

A monthly publication of the RiverBend Growth Association...
Your Regional Chamber of Commerce and Economic Development Agency



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RiverBend Growth Association
5800 Godfrey Road - BGM
6722 Godfrey Road
Godfrey IL 62035
(618) 467-2280

Business After Hours

The RBGA would like to thank everyone that attended Business After Hours. A special thanks to our co-hosts for helping put on an amazing event.



-1st MidAmerica Credit Union



-Alton Parks & Recreation



-Cedarhurst of Bethalto



-Express Employment Professionals



-Robert Chick Fritz



-Rolling Hills Golf Course
-Spencer T. Olin Golf Course

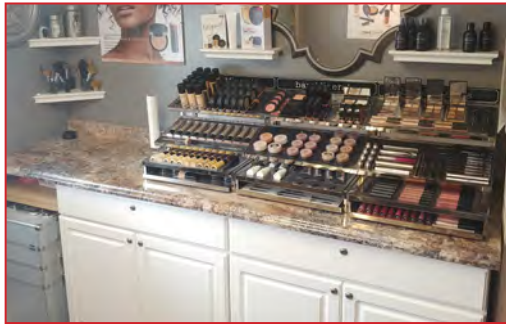
Congratulations Bliss for being RBGA's August Small Business of the Month Winner

Bliss Salon & Spa, in Godfrey, has been named August's Small Business of the Month! Bliss offers salon services such as: hair, massage, skin care, hair extensions, and permanent cosmetics. They are also the only dealer in the Riverbend area to carry Bare Minerals makeup and skincare. Along with those services, if you are losing your hair due to cancer treatment you are eligible

for one free wig from your American Cancer Society. The stylists at Bliss are available to cut and style the wig during your fitting, if desired, at no charge. Appointments are required.

To contact Bliss Salon & Spa, call 618-374-6292. They are located at 3047 Godfrey Rd. Godfrey, IL 62035. Their hours are: Tuesday through Thursday from 10AM-7PM,

Friday 9AM-5PM, and Saturday 9AM-3PM. Gift certificates are



available.

Website: <http://beblissbeautiful.com/>

Facebook: https://www.facebook.com/beblissbeautiful/?ref=br_rs



PODCAST available at <http://www.growthassociation.com/page/lets-talk/>



Watch this month's video presentation <http://www.growthassociation.com/page/event-videos/>

RBGA Members Met their Match at Breakfast Connections

A successful Breakfast Connections was held at Best Western Premier as RBGA members networked with an engaging activity, "Meet Your Match".

This activity helped members comfortably meet others at the event by using their business card which turned the room into a bridge for business

relationships.

The RBGA thanks everyone for attending and participating. **We hope to see you for our Total Networking Luncheon that will be held on September 19th at Bluff City Grill.**



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Roberts Motors

Rob Schwartz, Chairman Elect
TheBANK of Edwardsville

Augie Wuellner, Past Chairman
Alton Securities & Asset
Advisors

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Scheffel Boyle

Lori Artis
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College

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Simmons Hanly Conroy

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Phillips 66 Wood River Refinery

Brad Goacher
Alton Memorial Hospital

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Health Center

Pam Heepke
Raifort Commerce Park

Jennifer Jackson
Helmkamp Construction Co.

Tim Kuebrich
Lake Drive Logistics

Eric McRoy
Advantage News

Alan Meyer
1st MidAmerica Credit Union

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St. Louis Regional Airport

Stephanie Monroe
Riverbend Chiropractic Center

Scott Reichmann
BarberMurphy Group

Don Retzlaff
Argosy Casino Alton

Dan St. Peters
St. Peters Hardware & Rental

Terry Shewmake
IBEW Local 649

Jim Shrader
The Telegraph

Cindy Smalley
Cope Plastics

Sam Stemm
WBGZ/AltonDailyNews.com

Dave Stevenson
Quality Buick GMC Cadillac

Steve Thompson
Carrollton Bank

Dwight Werts
Werts Welding & Tank Service

Karen Wilson
State Farm Insurance

Denise Wolff
Berkshire Hathaway Home
Services Elite Properties

Jess Woodman
Woodman Collision Center

Welcome our newest members to the RiverBend Growth Association

Bee Sure Home Inspections

Kent Hake Owner
313 E Third Street
Alton IL 62002
(618) 477-4780
beesurehomeinspections.com



Buying a home or business is the largest financial investment most people make in their lifetime. Bee Sure Home Inspections can help you make the most informed decision possible when you're considering the purchase of a property. "Don't get stung--call Bee Sure!"

