

NEWS & VIEWS

May 2019

Volume 39 Issue 5

May 14 Luncheon Chris Pfefferkorn, President and CEO of the Birmingham Zoo

hris Pfefferkorn, President and CEO of the Birmingham Zoo, has over 25 years of Zoological experience, which includes serving as the Senior Vice President of the Birmingham Zoo, Deputy Director of Living Collections at Oregon Zoo, as well as various positions in two zoos in Texas and one in Illinois.



Pfefferkorn has spent over 18 years devoting himself to conservation initiatives including the Chipangali Large Carnivore Project in Zimbabwe. This collaborative research project is focused on Leopard and Brown Hyena populations and biodiversity studies near Matopos National Park.

Pfefferkorn earned a Bachelor of Science in Biology at Eureka College in Eureka, Illinois.

(Continued on page 4)

Regions Bank

Regions Financial Corporation, with \$123 billion in assets, is a member of the S&P 500 Index and is one of the nation's largest REGIONS full-service providers of consumer and commercial banking,



wealth management, mortgage and insurance products and services. Regions serves customers across the South, Midwest and Texas, and through its subsidiary, Regions Bank, operates approximately 1,500 banking offices and 1,900 ATMs.

Our Company Mission

Our mission is to achieve superior economic value for our shareholders over time by making life better for our customers, our associates and our communities and creating shared value as we help them meet their financial goals and aspirations.

Regions' five core values guide everything we do:

- Do What Is Right
- Put People First
- Reach Higher
- Focus On Your Customer
- Enjoy Life

UNCHEON SPONSOR

Volunteer?? How can it benefit me?

We all know that volunteering our time to support a worthy cause is good for those citizens needing our help.

But what about me? How does volunteering my time help me?

Well, there are some really good answers to that question which may come as a surprise.

Study after study has shown that volunteering provides personal benefits that many times cannot be found elsewhere.



Gary Jordan

1. Boosts self esteem

Volunteering helps build a strong safety net for when you are experiencing trying times.

2. Expands your connections

You can make new friends and keep the old by engaging in a common activity like volunteering

3. Makes you feel good

If you have ever volunteered before, you have probably experienced this: volunteering makes you happy! Researchers at the London School of Economics found that people become happier by volunteering more.

4. Contributes to a longer life

Volunteering does more than boost your mood—it also has effects on your physical well-being. Volunteers encounter greater longevity and less frequency of heart disease. Happier and healthier life? Count me in.

5. Combats stress

Volunteering goes beyond just being something fun to do; it decreases stress, too.

6. Gives a good example

Volunteering as a family is a great way to teach important lessons to your children. They always learn from the example you set for them, so make sure it is a good one!

7. Teaches new skills

Live a little! Volunteering gives you the opportunity to explore new skills and interests that you might not get to enjoy otherwise. You can broaden your horizons while helping others at the same time.

With all the health perks associated with volunteering, there is really no reason why you should not give it a shot. By helping improve your community, you are also helping yourself. It is a win-win! Once you get in the swing of things, you will be a happy and healthy volunteer in no time.

Vestavia Hills is blessed to have a plethora of citizen volunteers who contribute their time and talents to help our City become "A Life Above".

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in". ~Author Unknown

Gary Jordan Summit Franchising Group Board Chair, 2019



rom the President...

I can't believe this school year is ending already! For those of you with Seniors I am sure you are wondering where the time went.

I'd like to thank all of those who helped make the 29th Mayor's Prayer Breakfast a success. We are blessed in Vestavia Hills to have so many come together with gratitude to give prayers for our many blessings and celebrate the opportunity to live in such an incredible city and country.

Micah McElveen, founder and President of Vapor Ministries, was our keynote speaker and did an outstanding job. What an incredible ministry he has founded serving impoverished people in third world countries! We also had wonderful prayers from Rev. Jack



Karen Odle

Alvey, Episcopal Church of the Ascension; Cory Varden, Philadelphia Baptist Church; Julia Stewart, SGA President, VHHS; Rep. Gary Palmer, US Congress; and Rev. Randy Overstreet, The Church at Liberty Park as well as participants Vestavia Hills Fire Chief Marvin Green; Just Singin' from VHHS; Douglas Thompson, VHHS FCA President and Rodney Jackson, Owner/Operator Chick-fil-A Vestavia Hills.

