



WINSTON-DILLARD AREA CHAMBER OF COMMERCE NEWS



MARCH 2012

A MESSAGE FROM PRESIDENT STEVE SCHENEWERK

CHAMBER OF COMMERCE

In our January meeting the Winston-Dillard Chamber of Commerce identified the following goals for our work together in 2012:

- Cooperate with City on developing a Brand for Winston
- Work on street signs
- Encourage existing businesses and new businesses to use the Downtown Development Plan and color palette
- Increase Chamber membership and revenue
- Develop strategies for more community involvement at Douglas High School and ways for students to get more involved in the business community
- Consider a Business Improvement Development District
- Work on cooperating more closely with other organizations in the area
- Develop reciprocal relationships with other area Chamber's of Commerce
- Schedule 4 Business After Hours during 2012
- Increase Chamber visibility

Steve Schenewerk



Focus on our Future

Please join us February 27, 2012 for our 34th annual first Citizens' Banquet.

Tickets on sale now at Harrison's Hardware.

HAPPY
ST. PATTY'S
DAY



WINSTON AUTOMOTIVE SERVICES
 SPECIALIST IN COMPUTERIZED & ELECTRICAL SYSTEMS INC.

541-679-8685

Engines • Transmissions • Brakes
 Timing Belts • Cooling Systems
 Oil & Lube • Tune Ups

BRIAN BONNER
 Mon-Fri
 8 AM-5:30 PM

Big BLUE on **42**
 521 NW Douglas Blvd • Winston

SINCE 1992




Penny Mills Insurance Agency Inc.

541.679.6197

Call Penny today to see what you can SAVE!
 Or... stop by our office.

GRANDWAY SHOPPING CENTER
 127 NW Douglas Blvd • WINSTON

FARM- INSURANCE & FINANCIAL SER-
 vices@famersagent.c




CHECK OUT OUR WEBSITE: www.winstonchamber.org

Chamber Dues \$60.00

Newsletter Ads 50.00

Ads must be paid by March 1, 2012 to be in next newsletter.



Pete Bober
 Director

business & green



541.440.4673 office
 541.817.4229 cell
 541.440.7668 fax

Pete.Bober@umpqua.edu

SBDC & Workforce Training
 2555 NE Diamond Lake Blvd.
 Roseburg, Oregon
 97470-0226
www.bizCenter.org
www.umpqua.edu

FIGARO'S PIZZA

160 NW Main
 Winston, Or 97496
 541-784-3414

Dine in • Take-Out • Delivery

Currieco Real Estate, Inc.

Valynn Currie
 Broker

Sales • Development • Property Management

P.O. BOX 3097
 265 S.W. MAIN
 WINSTON, OR 97496



541.679.4232
 CELL - 541.430.0195
 FAX - 541.679.4413
 E-MAIL: VCURRIE223@AOL.COM



 **American Red Cross**
 Pacific Northwest
 Blood Services Region

1176 NW Garden Valley Blvd.
 Roseburg, OR 97470
 Tel (541) 672-2002
 Cell (541) 580-8064
 Fax (541) 672-2050
McCollumP@usa.redcross.org
www.nwblood.redcross.org

Patti McCollum
 Territory Representative

SANDWICHES, HAMBURGERS,
 SOUPS, BURRITOS, HOT FOODS,
 & DAILY LUNCH SPECIALS!

CALL IN ORDERS
 541.679.5001

9375 OLD HWY 99 S
 DILLARD, OR 97432

KEITH & CATHY SJOGREN

**DILLARD STORE
 &
 DELI**



Creative Catering

Scott & Carla Rutter

60 SE Main Street
 P.O. Box 2820
 Winston, OR 97496
www.carlascreativecatering.com

541-679-2270
 Scott: 541-643-5996
 Carla: 541-643-5997

FIGHT STRESS, STAY HEALTHY –By Don Cook, Express Employment Professionals

The Japanese concept of “Karōshi” can almost literally be translated as “death from overwork.” The term first came into common usage in Japan during the 1980s after rising concern following the sudden death of several high-ranking business men who showed no signs of previous health issues. “Karōshi” has been attributed to a wide variety of stress-related medical issues, such as high blood pressure, heart attack, and stroke, to name a few.

There have been extensive studies on the effects of stress on a workforce’s overall health and well being. According to the American Psychological Association (APA), 54% of workers are concerned about health problems due to stress. And, Express Employment Professionals’ recent Hiring Trends survey showed that 88% of company leaders say their current work stress is as high or higher than last year. It’s a serious problem that companies and their employees are being forced to address. So, how do you reduce workplace stress? There are a wide variety of techniques and countless books about eliminating stress in your life. But, the first and most important step is to know the warning signs of stress, which can vary between individuals. In a recent APA study, some of the most common indicators of excessive stress included fatigue, irritability, lack of interest or motivation, head and stomach aches, and insomnia. So it’s important to find a stress reducing activity that best fits your symptoms and lifestyle to help eliminate tension and keep you healthy and happy.

