KEEPING YOUR BODY HEALTHY FOR BUSINESS

Speaker: UChicago Medicine/Ingalls Memorial Orthopaedic Surgeon

Devoted to the prevention, diagnosis, and treatment of disorders of the bones, joints, ligaments, tendons and muscles explains why being well informed about your body is critical to you and your business.

THURSDAY, OCTOBER 24, 2019

11:30 a.m. - 1:00 p.m.
South Holland Community Center
501 E. 170th Street
South Holland, IL 60473

SPONSOR:
UChicago Medicine/Ingalls Memorial

CATERER: Kirk’s BBQ

Register Online Today!
Please contact Blevian at 708-596-0065 or info@shba.org for more information
Members $10    Non-Members $15
IF YOU WANT TO BECOME A MEMBER OF SHBA, PLEASE VISIT WWW.SHBA.ORG AND COMPLETE OUR MEMBERSHIP APPLICATION OR CALL BLEVIAN AT (708) 596-0065 FOR MORE INFORMATION.

UPCOMING EVENTS

- **Shape Up with SHBA Networking Event**, Wednesday, November 5, 2019, 7:30 a.m. to 9:00 a.m., South Holland Community Center (SHCC), 501 East 170th Street, South Holland. Come build business relationships while you build your body as you walk around the SHCC indoor walking track. Free admission and feel free to bring a guest.

- **SHBA and the South Holland Public Library** Workshops Details coming soon. We will keep you posted.

- **SHBA’S ANNUAL HOLIDAY PARTY** Friday, December 13th, 2019 at Glenwoodie located 19301 S. State Street, Glenwood, Illinois from 11:30 am to 2:00 pm. Save the Date and bring a Toy!

- **BOSS TALK AUDIO INTERVIEWS**: Listen to the following informative and interesting BOSS Talk (Business Opportunity Success Story) interviews conducted by Tim Prentiss by visiting our website www.shba.org/boss-talk: Abbott’s Printing, Animated Manufacturing, Anytime Fitness, Ashley Medical Supply, BarTech Group, Blueberry Field, Burrows Photography, Calvin Christian School, Carl Buddig & Company, Force Energy Group, Holland Home, Kirk’s BBQ, Lakar Enterprise, MB Financial Bank, Property Tax Reductions, Ramirez Law Office, Roeda Signs, South Suburban College, The Insurance Exchange, Unity Christian Academy, WDB Marketing, Xtreme Kustoms Wheels

JOIN OUR TEXT CLUB: STAY IN THE LOOP WITH WHAT IS GOING ON! TEXT SHBA TO 28748

Have your business’s news and updates featured here! Contact info@SHBA.org for more details.

MEMBERS IN THE NEWS

Featured in Crain’s Chicago Business

“Freight sector flashes warning signs.”
This article features our sponsor Azmi Kiswani, of Kiswani National.

“Is this deli-meat maker eating Oscar Mayer's lunch?”
This article features our member Carl Buddig

“Three more banks pump millions into South and West side small-biz push”
This article features our sponsor Providence Bank.

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Family events, Golf Outings, Special Events & More!
South Suburban College officially received its full accreditation for the maximum period of ten years from the Higher Learning Commission (HLC). Ron Kawanna, Associate Vice President of Accreditation and Institutional Effectiveness, delivered the news to the Board of Trustees in a presentation at the college’s September Board Meeting.

“The 10-year reaccreditation is a testament to the high level of professionalism of everyone at the college,” said Chairman Frank M. Zuccarelli. “Everyone came together and worked hard during the self-study process, and I congratulate you.” This reaccreditation marks Zuccarelli’s fourth during his tenure serving on the Board.

The Higher Learning Commission (HLC) is an independent corporation that was founded in 1895 as one of six regional institutional accreditors in the United States. HLC accredits degree-granting post-secondary educational institutions in the North Central region, which includes Illinois and 18 other states. HLC accreditation is a critical component for credentialing degrees and transferable college credit.

SSC’s new Executive Leadership Team led by Dr. Lynette D. Stokes, President, in partnership with the Board of Trustees, led the reaccreditation process with the HLC’s Institutional Actions Council (IAC) culminating with a site visit in March. IAC confirmed in a letter to the college announcing the “maximum Reaffirmation of Accreditation of South Suburban College through fiscal year 2028.”

