

NEWS & VIEWS

March 2025

Volume 45 Issue 3

March 11 Luncheon Megyn Rodriguez, U.S. Small Business Administration

Megyn Rodriguez began her career in federal service in the U.S. Peace Corps, focusing on business and community development in South America. In 2021, she joined the U.S. Small Business Administration (SBA) as the Outreach & Marketing Specialist. In addition, she serves as the Public Information Officer, Resource Partner Liaison, and Manager for the T.H.R.I.V.E. Emerging Leaders Program for the Alabama District Office. Megyn is dedicated to connecting entrepreneurs with the resources needed to advance their ideas. By candidly discussing the common struggles and barriers faced by many entrepreneurs and small businesses, she helps identify solutions for business education, access to capital, government contracting programs, and disaster preparedness. She seeks to reimagine public service to support businesses beyond the bottom line.



34th Annual **DOGWOOD PRAYER BREAKFAST†**

*Get your tickets today for this year's
Dogwood Prayer Breakfast!*

**Tuesday, April 22, 2025 at
Vestavia Hills Civic Center**

7:00 a.m. Buffet Opens
7:30 a.m. Program Begins

This year's speakers are amyotrophic
lateral sclerosis (ALS) advocates,
Gary & Carol Godfrey and Kerry & Tonja Goode.

Tickets are **\$30** each and sell out
fast! To purchase, scan the QR code
or visit www.vestaviiahills.org.



For more information, visit www.vestaviiahills.org or call 205.823.5011.

Dear Chamber Members,

As we step into March, we're experiencing the same unpredictable weather that often comes with the change of seasons. One day we're bundled up in layers, and the next, we're peeling them off to enjoy a burst of sunshine. It can be a challenge to figure out what to wear with the constant fluctuation, and I'm sure many of you feel that frustration. But amidst the temperature swings, it's comforting to know that there's something stable and reliable we can count on: our community and the Vestavia Hills Chamber of Commerce. In the midst of the uncertainties that come with changing weather, it's reassuring to be part of a city and an organization that is firmly supportive of your business and your success. As the great Helen Keller once said, "Alone we can do so little; together we can do so much." It's this unity and support that make our community and Chamber so valuable.



Looking back at February, we had a month full of inspiring moments and significant milestones. We started with our Chamber luncheon where we were fortunate to hear from the Megan Montgomery Foundation. I was deeply inspired by their mission to teach children about the characteristics of healthy relationships, with the hope of integrating this important education in schools. This initiative not only raises awareness but helps build an educated community, one that understands and values the importance of healthy relationships for a stronger, more supportive future.

We also had the pleasure of celebrating new beginnings with ribbon cuttings at Iron City Biomechanics and Sage Dental. It was a true joy to meet Dr. Lee Chamoun at Sage Dental. Their new facility at Patchwork Farms is absolutely impressive! Every time we see a new business open its doors in Vestavia, I am in awe of the wide range of services now available to us. This growth is what makes our city so vibrant and full of opportunity. Our Chamber's Board Meeting was another highlight of the month. We had productive discussion on ways we can continue to support our local businesses and members. We're brainstorming ideas and will have more details to share with you soon!

Looking ahead, we're excited about our March luncheon where we will hear from the Small Business Administration (SBA). They will provide insight on how they assist small businesses and connect them to valuable resources for success. I am thrilled to continue serving as your Chair and am grateful for the opportunity to witness the incredible energy and collaboration that happens when our community members come together. It's an exciting time to be a part of the Chamber, and I look forward to watching more ideas come to life in the months ahead.

Thank you for your continued support, and I look forward to seeing all the great things we will accomplish together!

Warm regards,

Keri Bates
Board Chair, 2025

Happy Greetings!

Welcome to the month of March. As we say goodbye to winter, we're welcoming spring with a variety of exciting updates, events, and opportunities to share with you this month! Join us for the **March Chamber Luncheon Tuesday, March 11, 2025!** Networking Begins: 11:30 AM and the Buffet Opens: 11:45 AM. This event will be an excellent opportunity to connect with local business leaders, hear from our guest speaker, Megyn Rodriguez of the U.S. Small Business Administration, and discuss key industry trends. Megyn will share valuable insights for small businesses and entrepreneurs. We'd love to see you there!