Take short breaks

The human body wasn’t made to sit in one position and stare at a computer screen for eight hours a day. Make it a point to stand up and take a quick walk around the office every hour or two. Go grab a small, healthy snack. Say hello to a coworker. Or simply just stand up at your desk and stretch. Find a quick and simple activity you can do throughout the day to get your body moving and break up the monotony.

Make simple lifestyle changes

You can make a significant impact on stress levels by just making a few simple lifestyle changes. Take some time to clean and reorganize your workspace. Eat a healthy breakfast. Go to bed an hour earlier. Cut back on sweets or sodas. These aren’t major decisions, and you’ll be surprised how little it actually takes to make a noticeable difference in how you feel.

Get some exercise

Exercise can do wonders for your stress and anxiety levels. Just a half-hour a day a few times a week can make a huge difference in your stress level. The important part is finding an activity you enjoy so you don’t think of it as something you have to do. Whether it’s as simple as a walk through a local park, swimming laps at the gym, or taking a yoga class, a little bit of activity can go a long way.

Use your vacation time

If you have vacation time, don’t be afraid to use it. Taking a few days here and there to escape the daily grind of the work week is one of the best ways to recharge your mind and body. By allowing time to focus on the most important parts of your life, like family and friends, you will return to work more productive and better prepared to handle stressful situations.

If you’re a leader at your company, it’s also important to keep a close eye on the overall stress levels of your employees. When you do notice a spike in stress, act quickly. There are a variety of tactics you can use to help ease some of the tension. You just need to be aware and understand what causes the build up in stress and then act accordingly.

Some examples of changes you can make on an organizational level to reduce stress could include: Redistribute employee workloads or hire new full-time or temporary workers to help take some of the burden off your current employees’ shoulders. Provide opportunities for fun and bonding outside of work. Open the lines of communication to be sure your employees understand their jobs and why they are important. Allow your employees to participate in discussions and decision making that affect the business.

Help your employees define development goals to help guide their careers in the right direction.

The impact of stress on health and well being can be profound and indiscriminate. Employees at all levels are prone to developing stress-related illnesses, and those who choose to deal with the issue head on are the ones who stand the best chance of overcoming it.



phone 541.673.3332
fax 541.673.5358
cell 541.530.1072

Don Cook
Business Developer
don.cook@expresspros.com

3001 NW Stewart Parkway, Suite 102
Roseburg, OR 97471
www.expresspros.com



WHAT'S NEW AT THE ZOO?

Darlene Alexander
Public Relations/Staff Photographer



Local Businesses Helping the Animals

Wildlife Safari is not like any other zoo in the country. Safari has a unique drive through where people can get up close to the animals in a naturalistic environment as well as offering private feeds and personal encounters such as the lion tug of war. Wildlife Safari is located in a very rural area, and relies heavily on the community to stay successful. This wouldn't be possible without the local businesses around Roseburg and Winston.

Recently Wildlife Safari has developed a new friendship with a local business owner, Ron Michael. Ron owns Computer Connection Services LLC in Roseburg. The staff of Wildlife Safari originally contacted him to help set up an older DVR system that was donated to the park about a year ago for the cheetah breeding program. Along with this system, the cheetah birthing area also had 4 out of 8 cameras that were no longer working. Ron came out to Wildlife Safari and recognized the problem right away. Wildlife Safari needed an upgrade.

Ron went above and beyond helping Wildlife Safari by donating and installing 3 new cameras and a nearly new DVR. But he wasn't done there. Staff mentioned to him that they were also hoping for cameras to be setup in an area in the main cheetah drive through, but that would include extensive digging and installation. His reply, "Anything is possible." From there, Ron was able to get almost 400 feet of conduit donated as well as the rental of a Ditch Witch. He then spent hours at Safari working with staff to install another 2 donated cameras and run over 400 feet of wire, also donated, into a secluded viewing area in the Education Department.

Cheetahs are very difficult to breed in captivity. Cubs have a very high mortality rate, and at the current rate of captive breeding cheetahs could be extinct in a captive environment in less than 50 years. Wildlife Safari has the most successful breeding program in the country, having 163 cubs born to date. Cheetahs give birth to an average of 3 to 5 cubs but if there is a single cub the mom will reject it and leave the cub helpless. If this is the case, there is a very small window for staff to intervene and hand raise. With the camera system in place, Wildlife Safari staff is able to monitor the health of the cubs from a remote location, as well as determine if the mom is taking adequate care of them. Without Computer Connection Services this could not be possible. Wildlife Safari cannot thank

Ron enough for all his time and donations.