Also a special thanks to the Mayor's Prayer Breakfast Committee for all their help in making the event flow smoothly. Those on the committee include: Denise Wallace with 89.9 WAY-FM; Edna Felton with Alabama Power; Laurie Stroud with Birmingham Christian Family; Rachel Patterson with Bradford Health Services; Beth Sasser with Cooke Cameron & Travis CPAs; Rev. Huey Davis with First Church of the Nazarene; Joanie Alfano, City of Vestavia Hills; Gary Jordan with Summit Franchising Group; Erin Holtz with Pure Fitness; Gwen Brannum with RealtySouth; Keri Bates with Rocky Ridge Drug Company; Becky Hicks, RE/MAX Southern Homes; Steve Browning & Dylan Carson with Shades Mountain Baptist; Rev. Jack Alvey with Episcopal Church of the Ascension; and Katie Woodruff with the Chamber office and Chair of the event, Scott Perry with RealtySouth. A special thanks to Diane Zaragoza for her work on the centerpieces and Cinnamon McCulley with the City of Vestavia Hills for her design work for the program and tickets for the Prayer Breakfast.

We have begun planning for the 38th Annual I Love America Night which is scheduled for June 27th. This event showcases all that is special about living in Vestavia Hills as is evidenced by Vestavia Hills High School opening their doors to us to hold the event there this year. Due to the construction at Wald Park we will move the event to Vestavia Hills High School and start off with wonderful music from the Shades Mountain Baptist Church Orchestra in the High School auditorium, then will go outside (weather permitting) so bring your family and a lawn chair or blanket and sit under the stars and enjoy food from the concession stand; let your children enjoy a great children's area staffed by Vestavia Hills United Methodist Church and then sit back and enjoy a family movie. You and your family can vote on what movie you would like to be shown by going to our website www.vestaviahillsorg and click on Movie Survey. Please consider volunteering or sponsoring these events. It is great exposure for our businesses.

Please check our calendar frequently as we are constantly adding new events and encourage you to be part of as many as you can. If you would like more information about these or other opportunities, please contact me or the Chamber office. The best way to get the most out of your Chamber membership is to GET IN-VOLVED as we strive for "A Life Above"!

Unity. Prosperity. Family.

Karen J. Odle President

May 14 Luncheon

Reservations must be made by 4 PM Friday, May 10, 2019 Reservations may be made by visiting www.vestaviahills.org or by calling 823-5011.

Please Note:

- -Reservations that are made and not cancelled by 4:00 pm Friday, May 10 must be paid for, as we must pay for the number reserved.
- -Please make every effort to make your reservation on time. The number of reservations we have by the deadline is the number that we and the Vestavia Country Club prepare for.

Please remember the Vestavia Country Club policy of NO JEANS in the ballroom where we hold our monthly luncheons.

(Continued from page 1)

In addition to his degree, Chris has been involved in numerous professional development positions within the Association of Zoos & Aquariums (AZA), most recently as Chair of the Ethics Board and being a member of first class to complete the AZA Executive Leadership Development Program, a program designed to train the next generation of zoological executive leaders.

Luncheon Business Spotlights

As a benefit of Chamber membership, you are welcome to choose two luncheons to have a booth to showcase your business.

If you would like reserve your spots for 2019, please email chamber@vestaviahills.org.

2019 Luncheon Dates:

May 14
June 11
August 13
September 10
October 8
November 12
December 10

WELCOME NEW MEMBERS

Please support our newest Chamber members and remember to 'Shop Vestavia Hills First'!!

