

CHAMBER CHATTER



November 2009

The Official Publication of the Bedford Chamber of Commerce

NOACC News...

NOACC Chamber Group Rating

Employers looking for the best rates in workers' compensation know that NOW is the time of year to apply for group rating for 2010-11. In 2008 **Benefits 1 Group** was selected as the **NOACC endorsed third party administrator (TPA) for workers' compensation group rating.**

While there was confusion in the market last year, here are the facts. **If your company is *not* working with Benefits 1 Group, you are not enrolled in the endorsed NOACC chamber plan.** And employers must enroll in 2010-11 group rating programs before February 28, 2010.

Although the cycle of enrollment and choosing the best TPA for group rating continues year to year, companies need to take advantage of the best discounts and programs to secure the very best rate each year.

Tips to Maximize Group Rating

Choose a trusted advisor in a Workers' Comp Third Party Administrator (TPA) as the first stop on any group rating plan. Look for a company with a record of integrity and good communication. Do they provide timely reports and updates? Do they communicate with you on the terms you prefer? Are they fully integrated with your program? Will they help you move from penalty to group-rated?

Look for a TPA with a proactive plan to help you develop the best workers' compensation programs for your associates and the best record for your company. Even if you are a penalty-rated company, you can move into a better position with a knowledgeable TPA to guide you. Companies that are self-insured will also benefit from an effective and proactive TPA program of services.

Benefits 1 Group is the TPA of choice for NOACC. The Northern Ohio Area Chambers of Commerce (NOACC) have selected Benefits 1 Group as the preferred workers' compensation Third Party Administrator to serve over 30,000 companies that are members of northern Ohio chambers of commerce. Benefits 1 Group serves as the trusted advisor for these companies and offers group rating discounts to participants in the NOACC group. To get more information on the chamber plan go to www.benefits1group.com/noacc.

Don't delay in applying to Benefits 1 Group: final rates are due to be released from the Ohio Bureau of Workers' Compensation in the coming weeks.

continued on page 7



Christmas in Bedford Falls, “It’s a Wonderful Life” Saturday, December 12th, 2009 ~ 12:00 to 4:00 p.m.

- Santa Claus Arriving on Train...
- Take a Picture with Santa ~ Bring Your Camera!
- Horse-Drawn Wagon Rides Through Town & Viaduct Park!
- Carolers and Musical Groups Along Broadway!
- Refreshments, Giveaways, Face Painting, Mime and more!
- Frequent Shopper Raffle ~A chance to win wonderful prizes!
- Boy Scout Troop 447 Non Perishable Food Drive
And MAKE A WISH Foundation Toy Drive!
- Annual Christmas Open House at Bedford Historical Society and
Museum on the Commons!

Also, join us for a little night life from 4:00 pm until the stars come out!

RESTAURANT SPECIALS!

DiJulius Café, 720 Broadway Ave.
FREE MOVIE & POPCORN!

Los Gallos, 630 Broadway Ave.
Buy One Meal, Get One Half Off!

Coffee Cup Restaurant, 444 Broadway
Buy One Meal, Get One Half Off!

Zeppe’s Pizza on Automile, 320 Broadway
Buy One, Get One Half Off!

Gionino’s Pizza, 703 Broadway Ave.
Buy One, Get One Half Off!

ART SHOW!

Sponsored by Bedford Arts & Cultural Board
From 3:00 pm to 7:00 pm
Original work by Bedford area artists!
Located at Nature Stone, 16 North Park, Bedford
Next to DiJulius Cafe

STAR GLASS & FINE ART
OPEN HOUSE ~ 704 Broadway Ave.
12:00 Noon to 7:00 pm
Music, Refreshments & Fine Art!

SPECTACULAR CHRISTMAS LIGHTS!
On the Bedford Commons!



