

12,14,23

6 West Strawberry Avenue, Mechanicsburg, PA 17055 (717) 796-0811 www.mechanicsburgchamber.org

In This Issue:
SAVE THE DATE Annual Dinner & Membership Meeting2
Beware of holiday scams8
4 unmet needs that cause you to procrastinate13-14
News, Events & more!

Mechanicsburg Chamber Will Hold Election for Board of Directors at January Meeting

If you are interested in serving on the Board of Directors for the Mechanicsburg Chamber of Commerce, <u>click here</u> to review job description, nomination policies, procedures and application.

We are accepting applications!

CHAMBER EVENTS

Watch for Weekly Updates!!

December

15 - Office Closed due to death in family **22-26 - Merry Christmas** - Office Closed

January

1- Happy New Year - Office Closed

17 - Annual Dinner & General Membership Meeting - Penn Harris Hotel, Camp Hill. 6:00 - 9:00pm

RSVP to info@mechanicsburgchamber.org

For a full calendar of chamber and member events, visit www.mechanicsburgchamber.org/events

Thank You For Renewing Your Membership!

Comfort Inn Mechanicsburg-Harrisburg South
Lions Club of Mechanicsburg PA
South Mountain Entertainment
Union Flats

Chamber Annual Meeting at

Penn Harris Hotel, Trademark Collection by Wyndham 1150 Camp Hill Bypass, Camp Hill

> January 17, 2024 6 - 9 p.m.





Mechanicsburg Chamber of Commerce invites all members to join us for the Annual General Membership Meeting

Our annual meeting brings members together to network in celebration of business, community and the achievements made.

New this year - dinner will be a table served meal!

The special guest speaker for this year's event will be George Shea, CEO of Shea Communications, LLC of New York City, a leading business-to-business and consumer public relations firm.

However, he may be better known as the face and emcee of the Nathan's Famous Fourth of July Hot Dog Eating Contest.

Come learn how he was able to take an absurd idea and make it mainstream.



Mechanicsburg Chamber Will Hold Election for Board of Directors at January Meeting

If you are interested in serving on the Board of Directors for the Mechanicsburg Chamber of Commerce, <u>click here</u> to review job description, nomination policies, procedures and application.

More information or questions call 717-796-0811

American Red Cross Blood Drive Friday, December 22, 12:15 to 4:45 pm





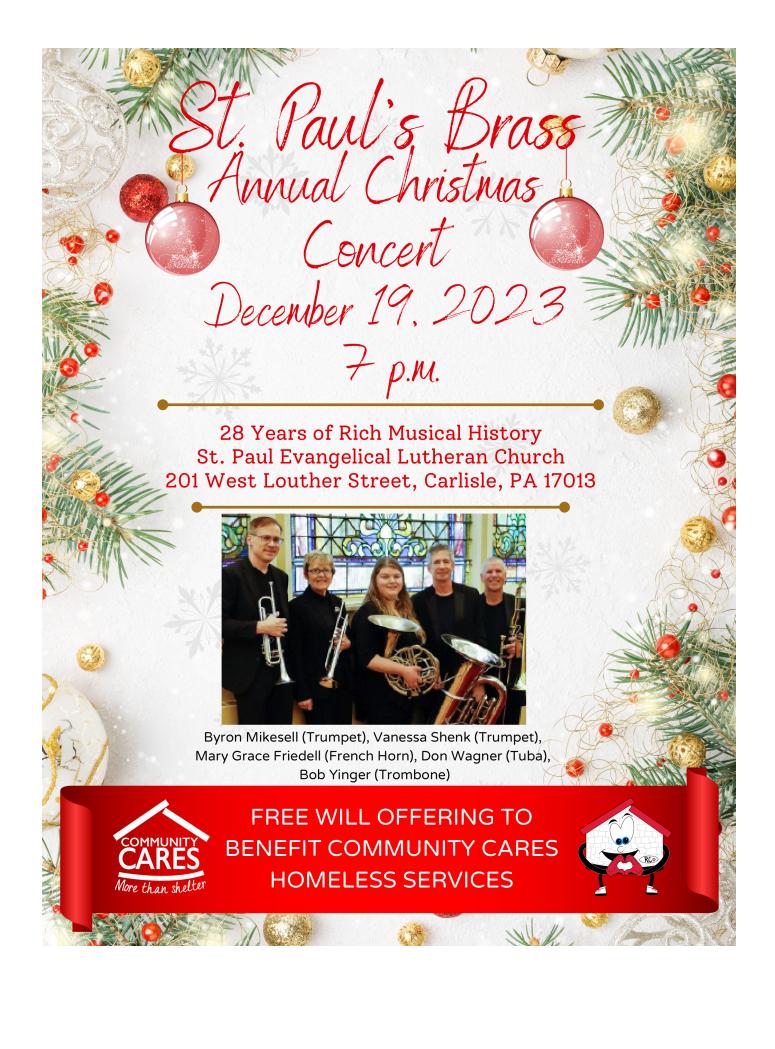
Holding blood drives at Simpson has been a great convenience for members of the community. Let's continue to make an impact, and add saving lives to our list of great accomplishments.

