



# Chamber Business Tracks

Helping keep your Business on Track

September 24, 2015

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- Wake Up Waunakee
- Welcome New Members
- DOT HWY 19 Plans
- Food For Kidz



Like Us to get the latest news and stay informed!

**Waunakee Area Chamber DIRECTORY**



### IMPORTANT Dates

**September 25**  
 Phillips Orthodontics  
 Open House  
 9-11am

Dear Ellen,

**\*\*Please Note:**

In some instances the Newsletter is clipped by Gmail in the sending process. Click on [view entire message] at the bottom left of this email for the complete version.

## How Stress is Destroying Your Health & Productivity



**Dr. Chad Updike**  
**October 7, 7:30-9am**  
**Village Center, Lower Level**

**-REGISTER-**



At this month's Wake Up Waunakee, Waunakee Area Chamber President and AlignLife Chiropractor Dr. Chad Updike will lead a discussion on how stress is destroying your health and productivity.

We all experience it, but very few people know how to deal with it. Stress, also known as the "silent killer," is the number one risk factor for the top killer in the United States. However, it rarely gets focused on when it comes to our health, productivity, job performance and overall mood.

In this interactive presentation, Dr. Chad will cover how to identify these stressors and give effective strategies to become healthier, more productive and happier!

&  
Ribbon Cutting  
11am

Call 849-5977 or  
[email](#) the Chamber if  
you have questions  
or need more  
information.



### Let Us Help you Celebrate

Join the Waunakee Area  
Chamber of Commerce in  
celebrating the  
Grand Opening of  
Phillips Orthodontics with  
a Ribbon Cutting  
Ceremony.

**P**  
**HILLIPS**  
**ORTHODONTICS**

1106 Stephenson Lane  
Fri., September 25

Open House  
9:00-11:00am

Ribbon Cutting  
11:00am

To Schedule Your Event  
Contact the Chamber  
(608) 849-5977

**Waunakee Area  
Chamber of  
Commerce  
2015  
Signature Sponsor**

## Welcome New Members



Please join us in welcoming our  
September NEW members to the  
Waunakee area Chamber of  
Commerce! Stop by to introduce  
yourself and to learn more about  
our new Chamber businesses.

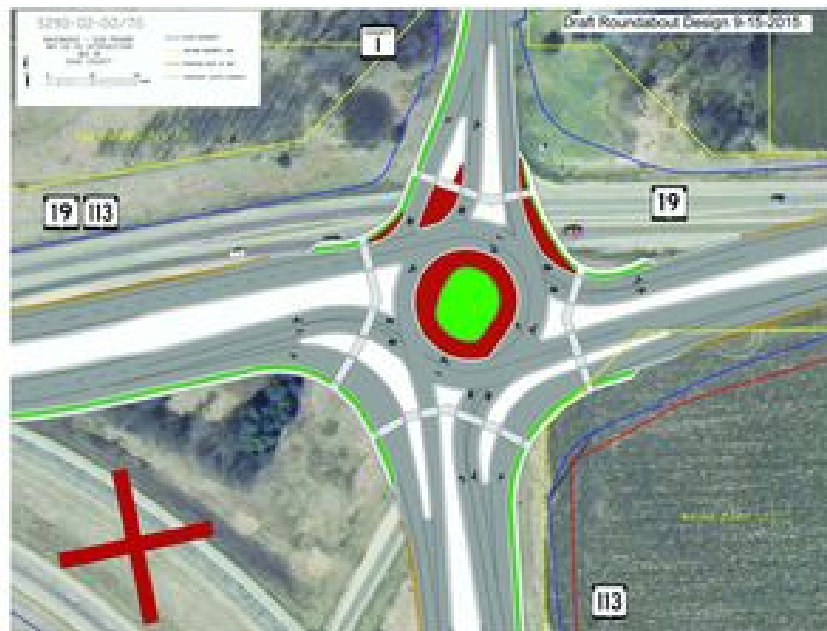
[David's Certified Auto Repair](#) ~ David Weishoff  
300 S. Division St, Waunakee  
608-849-2667

[Grace Community Church](#) ~ Brian Beamer  
Worship Site: Waunakee High School, Small Auditorium  
[beamer@gracecomm.net](mailto:beamer@gracecomm.net)

[Thrivent Financial](#) ~ Jason Kramer  
128 Commerce St, DeForest  
608-842-2082

## DOT Reveals Plans for HWY 19 Projects

*Waunakee Tribune September 24, 2015*



The Department of Transportation is planning safety  
upgrades on two accident-prone stretches of Hwy. 19  
east of Waunakee in the next three years.

Last week, engineers from the Wisconsin Department  
of transportation revealed details about a roundabout  
at the Hwy. 19/113/I intersection and safety  
improvements at the S curve near Walter Road,  
between Hwy. 113 and River Rd.

