

Wednesdays with Warrenton Area Chamber of Commerce

August 19, 2020

"A successful man is one who can lay a firm foundation with the bricks others have thrown at him."

~David Brinkley

ARE YOU A GREAT LEADER IN YOUR BUSINESS?

- ◇ I am present and I pay attention.
- ◇ I am respectful and never speak negatively or gossip about another employee or a customer.
- ◇ I trust my employees to do the right thing.
- ◇ I trust them to have common sense.
- ◇ I ask for their opinions and listen carefully to them.
- ◇ I understand that they are interested in the good of the business.
- ◇ I support their growth by having high expectations for them and then I inspire them to live up to those expectations.
- ◇ I invite them to use their strengths and stretch.
- ◇ I give them feedback in a number of ways and show my confidence both verbally and with my actions.
- ◇ I behave in a way that communicates to them that I think they have the "right stuff".
- ◇ I keep information flowing
- ◇ I honor who they are.

"A person always doing his or her best becomes a natural leader, just by example."

~Joe Dimaggio

FRIENDS OF THE CHAMBER

CertainTeed
www.certainteed.com

Edward Jones, Glenda Buxton
glenda.buxton@edwardjones.com

Schraer Heating & Air Conditioning
www.schraer@usmo.com

Janet G. Bradshaw Financial Services
janet@janetbradshawfinancial.com

McRoberts Motors
www.mcrobertymotors.com

Legacy Drugstores
www.legacydrug.com

Ratholland Towing & Automotive Services
www.rathollandtowingandauto.com

Farmers Insurance - Nick Skibinski
www.agents.farmers.com/mo/warrenton/nick-skibinski

WARRENTON AREA CHAMBER MISSION STATEMENT

"To enhance the business climate and quality of life for the Warrenton area through programs that facilitate and stimulate economic and professional growth."

29 WAYS TO AVOID PROCRASTINATION

Procrastination isn't simply about getting another task crossed off your list —it could be robbing you of your dreams, fulfillment and the progress.

Because guess what the number one motivator for our lives is?

- It's not money.
- It's not accolades.
- It's not Instagram follows.

It's progress in life, business and the overall trajectory of our goals.

Let's dive into the 29 ways you can stop procrastination —and start creating the undeniable momentum that comes with progress.

1. **Get clear on your North Star Vision.** If you're not clear on where you're going and why it matters to you —most "tactics" and "hacks" will never work. Start here and be willing to go deep.
2. **Compress all deadlines by 50%.** We often give ourselves too much time —and wait until the last second. Instead, compress the deadlines you have by 50% and watch the magic happen.
3. **Break up your vision into "3 Big Rocks."** Take your grand vision and break it down to three big rocks during the next 90 days. These should stretch you enough to compel urgency, but not be overwhelming.
4. **Have multiple levels of accountability.** One level of accountability is not enough —we need peer to peer accountability, mentorship, coaches and communities who respect us enough to hold us to the fire when it matters.
5. **Tap into your future self every day.** I always ask people: you have time to check email and Instagram, but not check in with your future self? Every morning, I connect with my 45-year old self and I get clear on how I can collapse who I am today with how they show up.
6. **Set outcomes but obsess over processes.** Running a 26.2 mile race is an outcome —buying a marathon training plan, putting in 15 miles a week, having a gallon of water a day are all processes. Set outcomes, but then obsess over the process.
7. **Be prepared for when motivation is gone.** Any goal, endeavor or project —will have several moments of what I call "the valley". Motivation is long-gone and the novelty has worn off. Make sure you prepare in advance for this, otherwise procrastination will take over.
8. **Start every morning on Airplane mode.** This is non-negotiable —would you rather start the day on your terms or based on Zuck's algorithm? Take control back and send the world a message: your dreams matter. Your mental health matters.
9. **Make distractions unavailable.** You know the whole thing about the best way to avoid eating ice cream is to not have it in the house? Same goes with the phone —find ways to create friction.
10. **Identify what "winning" the day looks like.** When I ask people what winning their day looks like —they often pause, hesitate and ramble. Instead, get clear on a few small, yet important markers of success for the day.
11. **More structure equals more freedom.** Freedom is the opposite of structure, right? Not quite —having structure allows for freedom. Frontload your day as much as you can and dose high levels of structure early so you can experience freedom and peace of mind later.
12. **Do not check email before a certain time in the morning.** Unless you work in customer service —do not check your email. My personal rule is 9:00AM but I often go until 11:00 or 12:00PM. I often find that my ability to focus after checking email is compromised and I'm in the hamster wheel of small tasks.
13. **Choose to leave the cult of "busy".** Everyone's busy —from executives to stay-at-home parents to your college roommate who still lives in their parent's basement. However, is busy the end goal for you? Not for me. Stop using the word entirely and seek to live a prioritized life.
14. **Delete one thing off your plate daily.** We're quick to add things into our lives but slow to delete. Make this a daily process by asking yourself: what is no longer serving me? By having less on your plate, you're able to avoid procrastination and get the needle movers done.
15. **Be willing to say "no" —even to opportunities.** Distractions come in all shapes and sizes —and we often give away our "yes" to things that don't matter. I see this with entrepreneurs all the time who hop on any new opportunity talking about all the upside and then wake up three months later and it never came to life. Own your no.
16. **Track your time and review trends.** Like Seneca said in his brilliant 'On The Shortness Of Life' —people will value and track their finances, but then give their time freely to what doesn't matter. Instead, track your time. I use RescueTime —which is free —and it spits out daily and weekly reports on productivity.

