



On The GO

Greater Olean Area
CHAMBER of
COMMERCE

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SANTA and MRS CLAUS CAME TO TOWN

Fifty-three units and more than 1,125 adults and children took part in the 26th Annual Santa Claus Lane Parade held Friday, November 25 in downtown Olean. Judging for this season's parade was done by Al Wager, National Grid Co.; Paula Snyder, Jamestown Community College; Max Bullers, Home Depot of Olean; and Lori Babcock of Microtel Inn of Olean.

The **Elves Award**, sponsored by **Cattaraugus Region Community Foundation**, a float or unit that best typifies the holiday through the eyes of a child; went to **Cub Scout Pack 621**. **Angelic Spirit Award** sponsored by **Mandy's Flowers**, awarded to **Archbishop Walsh Academy** as the most spiritual/religious float or unit. **Blitzen Award**, sponsored by **Times Herald** went to **The-Connection** as the most photogenic float; **Jingle Bells Award**, sponsored by **Microtel Inn of Olean**, the best theatrical (music/dance) float was awarded to **Rock-it-Out DJing and Olean Dance Arts**; The **Rudolph Award**, sponsored by **National Grid Co.**, for the float with the most or best use of lights was awarded to **Wade's Bike and Sled Shop**; The **Seasons Greetings Award**, sponsored by **Community Bank, NA**, to the best newcomer to the parade, and one that typifies a welcoming theme - this unit must be a first-time entrant went to **Olean Bradford YMCA Flames Gymnastics Team**; and The **Snowflake Award**, sponsored by the **Street Classics Car Club** for the unit with the most participants in the parade was awarded to **Richburg Volunteer Fire Department**.

SPORTS SHOW

CUTCO Cutlery Corporation, **Ka-Bar Knives**, and **Ron's Gun Shop** have signed on as show sponsors of the 3rd Annual Greater Olean Area Outdoor and Recreation Sports Show in January. The show will be held at the Daniel Carter Events Center, 2383 West Five Mile Road Extension in Allegany. The show dates and times are Saturday, January 28, 10 AM to 5 PM, and Sunday, January 29, 10 AM to 4 PM.



Vendors that have signed up to date include: Cast-Away Charters (Lake Erie Fishing); East Coast Whitetails; National Wild Turkey Federation, Southern Tier Outfitters. Roger Raglin will appear both days of the show. Roger, who started his film career in 1984, has produced nearly 70 full-length hunting videos and DVD's. Roger has traveled all over the world taking various record book animals including several world records, but he is known primarily for his skills in the field of whitetail deer. Nicknamed, "America's Favorite Whitetail Deer Hunter," Roger's accomplishments are simply staggering. His trophies include 174 bucks.

Vendor booths are now available. Registration information and application is online at www.oleanny.com. The show wants to bring the passion for the outdoors—indoors—by bringing outdoor sports enthusiasts of all ages to view the latest and best in gear, shop, plan and book hunting and fishing trips. For more info on the show, please call GOACC at (716) 372-4433 or email events@oleanny.com.

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**December 19~23**  
**GOACC HOLIDAY**  
**OFFICE HOURS**  
8 AM - 5:30 PM

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December 26
GOACC OFFICE
Closed for the Holidays

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**December 30**  
**GOACC OFFICE**  
**HOURS**  
8:30 AM - 12:00 PM

~~~~~  
January 2
GOACC OFFICE
Closed for the Holidays