“It is with much enthusiasm that we announce our reaccreditation success,” said President Stokes. “A big thank you to faculty, staff and administrators who worked tirelessly to write the HLC report and provide evidence of compliance, and special thank you to our students for participating in the open forum and focus group session. We appreciate their candid conversations and recommendations of how to move SSC closer to becoming the premier institution of higher learning in the Southland community.”
POLARIS - TIPS FOR MANAGING YOUR HOLIDAY SPENDING

Like almost everything else these days, the holidays have become a barrage of options and choices, with nearly limitless opportunities to overspend. Here are some tips to help you make sure your family's spending remains in check this holiday season.

Develop a spending strategy

First and foremost, develop a budget. Involving family members will help you establish and maintain realistic expectations at the outset. Remember to include not just gifts, but also holiday meals and parties, travel, greeting cards and stamps, gift wrap, decorations, and any other category you deem necessary. This is also a good time to commit to using cash or charging no more than you can pay off in one month.

Next, devise a method of tracking all your purchases, receipts, gift recipients, and the locations of hidden gifts that you might otherwise forget about. This will make life easier as the chaos ramps up.

Review your credit cards to see if you have any perks. Could you use earned points for travel, or cash-back and gift card rewards to help defray costs?

Track down old gift cards and put them to use now. If you think you'll never use them, trade them in for cash on a discounted gift card website. There, you can sell your old cards and even buy new e-gift cards at a discounted rate, which you can then give as gifts or use for your own purchases.

Put technology to work for you. You can find apps that offer cash back if you shop online; alert you to online coupons available at nearby stores; round up your purchases to the nearest dollar and put the difference into a savings account; and track your online purchases, scan other stores for better prices, and then automatically email the original stores on your behalf to take advantage of the price-match guarantees. There are myriad options available, so be sure to check reviews and privacy/security measures before downloading.

Think creatively

Gifts. Take time to carefully scan all promotional materials before you head out the door or open a browser, because great deals are often available for limited periods of time. For example, some stores have offered generous gift cards in exchange for buying certain products on Black Friday.

Consider giving experiences rather than gifts, which happiness experts say could lead to more sustained levels of well-being. In fact, you may find that you'll spend less overall by giving one or two memorable experiences instead of the usual pile of items.

Create meaningful yet inexpensive gifts, such as photo books, calendars, and family recipe books, using online apps and services. This idea is especially appropriate for gifts from children to older family members.

For larger or extended families, make a game out of gift giving. Consider a "Yankee swap," or implement a gift exchange, where everyone is randomly assigned a person for whom they buy one special gift. Or consider having the entire family chip in a certain amount per person and donating to a favorite charity or sponsoring another family in need.

Food. Nonperishable holiday-related goods typically go on sale in late fall, so plan ahead and stock up. Also keep an eye out for specials; for example, some grocery stores offer a free turkey around Thanksgiving when you spend a certain amount on groceries.

Party planning, decorations, gift wrap. Consider buying the bulk of these supplies at deep-discount stores and splurging on a few special highlight items, such as napkins with an elaborate design, centerpieces of fresh flowers, or fancy bows. If you live in an area where evergreens, autumn berries, and pine cones are plentiful, take advantage of this potentially sophisticated, yet completely free, decor. Or create even more memories by hosting an ornament-making party. Use old costume jewelry or other items to make ornaments and decorations with sentimental value.

Travel. During one of the busiest travel times of the year, deals can be hard to find. Here are some tips:

• Be flexible. If you can postpone your celebration until after the holidays, you may be able to save substantially on travel costs. (You can also shop the post-holiday sales for gifts!)
• Avoid airline baggage fees by using carry-on luggage.
• Use fare-tracking apps to find the best deals.
• Cost-compare alternative modes of travel, such as train and ridesharing.

It's never too early to start saving

Finally, get a jump on next year's festivities by stocking up on supplies during post-holiday sales, opening a savings account with a goal of saving at least as much as you spend this year, and shopping as early as possible to spread spending throughout the year.

Submitted by Eric Grant, Managing Partner, Polaris
2019 Finds Roeda Inc Rockin’ around the Clock!

