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

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News, Events & more!

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...

CHAMBER EVENTS Watch for Weekly Updates!!

February

13 - Business Women's Networking Luncheon -Sponsored by Renewal by Andersen of Central Pennsylvania, 4856 Carlisle Pike, Mechanicsburg. 11:30am - 12:45pm. FREE member event.

19- Presidents Day - Office Closed

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!

Jeremy Freeland Ray Hunt





Tuesday, February 13 11:30am - 12:45pm

Business Women's Networking Luncheon

Renewal by Andersen

4856 Carlisle Pike Mechanicsburg

Join us as we learn all the great products that Renewal by Andersen offers to make your home or office more energy efficient and visually appealing. Find out the many ways that Renewal by Andersen gives back to the community through RBA Cares.

Reservations required.

RSVP to info@mechanicsburgchamber.org

GFWC (General Federation of Women's Clubs) Mechanicsburg

The next meeting will be on Tuesday, February 13, 2024 at 7:00 PM at Buhrig's Gathering Place, 25 East Main Street, Mechanicsburg. The program will be about the Arts. We will be making Culture Books, so bring in some pictures, stories, articles about you, your family and your heritage. Would you like to know more about how we serve the community while helping Veterans, libraries and schools? Come for a visit to find out. For more information, contact Sue at 717.243.9872 visit our website at http://gfwcmech.tripod.com/





LUNCH AND LEARN MUNICIPAL CONSULTING



SPEAKERS



KARA KALUPSON SENIOR MS4 COORDINATOR

COMMUNITY DEVELOPMENT SPECIALIST

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SHAUN DAVIDSON
HEALTH, SAFETY, AND
ENVIRONMENTAL TEAM LEAD

FEBRUARY 22, 2024

11:30AM-1:00PM

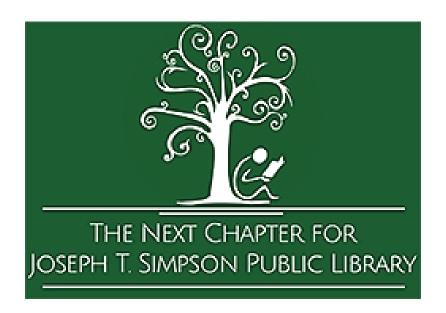
5031 RICHARD LANE, SUITE 111, MECHANICSBURG, PA 17055

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The Next Chapter for Joseph T. Simpson Public Library: Library Announces Capital Campaign to Renovate Newly Purchased Learning & Book Sale Center

Joseph T. Simpson Public Library announces the public phase of its capital campaign to raise renovation funds for their new Learning & Book Sale Center. The new facility, which will increase the Library's usable space by an additional 8,600 square feet, is located just a few blocks from the existing structure and will enhance library services by providing additional program and meeting space as well as a permanent home for the Friends of the Library book sales.

Ever since Simpson Library purchased the additional facility at 45 W. Allen Street, the board of directors, the Capital Campaign Committee, and library staff have been working hard to raise the funds needed to renovate the former Agway building into functional program space. And during this quiet phase of fundraising at their new, permanent location, the Friends of the Library have held 6 book sales, raising \$97,048 for library programs. The next book sale will be held on Saturday, February 10, from 9:00 a.m. to 2:00 p.m. and on Sunday, February 11, from 1:00 p.m. to 3:00 p.m.

"We are so grateful to the Friends of the Library for their generous support of library programs, not to mention everyone who donates used books or visits the book sales," adds Sue Erdman, Simpson Library's Executive Director. "With The Next Chapter for Simpson Library capital campaign, there are even more opportunities to support the library and ensure programs and meeting space for generations to come."

In addition to providing a permanent home for Friends of the Library Book Sales, the new Learning & Book Sale Center will provide additional program and meeting space. Simpson Library has seen its program offerings grow by 111 percent since 2013. Volunteer Capital Campaign Committee chair Karen Cochran comments, "the Learning & Book Sale Center is a timely and innovative way for Simpson Library to meet the community's growing needs for library programs. And with a permanent home, the Friends of the Library can build on their history of successful fundraising for Simpson."

As of January 11, 2024, Simpson Library has raised a total of \$1,177,715 towards its \$2,000,000 goal.