Sponsored by the Bedford Chamber of Commerce
33 South Park ~ 440.232.0115 ~ bedfordchamberoh.org



Spirit Apothecary

664 Broadway Ave, Bedford

November Events

Belly Dance Workshop

Starting Friday, November 6

6 week session. \$10 per class or
\$55 for all 6 classes.

Intuitive Readings with Titania

*Starting Friday, November 6
and every Friday*

2:00 P.M. – 8:00 P.M.

Magickal Herbs 201

November 7, 12:00 P.M. – 2:00 P.M.

November 14, 5:00 P.M. – 8:00 P.M.

Potluck & Meetup. Bring your drums for a
drum circle afterwards

Crystals 101

November 21, 3:00 P.M. – 5:00 P.M.

Annual Black Sale

November 27, all day

All black items 20% off!

Customer Appreciation Sale

November 28, all day

Pull a ticket to get your savings!

From 10% – 50% off!

Call: (440) 439-HERB

News From Bedford HealthSource

I recently placed this in the Liberty News but thought that the material was appropriate for all of us this Holiday season. One of my favorite authors of all time has to be John Maxwell. He is one of those few motivational writers (and speakers) that you can actually see developing as a person through his writing. What I mean is that if you compare his earlier works to his more recent, you can literally see his own implementation of his teachings. A real live example of “Practice what you preach.” I was recently reading an article about him in which he shares a quote that he states, “..has shaped the way he lives.” It reads, “My potential is God’s gift to me. What I do with my potential is my gift to Him.” These words are so true and WOW,...powerful. When you start to look at life and opportunity like the gifts that they really are, our motives and decisions seem to gain clarity. These words are quite simple. Live to your potential. But not for us, but for something BIGGER! Personally, I believe we accomplish this in a variety of ways each and every day. When we give and serve others, are we not in fact attempting to maximize our potential? It is if you feel that a great part of life has to do with giving to others.

Further into the article by Maxwell, he tells a story of President Eisenhower and how he recounts growing up in Kansas and of a farmer he once knew who was selling a cow. The Buyer asked the farmer about the cow’s pedigree, butterfat production, and monthly production of milk. The farmer said, “I don’t know what a pedigree is, and I don’t have an idea about butterfat production, but she’s a good cow, and she’ll give you all the milk she has.” Truly, that is always enough.

I have always felt that we should always give everything we can, in everything we do. Whether we are playing a game, or talking with our children, listening to a friend in need, or mowing the lawn... do it right and to our potential. It is the little things in life that contribute to our habits and later serve us when there is a lot more on the line.

As the holiday season approaches, please enjoy time with your family and reflect on the gifts that we have been given. Also, keep in mind that there are those less fortunate and in need. Become involved in your community activities like canned food drives, Coats for Kids and any of the other charitable groups. See how you can get more involved in these functions through your church, or social group. And let’s not just do it now, but year round and start instilling the habit of giving back, and maximizing our potential daily.

Healthsource will be sponsoring a canned food drive in the month of November and will be helping raise donations and collect toys for the hospital childrens ward in December. If you would like to assist, please contact Dr. Brian Miles or myself at (440) 232-4325. Each donation will be rewarded with a soothing Holiday Stress massage if you would like.

Dr. Frank C. Dachtler, D.C., B.A

Kaiser Permanente of Bedford

When we give and serve others, are we not in fact attempting to maximize our potential?

Kaiser Permanente of Bedford

Bug Off, Flu!

Looking for a way to help stop the flu? Stay a step ahead. Here are some tips from Kaiser Permanente on simple and effective ways to help avoid colds, seasonal flu, and H1N1 flu.

Get a flu shot. The best protection you and your loved ones have against the flu is to get a flu shot in the fall.

