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**Vol.V Issue 6**

**June 2011**

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Thank you sponsors for your commitment to the chamber's body of work!

For sponsorship opportunities and information please call the chamber office at 410-643-8530.

## **24th Annual Golf Tournament a Success**

The weather was a little overcast as the day started but cleared up to provide a beautiful backdrop for this year's golf tournament. Thank you to all of our sponsors, golfers, volunteers and the staff at Prospect Bay Country Club for making our 24th Annual Golf Tournament a fun and successful day!

With a score of 56 Advanced Pain Management's team of Bill Hughes, Margaret Evans, Mike Holmes and Mike Miller won the coveted Chamber Pot Trophy. Congratulations Advanced Pain Management! Coming in second was the team from the Chesterweye Center, Dennis Roberts, Rodney Bliss, Ron Walden and Dan Bungori. In third place was the Chesapeake Bay Environmental Center team of Vicki Paulas, Tim Nyo, Ray Morrison and George Burkhead. While no one was able to claim the Hole-In-One prize of a new car from Fred Frederick Chrysler Dodge Jeep we did have a Closest-to-the-Pin winner on Hole #12 by Ray Morrison, Team CBEC, of 8 feet 8 inches. Our two long drive winners were Chris Dugovich on Hole #1 and Matt Brooks on Hole #10. Congratulations to all our winners!

Our sponsors this year were CNB as Title Sponsor, Hole-In-One Sponsor - New York Life Insurance Company, Hole-In-One & Car Sponsor - Fred Frederick Chrysler Dodge Jeep Ram, Cigar Sponsor - Draper Bros. Liquors, Beer Sponsor - Kelly Distributors, Hole & Tee Sponsor - Brickman Group, Beverage Cart Sponsor - Shore Health System, Golf Cart Sponsors - Advanced Pain Management and Anne Arundel Medical System, Hole Sponsors - All Shred Inc., Chesapeake Real Estate Associates. LLC- Merry Tobin, KRM Development Corp., Maryland Residential Management, Carrion Electric, Palmer's Plumbing, Aflac, Blood Bank of Delmarva, Fisherman's Inn & Crab Deck, Joseph W. McCartin Insurance, Inc., Tidewater Physical Therapy, Harris Crab House, BankAnnapolis, Corsica Technologies, Delmarva Power, Kent Island American Legion, Paula's Fine Jewelry, and Queenstown Bank.

Events like the golf tournament are a team effort and we would like to thank our dedicated committee members for their help with the planning of this event and their efforts in soliciting prizes for our winners and for door prizes. This year's committee was Frank Divilio - State Farm, Jesse Parks - KRM Development, and David Thompson, Ralph Twilley and Bill Stoops all of CNB. Thank you gentlemen!

Pictured at right is Omari Belt of A Comfort Zone, Tom Moore of Spectrum Painting, Rick Jacobs of Maryland Residential Management and Jason Palmer of Palmer's Plumbing. For additional photos of this year's tournament see pages 6 and 7.





**1561 Postal Road  
P.O. Box 511  
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business@qacchamber.com  
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## **June Chamber Events** **Eight Opportunities to Network this Month!**

Tuesday, June 7th  
Ribbon Cutting • Chesapeake Yoga & Wellness • 9:30AM

Wednesday, June 8th  
Chamber Leads Group • Toal, Griffith Ayers Office • 9:15-10:15AM

Wednesday, June 15th  
Chamber Leads Group • Toal, Griffith Ayers Office • 9:15-10:15AM

Thursday, June 16th  
Mixer at Bridges Restaurant • Kent Narrows • 5-7PM

Wednesday, June 22nd  
Chamber Leads Group • Toal, Griffith Ayers Office • 9:15-10:15AM

Tuesday, June 22nd  
Ribbon Cutting • Bridges Land Management • Noon

Tuesday, June 27th  
Ribbon Cutting • Trinkets • Noon

Tuesday, June 28th  
Networking Luncheon • Kent Manor Inn • Noon-1 PM  
Sponsored by M&T Bank

Wednesday, June 29th  
Chamber Leads Group • Toal, Griffith Ayers Office • 9:15-10:15AM