Michelle Hawkins

Mini Masters Tournament – Sign Up Today! Date: Saturday, April 5th

Take part in a fun-filled **Mini Masters Tournament** on **Saturday, April 5th, starting at 9:00 AM!** Gather your team of four and put your putting skills to the test.

Mark your calendars for our upcoming **Dogwood Prayer Breakfast** on **Tuesday, April 22, 2025!**

NEW Location: Vestavia Hills Civic Center, Upstairs Ballroom

Buffet Opens: 6:45 PM

Be inspired and impacted by our incredible guest speakers—ALS advocates **Gary & Carol Godfrey** and **Kerry & Tonja Goode**—as they share their powerful stories.

Tickets: \$30 each

Sponsorship tables available

Don't miss this meaningful evening of faith, fellowship, and inspiration!

We are blessed to have a vibrant and active Chamber and we are working on new ways to keep everyone informed and up to date as we grow our events and programs. Visit vestaviiahills.org to find our Events calendar.

For more information about getting involved with our Chamber committees, please contact us at: 205-823-5011 we'd love to hear from you!

As a Vestavia Hills Chamber of Commerce member, you all are the heart, soul, and future success of the Chamber and it is my honor and joy to serve you.

Michelle Hawkins
President

March 11 Luncheon

Reservations must be made by 4:00 PM Thursday, March 6, 2025 and cost \$25. Late reservations will cost \$30. Make your reservation by visiting www.vestaviahills.org or by calling 823-5011.

Please Note:

- Reservations that are made and not cancelled by 4:00 pm Thursday, March 6 must be paid for, as we must pay for the number reserved.
- Please pay online or call the office with a credit card prior to the luncheon, or we can send you an invoice afterwards.
- **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.

Luncheon Business Spotlights

As a benefit of Chamber membership, you are welcome to choose two luncheons to have a booth to showcase your business. The Vestavia Country Club will provide covered 6 foot tables*-you just bring whatever information and items you would like to display! If you would like reserve your spots for 2025, please email katiew@vestaviahills.org

2025 Dates:

March 11
April 8
May 13
June 10
August 12

September 9
October 14
November 18
December 9

Sponsor a Luncheon!

We have a few spots open this year for luncheon sponsors. Luncheon sponsors are featured in that month's newsletter, have their logo on tent cards on each table, get a spotlight table and a few minutes to speak about their business. Sponsorships cost \$750. Contact katiew@vestaviahills.org if you are interested in being a sponsor.

WELCOME NEW MEMBERS

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

- ♦ Alzheimer's Association
Kay Powell
1 Metroplex Drive, Ste 230
Birmingham, AL 35209
(205) 379-8065
alz.org/AL
Category: Organizations; Healthcare
- ♦ Up Closets of Birmingham
Gwen Gilleland
Hoover, AL 35226
(205) 586-3787
upclosets.com/Birmingham
Category: Organizing; Design/Build
- ♦ Birmingham Therapy Services
Pam Quekemeyer
700 Century Park South, Suite 128
Birmingham, AL 35226
(205) 730-6614
bhamtherapyservices.com
Category: Counseling



Sponsors:



2024-2025 Vestavia Hills Shares Card

On Sale Now at vestaviiahills.org!

Shop Dine and Play Vestavia Hills!! Shop locally and support our schools while you support our community.

Vestavia Hills DOGWOOD FESTIVAL *Spring into Fun!*

The Vestavia Hills Dogwood Festival is a celebration all of the incredible things Vestavia Hills has to offer!
THERE IS SOMETHING FOR EVERYONE DURING THE DOGWOOD FESTIVAL!