- **Keep 'em clean.** Hand washing is the most important thing you can do to keep from getting and spreading colds and the flu. Using just plain soap and warm water is as effective as using antibacterial products. Carry an alcohol-based hand gel (such as Purell) to use when you can't wash.
- **Cover your cough.** Cold and flu viruses are spread by airborne particles. Cough or sneeze into a tissue or your upper sleeve instead of your hands, so that you don't make others sick. If you do use your hands, wash them as soon as you can.
- **Avoid touching your face.** Cold and flu viruses are often spread by touching something or someone that is contaminated with germs and then rubbing your eyes or nose, or touching your mouth.
- **Clean surfaces** (such as counter tops, telephones, toys, cups, bathroom sinks) that sick children or adults may have contaminated. Find out how to keep a cold- and flu-free kitchen.
- **Stay healthy.** Keep up your resistance to infection by eating well (including antioxidant-rich fruits and vegetables), getting plenty of rest, managing stress, and exercising regularly.
- **Be a savvy senior.** If you're 65 or older, or have a chronic health condition or weakened immune system, be sure you've had your pneumococcal vaccination.
- **Try not to pass it on.** If you get sick,

continued on page 5

Southeast Branch – Cuyahoga County Public Library

Hard to believe that November is here, which means the holidays are not far away. See below for a couple of special events: a holiday craft program and a special treat! The Southeast Branch Library is busy with fun, interesting, and informative events and resources for all ages. There are computer classes, family programs, story times, Lego Roadway Challenges, book discussions for all ages, Homework Help, and much more! Registration for all programs may be found online at <http://cuyahogalibrary.org/Branch.aspx?id=832> or by calling (440) 439-4997; or simply going to www.cuyahogalibrary.org for information about all the programs and resources of Cuyahoga County Public Library.

And for the Thanksgiving holiday, all branches of Cuyahoga County Public Library will be closed at 5:30 Weds. November 25 and all day Thursday November 26, reopening on Friday the 27th.

If you missed the Friends of the Southeast Library Fall Used Book Sale don't despair! The Friends have an ongoing book sale just inside the doors. There is always something new there for you to purchase and take home. All proceeds help the Friends support programs and resources at the branch. And should you be interested in helping out, or meeting great people who share a love of the library, please stop in, become a Friend. And if you are a member of Facebook, please look for and join the Friends of the Southeast Branch Library Group!

The Homework Center resumes on Tuesday October 20. For students in grades K–6, the Homework Center is open Monday through Thursday from 4 p.m. until 6:30 p.m. Please stop in, meet coordinator Susan Faley and her dedicated corps of America Reads Homework Coaches and trained volunteers as they provide a positive learning environment.

Family Literacy Nights

Family Book Discussion

Tuesday, November 10, 7:00 P.M.

Registration required. Join us for a family Book Discussion inspired by the Choosing to Participate exhibit at Western Reserve Historical Society through Facing History. Are you an "up stander"? What is character? What does it mean to be upstanding? Please ask your local branch for discussion titles.

Money & Investing FUNDamentals

Thursday, November 12, 4:00 P.M.

Tuesday, December 8, 4:00 P.M.

This series is fun, interactive programs that teaches youth the principles of money and investing. Program sessions include information, games, and activities.

This program is in conjunction with the Southeast Branch Homework Center and is open to children from grades 2–6.

continued on page 5

Bug Off, Flu! (from page 4)

stay home from work, school, and social events while you have symptoms. The CDC recommends that you stay home until at least 24 hours after you are free of fever (100° F or higher), or signs of a fever. (Fever should be gone without the use of a fever-reducing medicine.)

For more information on the flu and ways you can stay healthy and flu-free, visit kp.org/flu.

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand name: any similar products may be used.

Berwyn Technologies

Berwyn Technologies will continue to offer a **50% labor discount** to residents and businesses in the city when they purchase products from us. Residents and businesses in Bedford get free pickup/delivery as always. Senior citizen discounts are also available. Thanks!

Chris Bulanda

Visit us on the web! www.berwyntech.net

Southeast YMCA

CPR Training - Every Month

Do you or your staff need CPR training? The Southeast YMCA offers a Red Cross CPR certification class each month. Times: 6:00 P.M.–10:00 P.M. For more information, call Kyle Wilkinson at (216) 663-7522.