CBD Shop

David Palatnik Owner
2801 Homer Adams Parkway
Alton IL 62002-4856
(314) 562-3113
cbdkratomshops.com/st-louis/

Olin Brass

Stephanie Garvey Director of Human Resources
305 Lewis and Clark Blvd.
East Alton IL 62024-1177
(618) 258-5042



olinbrass.com

In July, 1892, Franklin W. Olin founded the equitable Powder Company on 300 acre in East Alton, IL the same site where 20 years later he would build the Brass Mill that remains the centerpiece of Global Brass and Copper d/b/a Olin Brass today. Olin Brass is a leading manufacturer, fabricator and converter of non-ferrous products, including sheet, strip, foil, tube and fabricated components in North America. The Olin Brass Mill Products produce 60 distinct alloys at the E. Alton Brass Mill, turning out up to a million pounds or more of finished coil every working day, and employs approximately 920 people. Olin Brass's products are used in five primary markets: building and housing,

munitions, automotive, coinage, and electronics/electrical components.

Rim Recon+

Jason Arrowsmith Owner
2301 East Broadway
Alton IL 62002-6669
(618) 420-6492
www.rimrecon.com

RBGA Upcoming Events



Wednesday
September 12, 2018

Riverbend Economic Issues
Post Commons



Wednesday
September 19, 2018

Total Networking Luncheon
Bluff City Grill



Wednesday
October 17, 2018

Breakfast Connections
Best Western Premier

Visit our website calendar for event details.
www.GrowthAssociation.com

AMBASSADOR Q & A



Kathy Weaver

Where do you work?

Investment Planners, Inc.

About how long have you been an ambassador?

3 years

What's your favorite Riverbend restaurant?

Castelli's

Where do you like to visit for vacation?

Destin, FL

Name one of your most important leadership skills.

time management

What do you like most about your job?

Helping my clients reach their financial goals

What are your hobbies?

Gardening and canning

What is your favorite sport to watch?

baseball

What is one of the things on your bucket list?

I want to go to New York and visit Wall Street



Denise Wolff

Where do you work?

Berkshire Hathaway HomeServices Elite Properties

About how long have you been an ambassador?

Since 2006

What's your favorite Riverbend restaurant?

Too many to name

Where do you like to visit for vacation?

Southwest FL

Name one of your most important leadership skills.

Patience listener

What do you like most about your job?

The variety of duties and helping our team

What are your hobbies?

Gardening and baking

If you were stranded on a desert island, what three things would you bring?

Hubby, good music, good food

What is your favorite sport to watch?

Baseball



Maura Wuellner

Where do you work?

United Way

About how long have you been an ambassador?

Four years

What's your favorite Riverbend restaurant?

It's hard to just name one, but I'd have to say that Gentelin's is my favorite

Where do you like to visit for vacation?

Anywhere in Europe

Name one of your most important leadership skills.

Listening

What do you like most about your job?

The opportunity to make a difference in people's lives and knowing that my efforts have helped people when times are tough

What are your hobbies?

I love to read

If you were stranded on a desert island, what three things would you bring?

My kindle that will be miraculously solar charged, sunscreen, and wine to accompany my vegetable and seafood diet

What one sentence would you like to hear from your boss?

Amazing job

WOMEN'S SEMINAR 2018

The RBGA staff and Women's Seminar Planning Committee would like to thank everyone that helped make this year's event possible:

- Our RiverBend Spokeswomen
- Our RiverBend sponsors
- Our RiverBend attendees

This year was a huge success and we are already looking forward to next year. Stay tuned for a Save the Date!

