WEDNESDAYS WITH

WARRENTON AREA CHAMBER OF COMMERCE

JANUARY 12, 2022

UPCOMING CHAMBER EVENTS

Friday, January 14th 6:00 pm Annual Awards Banquet-MaryLou Building

Wednesday, January 19th 9:30-11:30 am HR Forum-Scenic Regional Library

Friday, February 4th 7:00 pm Mouse Races- MaryLou Building

Monday, February 14th 11:45 am General Membership Meeeting-Warrenton High School

BUSINESS SPOTLIGHT OF THE MONTH

THE CHILD ADVOCACY CENTER THE CHILD ADVOCACY CENTER FOR NORTHEAST MISSON FOR NORTHEAS

The Child Advocacy Center of Northeast Missouri serves child victims of sexual and physical abuse in 14 counties including Warren, St. Charles and Lincoln. Since opening our doors in 2000, our staff and community partners have been the front-line responders to reports of child abuse. Our organization exists to protect children, heal families and prevent abuse. Unfortunately, this past year we have witnessed an unprecedented number of child abuse cases, a 25% increase over last year.

During this special season of giving, The Child Advocacy Center gratefully acknowledges everyone who has been a part of our work this year through volunteering, attending fundraisers, spreading the word about the work we do, and giving financial resources to continue the important mission of assisting children and families in crisis. Because of our community's support, we are able to provide over 1,200 abused children a safe place to disclose of abuse with our forensic interviews, child and family advocacy to the families, mental health therapy for as long as they need to heal, and school and community-based prevention education programs to create awareness and keep kids safe – *all at no cost to the family or community.*

The Child Advocacy Center is eligible for the **Champion for Children Tax Credit.** That means donations of \$100 or more by an individual or business may qualify you to receive 50% tax credit on your donation, which comes right off your Missouri state income tax liability. Visit www.cacnemo.org/tax-credit for more information.

FRIENDS OF THE CHAMBER

Warren County Senior Center Edward Jones Next Page Properties

http://www.wcseniorcenter.org/ Glenda Buxton https://www.selltonextpage.com

636-456-3379 <u>glenda.buxton@edwardjones.com</u> 636-206-6363





Spend the Night at the Mouse Races with Warrenton Area Chamber of Commerce:

When: Friday, February 4th 2022 @ 7:00 PM

Where: MaryLou Community Center 800 Smith Street, Truesdale

Tickets at \$15/ person

Get a group of 8 together and we'll reserve a table for you

BRING YOUR OWN FOOD AND DRINKS!!!!



To purchase tickets, call 636-456-2530, e-mail warrentoncoc@socket.net, or purchase on our website EVENTS page.



5 Tips for Becoming a Good Public Speaker

1. Relax and Be Careful with your Words

The whole point of making a speech is so that you can deliver a message to the audience. In other words, you want them to learn something new that you have prepared for them or have been asked to present to them. So what happens when you fail to deliver that message? Many times, you find first time public speakers rushing through a speech because they want to get off the stage as quickly as they can. In the process, they only deliver half the message because the speech is not well understood. Learn to relax when you are on stage and speak in a comfortable manner. The threshold is to speak 100 to 160 words every minute. Alternatively, you can just deliver the speech slowly in a way that doesn't make you too uncomfortable.

2. Body Language

The majority of communication happens through nonverbal cues. Therefore, teach yourself to be more watchful of your body language as you deliver the speech. For example, never cross your arms when you are speaking because your audience can interpret this as you not wanting to be there. They are likely to give the same response and become less interested in what you have to say. You should also watch out for nervous nonverbal cues such as pacing around or fidgeting with your hands. Such behavior can make it hard for the audience to follow what you are saying.

3. Pay Attention to your Topic

As you write your speech or rehearse one that has been written for you, familiarize yourself with the topic. Know what the main message is and see how you can properly deliver it. Think of the audience as a friend and explain the topic to them as you deliver the speech. When you understand the topic, it becomes easier for you to deliver it and convince your listeners. It also makes your speech more natural since you will focus less on the performance and more on the delivery.

4. Eye Contact

A person is likely to take you more seriously if you maintain eye contact when you are speaking with them. It makes you feel more humane and interested. The same goes for public speaking. When you speak before an audience, do your best to make sure that you don't fixate your gaze on one thing because you are nervous. Move your gaze around the crowd as you speak. This strategy improves the delivery.