March

- | | | | |
|--|--|---|---|
| 1: Dogwood Dink Pickleball Tournament
VH Civic Center, 8am | 1: RISE Rebel 5K Color Run
VHHS, 9am | 15: RISE Character Party & Touch-A-Truck Kids Day
VHHS, 9am | 23-29: Spring Break Staycation!
Visit website for list of city-wide events and deals! |
| 1: RISE Fun Run
VHHS, 8am | 2: Paw-Di Gras Parade
Meadowlawn Park, 3:30-6:30pm | 15: Teen Art Market
Library in the Forest, 1-4pm | 28: Spring Yard Judging Begins, City-wide |

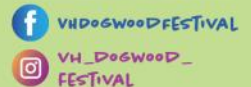
April

- | | | | |
|--|---|--|--|
| 2: Dogwood Luncheon
Vestavia Country Club, 10am | 10: Dogwood Festival Market: Liberty Park
Liberty Park, 4-7pm | 19: Battle of the Bands
Rocky Ridge Plaza, 5-9pm | 26: Wing Ding
VH City Hall Lawn, 4-7pm |
| 4 & 5: Hunt the Heights
Cahaba Heights Business District, 10am-5pm | 12: RISE Day
VHHS, 4-10pm | 21: Historical Society Presentation: Patrick Boone, Esq.
Vestavia Hills City Hall, 2pm | 27: Heights Hangout
The Heights Village, 2-7pm |
| 5: Mini Masters
Location TBD, 9am | 12: Historical Society Self-Guided Home Tour Begins, City-wide | 22: Dogwood Prayer Breakfast
VH Civic Center, 7-9am | 27: Historical Society Self-Guided Home Tour Concludes, City-wide |
| 6: Spring Yard Judging Concludes | 18: Easter Extravaganza
Wald Park, 11am-1pm | | |



**SCAN FOR
DETAILED
EVENT INFO**
or visit
https://bit.ly/Dogwood_Fest

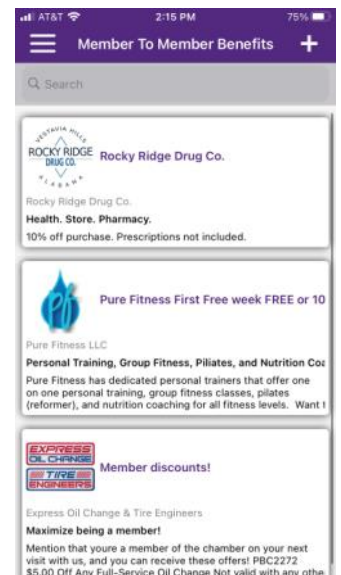
Connect on social!



WANT TO INCLUDE YOUR VESTAVIA HILLS EVENT IN THE DOGWOOD FESTIVAL?
Contact Cinnamon McCulley at 205.978.0143 or cmcculley@vhal.org.

Member2Member Discount

Did you know discounts are available from your fellow Vestavia Hills Chamber members? Login to your Member account either through www.vestaviiahills.org or the MemberPlus mobile app to see what's available or add one of your own!



Cultivating Hiring & Revenue Success through Small Business Fellowship

We will dive deep into Michael Gerber's "The E-Myth Revisited" with fellow entrepreneurs and uncover transformative strategies to elevate your business. This mastermind will offer practical insights, collaborative problem-solving, and actionable steps to implement Gerber's principals effectively.

Meet Our Facilitator



Monica Drake

Pinnacle Financial Partners

Monica is currently the Community Development Coordinator and Vice President for Pinnacle Financial Partners.



📅 **March 19, 2025**

🕒 **8:00 AM CDT**

☕ Breakfast will be provided.

🚫 The event is free of charge!

Vestavia Hills Chamber of Commerce
1090 Montgomery Hwy, Vestavia Hills, AL 35216

Vestavia Hills Chamber of Commerce



BOOK NOW
& SAVE
\$100
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presents...