Gregory Payne, DOT project leader, pointed out that  
the Hwy. 19/113/I intersection is "not that safe. It's  
very atypical from what you normally see," he said.



**Livable Communities by Don Tierney** offering Residential Homesites, Office, Retail & Commercial Space

For More Information [Visit Our Sponsor](#)

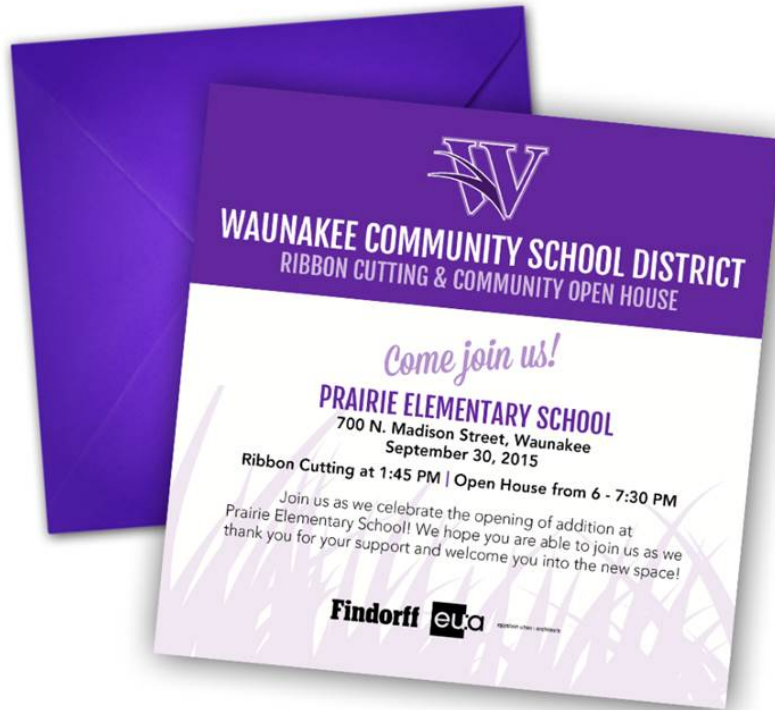
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[website](#)

**1st National Bank**  
*Service, Strength & Security*  
[website](#)

In the four-year period from 2009-2013, 49 crashes had occurred at the intersection, including 16 injury crashes and one fatality. Since 2000, four individuals have died in crashes there. [Read Full Article](#)

### **Prairie School Addition's Big Reveal...**



### **Chamber Board of Directors**

**Our next Chamber Board Meeting**  
**October 20**  
**7:45am @ the Depot**

#### **EXECUTIVE BOARD**

Dr. Chad Updike  
President  
[AlignLife Chiropractic](#)  
Mike Steinl  
Chamber Treasurer  
[Wegner CPAs](#)  
Jason Nachreiner  
Chamber Secretary/  
President Elect  
[Integral Building Systems](#)

#### **OFFICERS**

Mike Ableidinger  
[Ableidinger Law](#)

### **Waunakee Feed The Need**



**10th Annual Waunakee Food for Kidz**  
**October 25, 2015**  
**Waunakee Village Center**



Brent Bickel  
[North Ridge Church](#)  
 Rena Ripp  
[Sprinkman Real Estate](#)  
 Kari Anderson  
[Trending NOW](#)  
 Kevin Piette  
[State Bank of Cross Plains](#)  
 Dr. Sara Rabideaux  
[HR Chiropractic](#)  
 Troy Salisbury  
[State Farm Insurance Corp.](#)  
 Chris Kenney  
[Minuteman Press](#)  
 Randy Guttenberg  
[Waunakee Community Schools](#) Liaison  
 Todd Schmidt  
[Village of Waunakee](#) Liaison  
 Steve Strobel  
[Town Planner](#)  
 Tom Wilson  
[Town of Westport](#) Liaison  
 Ellen Schaaf  
[Waunakee Area Chamber of Commerce](#)

Waunakee Feed The Need is a local Waunakee, WI. nonprofit group whose mission is to provide nutritious meals to the hungry both here and around the world. At this annual event, assembly lines of volunteers package nutritious meals. Each package provides six meals at cost of .15 cents/meal.

**HOW TO HELP:**

- 1,000 [volunteers](#) of all ages needed
  - Shifts: 12-1:30, 2-3:30, 4-5:30
- Cash [Donations](#) to purchase ingredients
- Buy a T-shirt for a \$15 donation, proceeds buy ingredients; available at the Chamber office or call 608-332-3557



Help is needed to reach the goal of 250,000 meals! \$37,500 needs to be raised to cover the cost. In nine Food for Kidz events, Waunakee has packaged 1,465,364 meals. Waunakee Feed The Need ([waunakeefeedtheneed.org](http://waunakeefeedtheneed.org)) is an affiliate of the non-profit group; Feeding Children of Stewart/FCS ([foodforkidz.org](http://foodforkidz.org)) Want more information? Contact Mick & Jeamie Holm 608-332-3557.