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29 WAYS TO AVOID PROCRASTINATION

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17. **Work in sprint-recovery-sprint cycles.** Research states that an ideal block of time is a 52-minute sprint. The Pomodoro method which is an all-time favorite for me works on 25-minute cycles of focus with a 5-minute break —repeated four times. Harness the power of short, intense bursts where no one is able to distract you and then recover.
18. **Embrace ‘white space’ and recovery.** Remember —productivity is not about squeezing out every last second of your workday. It is about being intentional and doing less —but ensuring you do what matters. Recover wisely and introduce white space before you need it.
19. **Aim for four good hours.** If you’re doing focused work —the research says you will top off at about four hours. I know what you’re thinking —only four hours!?! You will be amazed at how much you can create in that time when you do it right.
20. **Do the emotional work hiding under procrastination.** Procrastination is a symptom of a deeper issue —it can be a lack of clarity, belief or fear of success and what other people think. If you wanted to start a podcast and you’re still looking for equipment six months later, it’s not about the surface area tactics. It’s an emotional issue. Ask yourself —what are you afraid of?
21. **Have a morning ritual —but use it wisely.** You woke up early, listened to affirmations, wrote down your vision, trained your body and aligned your chakras —and now you’re on social media!?! I posted this once as a joke, but it’s true. Your morning ritual is designed to help you do your most important work in the least amount of time. Protect this time wisely.
22. **Identify your “One” thing by doing a brain dump.** This is taken from the One Thing —the brilliant book by Gary Keller and Jay Papasan who was on the podcast. Make a brain dump of all the things you “could” do —and then identify the one thing you must do.
23. **Leave the time + effort economy and seek results.** The time and effort economy operates under the myth that more time and effort equals more results. Meaning —if it takes you 6 hours to do something, that will lead to better results than 45 minutes. However, that is not true —what matters is the result. Value that first and watch what happens.
24. **Value consistency over intensity.** You want to write a book in a week, record six podcast episodes in one day —and build an empire overnight? I love the enthusiasm, however, consistency will always pay off more than intensity. A daily practice is more valuable than a once in a while blitz of intensity.
25. **Review your week every Sunday.** Every Sunday —unplug from the world and review your week. Ask yourself what your biggest wins and challenges were. Take an inventory of what’s most relevant and then look forward to the next week. What does winning the week look like for you?
26. **Embrace the process as the end; not a means to an end.** If you can’t love the daily work in pursuit of your dream, what’s the point? I used to see the process as a means to an end; the end being more money, growth, success, results. And sure, those are nice —but the process is where you will spend 95% of your time. How can you love the ride?
27. **Honor divine timing and detach.** You didn’t expect the phrase ‘divine timing’ to be associated with procrastination —right? Well, I’m not your typical productivity hacker. I believe in doing your best work and then letting go. Timing is a real thing and you can’t “out-hustle” your way to it. Sometimes, working harder means you’re pushing what you want away.
28. **Have B-O-U-N-D-A-R-I-E-S.** You know that person who calls you and chews your ear off for an hour and sends you into a tailspin around politics and family drama? Yeah, it’s time to set some boundaries. Hold your ground. Close the door. Tell your family that Mom or Dad are unavailable for the next hour.
29. **Put yourself out there once a day.** You know that action step you’re procrastinating on? Yeah, that one —lean in and do it now. Put yourself out there. Make the bold pitch. Raise the proposal price by 50%. This energy, regardless of outcome —moves mountains. Make the bold leap and do it now.