Alabama Infusion Services, LLC

Taylor Moates

2409 Acton Road, Suite 153

Vestavia Hills, AL 35243

(334) 462-0664

Web: www.alafuse.com

Category: Healthcare

Barrett Architecture Studio

Lauren Barrett

2320 Highland Avenue S., Suite 250

Birmingham, AL 35205

(205) 531-0118

Web: www.barrettarchstudio.com

Category: Architects

Fleming's Prime Steakhouse & Wine Bar

Charlie Hayes

103 Summit Blvd.

Birmingham, AL 35243

(205) 262-9463

Web: www.flemingssteakhouse.com

Category: Restaurants

Fleming's Prime Steakhouse & Wine Bar

Branden Haley

103 Summit Blvd.

Birmingham, AL 35243

(205) 262-9463

Web: www.flemingssteakhouse.com

Category: Restaurants

♦ Mills Pharmacy

Randell Pickering

758 Shades Mountain Plaza

Hoover, AL 35226

(205) 823-9500

Web: www.millspharmacy.com

Category: Pharmacy

Mills Pharmacy

Robert Mills

758 Shades Mountain Plaza

Hoover, AL 35226

(205) 823-9500

Web: www.millspharmacy.com

Category: Pharmacy

♦ Cruise Planners

Shawn Carlson

Birmingham, AL 35242

(205) 719-6710

Web: www.elationtravel.com

Category: Travel Agencies

Gary Anthony Salon

Gary Diggs

1425 Montgomery Highway, Suite 109

Vestavia Hills, AL 35216

(205) 803-0044

Web: www.garyanthonysalon.com

Category: Hair Salon

Fi Plan Partners

Adam Vansant

5825 Feldspar Way

Birmingham, AL 35244

(205) 989-3498

Web: wwwfiplanpartners.com

Category: Financial Services

♦ J.C. Thompson Consulting

John Thompson

Vestavia Hills, AL 35216

(205) 823-3483

Category: Human Resources

♦ Aldridge Gardens

Ellison Hendrixson

3530 Lorna Road

Hoover, AL 35216

(205) 682-8019

Web: www.aldridgegardens.com

Category: Gardening; Event Facilities

♦ SWEEPLE, LLC

Adam Bassett

16738 Highway 280

Chelsea, AL 35044

(205) 478-4378

Web: www.sweeple.co

Category: Home Services; Cleaning Services

WELCOME NEW MEMBERS

Please support our newest Chamber members and remember to 'Shop Vestavia Hills First'!!

♦ BBVA Compass-Cahaba Heights

Maudie Hicks 3960 Crosshaven Drive Vestavia Hills, AL 35243 (205) 297-4880

Web: www.bbvacompass.com

Category: Banks

♦ BBVA Compass-Liberty Park

Carmen Chapman 8000 Liberty Parkway, Suite 132 Vestavia Hills, AL 35242 (205) 297-4930

Web: www.bbvacompass.com

Category: Banks

♦ Stopwatch Urgent Care

Mark Morgan 2533 Rocky Ridge Road Vestavia Hills, AL 35243 (205) 623-0651

Web: www.stopwatchurgentcare.com

Category: Healthcare

◆ Troy University

Tara Elliott

111 Adams Administration Building

Troy, AL 36082 (334) 670-3200

Web: www.troy.edu Category: Education



To be entered in the 2019 Second Quarter Refer and Win prize drawing, simply refer someone to the chamber who joins as a new member. Contact the chamber's Membership and Marketing Consultant, Lisa Christopher at 862-3445 or email lisac@vestaviahills.org. Lisa will be happy to provide complete membership information to your prospects and will diligently try to "close the deal" so you can be included in the 2019 Second Quarter drawing for \$250 toward catering or (10) \$25 gift certificates toward dining at the Vestavia Hills location of Wintzell's Oyster House!