*Food for Kidz not only nourishes hungry children, but the spirit of its donors & volunteers*

**Community Newsletters**

- [Police 2015 SEPTEMBER](#)
- [Waunablog](#)
- [Horizons SEPTEMBER](#)

**Use your Chamber Website as a Business Resource...**

Click links to see the latest listings!

- [HOT DEALS](#)
- [EMPLOYMENT](#)
- [SPACE FOR LEASE](#)

**MEMBERS ON THE MOVE**

**AlignLife of Waunakee** is celebrating Chiropractic's 120th Birthday by offering complimentary Wellness Lunch & Learn events by Dr. Chad Updike. The most requested topic is Stress Relief, but he can also speak on Daily Healthy Habits for More Energy, Nutrition, Ergonomics at Work or How to get Better Sleep! Take advantage of this offer by responding to [ncowley@alignlife.com](mailto:ncowley@alignlife.com) with a discussion topic, head count and best date and time from the list below.

- Wednesday, September 23rd at 11:00 am or 1:30 pm
- Monday, September 28th at 11:30 am or 1:00 pm
- Tuesday, September 29th at Noon
- Wednesday, September 30th at Noon
- Wednesday, October 7th at 11:30 am or 1:30 pm
- Thursday, October 7th at 11:30 am or 1:30 pm

**Settlersbank** board of directors and executive management announced that Carissa Peterson has been named a finalist of the Wisconsin Mortgage Bankers Association 1st Annual Best in Business Awards. Carissa was recognized by her peers as one of the Best Loan Originators in the Madison Chapter. Carissa serves as AVP, Mortgage Lending at Settlers bank, and has more than 19 years of

## Business Resources

[Chamber Website](#)  
[Village of Waunakee](#)  
[Town of Westport](#)  
[Waunakee Tribune](#)  
[Waunakee Schools](#)  
[Waunakee Public Library](#)  
[WI Dept of Commerce](#)  
[WI Dept of Financial Institutions](#)  
[InBusiness Magazine](#)  
[Dane County THRIVE](#)  
[Dane County Economic Develop't Resource Guide](#)  
[UW Small Business Development Center](#)  
[US Small Business Development Admin.](#)  
[Wisconsin State Representatives](#)  
[Dane Buy Local the 3/50 project](#)  
[Wisconsin Development News Weekly](#)

industry experience. Congratulations Carissa!

**Waunakee Community High School** is pleased to invite all families to a powerful presentation on Tuesday, September 29, 2015 at 7:00 p.m. in the Performing Arts Center.

"Rise Together" is a nationally known organization that promotes awareness of substance abuse and hope for recovery. Any interested community member is welcome to attend and hear their powerful message. [More Info](#)

### ~MARK YOUR CALENDAR~

#### **September 25 @ 9-11am**

Phillips Orthodontics Open House (9-11am) and Ribbon Cutting event (11am)- 1106 Stephenson Ln, Waunakee

#### **September 29 @ 7pm**

Rise Together presentation: promotes awareness of substance abuse & hope for recovery- WHS PAC

#### **October 1 @ 12:30-2:30 & 6-8pm**

Smart Money Saving Ideas program hosted by the Waunakee Ecumenical Board- Village Center

#### **October 6 @ 4-8pm**

Community Band Scoopie Night- Culvers Waunakee

#### **October 7 @ 7-8pm**

Workshop on Wellness: - Village Center

#### **October 9 @ 5-8pm**

American Legion Post 360 Fish Fry

#### **October 10 @ 9:15am**

Dane County Alzheimer's Walk, registration @ 7:45am- Warner Park. [More Info](#)

#### **October 11 @ 8am-1pm**

Fire Department Pancake Breakfast- 401 W. 2nd St

#### **October 14 @ 7-8pm**

Workshop on Wellness: Men's Health in 2015-Village Ctr. Sponsored by the Village Center and The Waunakee Lions

#### **October 18**

St Mary of The Lake Country Fair- 5460 Mary Lake Rd.

#### **October 24 @ 4-8pm**

Halloween at the Farm- Schumacher Farm, 5682 Hwy 19

We make every effort to list current Chamber related events. Look for more events on the chamber [website](#) at [www.waunakeechamber.com](http://www.waunakeechamber.com)

### Waunakee Area Chamber of Commerce

Chamber Weekly Business Tracks is the Official Publication of the Waunakee Area Chamber of Commerce

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#### **Chamber Staff:**

*Ellen K. Schaaf*, Executive Director

*Beth Puccetti, Administrative Assistant*  
*Diane Anderson, Administrative Assistant*

[office@waunakeechamber.com](mailto:office@waunakeechamber.com) |  
[waunakeechamber.com](http://waunakeechamber.com)



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