During these times of uncertainty, your progress matters. It is less about crossing off the to-do list and more about your clarity, growth and momentum.

~Tommy Baker

“I put the “Pro” in procrastinate.”

EVENT DATES (see flyers)

August 22nd
October 3rd

Woofstock—CCAC
Walk for Life—Pregnancy Options
Center

Woofstock 2020



Saturday, August 22 2020 10A-2P at Diekroeger Park in Wright City

Vendor/Organization Booth Reservation Form

Organization or

Business: _____

Contact Name: _____ Is your organization a 501c3? _____

Address: _____

City/State/Zip: _____

Email: _____ Website: _____

Phone: _____ Product (if applicable): _____

Non-profit organizations are provided space at no charge
Vendors are asked to make a donation fee of \$25



Sign up by mail or e-mail:

Printed form can be mailed to: CCAC-Woofstock, PO Box 513, Warrenton, MO 63383
or

Snap a pic of the completed form and email to woofstock@ccacwc.com

Space is approx. 10'x10'. If you need more space, please let us know. You must supply your own tables and chairs. A tent is recommended. Set up begins at 9am. Event is 10 am-2pm at Diekroeger Park, Wright City, MO. All vendors and organization members agree to indemnify and hold harmless Concerned Citizens for Animal Control of Warren County and the city of Wright City for any injuries, expenses and/or damages at Woofstock.

Please call Bella for more information if needed at 636-459-8731 or email at woofstock@ccacwc.com.

Looking forward to seeing you there!!



Deerfield's on Main

Bob & Toni Truetken
636/377-4077 or 314/604-4139 cell

Winery, Craft Beer, Vintage Soda Pop, Wood Fire Brick Oven
Sandwiches, Salads, Soups & Flatbread Pizza
Live Music, Huge Deck, Smoker's Patio, Fireplace, Water Feature

Available for Private Events

227 E. Main Street, Warrenton, MO 63383

Deerfield's on Main Schedule of Events

August 20th – Pickin' and Grinnin' Jam Session 5pm – 9pm

August 21st – Music by Stephen Jones 6:30pm – 9:30pm

August 22nd – Music by Calvert & Williams 7:00pm – 10:00pm

August 27th – Pickin' and Grinnin' Jam Session 5pm – 9pm

August 28th – Music by Paul Schaffrin 7:00pm – 10:00pm

Pregnancy Options Center of
Warren County's 3rd Annual

October 3rd, 2020
Saturday 10am to 1pm

"Walk For Life"

Binkley Woods Pavilion
418 South Morgan Street
Warrenton, Missouri 63383

Walker/Sponsor On-Line Registration
<https://secure.ministrysync.com/ministrysync/event/?e=20365>
or call (636) 337-4443 to register by phone