*Maureen Mizerak, Executive Director
Southeast YMCA*

460 Northfield Road, Bedford, Ohio 44146
Phone: (216) 663-7522 · Fax: (216) 663-9043
Email: mmizerak@clevelandymca.org

Library (from page 4)

Teen Programs

All programs are free of charge.

Club Anime

Mondays, Nov. 9, Nov. 23, Dec. 7 and Dec. 21.

Join other teens that enjoy anime. Watch anime DVD's, play video games and/or discuss current anime and manga. We meet every other Monday evening at 7:00 P.M. Everyone is invited to join. Grades 6–12. Registration requested.

Family Game Night

Tuesday, November 24, 7:00 to 8:30 P.M.

Come to the Southeast Branch for an evening of Wii bowling and refreshments. Share some family fun time at the library! Children under 12 must be accompanied by an adult. Registration required.

Junior Engineering: Roadway Car Challenge

Level 4. Registration required and is limited. Ages 10–14.

Thursday, November 5, 7:00 – 8:30 P.M.

We'll learn how to build a sturdy chassis and how different sizes and arrangements of wheels and gears affect speed as we use Lego® Mindstorms to build and program a robotic car for a drag race!

Just for Girls Book Discussion

Thursday, November 19, 7:00–8:30 P.M.

Join us for a teen book discussion just for girls. Read *Flipped* by Wendelin Van Draanen, a book about two teenagers describing how their feelings about themselves, each other, and their families have changed over the years. Copies of the book are available at the Southeast Branch Library. Refreshments will be served. Registration requested.

Adult Programs

Tuesday Book Group

Tuesday, November 17, 7:00 P.M.

Join us for lively discussion on a diverse selection of authors. The group meets on the fourth Tuesday of each month. The November book is *Hotel on the Corner of Bitter and Sweet* by Jamie Ford. When artifacts from Japanese families sent to internment camps during World War II are uncovered during renovations at a Seattle hotel, a man embarks on a quest that leads to memories of growing up Chinese in a city rife with anti-Japanese sentiment.

Stop in and pick up a copy.

continued on page 6

DiJulius Café

720 Broadway Ave.
Bedford, OH 44146 (On the green)
(440) 439-5881



"Christmas in Bedford Falls"

Saturday, December 12, 2009

Cozy up to...

- Hot Seasonal Beverages
- Grilled Wraps
- Live Christmas Music
- Christmas Movies on the Big Screen
- Warm Stone Fireplace

Enjoy the lights on the square through our panoramic windows.

Best View in Town!!

Print your Discount Coupon:

www.dijuliuscafe.com

Newsletter design and photos:

Spinks Business Graphics

Call Bob at 440 439 0880

Portfolio at web.mac.com/spinks

Member Bedford Chamber of Commerce

Library (from page 5)

Ellenwood Book Discussion

Wednesday, November 4, 1:00 P.M.

The Southeast Branch is holding a monthly book discussion at the Ellenwood Recreation Center, 124 Ellenwood Avenue in Bedford, the first Wednesday of every month. The November book is [Blacklist: A V. I. Warshawski Novel](#) by Sara Paretsky. Checking up on an empty family mansion for an old client, V.I. discovers the body of a missing reporter who disappeared during the McCarthy era, a find that has links to two prestigious Chicago families.

Copies of the book are available at the Southeast Branch Library and at the Ellenwood Rec Office. Everyone is welcome and encouraged to come.

Computer Classes

Internet Essentials

Wednesday, November 4, 7:00 P.M.

Learn how to use Internet Explorer, perform a basic Google search, and save your favorite Websites. **PREREQUISITE:** Familiarity with computers or a Computer Essentials course. Registration required.

Introduction to Word 2007

Friday, November 6, 10:00 A.M.

Help! Where did the print command go? How do I format a paragraph? Set the margins? Save a file? Learn about new features and tools in Microsoft Office 2007. Find the features you're used to using. **PREREQUISITE:** Familiarity with computers or a Computer Essentials course. Registration required. To register, call (440) 439-4997.