Thien An Nguyen

2/10/12

EXPERIENCE WILDLIFE LIKE NOWHERE ELSE!



HOURS: 9am-5pm (Summer) • 10am-4pm (Winter)
541.679.6761 • www.wildlifesafari.net

ANIMAL EXHIBITS & DRIVE-THRU PARK • OVER 600 EXOTIC & NATIVE ANIMALS • CHILDREN'S PETTING ZOO • SEASONAL VILLAGE ACTIVITIES • ANIMAL ADVENTURES OF THE WILD KIND • FEED A GIRAFFE OR AN ELEPHANT • OR GET UP CLOSE WITH OUR LIONS, TIGERS AND BEARS! • WE SPECIALIZE IN BRINGING PEOPLE AND ANIMALS TOGETHER!"



SANDY'S CORNER BOOK NOOK

Sandy Lipphardt
321 SW Main Street
Winston, OR 97496
(541) 679-0219

I SELL ... YOU BUY ... WE TRADE

Experience the joy and ambiance of the spring season at Wildlife Safari! For further information, see our website at www.wildlifesafari.net, or call Guest Services at 541-679-6761, ext.210.

BUSINESS OF THE MONTH

Winston
Community Baptist Church
Steve Schenewerk, Pastor

SUNDAY SCHEDULE:
 9:30am — Bible Study
 11:00am — Worship

91 SE Thompson
 PO Box 2076
 Winston, OR 97496

Phone: 541-679-9569
 Home Phone: 541-679-5435
 Cell Phone: 541-784-8901
 Email: wbc@qwestoffice.net
 www.winstoncommunitybaptist.org



Thanks to Winston Community Baptist Church for sharing Pastor Steve with us!

GREETERS

In January we went and greeted the new owner of Wildwood nursery, and new businesses: Candles & Treasures, Forever Flowers and Auntie's Hometown daycare center.

Welcome to Winston!

Tamara Lee



Tom Thumb Mini Storage

Melissa Mitchell - Office Manager
 3221 NW Edenbower Blvd. Roseburg, OR 97470
 Phone (541) 672-1774
 For *All* Your Storage Needs
 Visit us @ tomthumbministorage.com



Janelle Brown
 General Manager

541-464-8000 Ph
 541-677-1872 Fax

www.motel6-roseburg.com
 janellejbrown@gmail.com

4108
 1100 N.W. Aviation Drive • Roseburg • OR. 97470



Longs Building Supply Inc
 "World's Largest Hardware Store"®

3960 Old Hwy 99 South
 Roseburg, OR 97470
 (541) 679-6117



Lauren Young Tire Center



Tires • Brakes • Alignment
 Wheels • Batteries • Shocks

2460 NE Stephens St.
 Roseburg, OR 97470
 541.672.6616

"If We Can't Guarantee It, We Won't Sell It!"

Wintergreen Florist

541.679.8224

Arrangements for All Occasions & Holidays, Weddings & Funerals • Potted Plants • Balloon Bouquets • Silk Arrangements • Candy • Fresh

Located At Wintergreen Nursery & Landscaping
 8580 Old Highway 99 South—Winston

MICHELLE WAGGONER TAX

BOOKKEEPING & PAYROLL
 TAX PREPARATION

LICENSED TAX
 CONSULTANT
 20 YEARS EXPERIENCE
 REASONABLE RATES

221 N.E. Main St., Suite 200
 Winston, OR 97496

541.679.1181
 Call for an appointment.

Now Accepting New Clients!
 E-mail: mwaggoner55@msn.com




Safari Inn

PICNIC AREA
 TRUCK PARKING

101 N.E. Main Street
 Winston, OR 97496

SMOKING/NON-SMOKING

2 Miles from Wildlife Safari • I-5 Exit 119
www.winstonsafariinn.com • 541.679.6736



Aloha All---

Just talking to my sister is Hawaii, so forgive the greeting. First, a 'mea culpa' (Latin for --my bad--).....

Forgot to mention that tickets for the first Citizens' Banquet are for sale at Harrison's Hardware, 124 SW Douglas, Winston. \$30.00 per person. Hope to see you there. Should be a great, fun-filled evening.....