Blue Anchor Pizza Company Menu

4pm to 10pm for Delivery

Monday, Wednesday thru Sunday

Text Orders to 636-244-8244 or Online at

www.blueanchorbistro.com

Chef Lee's Mac & Cheese with Toppers \$10

Rich Homemade Cheese Sauce with choice of a Topper, Sweet

Pork Belly, Buffalo Chicken or Veggies

Asian Nachos \$10

The Original Stir-Fried Chicken and Vegetables, Sweet Spicy

Glaze and Topped with a Lobster Rangoon Dip

Bistro Salad \$5

Pizza

12" Beer Crust 3 topping Pizza \$15 or

12" 3 Topping Gluten-Free Beer Crust Pizza \$16

Italian Sausage, Pepperoni, Buffalo Chicken, Anchovies, Mushroom,

Onion, Green Peppers, Black Olives, Bacon, Spinach

12" Beer Crust Specialty Pizzas or

12" Gluten-Free Beer Crust Specialty Pizzas Add \$1

Deluxe Italian Sausage, Pepperoni, Onion, Green Peppers, Black Olives \$18

Lobster Scampi - Alfredo Sauce, Garlic Butter Lobster, Spinach \$20

Margarita Pizza - Tomato, Basil Pesto, and Mozzarella \$15

Get Me to the Greek - Tomato, Basil Pesto, Kalamata Olives, Red

Onions, Mozzarella, Goat Cheese \$16

Desserts

Goosey Butter Cake \$4ea

Drinks

Ski Bottle \$2.50 Can Coke, Diet Coke, Pepsi, Dr Pepper \$2.00

Delivery Fee on all orders \$2



SET YOUR APPOINTMENT NOW!

(Limited Appointment times)

BACK TO SCHOOL SHOTS

Missouri schools require immunizations for Kindergarten, 8th grade, and 10-12 grades

We take state insurance, no insurance or underinsured only.
We are unable to take private insurance.

WARREN COUNTY HEALTH DEPARTMENT

636-456-7474



Knights of Columbus St. Patrick's 4th Degree Assembly #2620 Patriot Day Run



Dear Local Business Owner and Community Leader,

The St. Patrick's 4th Degree Assembly Knights of Columbus is excited to announce our **10th Annual Patriot Day Run on Sunday, September 13, 2020.**

As in the past, we are seeking the help of our local business owners and community leaders to help us with our efforts to show support for our first responders and the military, as well as to raise money for two amazing charities: [Backstoppers Inc.](http://BackstoppersInc.com), and [USO of Missouri](http://USOofMissouri.org).

We cannot have a successful event without your help and the hard work of all our sponsors and volunteers. We do understand the significant strain that the COVID-19 pandemic has had on our business community, and I hope that you, your loved ones and your employees have all kept safe and healthy during this trying time. We also hope that you will still be able to help support our first responders and active duty military who are helping keep us safe every day.

Due to these hardships, we're offering some new sponsorship levels this year to help either remain involved or join in as a new sponsor with us. The sponsorship levels are shown on the reverse side of this sheet. Please take a look to see if any of these fit your potential giving level. In 2019, we raised over \$7,000 total for these amazing organizations last year with the support of businesses like you and over 200 runners.

The run itself is undergoing an exciting change for 2020, with a change in venue to Heartland Park in Wentzville, MO. The move here gives us a better venue at a reduced cost, and we hope an even better experience for our runners and sponsors. As you can see below, some of our sponsorship levels include a chance to participate in the run in whatever method you choose. We encourage you to do so.

Another item of note. We will be following all of the CDC recommendations on social distancing and crowd control when the race time comes, whatever they may be at that time. Please be patient with any tweaks we may have leading up to the race as guidance changes.

If you have any questions please feel free to check out our website www.kofcpatriotdayrun.com, email us at kofcpatriotdayrun@gmail.com or call 636-856-3296! Thank you in advance for your support and consideration.

Please make any sponsorship or donation checks out to KofC Patriot Day Run. Also, if you wish to sponsor, we ask that you go to our website at www.kofcpatriotdayrun.com, click on the Sponsorships link at the top of the page, and register yourself. You will be contacted by one of our race committee members to discuss your sponsorship and what benefits it has for you.

Thank you in advance for your consideration from our entire race committee!!

Kevin Hudnut - Chairman

Committee: Jerry Hespen, Larry Myers, Bob Mueller, Mike Yerion, Tom Larouere, Steve Tuffner, Trevor Roe, Kevin Hoffman, Bill Bequette, Matthew Dominick



Sponsorship Levels

Platinum -- \$1,500 (Any combination of cash, goods or advertising.)