NEWS AND VIEWS Member Notes

- Join True40 Cahaba on Friday, May 3 for Bring a Friend Friday. The first Friday of every month we offer free classes all day. If you've ever wanted to try a challenging, core-focused workout that tones, lengthens and strengthens your body and clears your mind, this is your opportunity! Call the studio at 538-7005 to reserve your spot or sign up at http://www.true40studio.com/birmingham-classes. No promotional code is necessary.
- Village Dermatology invites you to their Saturday Cosmetic Clinic on May 4 from 9:00 am-12:00 pm. Appointment required. Call 877-9773 to book.
- True40 Cahaba is honoring the dedication of teachers and nurses the week of May 6th-11th. If you are a teacher or nurse, join us for one free class any day that week. Call the studio to reserve your spot or use code: appreciate to sign up online at http://www.true40studio.com/birmingham-classes.
- The Lili Pad is hosting Silhouettes by I Cut You Out on May 7 from 10:30 am-4:50 pm. These make great gifts for Mother's Day! Call 298-1811 to reserve a time slot.
- Maestro Maintenance Invites you to their Open House Celebration on May 9 from 5:00-7:00 pm. Drinks and hors d'oeuvres will be served. RSVP to events@orchestra-partners.com. 1820 3rd Ave N., Suite 301
- Home Instead Senior Care is hosting a Understand Alzheimer's and Other Dementias Family Education Workshop on May 10 from 9:00-11:30 am. RSVP to kcochran@homeinstead.com. 2059 Columbiana Rd.
- True40 Cahaba loves moms and we want to encourage mothers and daughters to come join us for a FREE yoga class on Saturday, May 11th at 10:30am in celebration of Mother's Day. Call the studio at 538 -7005 to reserve your spot or sign up at http://www.true40studio.com/birmingham-classes.
- Village Dermatology is hosting a Lunch and Learn on May 14 from 11:30 am-1:00 pm. Learn what to look for in a sunscreen with demos of product application from their skin care experts. Reservations required. RSVP to odemmons@villagedermatology.net
- Save the date for Action Martial Arts' Black Belt Challenge, a martial arts themed 5K adventure race and 1 mile fun run on May 18 at 8:00 am at Veterans' Park. Register at https://ataaction.com/programs/adultprograms/black-belt-challenge
- **True40** Cahaba is also offering a FREE Mommy and Me class on Saturday, May 18th at 10:30am as yet another way for moms and daughters to spend active time together. Children thru the age of 5 are welcome to join their moms in this fun, low key movement class. Call the studio at 538-7005 to reserve your spot or sign up at http://www.true40studio.com/birmingham-classes.

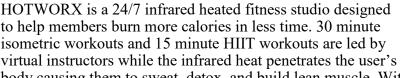
If you have any news or events you would like to put in the News & Views, email it to chamber@vestaviahills.org.



Trustee Spotlight



Leigh Ann Allen-HotWorx Vestavia





body causing them to sweat, detox, and build lean muscle. With fully customizable postures and temperatures, HOTWORX workouts are ideal for any age and fitness level while the workout times fit any busy schedule.

Leigh Ann Allen, owner of the Vestavia Hills HOTWORX location knows firsthand the healing benefits of infrared heated exercise. After recovering from a 17-foot fall that left her with a broken back and a shattered pelvis, she needed a way to exercise that didn't make her body ache. The first time Leigh Ann experienced the calorie-burning and mood-boosting effects of infrared heat at HOTWORX, she knew she had to open her own, starting with a location in her hometown of Birmingham, Alabama.

Since opening in Vestavia Hills, HOTWORX has helped over 600 members reduce stress and joint pain while dripping with sweat. It is an efficient and unique way to workout and feel great!

James Barnett-Peoples Bank of Alabama



James joined the Peoples Bank of Alabama team in January 2018 as the Regional Market President for Jefferson County. In this role, James is responsible for the commercial, consumer, wealth and mortgage banking operations for Jefferson county with teams located in Hoover, downtown Birmingham, Gardendale and Warrior, AL.



James is a seasoned banker, having served in key lending and credit roles with two national banks- both of which were headquartered in Birmingham, AL. Most recently, James served as the Regional Commercial Credit Risk Officer at BBVA Compass, managing a sizeable portfo-

lio of Commercial and Industrial, Commercial Dealer and Correspondent Banking clients.

James completed his MBA and undergraduate degrees at Auburn University and actively serves his community through leadership with Church of the Highlands, teaching financial education at Hope Inspired Ministries, and with past involvement in various Not for Profit Boards. James is a proud husband and parent to two sons (ages six and three).

To learn more about Peoples Bank of Alabama, visit them in person at one of their 25+ locations across North Central Alabama, online at peoplesbankal.com, or by phone at 877.788.0288. Member FDIC and an Equal Housing Lender.