~~~~~  
**January 25**  
**BUSINESS**  
**AFTER HOURS**  
**Total Senior Care**  
519 North Union,  
Olean, 5-7 PM

~~~~~  
January 28, 29
Greater Olean Area
OUTDOOR & REC
SPORTS SHOW
Daniel Carter Events Center
2593 West Five Mile
Road, Allegany

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*MISSION -- GOACC is a member driven business organization that provides benefits, programs, services, and events to enhance the area's quality of life and economic climate.*

## Tips to Prevent Holiday Stress & Depression

By Mayo Clinic Staff

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

**Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

**Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

**Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

**Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

**Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

**Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

**Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

**Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

**Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

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## WWW

Visit Chamber's Web Sites  
www.oleanny.com  
www.oleaninfo.com  
Visit EZ's Web Site  
www.cattempirezone.org

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## Happy Holidays



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Get On the Bus to Portville and Now Salamanca!

Affordable public transportation is again available between Salamanca and Olean three times daily. The Seneca Nation of Indians Tribal Council announced the agreement to start a six month trial operation of utilizing public transportation for travel in the community and surrounding area. The Salamanca service will be provided by First Transit, Inc., the operator of OATS, the Olean Area Transit System. The trial service began November 1st and operates Monday through Saturday, except holidays, and will be based in Olean. Current plans are for one morning and one afternoon round trip from Olean to Salamanca and back during daytime hours and one round trip.



The cost for each passenger is \$1.00 for an adult one-way fare to ride the bus within either the City of Olean or Salamanca. The cost for passengers traveling from either Olean to Salamanca or any stop in between is \$2.00. Seniors and disable individuals may ride for one-half of the adult fare. Children under 12 years of age ride for free but must be accompanied by an adult. The bus schedule for the OATS Olean to Portville and to Salamanca service is available on the City of Olean website, www.cityofolean.org.

MEMBER BENEFITS 101 -- Each month, we list benefits of GOACC membership. Only current GOACC Members can participate in the Shop Olean Gift Certificate program. In standing with our goal to help "Members Support Members," we have a gift certificate program to help create sales growth for our member merchants, and to add convenience to communities' purchasing needs. As a participant of the Chamber's gift certificate program, you'll help drive dollars back into the community, provide a solution for members who offer holiday bonuses and/or incentive plans, and help maintain and grow Chamber member enrollment. If you're interested in adding your business to the list, please give us a call. It's as easy as that!

American Red Cross Awarded Grant for Olean and Wellsville Office Upgrade

The Cattaraugus and Allegany County Districts of the Southwestern NY Chapter of the American Red Cross received a \$10,000 grant award to upgrade their Olean and Wellsville service center offices. The grant will be used to purchase new workstations, a server, and other items to improve connectivity between all offices of the Southwestern NY Chapter of the American Red Cross.



The F.T. and Anna C. Manley Memorial Trust is administered through Key Bank trustees. This trust received more than 20 requests for funding this year and was able to distribute \$145,000.00 to area charities this year. Pictured is Bill Tucker, Chapter Executive Officer of the Southwestern NY Chapter of the American Red Cross (far right) receiving the check from Key Bank's Ron Sutton, Key Bank Trust Officer and Vice President (left) and Laureen Syta, Key Bank Relationship Manager and Vice President (center).

The local American Red Cross chapter provides disaster relief, health and safety services, armed forces emergency communications and blood donor services to Chautauqua, Cattaraugus, and Allegany counties in southwestern NY. Their mission is to help people prepare for, respond to, and prevent disasters and emergencies. The local chapter depends on the generous support of the community and is a United Way agency.

MEMBER UPDATES

A FREE member benefit to announce awards, personnel changes, merchandise changes, etc. Only details sent directly to the Chamber office will be included.

♦LEADERSHIP CATTARAUGUS SEEKS APPLICANTS --

Leadership Cattaraugus, which has developed some of the highest profile business and civic citizens in the county, is accepting applications for its class of 2012. Leadership Cattaraugus was established in November 2003 as a joint effort of Jamestown Community College (Cattaraugus County Campus), The ReHabilitation Center, Greater Olean Area Chamber of Commerce and St. Bonaventure University.

Applications for the 2012 program, which will begin in March, are now being accepted. All applicants will be screened by a Selection Committee and those chosen will be notified in February. The criteria include leadership potential, commitment to service, and a clear desire to contribute to the county's well-being. Tuition for the 10-month program is \$1,200; some tuition assistance is available to qualified participants.

Please visit the Leadership Cattaraugus website at www.leadershipcattaraugus.org or contact Jesse Gugino, Administrator of Leadership Cattaraugus, at 716-376-7572 for more details and an application form.

♦SUCCESSFUL PUMPKIN SHOOT --

Besecker & Coss Appliances raised \$1,031 for Sarah's Heart Childrens Home in Portville. It was raised during their Great Pumpkin Shoot.

♦AMERICAN RED CROSS OFFICE HOURS TO CHANGE --

Started November 1st, the American Red Cross of Southwestern New York's Offices' customer service hours will become 8:30 AM to 4:30 PM Monday through Friday. Offices in Jamestown, Olean, and Wellsville will continue to provide walk in services to those affected by disasters, an Armed Forces emergency and any other need that the Red Cross could provide assistance or referrals. Any

