

From the Chamber President

In Everything, Give Thanks

My faith has taught me that in all situations, I am to give thanks. As a business professional, I often forget these words. How many times have you dealt with an angry customer, had a proposal to fall through, or landed a big contract, only to see it fall apart? It is difficult to have a grateful attitude when things around us are not going as planned. An interesting observation I have made, however, is that negative people seem to have negative outcomes. As an experiment, the CoC staff and I decided to make a few small changes. For 21 days we made the commitment to each other that we would not complain, criticize, or gossip. In addition to that, each day we wrote down three things we were grateful for. I will

confess, being thankful was a lot easier than being less critical! Nonetheless, we developed an accountability system and began our experiment. We were not prepared for the outcome! Gratitude shifted our focus from what life lacks to the abundance of what life has to offer. Taking a daily inventory of things we were thankful for improved more than our attitudes. It helped reduce stress, improved health, increased productivity, and strengthened personal and professional relationships. WOW! Over the past three months we have continued to take inventory of our “three thankfurs”. At first, it was difficult to think of three things every day. As time passed, however, it became increasingly easier.

Below we have listed a few things to get your brain trained toward grateful thinking:

Smiles • Good food • Education • A Great Book • Music • Pets • Small Things • Life • Time • Beauty • Daylight • Memories • Good Service • Talents • Changes • Job • Opportunites • Nature

As Thanksgiving approaches, we wanted to share this gift to our members by sharing our story. We challenge you to start having a grateful attitude not just at Thanksgiving, but throughout the year. And by the way, you are #1 on my list today of things to be grateful for. Thank you for your investment in the CoC! We appreciate you!



Leah Bolin

Cullman Area Chamber of Commerce

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Community Day - Carolyn Peinhardt Johnson joined the class for a historical walking tour through downtown Cullman. The group also toured the Cullman Museum, Benedictine Sacred Heart Monastery and the Ave Maria Grotto. Thanks to the Youth Advocate Programs for being the breakfast sponsor at this session.

Thank you to our Scholarship sponsors:
Action Environmental, LLC
AK Equipment Rental and Sales, Inc
Carmen Moss DMD
Cullman Internal Medicine
Cullman Regional Medical Center
Cullman Rotary Club
Heritage Diagnostic Center
Webb Wheel Products, Inc.
To sponsor a student contact
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Chamber helped to celebrate growth in the Cullman area



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Nominate your favorite small business today

The Retail Committee of the Cullman Area Chamber of Commerce is proud to provide special recognition to our small business community by presenting one (1) monthly recognition award and one (1) yearly award. Monthly award winners will be considered the nominees for the yearly recognition award to be presented at the Cullman Area Chamber of Commerce Annual Meeting held each February. Visit CullmanChamber.org to show some love to your favorite business.

Nov. 30 - Small Business Saturday

SHOP SMALL

Small-business owners practice what they preach when it comes to supporting their local communities. According to the latest findings (April 26, 2013) of the American Express OPEN Small Business Monitor, 70 percent of entrepreneurs say they purchase and source goods and services from other small businesses. Almost all (96 percent) small businesses are committed to supporting their local communities through different activities, such as donating to local causes (70 percent) and participating in community projects (49 percent). Additionally, 83 percent "shop small" (shop at independently-

owned businesses in their neighborhoods) for purchases unrelated to their businesses.

"We should all draw inspiration from small businesses that remain steadfast optimists and loyal contributors to local communities and causes despite an economic environment that remains uncertain," says Susan Sobott, president of American Express OPEN. "Adversity is nothing new to the vast majority of entrepreneurs, and our research shows that while they have concerns about the near future, they have learned a great deal from recent trials and are better positioned to grow in the long term."

<https://www.openforum.com>

Christmas in the Cullman area

As we approach the Christmas season, all of Cullman County will be bustling with activities of the season. Please be sure to check the Chamber's event calendar online at www.CullmanChamber.org regularly so you don't miss out on these great specials and events.

If your business will be offering specials, events or a way for the community to "GIVE BACK" during the holidays, please be sure to send a link to the Chamber so that we can post it on our facebook page and our calendar of events. Email your information to info@cullmanchamber.org.



Please bring your new, unwrapped items to the Chamber by December 20.

ALL DONATIONS GO TO CULLMAN AREA FAMILIES IN NEED

Toys for Children - Clothing
General Needs

CoC Window Display Contest

The Christmas in Lights Window Decorating Contest, will light up our shopping districts to encourage exceptional storefront window displays county-wide.

The objective is to recognize businesses that enhance the city's shopping and dining experience. The Christmas in Lights Window Display Contest encourages businesses to create a festive winter holiday atmosphere by decorating the exterior of their storefronts with holiday lighting.

This program is open to all businesses. The window display will be judged on **Friday, November 8.**

There will be a \$100.00 prize for the winner of each of the following categories: 1. Best retail store, 2. Best restaurant, and 3. Best office building. The city has a wonderful variety of businesses, big and small, which are essential to driving our local economy and the local shopping experience. The Chamber's Retail committee members want to highlight those businesses that are going the extra mile to attract shoppers and visitors.

You may download the application form by going to cullmanchamber.org website. The form is listed under the member center at the bottom of the Chamber homepage.

HEALTH CARE
Professional of the Year
Nominations Due
CullmanChamber.org



CULLMAN COUNTY
LEADERSHIP SESSION
NOV. 21, 2013
"CRIMINAL JUSTICE"

Merchants Bank
of Alabama

Thank you to our Lunch Sponsor:
BARKLEY PLUMBING

CASH MOB YOUR MISSION:

TARGET: Fallalery

1426 4th Street SW, Cullman, AL 35055
November 5th 11:30AM

When you shop at a Chamber Member business stop by the Chamber for **FREE Gift Wrapping***

NOVEMBER 9TH 10AM to 3PM 301 2nd Avenue SW Cullman, AL

KIDS: GET YOUR PICTURE TAKEN WITH "BUDDY THE ELF"

*While Supplies Last

Join us at the Chamber on December 5 to "Feed" a couple of great causes

Art After Hours SILENT AUCTION
Chamber for Charities | Cullman Area Chamber of Commerce

December 5 5:30pm to 7pm

50% of proceeds go to local charities and 50% to local artists
PICTURES, DRAWINGS, MIXED MEDIA, SCULPTURES.....AND SO MUCH MORE!

JOIN US! ----- REGISTER AT WWW.CULLMANCHAMBER.ORG

CULLMAN Chrysler-Dodge-Jeep-Ram

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Happy Thanksgiving

Thanksgiving is a time to reflect on the things for which we're truly grateful. At Edward Jones, we're thankful to serve our clients and our community. During this holiday season and every day, we wish you all the very best.



Ron Mann, AAMS®
Financial Advisor

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