



SKAGWAY CHAMBER NEWS MARCH/APRIL 2021



Skagway Chamber of Commerce

P.O. Box 194, Skagway, AK 99840 Tel: 907.983.1898 Fax: 907.983.2031

chamber@aptalaska.net www.skagwaychamber.org

THANK YOU TO OUR NEW AND RENEWING MEMBERS!



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Visit our Web site for more information www.skagwaychamber.org/joinus.html

One of my favorite speeches comes from Robert Duvall in "Second Hand Lions":

"Sometimes the things that may or may not be true are the things that a man needs to believe in the most. That people are basically good. That honor, courage and virtues mean everything. That power and money, money and power mean nothing; that Good always triumphs over Evil; and I want you to remember this: That Love, true Love never dies.



Dealing with Pandemic Fatigue

Author: Mark Danaher

The COVID-19 pandemic has made life more stressful. It has changed the face of work and has caused many people to feel more stressed and burnt out in their jobs.

Whether you're working in an office setting, working from home or you are one of the essential workers who are working hard to help people affected by the pandemic, there are a few things that you can do to help your life be much easier and to make yourself feel less stressed.

Below we are going to look at five things that you can do to help avoid stress and burnout in the workplace.

Begin Your Day Right

One of the best things that you can do to be less stressed at work is to begin your workday right. Make sure that you have looked at what you have to do for that day and make a plan for it. Doing this will put you on the right path and set the tone for your whole day.

You want to be organized and know the requirements for each task, so you do not do a job and then realize that you have done it incorrectly.

Stay Clear of Conflict

Something that can take a big toll on your emotional and physical health is interpersonal conflict. Conflict among your coworkers is often hard to escape, so you want to do all you can to avoid it altogether if possible.

Avoid gossip. Do not share a lot of personal opinions about politics and religion, and do not become involved in the colorful humor that often happens in an office.

Avoid those who are not able to work well with others. Even though you have tried to avoid it, if you find you are in the middle of conflict, try to put a positive light on the challenging

Is Happiness around the Corner?

For a lot of people, happiness is just around the corner. They just need to get their degree, a particular job, a promotion, or a raise. Maybe they're waiting to get married or have a child. Perhaps they will be happy when they retire.

Alfred D' Souza said, "For a long time it seemed to me that life was about to begin. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, or a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life." John Lennon put it another way, "Life is what happens while you are making other plans."

The point is our lives are happening now. If we are to get the satisfaction and fulfillment we want, we have to learn to draw pleasure and joy from everything that happens to us and around us because these experiences are the very essence of our life. The more conscious we are that life consists of the journey, not the destination, the more likely we are to get the most out of it.

So, if there are things you want to do, begin to fit them in now or accept the fact that you can be happy whether or not you do them.

Happiness isn't just around the corner. It's now or it's never.

The good news is you have everything you need to be happy. Philosophers, poets, and scientists all agree it can't be attained through money, prestige, or power. Happiness is not a fact... it's a mindset. All you need is optimism and gratitude.

Michael Josephson

www.whatwillmatter.com

Y O U R I N S I G H T O F T H E
D A Y

Wisdom is the reward you get for a lifetime of listening, when you rather would have talked.

Mark Twain – 1835-1910, Writer and Humorist

New guidance expands pandemic benefits eligibility

In response to a White House directive, we issued guidance to state unemployment insurance agencies that [expands eligibility for unemployment benefits amid pandemic safety concerns](#). Eligible unemployed workers will receive benefits retroactively.

New Paycheck Protection Program reforms will help small businesses

Millions of main street small businesses, especially Black- and Brown-owned small businesses, are struggling to make ends meet in the wake of COVID-19. The Biden-Harris administration announced several [Paycheck Protection Program reforms](#) to help America's smallest businesses and those that have been left behind in previous relief efforts.

Save the Dates...

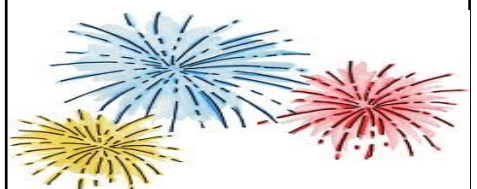
CLEAN SWEEP is going to be held on Saturday, April 17. Come help clean up this beautiful community and show our summer visitors what we take so much pride in. Registration will be held safely at the Skagway Chamber of Commerce at 7th and State. We will be following all protocols with cleanliness, safety, and masks.

Come Join Us.



We are looking for VOLUNTEERS to plan and help implement this year's **4th of July** Activities and Events. If you are interested, here are some areas that need help:

- * Parade
- * Kiddie Games
- * Adult Games
- * Ducky Derby



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work situation to help others gain a new perspective on how to work together.

Walk During Lunch

It is a good idea to get out of the office during your lunch hour and take a walk. This will give you some fresh air and exercise, which is a great way to clear your head and renew your being. Exercise is an effective way to reduce stress.