Spotlight on **TUSCANY**

with optional 3-Night Rome Pre Tour Extension

November 5-13, 2025

9-Day Cultural and Natural Wonders Tour

MONTECATINI TERME TOUR
LUCCA TOUR -- INCLUDING A FAMILY-OWNED WINERY VISIT
FLORENCE TOUR
PISA TOUR -- INCLUDING IN A COOKING CLASS
SIENA TOUR
SAN GIMIGNANO TOUR -- INCLUDING A CHEESE FARM VISIT

*Secure Your Spot and
Start Your Adventure!*

PRICE GOOD THROUGH
MAY 06, 2025

PRICE
\$3,899
/ PERSON

Package

- ✓ Round Trip Air from BHM, hotel transfers, and accommodations included.
- ✓ Guided City Tours and Cultural Experiences.
- ✓ All Transportation Between Destinations.
- ✓ 9 Days • 10 Meals: 7 Breakfasts, 3 Dinners

FOR MORE INFORMATION CONTACT

DAFNEY DOOLEY
205-517-7070

DAFNEY.DOOLEY@CRUISEPLANNERS.COM
OR THE VESTAVIA HILLS CHAMBER OF COMMERCE

collette

THE VESTAVIA HILLS CHAMBER OF COMMERCE
PROUDLY PRESENTS



MASTERS
A PUTT PUTT EVENT

Saturday, April 5th



9 AM- 1 PM

Scout Square

741 Montgomery Hwy

PRIZES • LOCAL VENDORS • FOOD TRUCKS

Scan to buy tickets

Limited spots available



Member Notes

- **Village Dermatology** invites you to experience a unique blend of beauty and creativity at our upcoming Trish McEvoy event, featuring a Floral Arrangement Demo on March 5 and 6. Register at <https://villagedermatology.net/events/>
- March 21st is World Down Syndrome Day! Purchase a t-shirt from **Down Syndrome Alabama** to wear that day and help celebrate! Tshirts can be ordered at https://stores.inksoft.com/down_syndrome_alabama/shop/home
- Join **Talking Social** & Darby Lee Photography for Headshot Day on March 10th! 15-minute slots available between 10am and 2pm! You will receive 7 professional headshots for \$55 Get updated headshots while learning more about what Talking Social offers! Reserve your slot at <https://talkingsocialllc.com/products/headshot-day-march-10th-2025>
- Voting for **Vestavia Hills Magazine's** Best of the Best opens March 27! Visit vestaviiahillsmagazine.com/vestavia-hills-best-of-the-best-2025 to cast your vote!
- **Clean Cajun Cookin** is offering a great deal to start off the new year! Get \$200 off your 1st personal meal prep service, plus an additional \$100 off your following 3 meal prep services. Contact Chef Kimm Free at (504) 295-3109 or cleancajuncookin@gmail.com
- **Spectrum Reach**, the advertising sales business of Charter Communications, Inc., announced the fifth anniversary of its nationwide small business initiative Pay It Forward. With this year's program, Spectrum Reach will invest more than \$3.8 million in free TV advertising for 255 eligible small businesses, part of more than \$50 million invested over the past five years. Each small business we select gets a complimentary traditional TV & streaming advertising campaign and commercial, as well as educational resources, mentorship, and inspiring connections to other entrepreneurs in a vibrant community. Small business owners interested in participating in this year's program can apply at www.spectrumreachpayitforward.com.
- Read the latest issue of **Birmingham Christian Family** magazine that features Chamber members The Trak Shak, Sav-A-Life, and more online at <https://birminghamchristian.com/issues/>.

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

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*Chamber Past Chair



CHAMBER CHAMPIONS

PLATINUM CHAMPIONS



GOLD CHAMPIONS



CORPORATE CHAMPIONS



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AND A TRUCK

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Michelle Hawkins, President

Phone: 823-5011 Fax: 823-8974

Email: michelleh@vestaviiahills.org

Web: www.vestaviiahills.org

Tracy Thornton, Dir. Membership/Marketing

tracyt@vestaviiahills.org

Katie Woodruff, Communications Manager

Email: katiaw@vestaviiahills.org

Upcoming Chamber Meetings

March 11

Monthly Luncheon, 11:30 am, Vestavia Country Club

March 20

Board of Directors, 7:45 am, Chamber Office

Events

March 5

Lunch & Learn, 11:30 am, Vestavia Hills Civic Center

March 17

New Member Orientation, 5 pm, Chamber Office

March 19

Masterminds Workshop, 8 am, Chamber Office



News and Views

Vestavia Hills Chamber of Commerce

1090 Montgomery Highway

Vestavia Hills, AL 35216