The Red Cross has been making a humanitarian impact for more than 130 years, and has been collecting blood for over 70 of those years. We can all be part of something important when we work with the Red Cross to strengthen the blood supply and give back to our community.

If you are a regular blood donor and want to make an appointment, go to https://www.redcrossblood.org/give.html/find-drive and our Location Code is SimpsonLibrary. This will bring up the available appointments.

The event will be held in the lower level meeting rooms of Simpson Library. If this is your first time, go to https://www.redcrossblood.org/ and click on "Am I Eligible to Donate Blood?" before you try to make an appointment.

Please contact Joelene at jdiana@cumberlandcountylibraries.org for any questions.





The Mechanicsburg Chamber of Commerce joined the Carlisle Area Chamber of Commerce, Shippensburg Area Chamber of Commerce and West Shore Chamber of Commerce to celebrate the ribbon cutting and opening of the new offices of the Cumberland Area Economic Development Corporation (CAEDC) and Cumberland Valley Visitors Bureau (CVVB). Elected officials and representatives from their offices assisted Janet Anderson, Executive Director, and members of the CAEDC board with the ribbon and welcomed the County's Economic Development to their new location. Stop in and visit them in the former Hampden Township building (across the street from the new Township building) at 230 S Sporting Hill Rd, Mechanicsbug. They will assist with financing, technical assistance, development services, along with a number of other business resources.

Cumberland County Hotel Tax Increase Passed

On November 1st the Cumberland County Commissioners unanimously voted to change Cumberland County's hotel tax from 3% to 5%, pending solicitor review. This change would take effect in April 2024. Please view the *Cumberland Valley Visitors Bureau's plans here* for this increased funding to help continue to drive new visitation and enhance the visitor experience



Jeff Palm, Mechanicsburg Chamber of Commerce Executive Director, participated with representatives from the Harrisburg Regional Chamber of Commerce, African-American Chamber of Commerce of Central PA, Keystone Business Alliance, and the PA Chamber for Black Owned Business for Leadership Harrisburg Area's session day focused on Arts, Culture, Recreation & Economic Development.

Seeking HOSTS for 2024 EVENTS

- Business Women's Networking Luncheon
 - After Hours Mixer
 - Business Leaders Discussion Group

BE A HOST and showcase your business, service and more...

For more information - on HOSTING AN EVENT contact the Chamber office at 717-796-0811 or email - info@mechanicsburgchamber.org.





Heating Assistance Program Now Open

Residents who struggle with their home heating bills can now apply for assistance from the Low-Income Home Energy Assistance Program (LIHEAP).

LIHEAP is a federally funded program that helps individuals and families pay their heating bills through home heating energy assistance grants. It also provides crisis grants to help in the event of an emergency or if a resident is in danger of losing his or her heat due to broken equipment, lack of fuel or termination of utility service.

The income eligibility guidelines for LIHEAP are set at 150% of the federal poverty income level. For example, the income limit for an individual is \$21,870 and for a family of four it is \$45,000.

Residents may apply for LIHEAP online at *compass.state.pa.us*, by phone at 1-866-550-4355 or by *contacting the County Assistance Office in their county of residence*.