Event photo album can be viewed at https://www.facebook.com/pg/RiverBendGrowthAssociationIL/photos/?ref=page_internal



#OURRIVERBEND

TITLE SPONSOR

KAREN WILSON



LEADERSHIP SPONSOR

- Alton Memorial Hospital
- Claywell Asset Management
- Midwest Members Credit Union
- OSF HealthCare Saint Anthony's Health Center

COMMUNITY SPONSOR

- 1st MidAmerica Credit Union
- Challenge Unlimited, Inc.

- Missouri Baptist University
- Raifort Commerce Park
- River Bend Chiropractic - Dr. Stephanie Monroe
- Riverbend Family Ministries
- Simmons Hanly Conroy
- St. Peters Hardware & Rental
- TheBANK of Edwardsville

BUSINESS (BOOTH) SPONSOR

- Alton Physical Therapy
- Altonized Comm. Federal Credit Union
- Bliss Salon & Spa
- State Representative Monica Bristow
- Community Hope Center
- George's Photography
- Integrity Healthcare of Godfrey
- Kuddes Advertising Specialties

- Marathon Pipe Line LLC
- Nautilus Fitness Center

MENTOR SPONSOR

- 1st MidAmerica Credit Union
- Advantage News
- Arrow Signs & Outdoor Advertising
- Bemis, Dr. Frank C., & Associates, Chiropractor
- Best Western Premier
- Bickle Electric Contracting Co., Inc.
- Cedarhurst of Bethalto
- Challenge Unlimited, Inc.
- Gent Funeral Home, Inc.
- Great Rivers Tap & Grill
- Helmkamp Construction Co.
- Old Bakery Beer Company
- Rosewood Care Center
- Scott Credit Union

Your Fitness Path with Functional Fitness Images

Chad Campbell has been on his own fitness path since high school. From playing just about every sport in high school that had a uniform to receiving his Certificate of Personal Trainer in 2010. His journey did not happen without setback and struggles, but he was able to discover himself and learned that it is not something you do with a deadline, but instead a way of life you must choose to commit.

Early this year in January Chad opened Functional Fitness Images. It is his mission to help others in their fitness journey. Through his own fitness journey, Chad fully believes in a having experienced mentors; those people who have achieved success in their lives and are willing to teach others how to properly create a realistic plan. He was able to learn about exercise mechanics, program designs, and that nutrition was just as, if not more than, important for all of it from his mentors. Now at Functional Fitness Images, he wants to mentor others and teach them the important information needed for their own fitness journey.

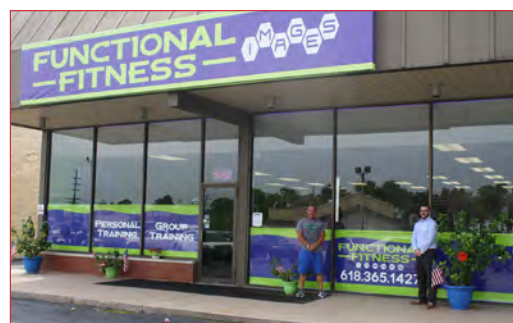
Right now Functional Fitness Images is in the process to work with a Titleist Performance Institute certified golf instructor that would not only help players with their game but help them learn what part of their body they need to work out in order to improve their golf game. There will be a television, a laptop, a tablet, a simulator, and other technology that will allow them to do this. It will tell the golfer more about their swinging posture, their rotation, and if they are putting too much weight on a certain foot as well as other things. "Chad's use of technology to

open up new opportunities to serve clients is proof of his desire to help all achieve their physical fitness goals. It also shows his entrepreneurial spirit to expand his horizons," said John Keller, President of the RiverBend Growth Association. This will allow Chad to know what specific exercises the golfer needs in order to improve. Functional Fitness Images plans to use this info and create a specialized workout package for the person. They will focus on certain things at a time, and break them into increments and sessions. "The new golf tech is an excellent addition to Functional Fitness Images. I am looking forward to trying out the system," remarked Adam Stutz from WBGZ, and an ambassador for the RiverBend Growth Association.

