

North Royalton Chamber of Commerce Newsletter



January 2010

A Community Business-Minded Organization

Issue 1

YMCA CEO to speak at January Breakfast

Glenn Haley, President and Chief Executive Officer of the YMCA of Greater Cleveland, will be the speaker at the Chamber of Commerce first meeting of the new year, which will be a breakfast meeting on Wednesday, January 20, 2010, 8 a.m. at Flair Restaurant, 12841 State Road.

Mr. Haley will be discussing the history

of the YMCA of Greater Cleveland, the proposed North Royalton Family YMCA project and the capital campaign associated with that project.

The YMCA is a nonprofit agency dedicated to serving the human needs of the Greater Cleveland community by providing quality programs and services that

promote Christian principles, lifelong personal growth and the balanced development of spirit mind and body.

To make a reservation for the January 20th breakfast, please call the Chamber office at 440-237-6180. Cost of the luncheon is \$12 for members and \$15 for non-members.

Start off the new year by watching your weight at work

A daily trip to the vending machine – for many of us, this provides a much needed break in our work day. But, this routine ritual can cause you to pack on the pounds. Here are 20 smart snacks that are about 100 calories each. Grab one of these the next time you have a snack attack.

1. Half an apple with 2 teaspoons of peanut butter
2. An orange and a few dry-roasted nuts
3. 10 cashew nuts
4. 10 almonds
5. 2 ounces of lean roast beef
6. Half a small avocado
7. 3 ounces cooked whole-grain noodles with 1 fresh tomato and 1/2 ounce hard cheese
8. 1 seven-grain Belgian waffle
9. 4 mini rice cakes with 2 tablespoons low-fat cottage cheese
10. 3 ounces low-fat cottage cheese and 3 whole-wheat crackers
11. 1/4 cup fat-free ranch dressing with mixed raw veggies
12. 6 wheat crackers with 2 teaspoons of peanut butter (or any nut butter)
13. 1 small baked potato with 1/2 cup salsa and 2 tablespoons of fat-free sour cream
14. 1/3 cup of unsweetened applesauce

with 1 slice of whole-wheat toast, cut into 4 strips for dunking

15. 1/2 cup frozen orange juice, eaten as sorbet
16. • 2 large graham cracker squares with 1 teaspoon peanut butter
17. 3 handfuls of unbuttered popcorn, seasoned with herbs
18. 4-6 ounces of no-fat or low-fat yogurt
19. A 5-ounce tossed salad with lettuce, tomato, cucumber and 1/4 cup fat-free dressing
20. Half a “finger” of string cheese with 4 whole-wheat crackers

Now that you’re not making a daily visit to the vending machine, you may need a new excuse to leave your desk. Try one of these: Have a meeting on the move by taking a walk with a coworker while discussing a project. Don’t call or e-mail. Instead, get up to visit a coworker face to face. Walk around your building during your break.

To learn even more about ways to watch your weight, login to: anthem.com> MyHealth@Anthem.com> ConditionCenters.com:Weight

This information is brought to you through collaboration between your cham-

ber, NOACC and Anthem Blue Cross and BlueShield.

Welcome Chamber New Members

We are pleased to introduce these new members. When you meet them, welcome them and remember them when you have a need for the products or services that they provide.

Timothy J. Herron
Wyman-Gordon Forgings (Cleveland),
Inc.
3097 E. 61 Street
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Happy New Year



Tax Tips

On November 6, Present Obama signed the Worker, Homeownership, and Business Assistance Act of 2009 (H.R. 3548). The Legislation provides an extension of unemployment benefits, an extension and expansion of the homebuyer credit and an extension and expansion of the five-year carryback of net operating losses. To pay for these provisions, the legislation includes an increase in the penalties for failure to file partnership and S corporation returns, and expands the requirement for electronic filing by return preparers.

Unemployment Benefits - This new law extends unemployment benefits by up to 14 weeks. However, it does not extend the existing temporary exclusion from gross income of the first \$2,400 of unemployment benefits received in 2009.

First-Time Homebuyer credit - Now the homebuyer credit is extended to higher income taxpayers and allows a reduced credit to some non-first-time homebuyers. These changes will only be effective for purchases made after the date of the enactment.