- Your company will be headlined as a main event sponsor on all publications
- Logo on each race flyer and runner correspondence
- Logo and link on our website
- Larger logo on Run shirts
- 5 shirts and 5 runner entries
- Logo on Mile Marker Signs
- Promotional item included in each Race Packet
- Premium booth location with goods available to all runners and volunteers (subject to CDC guidance)
- Business Representative to hand out awards

Gold -- \$750 (any combination of cash or goods)

- Logo on Run shirts
- Logo on our website
- 4 shirts and 4 runner entries
- Logo on Mile Marker Signs
- Promotional item included in each Race Packet
- Premium booth location (subject to CDC guidance)

Silver -- \$500 (any combination of cash or goods)

- Logo on Run shirts
- Logo on our website
- 3 shirts and 3 runner entries
- Logo on Mile Marker Signs
- Promotional item included in Race Packet
- Booth location (subject to CDC guidance)

Bronze -- \$250 (any combination of cash or goods)

- Logo on Run shirts
- Logo on our website
- 2 shirts and 2 runner entries
- Booth Location (subject to CDC guidance)

Race Sponsor -- \$100 (cash donation)

- Recognition at the race site on a special board and announcements
- Logo on our website
- 2 discounted race entries of \$25
- Booth Location at event (subject to CDC guidance and availability)

General Sponsor -- Any cash donation

- Recognition at the race site on a special board and announcements
- Logo on our website for \$50 minimum donation



WATER FITNESS CLASSES AUGUST 3 - 31

MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY 8:00 - 8:45 AM
540 Members, 2120 Residents, 2182 Non-Residents

MONDAY & WEDNESDAY 8:00 - 8:45 AM
227 Members, 254 Residents, 262 Non-Residents

TUESDAY & THURSDAY 8:00 - 8:45 AM
254 Residents, 248 Residents, 272 Non-Residents

MONDAY & WEDNESDAY 6:00 - 6:35 PM
227 Members, 24 Residents, 282 Non-Residents

FRIDAY AUGUST 7, 14, 21, 28 8:00 - 8:45 AM
540 Members, 2120 Residents, 2182 Non-Residents

REGISTER ONLINE:
warrenton-mo.org

OR AT THE AQUATIC CENTER
731 Warm Springs Ave., 63383
635-415-2768

SILVER SNEAKERS
RENEW ACTIVE
ELIGIBLE



Westplex
REAL ESTATE LLC
504 N. Highway 42, Warrenton, MO 63383

WARRENTON COMMERCIAL PROPERTY

• 801 Veterans Memorial Pkwy, Warrenton, 63383 •

\$200,000




THE PROPERTY

Over 3,000 square feet, Full Brick building, Plenty of Parking and High Visibility, Recently remodeled

Multiple rooms, Break room and restrooms, Endless possibilities, Own your Building and Lot!

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American Red Cross
Missouri and Arkansas





Please Join Us from the Comfort and Safety of Your Home for a
Virtual Volunteer Fair

A great opportunity to learn:

- ✓ How the American Red Cross helps your local community on a daily basis
- ✓ How you can be part of the largest humanitarian agency in the world
- ✓ Find out how you can help...even from the comfort and safety of your own home
- ✓ Volunteer opportunities for nearly everyone from 14 - 114 years old.

Wear your comfy clothes, pour yourself something delicious and hear a little bit about what the American Red Cross does for your community and how you can help.

Upcoming Volunteer Fair Dates

Tuesday, May 26 7pm - 7:30pm	Tuesday, July 21 4-4:30pm
Monday, June 8 10-10:30am	Tuesday, August 4 12-12:30pm
Monday, June 22 7-7:30pm	Tuesday, August 18 4-4:30pm
Tuesday, July 7 10-10:30am	Tuesday, September 1 12-12:30pm

Please RSVP by registering here: <https://bit.ly/ETMMOAR>

You will then receive the necessary information you will need to join by phone and/or online.

Join us to find out how little time it takes to have a huge impact on your local community.

Right at Home
in
St. Charles

#BeEssential

Now Hiring Staffing Coordinator



In this fast paced role, you will have the chance to engage with people and make a difference in their lives. To succeed you should love puzzles, people, multi-tasking, organization and solving problems. You'll need great communications skills. Patience and flexibility are super helpful.

**Full Time Hours Paid Time Off Health Benefits
Retirement Plan Flexibility Bonuses**

To learn more about joining the most awarded in home care company in Missouri, call 636-379-9955 ask for Kirsten. You can email your resume to management@rahstcharles.com

Right at Home
In Home Care & Assistance

www.rahstcharles.com

Seniors 65+

Get a FREE! Annual Pool Membership by registering for one of these Medicare Fitness programs



RenewActive™
by UnitedHealthcare

For more information visit their websites or contact the Warrenton Aquatic Center 636-456-2288

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636-456-2288