Click here for additional information. The program runs through April 5, 2024.



Beware of Holiday Scams

The Office of Attorney General is once again warning us all about common scams that typically ramp up during the holiday season.

These include email and text phishing, in which you receive an email or text message directing you to enter personal information on a fraudulent website; home delivery stealing; credit card skimming; romance scams; online pet scams; online pop-up advertisements; and online marketplace deals. *Read more about each of these scams here.*

To further protect yourselves, you are encouraged to:

- Set up email or text alerts with your credit card company or bank, so you will be alerted quickly to all purchases, including fraudulent purchases.
- Install the latest security updates and run virus scans regularly on your computer or mobile device.
- Never use your home's smart device to find a customer support number for any company and have the system dial it for you. Go directly to the company's website, call the number on the back of your credit or debit card, or use the number on your billing statement.
- Never pay with a prepaid gift card, CashApp, or Venmo or wire someone money when you're trying to buy a gift online. Use your credit card, not a debit card, for better protection.
- Never click on a hyperlink in an email, social media ad or text message to make a purchase.
 Go directly to the website of the store you wish to purchase from to ensure you are shopping at the right place.
- Gift cards are for gifts; you cannot pay a bill or debt owed to the government through a gift card.

Anyone who believes they may have been scammed should file a police report, and file a complaint with the *Pennsylvania Office of Attorney General online here*, or by emailing scams@attorneygeneral. gov or calling 1-800-441-2555.



KIRK WISE UPCOMING SOLO, DUO & BAND PUBLIC DATES

Thur. 12-14 – Christmas Food Truck Rally, New Cumberland ...Kirk solo 5-8

Fri. 12/15 – West Shore Farmers Market... Kirk solo 11-1

> Fri. 12/15 – Tangled Vines Wine, New Bloomfield ...Kirk solo 2-5

Sat. 12/16 – Hemauer Brewing, Mechanicsburg...Kirk & Dave 6:30-9

Tue. 12/19 – Greystone Brew House@ Range End , Dillsburg...Kirk solo 6-9

Fri. 12/22 – Hook & Flask, Carlisle...7-10 Kirk & Beth Duo

Sat. 12/23 – Grandpa's Love Shack, Shermansdale...Kirk & Patrick Duo 5-8

Wed. 12/27 – Spring Gate Arcona, Mechanicsburg..Kirk solo 6-8

Fri. 12/29 – The Gettysburger Company Restaurant & Bar...Kirk & Patrick Duo 9-midnight

For complete up-to-date schedule, information, and photos go to www.jazzmeband.com

Bookings: call Kirk at 717-979-0341 or E-mail wisemotors@aol.com

Tour sponsors:
FARNHAM INSURANCE,
MEMBERS 1st F. C. U.,
CLASSIC DRY CLEANERS, STUDIO D &
LANDON WISE PHOTOGRAPHY

MECHANICSBURG CHAMBER COLLECTING TOYS

The Mechanicsburg Chamber is committed to helping the Marines deliver a message of hope to those less fortunate!

New, unwrapped toys, as well as batteries, gift wrap, and contractor grade trash bags, have been collected for the annual Toys For Tots toy drive. However, the need does not end, so if you have any donations, even after the holidays, they may be brought to any Chamber function. If pick-up is preferred, please contact the office at (717) 796-0811.



Thank you to our 2023 drop off locations!

Mechanicsburg Chamber office A&B Automotive AAA

American Legion Post 109
Benecard PBF
Best Line Equipment
Callery Dental Care

Drs. Warren and Reese Family Dentistry GEICO local offie - Frank Rossi Hot Frog Print Media Lower Allen Township office

Mechanicsburg Kung Fu Center Mechanicsburg Mystery Bookshop

Orrstown Bank - Camp Hill

Orrstown Bank - Mechanicsburg
Pivot Physical Therapy

Premier Martial Arts

Ritters True Value Hardware Schneider Electric

State Farm Insurance - Denise Dombach
Trindle Bowl

University of Pittsburgh -School of Social Work

West Shore Chamber of Commerce office Zimmerman's Automotive Tire Pros

2023 Small Business Advantage Grant Application Period Now Open!

The 2023-2024 Small Business Advantage Grant Program are open for applications on. Project work completed on or after July 1, 2023 will be considered for funding. The application period will close when funding is exhausted or March 22, 2024, whichever occurs first.