For full event details and to make a reservation please visit our website at [www.qacchamber.com](http://www.qacchamber.com)

***Don't Forget!***

***June 14th, Tuesday  
Flag Day***

***June 19th, Sunday  
Father's Day***

# June After Hours Mixer



RESTAURANT • BAR • DOCK

Chesapeake Bay

**Tuesday, June 16th**  
**Bridges Restaurant**  
**Kent Narrows**  
**5-7 PM**

**Members and staff approved guests only.**

**RSVP by**  
**Tuesday June 14th**  
**[www.qacchamber.com](http://www.qacchamber.com)**  
**410-643-8530**  
**[business@qacchamber.com](mailto:business@qacchamber.com)**

## **Chairman's Letter**



Well, it appears as if summer is in full swing.....at least as indicated by the weather!

Hope you made it to our last mixer, in collaboration with Kent County, and/or the Golf Tournament at Prospect Bay...both were wonderful events, well attended, and much fun had by all!

There is a lot of local and state-wide news about the condition of our economy in Maryland, and what's being done to improve it for everyone.

Now is the time to remember what an impact it has to support your local Chamber members in any way you can! Whether you're taking advantage of one of our fabulous restaurants or recommending hotels to people you know coming through; thinking of local vendors for gifts; or thinking of local contractors for the highest quality services for your business or home...it all makes a difference, dealing with someone you know on a more personal level, and putting a dollar or two back into circulation right here in our County. Look for opportunities to make this work for you--what goes around always comes around, and everyone is sure to benefit!

Don't forget our next mixer on June 16 at The Bridges Restaurant.

Also, if you haven't had an opportunity to put an advertisement into the publication associated with the upcoming K9 Tournament, contact the Chamber office right away!

Stay cool!

*Teresa Hummel, Chairperson*

# THANK YOU CHAMBER SPONSORS!



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## Boost Your Credit Score and Save on Auto Insurance

Credit scores are an important measure of your financial health. It should be no surprise that they are used to determine risk in everything from obtaining a mortgage to buying auto insurance. In fact, improving your credit score is one of the best things you can do to lower your car insurance rate.

Following are some ways to improve your credit scores:

**Tread Carefully**

Some credit cards routinely scan the items you buy and where you shop as part of their risk algorithms, with special attention to items that indicate future problems. For example, you might want to think twice before buying retread tires, because it's likely to cost more in the long run and your credit card rates might go up and take those insurance fees with them.

**Due Dates**

Ever wonder what the number one cause of high credit card fees and car insurance increases have in common? Late fees. Watch out for those due dates. Better yet, sign up for automatic payments to keep rates low and credit scores high.

**Check Your Score**

Verify the accuracy of information in your credit report at least once per year. It's simple by visiting [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com) or calling 877-322-8228. These are the only authorized sources under federal law.

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## Mastro Named Director of Corporate Communications

Linda Mastro has been named Director of Corporate Communications for Shore Health System. In this role, she is responsible for developing and directing the strategic internal and external communications of Shore Health System, as well as media relations and events planning. She takes on responsibility for Shore Health System's strategic digital communications, including the website and intranet.

As Director of Corporate Communications, Mastro will use digital and traditional media to communicate and interact with Shore Health System staff and the community. She will work closely with employees, physicians, volunteers and community leaders to identify opportunities to increase public awareness about Shore Health System and to engage members of the community in healthcare issues and solutions.

"Linda Mastro is a consummate professional and I look forward to having the benefit of her strategic skills and leadership in her new role for our organization," states Patti Willis, Senior Vice President for External Relations and Development at Shore Health System.

A resident of Easton, Mastro joined Shore Health System in 2004 as editorial specialist. Before relocating to Maryland in 1998, she was a human resources executive for a multinational pharmaceutical company in Philadelphia. When she moved to the Eastern Shore, she established a writing and communications consulting practice.

Mastro earned undergraduate degrees in English and psychology from the University of Delaware in Newark and a master's degree from the Tai Sophia Institute in Laurel, Maryland. She is active in several community organizations, including Evergreen Cove Holistic Learning Center and the annual Empty Bowls fundraisers for Talbot County food pantries.