Those of you who are not business owners in Winston stop reading right now, for a few sentences. Some of you may have heard of or belong to Groupon--they may be approaching you for items for a gift bag, a program which has been very successful in the Sutherlin/Oakland area, bring folks into the area for events, concerts, shopping, etc. The lady bringing us this opportunity for tourism is named Jazz Jenkins (I am not making that up). Make her welcome and listen, could be a wonderful opportunity to bring folks to our area to spend money.....

'Sometimes the best helping hand you can get is a good ,firm push.'

Joann Thomas

O.K., the rest of you may start reading now. Very exciting projects ahead for all. Levi Lee will be putting up the first of the signs signaling places the shop, eat, gas up in Winston, exiting Safari, which should bring a percentage of folks to our town. More ideas forthcoming....

Possible Business Improvement District to be formed, to do some small projects to spiff up the town, banners, Christmas lights, facade upgrades, etc.....

Looking forward to dinner tomorrow evening at Creative Catering--Their 'Sweetheart" Dinner. The menu sounds fantastic!!!!

Happy Trails



Sandy

Sandy Lipphardt is the owner of Sandy's Book Nook in Winston. Sandy's Winston Wanderings appears weekly in the Douglas County News.

RON TRIBBLE
FAMILY DENTISTRY
541.679.4179
90 NW Glenhart, Winston

MAIN STREET R V SALES
 R V Consignment/Sales Center

 Marvin & Janet Husen
 5461 Grange Road
 Roseburg, OR
 (by the Green Bridge)

Nicole Bennett
 Branch Manager • Winston Branch

People doing business with people.
 40 NW Glenhart • P.O. Box 1334
 Winston, OR 97496
 541.440.2633 direct • 541.440.2656 fax
 800.708.4378 toll free
 nichole.bennett@PremierWestBank.com
 www.PremierBankBank.com

Serving Southern Oregon since 1971
Adapt >>> 548 SE Jackson
 Roseburg, OR
 Phone 541.672.2691
 Fax 541.673.5642
Call us...we can help.



UPCOMING EVENTS

MARCH 2012

SUN	MON	TUE	WED	THU	FRI	SAT
				1 FESTIVAL ASSOCIATION Senior Center 6:30 PM	2 Chamber Board 7am Creative Catering	3
4	5 City Council City Hall 7:00pm	6 COFFEE HOUSE Community Center 6:30 PM	7	8	9 WACP Carlos' NOON	10 Newsletter Articles Deadline
11 Daylight Savings Begins	12	13 WATER DISTRICT City Hall 7:00 PM	14 BEAUTIFICATION Creative Catering ECON DEVELOPMENT City Hall NOON	15 FESTIVAL ASSOCIATION Senior Center 6:30 PM	16 	
18	19 CITY COUNCIL City Hall 7:00 PM	20	21 PARK BOARD Senior Center	22	23	24
25	26 Fireboard 6pm Fire Station	27 Chamber Business meeting Mars Garden 12:00noon	28	29	30	31



Upcoming events

Monday February 27– First Citizen Banquet–
Winston Community Center

6:00pm social; dinner at 7:00pm

Saturday May 20, 2012-I.C.E. at Historic Wildwood nursery 3-7:00pm

Saturday June 9, 2012 Trader Day

A budget tells us what we can't afford, but it doesn't keep us from buying it. William Feather



**WINSTON-DILLARD AREA
CHAMBER OF COMMERCE
P.O. BOX 68
WINSTON, OR 97496-0068**

Return Service Requested

SHOP LOCAL W-D

When you support a locally owned business, three times more money stays in our local economy. **That is good for everyone >>>**

2012 W-D CHAMBER OF COMMERCE BOARD

STEVE SCHENEWERK—Community Baptist Church.....PRESIDENT
SANDY LIPPHARDT—Sandy's Book Nook.....VICE.PRESIDENT
NANCY BEITER—Retired.....SECRETARY
MICHELLE WAGGONER—Michelle Waggoner Tax.....TREASURER
VALYNN CURRIE—Currieco Realty.....BOARD MEMBER
Kathy Stutzman—Wildlife Safari.....BOARD MEMBER
KEVIN MILLER—W-D School District.....BOARD MEMBER
JIM RUSNAK—Retired.....BOARD MEMBER
TAMARA LEE—Secondwind Mental Health...Tourism/NEWSLETTER ED.
CARLA RUTTER—Creative Catering.....BOARD MEMBER
SHARECE WINSLOW—PremierWest Bank..... BOARD MEMBER
LLOYD STUTSMAN—Retired..... BOARD MEMBER
Susan Jeremiah— ADAPT..... BOARD MEMBER
MIKE WINTERS—Wintergreen Nursery..... BOARD MEMBER