Trustee Spotlight



Dr. Nicol Pettway-Summit Express Urgent Care



L. Nicol Pettway, MD, the Chief Medical Director at Summit Express Urgent Care, is a native of Alabama and has been practicing medicine in the Birmingham area for the past 22 years. She earned a degree in Biochemical Sciences from Harvard University where she was awarded a Harvard College grant. She received her Doctorate of Medicine from the University of



Alabama School of Medicine in Birmingham where she was awarded a Dean's Scholarship. Dr Pettway became board certified in Internal Medicine after completing a residency at the Baptist Health Systems in Birmingham, Alabama, in 1997. Because she strives to remain on the cutting edge of medicine, she has maintained that certification every 10 years as required by the American Board of Internal Medicine. She has practiced emergency medicine for more than 16 years and urgent care for six

years. Also, Dr. Pettway has successfully completed the training and testing in order to become a certified Department of Transportation medical examiner.

Summit Express Urgent Care has a unique distinction from the other urgent care clinics in the area because it focuses solely on urgent care. The latest trend is to perform both primary care as well as urgent care. Dr Pettway feels that during busy times such as flu season, critical health maintenance issues can "fall through the cracks". However, people that can't get in to see their private physician for necessary medication refills, such as blood pressure and diabetes meds, can drop in to receive a limited supply. The clinic also has a system in place in which each visit, with the patient's consent, will be faxed to their primary care physician. Therefore, local physicians can feel confident that their patients will not be "lost" to them and better patient follow up is ensured. This process also ultimately helps to optimize continuity of care which is crucial to the healing process. As the clinic embarks on its sixth year in the Vestavia area, they would like to thank their patrons for their continued support.

Amy Kabase-Spectrum Reach



Amy Ward Kabase is an energetic, creative and analytical sales professional with a passion for achieving maximum results through strategic marketing initiatives.



Born and raised her pre-teen years in various countries, including Central and South America, Asia and Europe, Amy settled back in Brandon, MS where she went to Jr. High and High School. She graduated from the University of Southern Mississippi with a BA degree in Paralegal Studies and a minor in marketing with aspirations of going on to law school. She met

her husband, Ted, in Jackson, MS and they moved back to Vestavia Hills where he was born and raised. They have twin daughters and a son, all grown now, which allows them to enjoy empty nesting!

Upon arriving in Vestavia Hills, she worked at Sirote & Permutt and in 1990, changed careers to television media sales where she has worn many hats from Account Executive, Research & Marketing Director, Local Sales Manager, and media buyer. In 2010, Amy left broadcast television and started selling media with Spectrum Reach, formerly Charter Media. She loves implementing sales strategies and marketing plans for her clients to see their business grow and goals accomplished.

Amy enjoys art and photography in her spare time and traveling all the time! She and her family enjoy staying active and being outdoors.



Trustee Spotlight



Bobby Haynes-Costco



The Membership Desk at Costco in Hoover has benefited from the expertise, personal attention and dedication that Bobby Haynes, the Membership/Marketing Manager, has given for the numerous years



he has managed this department. Bobby has been with Costco for eleven years and has worn various titles effectively as he has moved from supervisor of numerous departments to Membership/Marketing Manager. Costco members have come to know Bobby Haynes from his friendly and helpful nature when they frequent the departments mentioned. Costco is a wholesale retailer with a local warehouse that offers membership privileges and strives to focus on quality, price and brand while offering the lowest cost attainable to its members.

Bobby and his wife, Mistydawn, celebrate their 25th wedding in May and attend First Baptist Church of Pelham where both of their children were baptized. Their oldest daughter, Danielle, will graduate in May with a degree in Bachelor of Science in Professional Health Sciences from the Pat Capps Covey College of Allied Health Professions at the University of South Alabama in Mobile, AL and has been accepted into the Master of Public Administration in the College of Arts and Sciences graduate program at the University of South Alabama. Sarah Ann, the youngest, is a junior at Helena High School.

During the SEC football season, Bobby would prefer to be watching the numerous games that are so popular in his beloved south. Games are usually watched at family gatherings that have turned into Saturday events of grilling and reminiscing.

