



Issue 13

April 2012

Member News

The Buckhead Business Association welcomed
10 new members in March:

- **Amy Bending**, A Legendary Event
- **Eleanor Burke Farris**, National Association Of Manufacturers
- **Susan Fron**, Atlanta Fine Homes Sotheby's International Realty
- **Michael Parsel and James Godley**, State Farm Insurance
- **Dr. Marc Tanenbaum and Shelly Tanenbaum**, Priority Pediatrics, PC
- **Anthony Winchester**, Byrne Davis & Hicks PC
- **James Yang**
- **Earl Young**, Legal Shield

We also cannot say thank you enough to all of our
current members who renewed in March!

- **Cam Avent**, Canongate Golf Clubs
- **Jay Cranman**, Points of Light Institute
- **Laura Crawley and Melody Paris**, Georgia State University Executive MBA Program
- **Jon Jordan, Greg Hecht, and Bob Quinn**, Hecht Walker
- **Karen Losin**, Just Add Wine
- **Frank Lynch**, Cactus Car Wash
- **Mary Norwood**, Norwood Communications
- **Michael Rogers**, Dorsey Alston Realtors
- **Bruce Salzinger**, Chiropractic Healthcare of Buckhead
- **Judith Winfrey and Cynthia Phelps**, Restaurant Eugene
- **Heather Wright**, The Wright Firm, LLC

Thank you to our renewing Corporate Sponsor:

STATE BANK
& Trust Company



Monday, April 30th, 2012

at the

Marriott

**ATLANTA BUCKHEAD
HOTEL & CONFERENCE CENTER**

Admission: \$10

5:00 PM Pre-function social event

6:00 PM EXPO doors open

Featuring:

- Exhibits by Buckhead businesses
- Samples from popular Buckhead restaurants
- An opportunity to interact with key Buckhead leaders
- Entertainment and prizes
- Cash bars

**[Purchase tickets
online now!](#)**

Corporate sponsorships and vendor tables are still available!

Contact Jenn Thomas at jthomas@buckheadbusiness.org or John Wright at jwright@nvcinc.com for more information.

Restaurant Sponsors:

The Capital Grille, Genki Noodles & Sushi, Ruth's Chris Steak House, Shula's 347

Restaurants:

Brio Tuscan Grill, Cellar 56, The City Club of Buckhead, Davio's, Fig Jam, Gigi's Cupcakes, Johnny Rockets, Joy Café, Lime Taqueria, Nancy G's Café, Pizzeria Venti, Seasons 52, Tantra, Truffles Grill

Vendors:

05 Buckhead Apartments, Brooks Brothers, Canongate Golf Clubs, Community One Associates, Emergency Services 24, Fidelity Bank, Fifth-Third Bank, First Citizens Bank, Georgia Power, The Goddard School, Northwestern Mutual Goodwin Wright, Patagonia, Salon Skanda

Media Sponsors:

Atlanta Intown, Buckhead Patch, BuckheadView, Flavors Magazine, Peachtree Papers, Simply Buckhead



Make sure you attend the BBA Member Social!



Thursday, April 12th

5:00 PM – 7:00 PM

Ruth's Chris Steak House
inside the Embassy Suites
3285 Peachtree Road NE

Complimentary appetizers and a cash bar will be provided.

Join the

YOUNG BUCKS



Wednesday,
April 18th

6:00 PM – 8:00 PM

Pre-register
Online
[Here!](#)



3717 Roswell Road

Thank you to our Young Bucks 2012 Officers:

President: Stewart Sadler, Cornerstone Mortgage Group

Membership: Janelle Benavidez, American Family Insurance

Fundraising: Amber Medley, Camp Kudzu

Events: Jay Stevens, Georgia Power

Marketing/Social Media: Chris Giallanza, Duffey Communications

For more information on how to get involved with Young Bucks, or to volunteer for one of our committees, please email Jenn Thomas at jthomas@buckheadbusiness.org

Tips to Reduce Distractions and Interruptions

from Leslie Walden and Barbara Mays



Culprit #1: The Phone

- Do not answer calls from unrecognized phone numbers. Let go to voice mail.
- Designate specific times to return calls and block them out on your calendar.
- Schedule call times with clients and colleagues (just like a meeting). It's OK to negotiate – when is it convenient for me to call you? (Note: Be sure and call when you say you will.)
- Leave detailed phone messages to avoid return calls with questions.
- Tell caller at beginning of conversation if time is not convenient, and give them a choice: short or reschedule.
- Keep *your* calls brief.