5. Practice with a Friend

The best way to get rid of anxiety before a public speaking event is to practice what you are going to say until you don't make any mistakes. Practice in the mirror by yourself, and then ask a friend to listen to you as you perform the speech. Let them point out any mistakes that you may make. Look in their eyes as you do so and try to be as relaxed as possible. You can also practice the speech before a group of friends and look at their reactions. Practice makes you more familiar with the content and its delivery. As a result, it helps you build self confidence.

Conclusion

The following tips can help you become a better public speaker. However, if you want to be really great, look for more public speaking opportunities so that you can get used to the crowd. You should also remember that getting rid of stage fright takes time and through constant practice, you can find your way of dealing with it.

Event Dates (See Flyers)

January 18th Chicken Soup for the Soul- Warrenton Library

January 22nd Lifeguarding Class & Training- Warrenton Aquatic Center

January 22nd Splash & Pajama Party- Warrenton Aquatic Center

January 25th Self Defense- Warrenton Library

January 27th St. Luke's Mammogram Van- Warren County Health Department

February 5th Daddy Daughter Dance- City Annex Building



2022 MEMBER DUES



Remember to send in your 2022
Member Dues. We have many great
things planned for next year and we
want everyone to be part of it.

Congratulations to our Finalists for the Annual Awards Banquet

Person of the Year

Steve Etcher

Tim Flake

Volunteer of the Year

Bill & Susan Ehlenbeck

Martha Groeper

Penny McClain

Alouise Marschel

Business of the Year

Edward Jones-Glenda Buxton

Joyce Law Firm

Schraer Heating & Air Conditioning

Emergency Services Person of the Year

Officer Nicholas Clark-Warrenton Police Department

Ruth Walters-Warren County Health Department

Battalion Chief Amanda Warmann-Warren County
Ambulance

Teacher of the Year

Carrie Strunk

Shari Leppanen

Christina Harisberger



Create Your Own Schedule

Customize your own water aerobics workout schedule. Individually choose one or more weekday class to create a custom workout plan.

Price reflects the total monthly cost for each weekday class. Add together the price for each class chosen for the total amount due when registering.

 Monday
 8:00-8:45am Jeanette

 \$15 Members
 9:00-9:45am Sherry

 \$30 Residents
 10:00-10:45am Mary D

 \$45 Non-Residents
 5:45-6:30pm Sherry

Thursday 8:00-8:45am Jeanette
\$12 Members 10:00-10:45am Mary D
\$24 Residents 5:45-6:30pm Mary G
\$36 Non-Residents

 Tuesday
 8:00-8:45am Jeanette

 \$12 Members
 10:00-10:45am Mary D

 \$24 Residents
 5:45-6:30pm Mary G

 \$36 Non-Residents

 Friday
 8:00-8:45am Jeanette

 \$12 Members
 9:00-9:45am Sherry

 \$24 Residents
 10:00-10:45am Mary D

 \$36 Non-Residents
 5:45-6:30pm Sherry

Wednesday 8:00-8:45am Jeanette \$12 Members 9:00-9:45am Sherry \$24 Residents 5:45-6:30pm Sherry \$36 Non-Residents

Balance & Fall Prevention Class with Jeanette

A low impact workout focused on improving walking, balance, flexibility, and strength which is beneficial in reducing the risk of falling and injuries.

Choose one of two weekday options

Tuesday 9:00-9:45am, \$12 members, \$24 residents, \$36 non-residents Thursday 9:00-9:45am, \$12 members, \$24 residents, \$36 non-residents



Register at the Warrenton Aquatic Center
751 Warrior Avenue, 63383 • 636-456-2288
www.warrenton-mo.org



Lifeguarding Class & Training

751 Warrior Avenue, 63383

Become a lifeguard! You can be a professionally trained rescuer certified in First Aid, CPR, AED, Oxygen; knowledge and skills that can boost a resume and save a life.