Functional Fitness Images also focuses on group exercise. They set up two "lanes" for people to complete certain exercises. After completing these a couple times you move onto the next "lane" that has different exercises. They focus on low-impact, full body exercises that depends on the skill level of the group. Functional Fitness Images believes in working out safely; they focus on not allowing anyone to exhaust and injure themselves. This truly is a place where anyone, no matter where they are on their fitness journey, to come and get the workout they need.

As a proud member of the Riverbend community, Chad believes in helping those in need. Early this year Functional Fitness Images raised \$600 and donated two full SUV's full of clothes and non-perishable foods to Oasis Women's Center. The day of the event 18 people came to the group workout and donated, but

throughout the week more and more people came to donate to the Oasis Women's Center. They also do a Thanksgiving Day early morning group workout where they gather non-perishable food items to donate to the Oasis Women's Center. Along with the Oasis, Functional Fitness Images also is involved with the Boys and Girls Club of Alton's Annual Golf Tournament, Alton Area Animal Aid Association (5A's), and the Metro East Humane Society. Functional Fitness Images also carries IDLife products which offer a wide range of products to support your health and wellness plans. Some of their products include IDLife HYDRATE which is like Gatorade but with no grams of sugar and only 10 calories. If you would like to learn more about these products visit functionalfitnessimages.idlife.com.



Owner Chad Campbell is pictured with Adam Stutz, RBGA Ambassador.



A workout room at Functional Fitness Images

Functional Fitness Images

Chad Campbell
functionalfitnessimages.com
618-365-1427
like their page on Facebook

Mondays

5 AM Group Training
6:30 PM Functional Group Training

Tuesdays and Thursdays

6 AM suspension training
6:30 PM Group Class

Wednesdays

6:30 PM Functional Group Training

Fridays

5 AM Group Training

Saturdays

8 AM Group Training

All these classes are \$5 drop-in except on Saturdays when it is \$10.

For more information on personal training contact Functional Fitness Images.

The RiverBend Growth Association supports Functional Fitness Images and its members by offering a Showcase to member businesses. Please visit <http://www.growthassociation.com/page/member-benefits> if you would like to know more about this member benefit.

RBGA Members IN THE NEWS

OSF HealthCare Named Best Employer in Illinois by Forbes

OSF HealthCare has been named one of the best employers in the country for 2018 by *Forbes* magazine, and was the highest ranked Illinois-based company earning the distinction.

OSF HealthCare is ranked 46th out of 500 large companies (those with 5,000+ employees). The Peoria, Illinois-based integrated health system is owned and operated by The Sisters of the Third Order of St. Francis. OSF HealthCare employs nearly 21,000 Mission Partners (employees) in 126 locations, including 13 hospitals throughout Illinois and Michigan.

“Being recognized as number one in a state as large as Illinois with as many fine organizations is really quite rewarding,” said Bob Sehring, CEO, OSF HealthCare. “Being recognized by a national magazine such as *Forbes* really is confirmation of all of the hard work of our supervisors, managers, directors, VPs and above who really work every day in connecting with our Mission Partners to ensure that they are well connected to the Mission, to the work that’s at hand, that we communicate with them about strategy. So really it is a wonderful confirmation of all of the impact that that hard work has had.”

To come up with the list, *Forbes* partners with market research company Statista to identify the companies liked best by employees. Statista surveys 30,000 Americans working for companies with

at least 1,000 employees. The surveys are anonymous and ask respondents to rank how likely they would be to recommend their employer to others on a scale of zero to 10. They were also able to nominate organizations in industries outside their own. The final list ranks the 500 large and midsize (1,000-5,000 employees) that receive the most recommendations.

OSF was the top Illinois employer out of the 33 that made the list. All but three were from the Chicago area. OSF HealthCare was the fifth highest ranked healthcare provider out of 25 that made the list.

CEO Bob Sehring hopes people see the recognition as testament to the efforts by OSF HealthCare employees to engage the communities it has been called to serve in transforming healthcare.

“We are, as an organization, we spread far and wide within Illinois but also up to Escanaba, Michigan. That is one of the particular challenges for organizations of our size is how do you communicate across that broad-spectrum, how do you communicate from inpatient to ambulatory to home care. And how do you connect it, not only to engaging the Mission Partners which is vitally important, but also to patient satisfaction. And, again, our Mission Partners across those broad communities really have just done a wonderful job in both areas.”