To make a tax-deductible donation and help Simpson Library meet their \$2,000,000 total campaign goal, please visit https://www.cumberlandcountylibraries.org/SIM_Capital_Campaign_2023 or mail your check to Simpson Library, 16 N Walnut Street, Mechanicsburg, PA 17055. Please note "capital campaign" on the memo line.

Joseph T. Simpson Public Library has been serving the greater Mechanicsburg community since 1961 with an array of traditional and innovative library programs and services. Its mission is to serve as a community center for learning and leisure. Simpson Library has been named a PA Forward Library as part of the Pennsylvania Library Association and also recognized by the Pennsylvania Association of Nonprofit Organizations with its Standards of Excellence rating, the only library in Pennsylvania to have achieved that status.



NATIONAL BURN AWARENESS WEEK

PATHS is offering several webinars in February supporting
National Burn Awareness Week February 4 - 10, 2024.

National Burn Awareness Week is a window of opportunity for organizations to mobilize burn, fire, and life safety to unite in sharing awareness and prevention.

Click on any topic below to be re-directed to the course objectives and registration form.

FEBRUARY

- 6 Fire Extinguisher Use 9:30-10:30 a.m.
- 6 Egress and Fire Protection 11:00-11:30 a.m.
- 7 First-Aid Awareness 9:30-10:30 a.m.
- 7 Kitchen Safety Burn and Fire Prevention 1:30-2:30 p.m.
- 8 Home Fire Safety 11:00-11:30 a.m.
- 8 Fire Protection and Prevention Construction 1:30-2:30 p.m.

To register for any of our trainings, visit www.dli.pa.gov/paths.

SHERYL DELOZIER Serving the 88th Legislative District



WEDNESDAY, FEB. 7 FROM 10 A.M. -12:30 P.M. (SNOW DATE THURSDAY, FEB. 8)

AT THE THE LOWER ALLEN TOWNSHIP BUILDING located at at 2233 Gettysburg Rd. in Camp Hill

Join me and presenters from the Department of Banking and Securities at this free, non-commercial event to connect you with information and resources from experts in finance and consumer protection.

Seating is limited. Please call my office at 717-761-4665 or visit RepDelozier.com/Events to RSVP.

Scam Jam is organized through the PA Department of Banking and Securities' Investor Education and Consumer Outreach offices in conjunction with Representative Sheryl Delozier's office.









Join me for a conversation about the latest state-related and community issues. This is a great way to stay up to date on happenings in Harrisburg and around the 88th District. I look forward to talking to you and taking your questions!

Constituents whose phone numbers are on file in our system will automatically receive a phone call to begin the town hall. To ensure your phone number is on file, please call my district office at 717-761-4665. Please be advised that only the phone numbers in our system will receive the call to start the town hall.



EXPANDED Property Tax/Rent Rebate Program Now Open

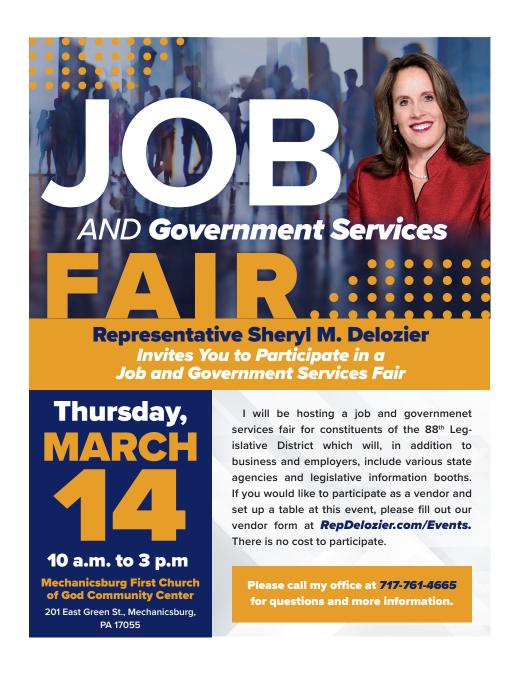
The application period for the state's 2023 Property Tax/Rent Rebate Program is now open for eligible Pennsylvanians to begin claiming rebates on property taxes or rent paid last year.

Income limits increased this year to \$45,000 annually for both homeowners and renters, so if you were earning too much to qualify before, you may be eligible now. Remember to exclude 50% of Social Security when determining your income.

The law I supported to increase income limits also increased the maximum rebate to \$1,000.

The program is open to residents age 65 years and older; widows and widowers 50 years and older; and people with disabilities 18 years and older.