PC Help

You may schedule extended time, up to one hour, on library PCs located in our large meeting room. We can provide one-on-one tutoring, extra time to complete job applications, FAFSA forms, unemployment forms or online test taking. Time must be scheduled, by appointment only, on Friday and Saturdays mornings from 9:30 to 11:30 A.M. Appointments will be taken based on computer and meeting room availability. Call (440) 439-4997 to make an appointment.

Holiday Craft

Saturday, November 28, 11:00 A.M.

Learn to crochet an easy-to-make holiday ornament. Beginners welcome! Children under 12 must be accompanied by an adult. A list of supplies needed will be available at the branch or at cuyahogalibrary.org.

Ring in the Season

Saturday, November 28, 2:00 P.M.

Get in the holiday spirit and enjoy the scintillating sound of the South Euclid-Hillcrest United Methodist Church bell choir. Learn the history of

continued on page 7



Boy Scout Troupe 447 and the Bedford Chamber of Commerce will be participating in the "Wish List Program" through the Make A Wish Foundation for the holiday season.

The Make A Wish Foundation has requested the following items for donation:

GIRLS

- Disney Plush Toys
- Coloring Books & Crayons
- Small Games (must be easily mailed)
- Gift Cards – movie, food, music
- Disposable Cameras and Small Digital Cameras
- Bath & Body Products (Travel Size)
- Small Hand Held Video Games

BOYS

- Action Figures
- Disney Plush Toys
- Small Games (must be easily mailed)
- Matchbox Cars & Small Remote Control
- Disposable Cameras and Small Digital Cameras
- Transformers
- Small Hand Held Video Games
- Coloring Books & Crayons
- Gift Cards – movie, food, music
- Anything Sponge Bob or Super Hero

Donations may be dropped off during the Christmas in Bedford Falls event on December 12th from 12:00 to 4:00.

Donations may also be dropped off at the chamber office starting TODAY!

Call Gina at (440) 232-0115 to make arrangements.

South Pointe Hospital Now Offering Diabetes Classes In Solon

November, 3, 2009 – Warrensville Heights, Ohio: Diabetes is a serious disease with complications that can lead to heart or kidney disease, stroke, and amputation. It is important that those with the disease properly manage their symptoms and that is why South Pointe Hospital's Diabetes Education Center has expanded their Comprehensive Diabetes Self Management Program to the Cleveland Clinic Solon Family Health Center at 29800 Bainbridge Road, Solon.

Our program, recognized by the American Diabetes Association, is available to outpatients and the community. The program is run by certified diabetes educators, nurses and dietitians. Our goal is to help you maintain a healthy lifestyle and provide quality education.

Enroll by contacting the South Pointe Hospital Diabetes Education Center at (216) 491-7385. Let us provide you with the knowledge and support you need to manage your diabetes.

Meadowbrook Market Square

Santa Claus will be visiting Meadowbrook Market Square on the following Saturdays, November 28th, December 5th, December 12th, and December 19th. Look for him between the hours of 11:00 A.M. and 2:00 P.M. as he visits different merchants and hands out his treats. You can keep up with activities at the shopping center by visiting www.MeadowbrookMarketSquare.com.

Northfield & Rockside Roads in Historic Bedford

NOACC (from page 1)

Make a call to one of the consultants today at Benefits 1 Group at (877) 765-4200 or visit us at <http://www.benefits1group.com/grouprating>. Consultants will assist immediately with your verbal ok to get started with an AC3 form.

Library (from page 6)

handbells, sing-along and even try out the handbells. Set your season with the tintinnabulation of holiday classics old and new!

Cuyahoga County Public Library consistently ranks as one of the nation's ten best and busiest library systems. The Library's mission is to provide the community with open access to resources that inform, enrich, and entertain. Its 28 branches serve 47 communities. For further information, visit cuyahogalibrary.org.