Cork Tree Creative, Inc. Receives Multiple Awards for Metro-East Marketing Initiative and Design

Cork Tree Creative, Inc., an integrated marketing and public relations firm located in downtown Edwardsville announced it was awarded two Communicator Awards of Distinction for an integrated campaign and outdoor advertising and an APEX Award of Excellence in the Special Purpose Campaigns, Programs and Plans category. The awards were given for the work the firm has done on the Get to Know m.e. campaign, a regional campaign aimed at raising awareness of the Metro-East.

The Communicator Awards honor creative excellence among communications professionals and agencies. The yearly competition receives countless submissions each year from across the globe and is judged by the Academy of Interactive and Visual Arts.

APEX stands for the Annual Awards for Publication Excellence Competition. The competition recognizes excellence and is sponsored by Communications Concepts, Inc. – a consulting and education agency for communications professionals.

“A lot has changed over the years, but our commitment to our clients certainly has not. We are proud to be recognized for our work on the Get to



Know m.e. campaign,” shared Jan Carpenter, co-owner of Cork Tree Creative. “We are lucky to work with a campaign that improves the perception of the Metro East area. We all know how amazing this area is so it is rewarding to be a part of something that helps shine a spotlight on the Metro-East and all it has to offer families and businesses.”

“Get to Know m.e. – The Metro-East. I live here. I love it” campaign was created to bring the Metro-East communities together, embracing the people who live and work here and the many attractions that we all share and enjoy. It also showcases the many attractions and lifestyle the Metro-East has to offer for those who live outside of this area. To stay up-to-date on the campaign’s projects and what is happening in the Metro-East, you can follow Get to know

UPCOMING RIBBON CUTTINGS

September 13 | 6:00 p.m.
Tucker's Automotive & Tire
124 Northport Drive, Alton
62002



September 27 | 11:00 a.m.
**Madison County Child
Advocacy Center**
101 E. Edwardsville Rd, Wood River 62095

October 5 | 4:00 p.m.
State Farm Steve Tassinari
2709 Godfrey Road, Godfrey 62035

All members are invited!

UPCOMING EVENT



SAVE THE DATE

Thursday
October 25, 2018
LCCC Commons

Resources Smart Owners Use To Build Their Businesses

Today even well-established business owners are exploring new resources and practices to endure these challenging times. Increasingly, they are seeking business coaches and consultants to shed new light on the challenges they face.

Successful business owners are securing the services of business coaches and consultants and are willing to:

- Take off the rose-colored glasses and see the company as it actually is.
- Recognize their role or lack of role in the present condition of the company.
- Recognize that they don't know everything, and be willing to implement new techniques and ideas even if they are uncomfortable.
- Invest in ongoing professional training for themselves and their employees.

Business Coach

Business owners rarely receive enough candid feedback or they are told what they expect to hear instead of what they need to hear. Coaching is a proven, effective process that helps business owners move to the next level of success. Based on assessment, feedback and ongoing support, this process revitalizes and re-energizes individuals.

Benefits:

- Objective, reliable insights about personal and professional strengths and improvement opportunities.

- Offers innovative, practical techniques and solutions to maintain viable and profitable businesses.
- Opportunity to adapt to new responsibilities reduces destructive behaviors, enhance teamwork and support organizational changes.

Business Consultant

The right business consultant with the right expertise can save money and time in the long term by helping streamline operations, cut costs, negotiate better deals with vendors and improve company morale. Hiring a consultant is something to consider when making a large purchase decision; creating buzz around a product release or other event; or even performing damage control around negative social media PR, an unfortunate mishap or customer complaints.

Remember that hiring a consultant or coach will not be a quick fix but rather a long-term investment in your business and professional and personal development.

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Richard J. Avdoian, is the Founder & CEO of Midwest Business Institute, Inc. a business coaching and consulting firm located in Metro St. Louis. Richard works with businesses committed to training and retaining highly motivated productive employees. Richard can be reached at Richard@RichardAvdoian.com