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## Click It or Ticket Campaign

Law enforcement will begin the Click It or Ticket Campaign to assure motorists are utilizing their seat belts in attempt to reduce injuries and fatalities along our roadways. Police ask that you take two very important seconds to make sure you and your passengers are buckled up to help!

Maryland's primary seat belt law has been in effect since 1997. Since 2000, Maryland's seat belt use rate has risen from 85.0% among front seat drivers and passengers, to an all-time high of 94.7% in 2010. (MHSO)

Also during that time, the number of fatalities experienced on Maryland roadways has fallen from 617 in 200 to an all-time low of 550 in 2009. (Maryland TSAD)

According to a study conducted by the University of North Carolina, unbuckled drivers are more likely to be male, have less education, have numerous traffic violations on their records (DUI, running red lights, following too closely, speeding), and have no health insurance. The percentage of unbelted drivers without health insurance was higher by a ratio of two to one. (UNC)

Seat belt use is historically higher on state highways where people feel at greater risk of dying in a collision. However, collision statistics show that people are more likely to die in vehicle collisions on local county roads – where motorists are less likely to buckle up. Moreover, 86% of traffic crashes occur within 15 miles of home.

Research shows that people who don't buckle up are less likely to require their children to buckle up. A study conducted by the National Safety Council found that child passengers of adults who were unbuckled were also unbuckled in 75% of the cases. About 60% of the kids who die in vehicle collisions each year are not buckled up. (NSC, NHTSA)

When used correctly, seat belts reduce the risk of injury and death by about 70%, according to local and national research. (NHTSA, HIPRC)

National estimates claim that each traffic fatality costs taxpayers \$4.3 million in comprehensive costs. (National Safety Council)

## Bedside Kidney Dialysis Service Now Available at Chester River Hospital

Chester River Hospital Center is pleased to announce the addition of a bedside hemodialysis (kidney dialysis) service for its inpatients.

This new service provides a life-sustaining treatment that filters waste, removes extra fluid and balances electrolytes. When the kidneys are no longer able to filter blood, toxins and excess fluids build up in the body—making it necessary to purify the blood mechanically.

According to the National Kidney Foundation, more than 26 million Americans have some form of kidney or urologic disease and of these people, 367,000 require dialysis; 83,000 people are awaiting a kidney transplant in the United States.

The inpatient service was made possible through three generous donations to the hospital, made over a period of years. Mrs. Florence Leach of Queen Anne's County, Maryland, made a bequest to the hospital for this purpose. In 2006, Carl and Constance Ferris of Rock Hall, Maryland, made a donation to fund the infrastructure for three patient rooms. And, thanks to a grant from the Davenport Family Foundation of Pennsylvania this past winter, the hospital purchased two portable dialysis machines and implemented the program.

"Two rooms in our Critical Care Unit are now equipped to provide hemodialysis," said Scott Burleson, Hospital executive vice president and team leader of the final effort to get the service up and running. "Additionally we have converted one patient room in the Intermediate Care Unit to accommodate the procedure for two people."

Christina "Christy" Blake, RN, was recently hired to oversee the inpatient program and provide the new service. Blake is a graduate of the Altoona Hospital School of Nursing in Pennsylvania and has been a registered nurse since 1992. She has more than 10 years of outpatient hemodialysis experience and four years of experience in providing inpatient hemodialysis. Her experience also includes training to treat the myriad of other health issues that are often present in patients who are hospitalized and require dialysis services. Blake resides in Sudlersville with her husband and two children.



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Thank you gentlemen!



# Wildlife at QAC Chamber of Commerce Golf Tournament



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THANK YOU SPONSORS!

## Shore Health System Names Walsh Interim President and CEO

Shore Health System has named Gerard Walsh of Cambridge interim president and chief executive officer. A member of the Shore Health System senior leadership team since 1998, Walsh has 25 years of healthcare experience.

"Since I took on the job of interim President and CEO on April 4, I have been impressed – but not surprised – by the support everyone has shown," Walsh says. "After more than a dozen years at Shore Health System, I know that our employees, physicians, board members and volunteers always rally, no matter what challenges we face, so that we continue to meet the needs of our communities and our patients."