Small Business Advantage Grant

The Small Business Advantage Grant provides reimbursement grants ranging from 50% to 80% of eligible project costs to Pennsylvania small businesses to improve energy efficiency or reduce pollution or waste by: upgrading or replacing equipment or supplies; improving processes; or reducing runoff into affected waterways. Maximum grant award amounts will vary from up to \$5,000 to up to \$8,000, based on the environmental impact of the project and whether the project location is in an Environmental Justice Area in Pennsylvania.

Click here to visit the website for more information.





The Emerging Philanthropists Program (EPP) seeks to engage Central PA's emerging business and community leaders with the great possibilities that lie within philanthropic endeavors in our region. EPP provides resources and educational opportunities for those who wish to be actively engaged in philanthropic endeavors.

In the culminating experience, the class applies their newly learned community and grantmaking skills by awarding a grant to a nonprofit organization in a funding priority chosen by the class after assessing community needs. Since 2014, the Emerging Philanthropists Program has granted more than \$40,000 to nonprofit organizations serving Central PA.

Apply for EPP: https://www.tfec.org/our-community/initiatives/emerging-philanthropist-program-over-view/



As many of you know, Veterans Outreach of PA is working on a tiny homes project to help homeless veterans with short-term housing needs. Earlier this year, General Federation of Women's Club-Mechanicsburg (GFWC) held a fundraiser to help fund the project with linens for each home. As a member of that club, I am putting together an AVON fundraiser to help supply Veterans with basic items such as hand lotion, lip balms, foot cream, socks and other small hygiene items offered by AVON. A basic hygiene pack starts at just \$12, and a full back can be sponsored for \$18. If you would like to contribute to these products, please contact me at (717) 919-5460 or email mahiler@comcast.net. Contributions in any amounts are welcome via cash, check, PayPal or VENMO.



Starlink SD-WAN by ZeroOutages™

Starlink is a Global Telecom Network

ZeroOutages provides comprehensive SD-WAN services utilizing the Starlink low earth orbit satellite network, which is owned and operated by SpaceX. ZeroOutages SD-WAN services incorporate connectivity via Starlink, along with enhanced Quality of Service, Meshed Networking, and Integrated Network Security.

Easy Deployment

Being the first Starlink SD-WAN vendor, ZeroOutages has the experience and skillset to ensure a smooth installation for each new customer. ZeroOutages Starlink-enabled SD-WAN services come with onsite technical assistance services in order to simplify deployments.

Starlink Connectivity by SpaceX

The Starlink connectivity incorporated within ZeroOutages' SD-WAN service ensures low latency and high bandwidth speeds for customers, and achieves this due to its low earth orbit (or LEO) configuration. Starlink service can be deployed globally, so any location around the world can be incorporated within the same telecom network (great for multi-site organizations).

24/7/365 Support

ZeroOutages Starlink SD-WAN solutions provide 24/7/365 network monitoring and customer service. Upon initial purchase, the ZeroOutages support team initially provisions, the service and ships the onsite equipment, configures the SD-WAN settings, and enables the customers public virtual IP address.

SD-WAN Solutions

ZeroOutages Starlink SD-WAN services incorporate detailed network reporting, 24/7 monitoring, enhanced Quality of Service, and layered security services, all designed to maximize our customers network connectivity. With built-in QoS, customers can prioritize applications and direct traffic across up to three VSAT links.

Virtual IP Addressing

ZeroOutages provides Starlink SD-WAN customers with Virtual IP Address (VIP) services from any of our 50+ data centers around the world. Customers can request a dedicated Virtual IP Address from any country or geographic region. ZeroOutages can even provide a dedicated subnet for customers that wish to have routed IP addresses from their endpoint devices.

Visit zerooutages.net for more information, pricing options and to get started!

