefit others while protecting the environment is very motivational for me and I am excited to continue on with creating my business.

I'm so grateful to be given the opportunity of being involved in WACC CEO. Knowing there is so many people in our community wanting to see our program succeed makes me so thankful I was accepted into this class. Being a student of CEO not only evolved my communication and business skills, but also prepared me for graduating.

Written by: Miles Nawrocki—Sterling High School

I had zero clue what I wanted my business to be when I first started CEO. I knew I wanted it to be something personal, something that was more than just a product that I marked up the price on. I started going through what I'm passionate about. The basics came to mind, sports, school, friends, and family. But none of those were personal or stood above the rest.

Weeks went by without me grasping anything that resembles a product or business. I eventually started thinking about the idea of making some sort of energy drink. I'm not supposed to drink energy drinks because heart disease runs strong in my family. My great-uncle, grandpa, and dad all had dilated cardiomyopathy by the time they were 45. I soon learned that that's just a fancy word for heart failure. I wanted to find a way to make an energy drink that I and others like me could drink, so I did some research. This way it was personal to me, and still a potentially successful product.

I found that the main reason energy drinks are "bad for your heart" is they contain sodium bicarbonate, taurine, and an insane amount of caffeine. I knew I needed to avoid those as much as possible but I then ran into a problem, caffeine is the main source of energy in almost every energy drink. So, I did more research. I found that some vitamins and minerals provide similar types of energy. I decided these are what I would use. I settled on ashwagandha and vitamin B12, both of which are known to improve alertness and overall energy.

After a long few months, I finally did it, I knew what I wanted my class business to be. A non-caffeinated energy drink with energy from vitamin B12 and ashwagandha. That is my story on how I came up with my business. I just know you will want to visit my business at the CEO Trade Show on April 26 and 27 at Northland Mall!



Preventing Burnout

How to effectively manage stress and anxiety



presented by:
Susan Carlson, LCSW
Sinnissippi Centers

March 22, 2023

11:45 am to 1 pm

Wesley United Methodist Church
2200 16th Ave
Sterling, IL

Register Now :

bit.ly/3HAvozU

815-625-2400

\$20 for members | \$25 non-members
Includes Taco Bar provided by Creative Cuisine.
Please register by March 15.

**Creative
Cuisine**





Please join us for

SELF HELP ENTERPRISES

PANCAKE BREAKFAST

SATURDAY, MARCH 4TH

From 7am - 12:00 noon
2300 W. LeFevre Rd - Sterling IL



**INCLUDES: PANCAKES,
WHOLE HOG SAUSAGE,
JUICE, MILK AND COFFEE**

FREE WILL DONATION



Bake Sale
Craft & Vendor
Show

MATCHING FUNDS BY: MODERN WOODMEN OF AMERICA



SVACC 57th Annual Golf Outing Registration and Sponsorship



Friday, June 9, 2023 | Deer Valley Golf Course

Proceeds are used to fund the Charles Farnham Business Scholarship and chamber operations.

Registration/Lunch 11:30am **Shotgun Start 12:30pm** Awards 5:00pm

Presented by:



AUTO GROUP OF STERLING



Eagle -\$550.00

Full Hole Sponsor

4 Golfers

Birdie -\$450.00

1/2 Hole Sponsor

4 Golfers

Par -\$425.00

Full Hole Sponsor

2 Golfers

Caddy-\$300.00

1/2 Hole Sponsor

2 Golfers

*All Packages Include: 18 holes with cart, green fees, lunch and signage on your sponsored hole. All sponsors will be noted in the event program with your business logo.

HOLE SPONSOR ONLY:

Full Hole \$275.00

1/2 Hole \$175.00

Putting Contest

**HAWKINS-CASSENS
INSURANCE**

2321 E Lincolnway, Sterling • (815) 625-7474 • www.hci-agency.com



GOLF ONLY:

\$80.00 Per Golfer

\$320.00 Foursome

Golfers' Information:

Company Name: _____

Contact Name: _____

Phone: _____

Email: _____

Golfer 1: _____

Golfer 2: _____

Golfer 3: _____

Golfer 4: _____

Select:

___ Eagle Package

___ Birdie Package

___ Par Package

___ Caddy Package

___ Golf Only (\$80.00/golfer)/
list number of golfers

___ Full Hole Sponsor Only

___ 1/2 Hole Sponsor Only

Invoice Me Check Enclosed

Credit Card Visa M/C

Name on Card: _____

Signature: _____

Card Number: _____

Expiration Date: ____/____/____

CVC: _____ Register online:

saukvalleyareachamber.com/golf-outing

Please return form by June 3

SVACC - 211 Locust Street, Sterling, IL 61081

Phone: 815-625-2400 | Fax: 815-625-9361

Email: office@saukvalleyareachamber.com

___ I am willing to donate a raffle prize. Please contact me.

Lunch & Learn: Legislative Updates



from the Illinois Chamber of Commerce
& the US Chamber of Commerce



Clark Kaecher
VP of Government Affairs,
Illinois Chamber of Commerce



Ryan Gleason,
Manager of the Great Lakes Region,
U.S. Chamber of Commerce

Tuesday, April 11, 2023

11:30 a.m. - 1:00 p.m.

Sterling Federal Bank
110 E. 4th St., Sterling

\$25 members

\$30 non-members

Lunch provided by Angelo's

Registration required by April 4

Register online at bit.ly/3DH9WYO

Or by calling 815-625-2400.

LEARN MORE ABOUT LEGISLATIVE UPDATES AND HOW THEY APPLY TO YOU & YOUR BUSINESS



SAUKVALLEYAREACHAMBER.COM