The Shore Health System board of directors has formed a committee to conduct a nationwide search for the next president and CEO. The committee will be conducting interviews over the summer with the goal of naming a new executive in the early fall.

While the search for a new president and CEO continues, Walsh, Parker and the other members of the Shore Health System senior leadership team are moving forward with strategic projects that address the healthcare needs of the Mid-Shore community.

Walsh relocated to the Eastern Shore from New York in 1998 when he joined Shore Health System as vice president of operations for Dorchester General Hospital. He was named senior vice president and chief operating officer for Shore Health System in 2000. His healthcare experience includes executive and administrative positions at North Shore University Hospital and LaGuardia Hospital in Forest Hills, New York.

A graduate of St. John's University in Jamaica, New York, Walsh earned a master's degree in health systems management from Iona College in New Rochelle, New York. He completed Leadership Maryland in 2008 and was appointed to the State of Maryland Governor's Wellmobile Advisory Board in 2009.

Walsh is an active member of the Cambridge Rotary, the Dorchester County Chamber of Commerce and the American College of Healthcare Executives. In 2002, Mr. Walsh was named Business Man of the Year by the Cambridge Rotary.

Christopher Parker, MSN, RN, has been named interim chief operating officer for Shore Health System. Parker, of Easton, continues to serve as chief nursing officer and senior vice president of patient care services.

Parker joined Shore Health System in 2001 and was named vice president for

nursing in 2003. He was promoted to senior vice president for patient care services and chief nursing officer in 2008. Under Parker's leadership, Shore Health System was awarded Magnet® Recognition by the American Nurses Credentialing Center in 2009.

Before coming to Shore Health System, Parker, a critical care nurse, served in nursing executive positions at Holy Cross Hospital in Silver Spring, Maryland, at Inova Fairfax Hospital in Falls Church, Virginia, and at Georgetown University Medical Center in Washington, D.C.

After earning a bachelor of science in nursing at The State University of New York in Plattsburgh, Parker graduated from Syracuse University with a master of science in nursing. He received a post master's certificate in nursing administration. Certified by the American Nurses Association in Advanced Nursing Administration, Parker is a diplomat of the American Board of Quality Assurance and Utilization Review Physicians and nationally certified in Health Care Quality Management. He is a member of Sigma Theta Tau, the National Honor Society for Nursing.

Parker serves on the board of directors of the Eastern Shore Area Health Education Center and the Maryland Hospital Association (Prime). He completed Leadership Maryland in 2010. In 2003, Parker was named Innovator of the Year and received the Health Care Heroes Award in two state-wide competitions.

## Free Skin Cancer Screening Available June 21

Begin your summer by getting a free skin cancer screening on Tuesday, June 21. This service for adults 18 and older is being offered by Shore Health System and the Talbot County Health Department. Appointments are available between 4:00 pm and 7:00 pm at the Talbot County Health Department, 100 S. Hanson Street in Easton.

The screening will be done by local dermatologists Peter Niebyl, MD, David Smack, MD, Roger Orsini, MD, and Donald Stranahan, MD. The physicians will conduct a full examination, looking for moles and other signs of skin cancer. The screening is especially recommended for anyone who works and plays in the sun and for people who use a tanning booth.

Everyone who participates in the screening will receive a gift and leave with important health information about preventing skin cancer.

To schedule an appointment for the June 21 skin cancer screening, call Shore Regional Cancer Center, 410-822-1000, ext 5101.



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## QAC Arts Council & Centre for the Arts June Events

June 9: Thursdays in the Park. 7-9 p.m.: Chesapeake Bay Community Band at Millstream Park, Centreville, MD. Free. QAC Arts Council invites the public to enjoy an evening of American standards and more with this great local band. Rain or shine. Call the Arts Council in the event of severe weather warnings. 410.758.2520. Sponsored by Maryland State Arts Council, WCTR, Tidewater Trader, United Way of QAC, and Exit Gold Realty.