Copyright 2022. ZeroOutages is a service by XRoads Networks, inc. All rights reserved.
 7700 Irvine Center Drive, Suite 800, Irvine, CA. 92618 - 888-997-6237 - sales@zerooutages.com - www.zerooutages.com

Contact Steve Troutman for more information

O: 610-502-6085 C: 717-497-2002

Toll Free 1-844-424-7827 Opt. 2

E: steve@greenstar-us.com W: https://greenstarcloud.io W: https://greenstar-us.com W: https://gstarmarketing.com

4 unmet needs that cause you to procrastinate

We all procrastinate sometimes.
Understanding these needs might be the key to tackling the things your to-do list.

by Stephanie Vozza - Fast Company

Even the most dedicated, organized person will procrastinate sometimes. While an occasional delay in action won't always lead to chaos, procrastination can be an "evil beast" if allowed to call the shots, says Jo Anne Preston, author of *Lead the Way in Five Minutes a Day: Sparking High Performance in Yourself and Your Team.*

"Guilt and shame can come from not getting started on things or from being last-minute," she says. "Let's say you have six hours to work on something and you spend five hours worrying about it or doing something else, like cleaning up old emails. . . . You've wasted energy and won't have the creativity and the enthusiasm to do the work. Now you feel pressure, which will lead to burnout and feelings of failure and low self-worth."

The key to tackling procrastination is figuring out what's behind it. Preston says four hidden unmet needs cause us to procrastinate. Addressing the one that's hindering you can put you back on track.

The Need for Quick Action

One reason to procrastinate is to avoid a task that feels big and complex. It's common to switch your attention to something small, like an email, to get the dopamine hit that comes from crossing something off your to-do list. Even if it seems productive, it's holding you back from more meaningful work, which often takes longer.

Harness the satisfaction of accomplishment by breaking down the big task into smaller pieces, says Preston. She suggests setting a timer and working for 30 minutes—or just five if you feel really blocked.

"One of the things that we know about motivation is you really only need the motivation to start," she says. "Once you're started, motivation is like a wheel already rolling down the hill. It's getting out of first gear and into movement. Grab that project file, open it up, and write down your first ideas. Take action that gets you going."

The Need to Have Influence

Another unmet need that causes procrastination is the worry that your work will not be good enough, says Preston. You may ask yourself, "What if my work doesn't meet other people's needs? Or, what if I don't come across as intelligent or get rejected?"

In this case, it's important to understand who your work will benefit and the positive impact you can have.

"This is a relational barrier that happens for people," says Preston. "One of the best things that person can do is call a friend. Say, 'Here's my project. What do you think about this? And where would you start if you were doing it?"

Choose someone you admire or who has experience, such as a mentor. Getting input fuels the relational motivation.

The Need to Find the "Best Way"

Big projects can have an abundance of options. Knowing where to start is a matter of narrowing it down to the best choice. The analysis often causes paralysis, which is a form of procrastination.

Preston suggests narrowing down the options for starting to three things that are interesting to you. From there, choose one to start with to move toward accomplishment more quickly.

"A tool like a mind map forces you to narrow your writing down to one question that you want to answer," she says. "Build from there. From a creative person's viewpoint, narrowing seems counterintuitive, but it's really about focus. It's like letting the particles in the water settle down, so you can clearly see the goal you are swimming toward."

The Need to Create Order Out of Chaos

In addition to finding the best way, some people struggle to find the "right" way—a need to make sure everything is perfect and done in the exact correct order. You can become stuck because the path forward feels chaotic, and you don't want to forget anything.

Preston says you can push through by giving yourself time to record everything that needs to be done. Then, put the list in the most logical order. It can also be helpful to think of everything that might go wrong. By looking at the downsides first, you can ensure everything gets noticed.

"Maybe it's moving to another space and maybe it's putting things in order that allows you to create a framework for the project before you actually start," she says. "That structure is going to feel motivating."

The unmet needs that cause procrastination are often related to our personality type, and they boil down to needs for action, relationship, perfection, and structure. By determining what's stopping you, you can understand exactly what you need to get out of first gear and into drive.

About the author

Stephanie Vozza is a freelance writer who covers productivity, careers, and leadership. She's written for Fast Company since 2014, and her byline has appeared in several other leading publications and websites.