Non-First Time Homebuyer Credit - The credit is no longer restricted to first-time homebuyers. An individual, who has owned and used the same residence as his or her principal residence for any five-consecutive years during the previous eight years ending with the date the new residence is purchased, now qualifies for a credit. Their maximum credit is \$6,500 rather than \$8,000.

First-Time and Non-First-Time Homebuyer Credit - For both the first-time homebuyer credit and the non-first-time

homebuyer credit, the income thresholds have increased. The credit begins phasing out at \$125,000 for single individuals and \$225,000 for couples filing joint returns.

Net Operating Loss (NOL) Carryback - The American Recovery and Reinvestment Act of 2009 (2009 Recovery Act) allowed eligible small businesses (with average gross receipts of \$15 million or less) to elect to carry back net operating losses (NOLs) from 2008 for three, four or five years rather than the standard two years. The new law provides a similar election to all U.S. businesses of every size to carry back NOLs up to five years but with a 50-percent income limit on NOL offsets in the fifth year.

*From: Walthall, Drake & Wallace LLP
Certified Public Accountants
www.walthall.com*

Visit our Website

www.nroyaltonchamber.com

Visit our website address at www.nroyaltonchamber.com. We invite you to log on to see all the information we have to offer our members and anyone who is looking for information about North Royalton or services our members offer. Check out your listing, and notify us immediately if there is a change or correction. Sincere thanks to our corporate sponsors:

- Parma Community General Hospital
- Donaldson Resources
- Phillips, Mille & Costabile LPA
- PSE Credit Union
- Tri-C - Western Campus

For information on becoming a corporate sponsor, call the Chamber office.

Calendar of Events

January 7 - Directors Meeting
January 20 - General Membership Meeting
February 3 - Mega Mixer
February 17 - General Membership Meeting
March 4 - Directors Meeting
March 17 - General Membership Meeting
April 1 - Directors Meeting
April 21 - General Membership Meeting
May 6 - Directors Meeting
May 19 - Golf Outing
June 3 - Directors Meeting
June 16 - General Membership Meeting
July 1 - Directors Meeting
August 5 - Directors Meeting
August 20-22 - Community Festival
September 2 - Directors Meeting
September 15 - General Membership Meeting
October 7 - Directors Meeting
October 20 - General Membership Meeting
November 4 - Directors Meeting
November 10 - General Membership Meeting
December 8 - Holiday Luncheon
** Please Note Changes*

Chamber Committees

There are currently some openings available on Chamber committees for those wishing to volunteer on a committee. If you are interested, please email your request to rrnews@aol.com and you will be contacted with the available openings.

Something to ponder...

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.

Edith Lovejoy Pierce

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Mary Ann Thomas, Treasurer

Maria Magnelli, Editor/ Executive Director

DIRECTORS

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This newsletter is an official publication of the North Royalton Chamber of Commerce

North Royalton Chamber of Commerce

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Connecting Communities 2010 MEGA MIXER Networking Social

Hosted by the
Parma Area Chamber of Commerce
in collaboration with

- Broadview Heights
- Brooklyn
- Cuyahoga Valley
- North Royalton

Chambers of Commerce

Wednesday, February 3, 2010
5:30pm – 7:30pm

Montrose Westside Auto Campus
Volvo Showroom
9600 Brookpark Rd. , Parma
(Tiedeman, Brookpark near I-480)

North Royalton
Chamber of Commerce



Since 1918

We mind our business!

FREE Appetizers
Wine Tasting

Meet, Network, and
Exchange Leads
with a variety of
business owners,
representatives, and
community leaders

RSVP to the
North Royalton Chamber
440-237-6180 or
rrnews@aol.com

\$5 Donation



Save money on health benefits without pinching pennies

Your chamber membership brings big benefits to your small business. As a chamber member with 2-50 employees, you can get a discount on any health plan from Anthem Blue Cross and Blue Shield — including industry-leading HSAs, HRAs and HIAs.*

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www.chambersaver.com/noacc
to request a free quote online.



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anthem.com (7/07) *Discount only applies to Chamber members who do not already have Anthem insurance.

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