Bobby Haynes will continue to attend Vestavia Hills Chamber of Commerce Meetings and Events should you need to speak with him. He also attends numerous events in the area.



Save the Date! June 27, 2019 6:00 pm Vestavia Hills High School

Enjoy live music, sponsor booths, kids' activities and a family movie!

Visit www.vestaviahills.org for sponsor info.

2019 Trustees

Wayne Brannum-ADT Security Services
Alison Howell-Alabama Power Company
Kayla Alexander-America's First Federal Credit Union
Jeff Phillips-American Pest Control
Beau Bevis-ARC Realty
Steve Ammons-Background IQ
Patrick Cushman-BancorpSouth
Steve Vickery-BB&T
Ben Nevins-B.L. Harbert International

Sandra Cleveland-Berk Cleveland Rathmell Wealth Strategies Ginger Aarons-Birmingham Business Journal

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Kim McConnell-Campisi Law
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Doug Dean*-Children's of Alabama

Dennis Cameron-Cooke, Cameron, Travis & Co. Bobby Haynes-Costco Wholesale Charlie Norton-Harbert Realty Services

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Garrett Griffith-Luckie's Pine Straw

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Scott Jenkins-Southern States Bank
Amy Kabase-Spectrum Reach
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James Robinson*-Spire
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John Henley-State Farm Insurance
Dr. Nicol Pettway-Summit Express Urgent Care
Bill Brunson-Vestavia Hills United Methodist Church
Mark Gualano-Vestavia Title & Mark E. Gualano LLC
Dan Starnes-Vestavia Voice

Dan Starnes-Vestavia Voice
Senator Jabo Waggoner
Joe Perez-Wild Birds Unlimited
Stephen Allen-Williams Blackstock Architects
Butch Zaragoza

*Chamber Past Chair

2019 Chamber Champions







































VESTAVIA HILLS











Board of Directors		Upcoming Chamber Meetings
Chair: Gary Jordan,		opcoming onamber meetings
Summit Franchising Group	May 14	Monthly Luncheon, Vestavia Country Club 11:30 am
Chair Elect: John Henley, State Farm Insurance	May 16	Board of Directors, Chamber Office, 7:45 am
Vice Chair Membership Development:	May 10	board of birectors, orialliber office, 7.40 and
Becky Hicks-Abbott, RE/MAX Southern Homes		
Vice Chair Business Development: Jeff Florio, Old Oak Advisors		Evente
Vice Chair Community Affairs: Scott Perry, RealtySouth		Events
Vice Chair Programming: Taylor Burton, Taylor Burton	May 20	New Member Orientation, 5:00 pm, Chamber Office
Co., Inc.		
Vice Chair Public Education: Kelly Bottcher		A A. A.
Treasurer: Ben Chambliss		Other Meetings & Holidays
Jackson, Howard & Whatley, CPAs	May 0	Dianning & Zaning Commission 6 pm
Secretary/Legal Counsel: Mark Macoy	May 9	Planning & Zoning Commission, 6 pm
Mark W. Macoy, LLC	May 13	City Council Meeting, Council Chambers 6 pm
Immediate Past Chair: Doug Dean, Children's of	May 16	Board of Zoning Adjustment, 6 pm
Alabama	_	
Past Chair: Linda Parker, Bruster's Real Ice Cream	May 20	City Council Meeting, Council Chambers 6 pm
Directors		
Keri Bates, Rocky Ridge Drug Co.		
Sandra Cleveland, BCR Wealth Strategies		
Sam Duffey, Ashford Advisors		
Erin Holtz, Pure Fitness		
Rachel Patterson, Bradford Health Services		
James Robinson, Spire Roger Steur, Method Mortgage		
Karen I. Odle, President		
Phone: 823-5011 Fax: 823-8974		
Email: kareno@vestaviahills.org		
Web: www.vestaviahills.org		
Lisa Christopher, Membership Consultant		
Email: lisac@vestaviahills.org		
Betsy Webster, Office Manager		
Email: betsyw@vestaviahills.org		
Katie Woodruff, Communications Manager		
Email: katiew@vestaviahills.org		