LOOK WHO'S JOINED US!

PLEASE WELCOME THESE NEW CHAMBER MEMBERS

♦UHL OIL COMPANY

Oil Gas and Well Production

130 Dallas Road
Bradford, PA
814-368-8570

♦HEALTH HAVEN

Health Kiosk Cafe

1101 Wayne Street
(Inside Olean YMCA)
Olean, NY
790-9422

♦PATRIOT & FREE

PRESS

Newspaper Weekly
25 West Main
Cuba, NY
585-968-2580

♦FAMILY FURNITURE

Retail - Furniture

860 East State Street
Olean, NY
716-373-9999
family_furniture12@yahoo.com

♦TROLLEY TOWN TOYS & HOBBIES

Hobby Store

122 North Union St.
Olean, NY
716-307-7658
cdlproductions@yahoo.com

Please remember to call GOACC members when you need a product or service. It's GOOD Business to do Business with Chamber members!!

questions feel free to contact the office in Jamestown at 716-664-5115, in Olean at 716-372-5800 or in Wellsville at 585-593-1531.

♦OFFICE SPACE AVAILABLE DOWNTOWN --

The Masonic Temple Building located at 124 North Union Street in downtown Olean has space for rent/lease. Nine office spaces are available ranging in square feet from 220 - 726 sf. Lease/rent fees go from \$250-750 per month. All fees include utilities and janitorial services. For more information, please call 372-4350.

♦OLEAN-BRADFORD AREA YMCA WELCOMES NEW CEO

JEFF ALEVY - The Olean-Bradford Area YMCA announces the selection of Jeff Alevy as the new President/CEO. Jeff comes to Olean-Bradford from the

Metro Atlanta YMCA where he most recently was Executive Director of the Summit Family and the Fayette Outdoor branches. He brings 13 years of YMCA



experience to his position as President/CEO. Jeff will begin his role on January 1, 2012.

♦NEW PHONE NUMBER --

West End Beverage located at 2828 West State Street in Olean has changed their telephone number to 372-7700.

♦NEW LOCATION --

Meyer's Custom Electronics (Dr. Dave's Computer Clinic) has moved into its new location at 422 West State Street, Olean.

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120 North Union Street
Olean, New York 14760
(716) 372-4433 • Fax 372-7912

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CATTARAUGUS REGION COMMUNITY FOUNDATION

CELEBRATING THE ROLE OF OUR COMMUNITY FOUNDATION

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Visit CRCF's Web Site
www.cattfoundation.org

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In recognition of National Philanthropy Day and Community Foundation Week during November the Cattaraugus Region Community Foundation hosted its first Nonprofit Networking Day.

About 100 individuals from nonprofits organizations in the region attended the event November 4 at Jamestown Community College's Cutco Theater in downtown Olean. Staff, board members and volunteers converged for a day of networking and learning.

Topics covered including embracing change in an organization, the role of board members, volunteer recruitment and management, year-end fundraising ideas, direct mail tips, and using social media at nonprofit organizations.

"We were pleased to host this event for the nonprofits in our area. The response was great and everyone has already asked about attending next year," said Karen Niemic Buchheit, CRCF executive director.

Ms. Buchheit explained that while the Community Foundation is instrumental in making grants for important causes in the community, it also wants to find ways to help individual nonprofits increase their capacity and effectiveness through events such as the Nonprofit Networking Day.

"Not only did staff and volunteers gain helpful information, they made connections with colleagues and experts to address specific questions they have," Ms. Buchheit added.

As part of Community Foundation Week the Foundation staff also reminded potential donors about ways the CRCF can help them. These services to donors and the community include:

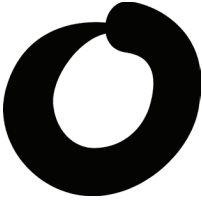
- ❖ Helping to build endowment funds that grow and benefit many different local causes in perpetuity.



Cattaraugus Region Community Foundation board member and vice president Wendy Brand (left) discusses a point in the "How to be a Great Board Member" session at Nonprofit Networking Day with keynote speaker Michael Brand (right) of Accelerate Now and the Erie Community Foundation. CRCF hosted the first annual event in November for area nonprofits.

- ❖ Helping to create an individual or family legacy.
- ❖ Offering donors involvement in selecting charities to receive grants.
- ❖ Providing a simple way to help donors fulfill multiple charitable interests with low-cost administration.
- ❖ Administering memorial or named scholarship funds.
- ❖ Offering maximum tax advantages to donors.
- ❖ Providing prudent stewardship and investment practices of donor funds.
- ❖ Working with financial planners to meet donors' estate planning needs.

Donors interested in making a gift before the end of the calendar year to a specific fund or to the Foundation's unrestricted Community Fund can give online through the Foundation's secure website at www.cattfoundation.org or call 716-372-4433.



Greater Olean Area
CHAMBER of COMMERCE
120 North Union Street
Olean, NY 14760

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or current resident

TWELVE ICE SKATE DAYS ~ Through the generosity of GOACC, the City of Olean Division of Youth & Recreation Services is offering FREE admission for public ice skating on December 26. There is a \$2 skate rental fee. Additionally, FREE admission will also happen December 23 - January 1st thanks to other sponsors!!

Chamber Six-Week

Seminar Series

JANUARY 17 • 8 AM

WELLNESS in the WORKPLACE

GOACC Office

Workplace wellness programs encourage people to take steps to prevent the onset of a health condition or sickness and to adopt lifestyles that are healthier. Businesses may implement many types of workplace wellness programs, from on-site gyms to simple workplace wellness newsletters. See ideas that work well at your place and within your budget. PRESENTER-- Jill Delaney, The ReHabilitation Center

Please call 372-4433 for more details.

GOACC Member to Member Coupons

Eade's Fitness 24/7

502 North Union Street
Olean, NY

FREE

Two Week
Trial Membership

Expires 6/30/12

More Member to Member
Coupons can be found in the
GOACC Member Directory.