June 11 through July 2: Queen Anne's County High School Alumni Exhibit Preview and Reception: 5:30-7:30 p.m. featuring artwork by Queen Anne's County High School Alumni, presented by the Queen Anne's County Arts Council in cooperation with QACHS Art Educator Stephanie Zeiler. Public reception on June 10 from 5:30 to 7:30 p.m. Centre for the Arts, 206 S. Commerce St., Centreville, MD. 410.758.2520. www.arts4u.info.

June 11: Dance Party. 8-10:30 p.m. Kick Off Summer at this June Dance Party. Early bird Quickstep lesson from 7:15-8 p.m. Presented by www.dancingontheshore.com. Held at the Centre for the Arts in Centreville,

206 South Commerce St., Centreville, MD. 410.758.2520. \$10 members \$12 non-members. 410.758.2520. www.arts4u.info.

June 18: Art of the Deals: 9 a.m.-1 p.m. Community wide event featuring artists, a Farmer's Market, music, demonstrations and information tables on the Courthouse Green in Centreville. Interested artists should call the Queen Anne's County Arts Council about renting table space. Civic groups are free, but must pre-register with the Centre. Deadline: June 1. Downtown merchants will have specials and sidewalk sales. 410.758.2520. Centre for the Arts, 206 S. Commerce St., Centreville, MD. www.arts4u.info.

June 23: Thursdays in the Park. 7-9 p.m.: Annapolis Bluegrass Coalition at the Kent Island Yacht Club, Chester, MD. Free. QAC Arts Council invites the public to enjoy an evening of traditional and contemporary Bluegrass music. Bring blankets or chairs. Food and beverages on sale. Rain or shine. Call the Arts Council in the event of severe weather warnings. 410.758.2520. Sponsored by Maryland State Arts Council, WCTR,

Tidewater Trader, United Way of QAC, D.D.S. and Exit Gold Realty.

June 27 – August 29: Beginning and Intermediate Oil Painting, ages 16+: Monday, 6:30-9 p.m. Create an original oil painting that will last forever. In this 9 week course, popular instructor and award winning artist Tina Williams teaches the use and application of oil paints as well as mixing colors and highlights with this medium. Register by 6/17. No Class 7/4. \$100 members, \$114 non members. Centre for the Arts, 206 S. Commerce St., Centreville, MD. 410.758.2520. www.arts4u.info.

June 28 – August 30: Beginning and Intermediate Oil Painting, ages 16+: Tuesday, 9-11:30 a.m. Create an original oil painting that will last forever. In this 9 week course, popular instructor and award winning artist Tina Williams teaches the use and application of oil paints as well as mixing colors and highlights with this medium. Register by 6/17. No Class 7/5. \$100 members, \$114 non members. Centre for the Arts, 206 S. Commerce St., Centreville, MD. 410.758.2520. www.arts4u.info.

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## **“CMS Students Share Their Sparks”**

By Ashley Winterstein

A spark is an interest, talent, skill, asset, or dream that excites a young person and helps them discover their true passions, whether they be academic, relational, athletic, or intellectual.

The Search Institute, a national non-profit organization committed to providing resources to help every child succeed, created the spark concept to help young people identify their sparks and encourage the community to support these interests and talents.

On their website, [www.search-institute.org](http://www.search-institute.org), researchers share that when young people can identify their spark AND have adults in their lives who support their sparks, they are more likely to “have a sense of purpose, be socially competent and physically healthy, volunteer to help others, and have better attendance and higher grades in school.”

The students at Centreville Middle School were recently asked to reflect on what their spark(s) may be and then share them in an essay. These sparks could be anything that motivates the students and brings them joy, energy, meaning, purpose, and direction.

The Language Arts teachers were asked to read the essays from their class and choose three or four that stood out to them. A Leadership Team of seven school staff members then chose their favorite essays from the group and invited these students to represent the school in an interview session with Jacki Carter, Positive Youth Development Coordinator, to be aired on QACTV.

This simple essay assignment has produced amazing results. Pam Edwards, Centreville Middle School Guidance Counselor, was surprised by the diversity of the sparks in their school and enjoyed the opportunity to learn about the many dimensions of these young students.