Southeast Branch – Cuyahoga County Public Library
70 Columbus Road · Bedford, OH 44146
(440) 439-4997

Chanel Entrance Exams and Open House

St. Peter Chanel High School will be hosting their Scholarship/Entrance Exams on the following dates:

Sat. October 24, 9:00 A.M. – 12:00 P.M.

Wed. November 11, 6:00 P.M. – 9:00 P.M.

Sat. November 21, 9:00 A.M. – 12:00 P.M.

Sat. December 12 9:00 A.M. – 12:00 P.M.

The cost to take an exam is \$20. Please call Scott Gongos at (440) 232-5900 extension 144 to reserve a seat.

St. Peter Chanel High School will be hosting Open Houses on the following dates:

Wed. October 21, 6:30 P.M. – 8:30 P.M.

Sun. November 15, 12:00 P.M. – 3:00 P.M.

Open Houses are free to attend and do not require a reservation. Refreshments will be served.

Embassy Healthcare Pancake Breakfast

Embassy Healthcare is sponsoring a Veterans Day Pancake Breakfast in the Grande Pavilion on Wednesday, November 11 between 9:30 and 11:00 A.M.

Veterans are no charge.

All others are \$3.00.

Please call (440) 439-1448 to reserve your space.

The Grande Pavilion is at
24613 Broadway Avenue
Oakwood Village, OH 44146



2009 Craft Show!

November 21, 2009, 10:00 A.M. to 5:00 P.M.

480 Northfield Rd., Bedford

Start Your Christmas Shopping Early!

Vendor space available

Contact Parent Association, (440) 232-5900 ext 165

chanelcraftshow@yahoo.com

Night at the Races

Friday, November 20, 2009

Located in St. Peter Chanel Gymnasium

Doors Open at 6:00 P.M.

Contact Jeri DeLuca-Smith (216) 520-1552 or
Karen Kundla (216) 862-2690 for more information

All tickets MUST be purchased in advance~

NO payments accepted at door!

St. Peter Chanel Athletic Boosters

The 3rd Annual ONE NIGHT ONLY!

Saturday, November 28, 2009

Doors open at 6:30 P.M. – Curtain at 7:30 P.M.

Enjoy an evening of music & song performed by a "star studded" cast of Chanel & Lumen Theatre Alumni to benefit the Chanel Theatre Department!

Seating is limited, reserve your seats ASAP!

Outstanding entertainment, FOOD, DRINK & GREAT PRIZES!

Sponsorship Opportunities Available

Contact Jule Kennedy at (440) 232-5900

2009 Board of Directors

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Office Manager



Visit our Website at:

www.bedfordchamberoh.org

Our e-mail address is:

bedfordchamberoh@sbcglobal.net

Bedford Chamber of Commerce November Luncheon Meeting

Wednesday, November 18, 2009

Networking 11:30 A.M. • Lunch 12:00 NOON • Speaker 12:15 P.M.

Catered Elegance • 1160 Broadway Avenue • Bedford, Ohio, 44146

Join us for our November 18 Luncheon Meeting with our guest speaker,
Tom Krysiak from The AmerAssist Corporation.

*AmerAssist: One of the nation's most experienced collection
organizations!*

AmerAssist is one of the most experienced collection organizations
in the nation, serving credit grantors in a broad range of industries.

The Binary Collection Program concept, offered by our Accounts
Receivable Solutions Division, is endorsed by over 100 national trade and
professional associations.

Menu: Main Course –Vegetables – Salad
Rolls – Dessert –Coffee

Reservations are required by Monday, November 16.

Name _____

Company _____

Number Attending _____

Cost: \$15/person (all attendees)

To RSVP: Call (440) 232-0115, fax (440) 232-0521, or
Email: bedfordchamberoh@sbcglobal.net



Bedford Chamber of Commerce
www.bedfordchamberoh.org

Email: bedfordchamberoh@sbcglobal.net

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