

Charlottesville Business Exchange  
Minutes  
June 9, 2016

Terry Campbell called the meeting to order. In attendance were: Terry Campbell, Maggie Morris, Jessica Osbourne (sub for Paul McArtor), Bill Rudd, Stuart McClintic, Dan Elash, Greg Allen, Angelo Jennings, Stacey Norris, Stephanie Dean, Todd Jenkins

Guests: Laurence Mann, College Hunks Hauling Junk.

Officer Reports:

President: Terry (standing in for Dennis) went over the CBE purpose of providing trusted referrals.

VP Education:

VP Membership:

Treasurer: Maggie reported we had 28 RB's and 5 referrals last week

Secretary:

Announcements:

Educational Moment: Dr. Dan continued his theme of inoculating ourselves from stress. This week's subject was avoiding feeding fear. Start with positive self talk. Control your head conversations by avoiding auto pilot. Too often we subconsciously tell ourselves pessimistic things. We rehearse and anticipate failure. We need to be aware of what we are thinking and counter the subconscious tendency to expect the worst. We need to objectively examine our circumstances, what the real threats and opportunities are and make plans to counter the threats and seize the opportunities.

Presentation: Today we did a group exercise of working on the plans for the summer social. Greg Allen reported he has been in contact with First Colony (on route 20) and VA Wineworks (Avon Street Extended) The group felt that we need to keep the event in closer to the city and that Wineworks would likely be the best option between the two. We are looking at having the event in lieu of the meeting on July 21. We expressed concerns about the cost of the locations, the marketing of the event and liability insurance.

There being no further business the meeting closed.