Remember – you do not need to pay anyone for assistance to apply for the rebates. Apply online at mypath.pa.gov, or contact my office for help. Additional information about the program is available here.





UPMC Physician: Movement at the Heart of Health

By William Apollo, MD, Co-Medical Director, Sports Cardiology, UPMC Heart and Vascular Institute in Central Pa.

Thanks to the convenience of technology and our modern lifestyles, people in the U.S. are more inactive than ever. Whether we're sitting behind desks or hunched over laptops all day for work or lounging around binging our favorite shows, Americans simply aren't as physically active as we used to be, and that's a problem.

According to the American Heart Association, only about one in five adults and teens get enough exercise to maintain good health. Physical activity is one of the keys to preventing heart disease which is the number one killer of both men and women in the United States. Being more active can help all people think, feel and sleep better and perform daily tasks more easily.

When you sit for long periods of time, your body doesn't work as well as it can and actually begins to adapt to the lack of activity in negative ways. You don't burn as many calories as you would while standing or doing another activity, which can make it harder to stay at a healthy weight.

Science has linked being inactive and sitting too much with higher risk of heart disease. Your heart is a muscle, just like the ones in your arms and legs. The more you use it, the stronger and more efficient it becomes. When you're active, your blood pumps through your arteries, helping to keep them healthy and functioning well. Regular cardiovascular exercise, the kind that raises your heart rate and makes you breathe heavily, helps improve your quality of life while reducing many of your risks for heart disease. It can:

- Lower blood pressure
- Lower cholesterol
- Reduce blood sugar levels
- Help with weight control

It's clear that being more active benefits everyone and helps us live longer, healthier lives, but in our busy lives, what are we supposed to do?

The good news is that you can start on the road to good heart health without the need to hit the gym for hours on end or running marathons. Physical activity is anything that moves your body and burns calories. This includes things like walking, climbing stairs, stretching, and yes, even standing instead of sitting.



KIRK WISE UPCOMING SOLO, DUO & BAND PUBLIC DATES

Sat. 2/3 – Castle Rigg Wine, Carlisle... Kirk solo 5-8

Tue. 2/6 – Greystone Brew House@ Range End , Dillsburg...Kirk solo/duo 6-9

> Wed. 2/7 – Lancaster Event... Rhoads Trio 6-9

Sat. 2/10 – Hauser Hill Events Center, Biglersville...Kirk Duo 6-10

Tue. 2/13 – Greystone Brew House@ Range End , Dillsburg...Kirk solo/duo 6-9

Thurs. 2/15 – Big Bottom Brewery @ Al's Pizza, Dillsburg...Kirk solo 6-8

Fri. 2/16 – Hemauer Brewing, Mechanicsburg...Kirk solo 6-9

Sat. 2/17 – Captain Bob's Steamed Crabs, Railroad/ Shrewsbury...Kirk solo 6-8

Tue. 2/20 – Greystone Brew House@ Range End , Dillsburg...Kirk solo/duo 6-9

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

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When you begin any activity, do it slowly to avoid injury and don't get discouraged. Set incremental goals and break up activity into smaller portions of time working your way up to longer sessions.

Be thoughtful about your choice of activity. Non-weight bearing exercise, such as swimming or water aerobics, are less stressful to your joints. Doing a variety of activities keeps things interesting and involves different muscle groups.

Even the little things can make a big difference. The recommendations are for at least 150 minutes per week of moderate aerobic activity, but light-intensity activity can offset the effects of being sedentary. Get creative throughout your day to incorporate extra steps and movement; walk to a co-worker's office instead of sending an email. take standing breaks while working at your desk, pick a parking spot that's farther from the entrance, choose the stairs over the elevator. If you have young children or grandchildren, make them part of the activity. Hula hoop, jump rope, and dance with them. If your days are packed, consider breaking your workout into 10-minute blocks: the rewards are the same. Home exercise videos can provide a convenient workout or alternative for rainy days. Whatever you do, make it fun. Ask a friend to walk or enjoy a class with you—it's a great way to stay motivated and satisfy your craving for social time, too. Beyond regular "exercise workouts," leading an active lifestyle has been shown to be immensely beneficial to your overall health so make it a point to keep your body in motion.

You don't have to say goodbye to your favorite shows, hit permanent pause of your latest video game quest, or throw out your television and devices, but you do need to be mindful of how much time you spend doing sedentary activities instead of being physically active.