Some students wrote about sparks that are evident in a school setting, such as reading, math, or playing sports or a particular instrument. These students often credited their teachers or coaches for encouraging and supporting their sparks.

Other students have sparks that are not always apparent in school. Dana Koch, an eighth grade student, identified photography as her spark after falling in love with taking pictures of her family and friends a few years ago. Steven Melvin, a sixth grade student, has already identified his spark as cooking. Other remarkable sparks included dancing, gymnastics, and volunteering to help needy families.

Research done by the Search Institute has shown that having caring adults to support and encourage youth to find and follow their sparks is essential to their success. In a small discussion group at Centreville Middle School, students shared this same sentiment. They spoke candidly about wanting opportunities to explore different activities such as cooking, photography, writing, or gymnastics and are interested in finding people and resources that will allow them to experience possibilities for hobbies or even future careers.

They also shared their belief that focusing on their sparks and positive interests could help them and their classmates avoid the common risks of adolescence such as underage drinking and drug abuse. They felt that pursuing their sparks would offer a positive activity to alleviate boredom and keep them focused on their true life goals.

Any caring adult in a young person’s life can be the encouragement that they need to pursue their spark. A parent, teacher, neighbor, coach, or family friend may be the support a young person needs to follow their interests and dreams.

There are also opportunities available to members of our community to become supporters of local students who may not be currently receiving this positive encouragement. Please contact Jacki Carter at 410-758-6677 or [jcarter@qac.org](mailto:jcarter@qac.org) if you would like to find out more information about becoming a mentor to an individual student or a character coach to an entire class of students in our county.



## Queen Anne's County: Gateway to the Eastern Shore Fun!

Spring is in full force in Queen Anne's County and summer is right around the corner. There are a plethora of fun events and activities happening right in your own back yard!

From now until June 30th visit the Chesapeake Exploration Center; a new exhibit commemorating the Civil War is now open. This exhibit is free and open to the public. The first Saturday of each month (June 4th) the historic sites in Queen Anne's County throw open their doors and allow visitors to step back in time. At the Church Hill Theatre the classic musical "Brigadoon" will be showing from June 10-26. Ongoing throughout the whole summer is the free summer concert series Thursdays in the Park. The Arts Council sponsors these events throughout the county in a variety of musical styles. Thursdays in the Park will be held at Millstream Park in Centreville on June 9th and Kent Manor Inn on June 23rd.

These are just a few of the exciting events happening throughout our great county. For more information and events please visit [www.discoverqueenannes.com](http://www.discoverqueenannes.com) or tune into QAC TV to watch the latest on "Two Minutes of Tourism."

## Be TeRRiFiCC Practice the Pillars of Character Everyday!

*Trustworthiness,  
Responsibility,  
Respect, Fairness,  
Caring & Citizenship*

## Stretching an IRA

Many retirees depend on their individual retirement accounts to fund living expenses during their golden years. However, there are retirees who find themselves in the enviable position of having no need to withdraw from their IRAs. If you are fortunate enough to be in this camp, or if you are fairly confident that you will have plenty of money left in your account when you leave this world (even after taking required distributions), you will want to make sure you preserve as much of your IRA assets as possible for future generations. You can accomplish this by implementing a stretch strategy.

The first step in setting up a stretch IRA strategy is to simply name one or more beneficiaries. If you are married, your spouse can serve as your primary beneficiary while your children or even grandchildren can serve as your secondary beneficiaries. You can also name others as beneficiaries, such as family members or friends. You worked hard to accumulate the funds in your IRA, be sure they are transferred properly.

When you pass on, providing certain conditions are met, each beneficiary who elects to go with a stretch strategy will have a range of options to choose from—depending upon your age at death (and whether or not you have begun to take required minimum distributions from the IRA) and whether a spousal or non-spousal beneficiary is involved. If you happen to be named a beneficiary and choose to implement a stretch strategy, be sure you know what comes next. In some cases you may be able to keep the assets growing on a tax-deferred basis while in other cases distributions will need to be taken soon. Because of the many rules, it is highly advisable that you speak with a financial advisor or tax professional when it comes to stretch strategies.

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