Listen to Some Music

Music can help enormously to lighten your stress. Listening to it during your commute is one way to help you relieve stress on the way to work and on the way home. It is also an easy way to relieve stress at work.

Playing upbeat music while you are at work can make you feel more energized and can help you get ready for your day. Playing something more relaxing on the way home can help you wind down and destress.

You might also listen to a favorite book on your commute or while you are working.

No Multitasking

Multitasking used to be considered a great way to maximize productivity. However, when people split their focus, often it does not work out well and can even cause adverse results. This means that it will not work well for most people. It is better to prepare a schedule in advance for certain tasks and do them in order of urgency.

These are five things that you can do to help avoid stress and burnout. While you are not going to be completely free of stress, these steps will help you reduce stress and make things much more manageable.

2021 DIRECTORS & STAFF

DIRECTOR:
 Jackie Schaefer, President
 P.O. Box 297 983.2427
 jjschaefer2009@gmail.com

DIRECTOR: Sarah Williamson,
 Treasurer P. O . Box 1083
 lucysskagway@gmail.com
 734-306-3070

DIRECTOR:
 Lea Mauldin, Vice President
 P.O. Box 567
 lmauldin@aptalaska.net

DIRECTOR: Vanessa Flynn
 P.O. Box 285 907-612-0480
 vsigns71akskag@yahoo.com

DIRECTOR: JoAnn Arnold
 P.O. Box 114
 JoAnnGA@yahoo.com
 907-612-0298

DIRECTOR: Georgia Cochran
 706-318-7702
 Rambo_31_02@yahoo.com

DIRECTOR: Jennifer Castle
 PO Box 89
 akjenc@hotmail.com

OFFICE ADMINISTRATOR:
 Blaine Mero
 P.O. Box 194 983-1898
 chamber@aptalaska.net



**CLEAN SWEEP
 WILL BE HELD ON
 SATURDAY, APRIL 17th
 FROM 9AM-1PM.
 JUST STOP BY THE CHAMBER OF-
 FICE AND PICK UP YOUR BAGS.
 DROP OFF WILL BE THE CITY
 SHOPS ON 5TH AND ALASKA.
 COME AND PITCH IN. HELP CLEAN AND
 BEAUTIFY OUR LOVELY COMMUNITY.**

**We are looking
 for DUCKY
 DERBY
 HELPERS
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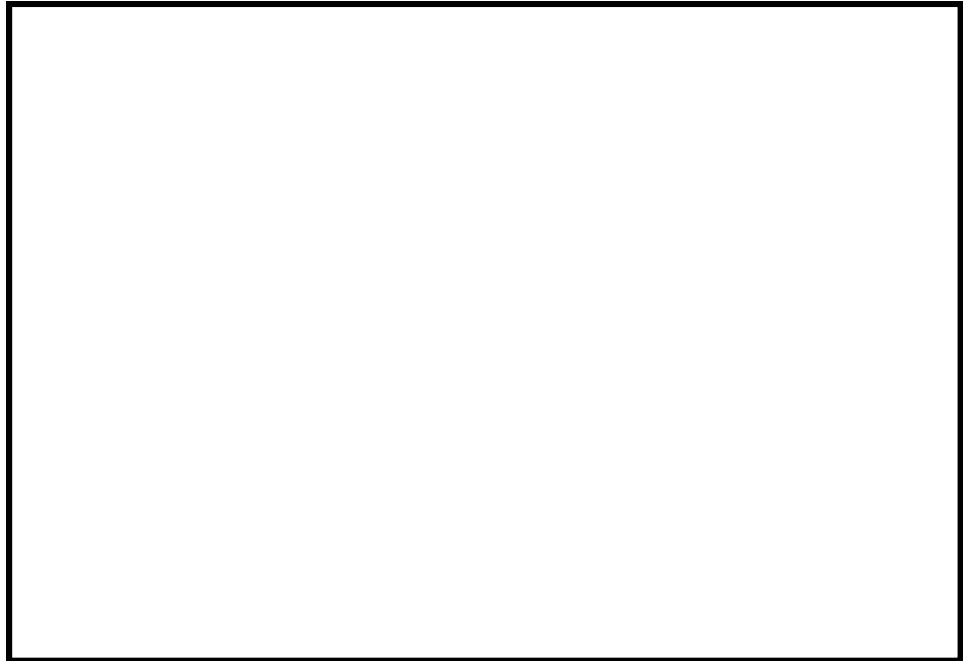


P.O. Box 194
7th and State St.
Skagway, AK 99840

Phone: 907.983.1898
Fax: 907.983.2031

E-mail: chamber@aptalaska.net

Web Site:
www.skagwaychamber.org



CHILKOOT-GATEWAY INSURANCE AGENCY

P.O. BOX 456 SKAGWAY, ALASKA 99840 PHONE 907-983-2240 FAX 907-983-2969

INSURANCE—BONDS

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Debbie L. Ackerman, CISR
Agent
cgiaskagway@aol.com