*** Dr. William Apollo, an amateur bike racer, runner, and duathlete is a Harrisburg, Pennsylvania-based, board certified cardiologist, and co-medical director of UPMC Central PA Sports Cardiology. He also is medical advisor to Cynisca Professional Cycling. For more information or to schedule an appointment at the UPMC Heart and Vascular Institute, visit UPMC.com/CentralPaHeart ***



Mid Penn Bank announces appointments & promotions

Mid Penn Bancorp, Inc. ("Mid Penn") (NASDAQ: MPB), the parent company of Mid Penn Bank (the "Bank"), announced a number of appointments and promotions, recently.

Justin T. Webb has been appinted chief financial officer,. Webb has been an integral part of the Bank since 2012, having served most recently as senior executive vice president and chief operating officer.

Webb replaces Allison S. Johnson, who departed the company to pursue other opportunities. In his new role, Webb will oversee all aspects of Mid Penn's financial strategy and performance, including accounting operations, interest rate risk, liquidity, financial planning, and mergers and acquisitions. Webb brings over two decades of experience in the financial services industry.

Webb holds a bachelor's degree in finance from the University of Pittsburgh and serves on the Board of Directors of the University of Pittsburgh Business Alumni Association. He is an active member of the community, having volunteered for organizations such as the Big Brothers Big Sisters of the Capital Region. Webb resides in Hershey, PA, with his wife, Julie, and two children.

Heather Hall has been promoted to Central PA market president and chief lending officer. With Hall's promotion, the Bank bolsters its senior executive management team to continue to bring best-in-class community banking to its customers and communities.

Hall has been with the Bank since 2016, serving most recently as executive vice president and market president of the capital market. In addition to her role as Central PA market president, Hall will now serve as chief lending officer of the Bank and assist in guiding each of the regions in the Bank's footprint in their overall business development, customer service levels, and employee development.

With over 20 years in the financial services industry, Hall has contributed to growing the Bank's commercial and industrial loan portfolio and has personally generated over a billion dollars in loans. In her expanded role, she will be responsible for the continued development of the Bank's lending team as well as contributing to the overall strategic plan of the company.

Hall holds a bachelor's degree in business administration from Shippensburg University. She is an active member of her community and serves on the Board of Directors of the Harrisburg Regional Chamber and the Whitaker Center. In 2019, The Central Penn Business Journal selected Hall to receive the Women of Influence award.

Jordan D. Space has been promoted to president of the private bank and chief operating officer of the company. Space replaces Justin Webb as chief operating officer, who was recently appointed chief financial officer.

Space joined the Bank in 2022 and was responsible for the establishment of the private bank. In his new role, Space will oversee loan and deposit operations groups as well as the credit and credit administration functions. He will also provide an integrated approach to all aspects of the Bank's noninterest income growth, such as the Private Bank, the Trust and Wealth Management Group, and the Insurance Agency.

Space brings over 15 years of experience in the financial services industry. Prior to joining the Bank, Space was market president for the eastern Pennsylvania region at S&T Bank and chief lending officer at Integrity Bank.

Space graduated from the University of Pittsburgh with a bachelor's degree in finance and is also a graduate of the Stonier Graduate School of Banking at the University of Pennsylvania. He is actively engaged in his local community and serves on multiple committees as well as the Board of Trustees of Penn Medicine/Lancaster General Health. Space also serves on the Economic Development Executive Leadership Team for the Lancaster City Alliance and is a member of the Young Presidents' Organization. In 2021, he was recognized as one of Central Penn Business Journal's Power 30 in Banking and Finance. Space resides in Lancaster, PA, with his wife and three children.



Janice R. Black, President & CEO for The Foundation for Enhancing Communities announces her retirement.

President & CEO of TFEC since 1994, Janice R. Black recently announced her retirement.

"The time has come. The time is right. After much difficult deliberation, I have decided to retire, effective June 30, 2024. It will be hard to say good-bye, but I take comfort in knowing that TFEC is a strong foundation that serves as a model for other community foundations throughout the country.

When I started in this position 29 years ago, I could never have imagined the changes and growth ahead for the Foundation. We have grown from \$4.9 million in assets to \$130 million, a staggering 25 times larger! We strengthened the existing regional foundations; added new funds, such as the Fund for Women and Girls, and the Young Philanthropists; and emphasized programs for early childhood education and the LGBTQ+ community.