Culprit #2: Email

- Disable the automatic notifications of email messages (ding, pop up window).
- Complete a project first thing in the morning before looking at email.

Culprit #3: Uninvited Visitors

- Avoid eye contact when others walk by your desk.
- Post a sign on the door – working on an important project.

Culprit #4: Our Mind Wanders From the Task at Hand

- Use a timer. Know *exactly* how long you will be working.
- Do not get up unless it is necessary.
- Have all your supplies and tools ready before starting.
- Clear space to spread out (it will also minimize distractions).
- If you find your mind wandering, **STOP!** Go back to what you were doing or thinking.
- **Jot a quick note** so you don't forget the thought.
- Keep the work completion time in mind. Knowing how long a project will take will help you stay focused.



Here's something we can all agree on – Metro Atlanta has a serious traffic problem with a daily commute averaging over an hour round trip. On July 31, voters across the 10-county metro region will vote on the Regional Transportation Referendum, a ballot initiative to fund 157 transportation projects that will directly address notorious bottlenecks and expand our transit footprint. Georgia is currently ranked 48th in the nation for transportation investment spending. Take a moment to view an educational ad, titled "[Calculated Approach](#)," to learn more about this referendum as a possible solution to improve our quality of life and better move goods and services across our region.



Join Brian Hartley of Envoy Mortgage at the Atlanta Board of REALTORS® Annual Auction, taking place Thursday, May 3rd, 2012, from 5pm -9pm at the Atlanta REALTORS® Center.

The Auction brings together hundreds of REALTORS® and corporate industry leaders, all networking and enjoying a great event for a great cause. Proceeds from this event benefit Habitat for Humanity - Atlanta Chapter and the Board's Educational Foundation. This is a great opportunity to increase your company's exposure and make a difference in your community.

This year's theme is "Circus Circus" with entertainment, food and a live and silent auction. Join us for some onsite FUN and festivities as we celebrate the magic and mystery of the Circus. No clowning around, a good time WILL be had by all!

Networking with 300-500 Attendees

Silent Auction

Live Auction

Entertainment

Open Bar

Full Buffet

[Advanced tickets are only \\$20 - so purchase yours today!](#)

Also, a limited number of VIP Tickets is available for \$100 each. VIP Ticket includes admission, \$100 credit towards purchase and VIP parking at building. To purchase VIP Ticket, contact [Crystal Bradshaw](#) at 404-732-0663. This is a great opportunity to increase your company's exposure to the Atlanta real estate industry. Additionally, you help be one of the key reasons we are able to place another deserving family in a new home in the Fall. Promoting homeownership is the focus of our association. We encourage our members to become involved in this build and participate in this heart-warming experience.

April BBA Events

- April 5, 2012 BBA Breakfast featuring Brian Spencer, Motivational Speaker
- April 12, 2012 BBA Breakfast featuring Atlanta Fire Rescue Chief Kelvin Cochran
BBA Member Social at Ruth's Chris Steak House
- April 19, 2012 BBA Breakfast featuring Atlanta City Councilwoman Felicia Moore
- March 21, 2012 Young Bucks Social Event at The Ivy Buckhead
- April 26, 2012 BBA Breakfast featuring Jim Chasteen and Charlie Thompson, Co-Founders of American Spirit Whiskey
- April 30, 2012 A TASTE OF BUCKHEAD BUSINESS

As always, for more information or to purchase advance tickets to select events, please visit our [calendar](#).

Don't forget that **Speed Networking now takes place at BBA on the **last Thursday** of every month! So mark your calendars for **April 26th**, and don't miss this exciting addition to our monthly agenda.**

Thank you for reading the BBA Monthly Newsletter!
Have an idea for a story, pictures from a BBA event, or other submission possibilities for publication in future issues?
Send them our way at info@buckheadbusiness.org.

Jenn Thomas, Executive Director

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