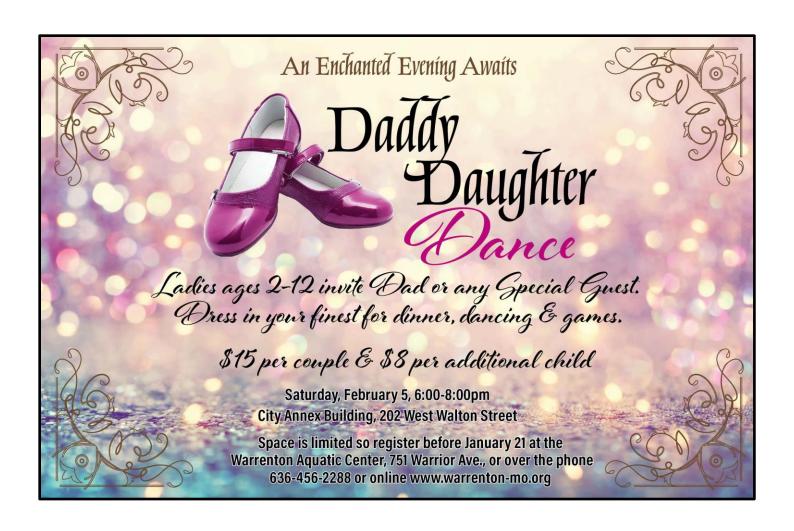
January 22, 2022



For more information or to register contact

Warrenton Aquatic Center

636-456-2288







Starting May 4
Wednesday Evenings, 7:00 - 9:00pm
City of Warrenton Annex Building
202 West Walton Street

Sign up for a 6 week course involving the citizens of Warren County. During this course, you will be exposed to an overview of the operations of the Warrenton Police Department. You will be gaining a front row view of what it looks like to be a Warrenton Police Officer.

Topics and Courses

- Constitutional / Statutory Law
- Traffic Law / DWI
- PATROL OPERATIONS
- CRIMINAL INVESTIGATION DIVISION

- FIREARMS

- FIELD TRAINING / RIDE-ALONG

Why attend the CPA?

CPA graduates typically return to their communities as better-informed citizens, capable of using their newly acquired information to help improve the conditions and quality of life in their community

Eligibility:

People from all walks of life are eligible to attend the Academy, including concerned citizens, Neighborhood Association members, Civic Organization members, college students, potential police applicants, factory workers, independent business people, city and county workers, Neighborhood Watch member, and many others.

Requirements

- · Persons interested in attending a Citizen Police Academy must live, work, or attend school within Warren County.
- Persons must be at least 18 years of age, have no prior felony convictions, have not been a suspect in a crime involving moral turpitude, have no involvement in criminal behavior or have police contact believed to compromise the integrity of the Citizen Police Academy or the Warrenton Police Department and have no outstanding warrants.
- The Warrenton Police Department reserves the right to disqualify any applicant as a result of information discovered during the background investigation.
- Applicants must provide two personal references.
- Past participants are allowed to attend future classes; however, preference will be given to first time participants if the class exceeds 20 participants.

Registration forms are available at the City Hall Police Department during normal business hours 8am - 5pm or online www.warrenton-mo.org

Return completed form to the Police Department or email junger@warrenton-mo.org

WANT TO ADVERTISE YOUR BUSINESS?

PURCHASE A TV AD AT THE LICENSE OFFICE. FOR \$25 A MONTH OR \$150 A YEAR YOU CAN PURCHASE AN AD THAT RUNS THROUGHOUT THE DAY. CALL 636-456-2530 OR EMAIL WARRENTONCOC@SOCKET.NET TO LEARN MORE.

Job Opening

Position Open: Golf Professional and/or Pro shop Manager

Facility: Warrenton Golf Course

Start Date: Start between January 17 – March 1st 2022

Apply: Please email resume to kporter@bearcreekgolf.com or call 636-332-5018 w/questions.

Info: Warrenton Golf Course is a busy 18-hole Public Golf Course located in Warrenton

Missouri. Course is known for its well-manicured zoysia fairways, undulating greens, and tight dog legs. Tournament golf is a natural for this course with many outside tournaments and Warrenton's own 1, 2, and 3-person scrambles. Currently celebrating it's 50th Anniversary, Warrenton checks off all the boxes when choosing a course to

play. Check out the website at Warrentongolfcourse.com.

Applicant: We are looking for an energetic person to manage the Golf Pro shop and all the duties

that are associated with this. This includes but not limited to hiring and training the staff, scheduling, booking and working the golf outings. Manage the tee sheet, run the golf leagues, player handicapping, cart rotation and facility cleaning on a regular basis. Customer service, management and organizational skills are some of important qualities the applicant should have. Should be able to work weekends.