Of course, I did not do this alone. Over the nearly three decades, I have had the privilege of working

with dedicated board members, donors, outstanding team members, and professional colleagues in the Capital Region and beyond. I would be remiss not to express my appreciation for their continuing commitment to TFEC and our mission: To inspire giving by partnering with donors to achieve their charitable goals, and strengthen our local communities by investing in them now and for future generations.

I have agreed to be available throughout the Search Process and Transition for my successor to advise and assure uninterrupted service and commitment to our donors, board, grantees and team members. In closing, I am proud of what we have accomplished. I am proud of our values, inclusion, stewardship, endurance and integrity; they have served us well and will serve as a touchstone in the transition ahead. Most of all, I am proud of the thousands of lives we, together, have touched throughout our region. With wishes for nothing but the brightest future for the Foundation"

Janice R. Black, President & CEO, The Foundation for Enhancing Communities



F&M Trust announces new hires

F&M Trust is pleased to announce the following recent hires:

Ellen Diehl has been hired as Treasury Relationship Manager. Diehl will be responsible for delivering the bank's treasury management products and services to prospective and existing commercial and small-business clients in Cumberland County and the Capital Region. Diehl previously was a cash management sales officer for Members 1st Credit Union. The Mechanicsburg resident has volunteered for Junior Achievement and United Way. Diehl is based at F&M Trust's Mechanicsburg Community Office.

Molly O'Keefe has been hired as Treasury Relationship Manager. O'Keefe will be responsible for delivering the bank's treasury management products and services to prospective and existing commercial and small-business clients in the Capital Region. O'Keefe previously was a treasury management sales officer for First Commonwealth Bank. The Camp Hill resident is a current board member and former secretary for the East Pennsboro Education Foundation. O'Keefe is based at F&M Trust's regional headquarters in Harrisburg.

Christian Hall has been hired as Technology Services Analyst. Hall will be responsible for providing customer service and technology support to all levels of bank personnel; performing troubleshooting and diagnoses for hardware and software problems; responding to inquiries or requests for information; and supporting network management as appropriate. Hall previously was a technology support specialist with Waynesboro Area School District. The Waynesboro resident is based at F&M Trust's regional headquarters in Harrisburg.



1) Choose a Date.

Saturday, March 23

1:00pm & 3:30pm. ABC West, Mechanicsburg.

Sunday, March 24

2:00pm. ABC West, Mechanicsburg.

Sunday, April 7

2:00pm. 222 Dutch Lanes, Ephrata.

Thursday, April 18

6:00pm. Palmyra Bowling, Palmyra.

Thursday, April 25

6:00pm. Midway Bowl, Carlisle.

CAPBIGS.ORG/EVEN

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2) Register Today. CAPBIGS.ORG/EVENTS

3) Build your team.

Invite friends, family & coworkers.

4) Raise funds.

Support a Little, a Big & a family.

5) Party!

Bowling. Pizza. Drinks. Raffle prizes. Inspire children to dream BIG!











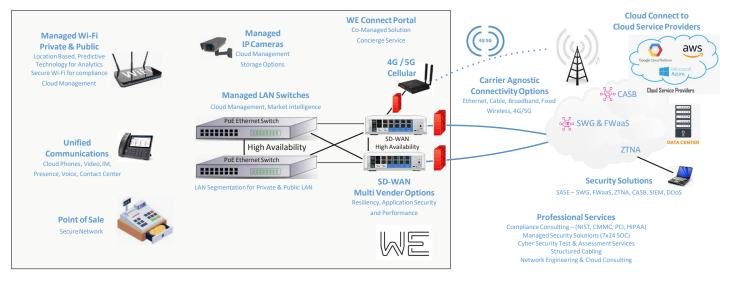
Calling all men and women who enjoy golf, good food, and fellowship. It's never too early to be thinking about warm weather and golf. This is a save the date announcement to let you know that our 4th annual "We Serve" Golf Tournament will be held on Friday, July 12, 2024. Mayapple Golf Club in Carlisle will be hosting our tournament. We will have an 8am shot gun start with lunch to follow at Fiddler's Bar & Grill at the golf course. So, mark your calendars now and plan to join us for a fun filled day of golf and dining with your friends. Registration forms and more details will be made available in early April.

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If you have something to share, please submit it by Wednesday at noon to info@mechanicsburgchamber.org.

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