The South Holland Business Association (SHBA) was delighted to join in the celebration at Roeda Inc’s swinging Open House event on September 20, 2019. We were sad when Roeda left its South Holland location, but we were very impressed by its much larger and swankier new facility in Lynwood, Illinois. Roeda has been a proud member of SHBA for many years and has been involved in various events throughout the community. We were pleased that we were able to support Roeda in this new and exciting chapter and we wish them well. Check out Roeda’s summary and pictures from the event below.

“We started with a few, but now we are many.” A proud sentiment the late Neil Roeda would have felt regarding his sons and grandsons thriving business, Roeda Inc. Neil began Roeda Signs back in 1954, and after handing the reigns to his boys, this company is still going strong; recently celebrating their 65th year in business.

To commemorate this joyous occasion, the Roeda clan threw open the doors of their newly acquired facility to friends, family and patrons with a 1950’s themed celebration! Over 200 people joined in the fun enjoying “Roeda Soda’s”, i.e. old fashioned root beer floats, burgers and dogs hot off the grill, complete with the golden oldies playing in the background. There was even a beautiful 1957 Chevy on display reminding everyone of happier days!

Roeda employees served as tour guides providing walks through the new building showcasing the multiple range of digital, sign, film and screenprinting equipment used to create their amazing products. For a good laugh the new Roeda Film Studio entertained one and all with Slow-Mo videos of everyone who attended. (Link below)

ROEDA would like a special shout out to: SHBA, Service Sanitation - “Jingle Johns”, Flexcon, Crown Brewing Company and Here magazine (a ROEDAfilms customer) (Link below) for helping to make the night a success! So congratulations Roeda Inc., here’s to 65 more years of success! Neil would be proud.

If you would like to see more of what ROEDA can do for you, or interested in the links above then please follow the links below:

www.ROEDA.com
https://vimeo.com/362109862 (slow-mo video)
http://readheremag.com/blog-detail/inclusion-and-the-80s (HERE Magazine)
IS THE BUSINESS KEEPING THE PROMISES YOU MAKE?

BY LARRY GALLER
www.larrygaller.com | larry@larrygaller.com

A business makes many promises. Some, like guarantees, are stated on paper. Others are implied in the Mission, Vision and Values statements. No matter whether stated or implied, you do make promises to customers, owners, vendors, staff, and communities. The manner in which a company makes good on its promises will often determine the level of success it enjoys.

A company makes promises to its customers. It promises that it will deliver quality products and services at a value commensurate with the level of quality and service. It promises that it will rectify errors. It promises timeliness. If the company doesn’t deliver on these promises to its customers, they will leave.

A company promises the staff a reliable, competitive paycheck and a safe, healthy, sanitary working environment. It promises a level of fairness and respect. It may make other promises in the form of the possibility of career advancement and other various benefits. If the company doesn’t deliver on these promises it will have a high level of turnover, which causes inexperienced people making errors (this causes the company to not be able to deliver on promises made to customers) and extraordinary hiring and training expenses.

A company promises its owner(s) a reasonable return on investment and the satisfaction that comes from the creation and ownership processes.

A company promises its suppliers payment within terms and integrity in dealing with problems.

A company promises its community the payment of appropriate taxes and a level of support.

Is your company keeping its promises?

This “Promise Concept” is something you might never think of in this manner, so take a couple of moments and create a “Promise Check List” to determine whether your business is keeping its promises. Ask what promises you have made, either implied or stated, and answer whether you are keeping them.

If your company is keeping those promises, I congratulate you. My guess is that the people and institutions the business makes promises to respect your business and refer potential clients to you. But if you are falling short, work to better deliver on your promises. Your business will improve because of the promises you keep.
Welcome New Members!

Nothing Bundt Cake - (Oak Lawn)
Christ Our Savior - (South Holland)
Polaris - (South Holland)
Senses to Soul School of Music - (South Holland)
Divinity Luxe Beauty Bar - (South Holland)
Glitz Fix Waxing - (South Holland)
Andy’s Hotdogs - (South Holland)
ADP - (Chicago)
Tilly’s Pit & Pub - (Calumet City)
Seafood Junction - (South Holland)
1st Generation Life
Dynamic Wrecking - (South Holland)
Daisey’s Cafe - (South Holland)
AAA Freight, Inc.
Global Gen Group
Home Transformers for Christ

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SHBA members are encouraged to contribute articles to the Intercom
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