When Bill Myers moved to Giles County in 2013, he dove right into the community with the spirit of a long-time resident. Having retired from the position of Fire Chief for Comanche County, Ga., he had a long history of public service, which he continued to do upon meeting the Georgetown to the Grotto House on the courthouse square in the county’s 401 Advisory Board. Bill is always about finding out about Giles County and how he can be of help to the area, so he became a member of the Giles County Chamber of Giles’ class of 2015. “One of the awesome things about attending Leadership Giles is realizing the issues facing the community and considering some of the options for addressing them,” explained Myers. “Many of the goals were just for today, and worked so much and had such a connection with the community that I now sit on the planning committees for the group.” He has helped to recruit members for the class as well as planning the curriculum.”

Bill has been an invaluable asset to the Giles County Chamber, and has been a panel member for the Community Bankers of America’s ICBA Chairperson and CEO of 1st National Bank of Scotto, John Buhrmaster, has commended the Giles County Chamber of Giles’ class of 2015. “One of the outcomes that I expected from attending Leadership Giles was gaining a better understanding of what they are building on and what they are addressing,” said Myers. “One of the outcomes of the year was helping to prioritize what are the goals for the future.”

Community banks, like First National are available in many communities and it is important to create emergency funds and accounts. Some may never go to another community bank and may never try to open another bank account. “One of the best things I learned is how to create and maintain savings goals that are realistic and need to be met along the way.”

The Giles County Chamber of Commerce offers the following tips to help people get started on their personal savings:

Set a goal: People are more successful when they have certain goals that they are actively working on and want to see something turn out. Start small — even saving $5 a week can get you somewhere. Start saving with your community bank.

Create a budget: By creating a spending plan, list your expenses and total them up. The plan will be more successful when you get into the habit of sticking to it.

Check your finances: Get a handle on your finances and your debts. It is important to get information from your creditors and accounts.

Save automatically: Many employers offer regular payroll deductions, which is one of the best ways to start saving and keep saving money. It is easier to put aside a set amount automatically. If you have a specialist in charge of medical staff, this could be a good time to take a look at a bank and see if you can make an automatic transfer each month checking to savings account such month.

For more information, visit www.fnbforyou.org or call 1-800-748-2472. To find out more about ICBA, visit www.icba.org and follow ICBA on Twitter. Find more about ICBA and the Giles County Chamber of Commerce’s Leadership Giles Program at the Maury County Senior Center located at 100 Senior Citizen Drive in Columbia, Ala., will include a tour of the creamery, a trip to a tasting room, a visit to the dairy farm, participants will also explore the quilt shops and artisan’s studios of this delightful village. For more information or to make a reservation, contact Margaret Campbell at (828) 764-5414.

TOUR INFORMATION

POISON AWARENESS

Healthy Hearts to Meet at Wellness Center

The Maury Regional Medical Center (MRMC) Healthy Hearts to Meet Group will hold its next monthly meeting at 10 a.m. Friday, March 20, at the Wellness Center Group, located at 1440 Cane Creek Drive, in Columbia, to learn more about heart health. 

Healthy Heart’s Health Educator Dr. Jillia Cunningham, UT Center for Medicine on Women, will present a program on stress, health, wellness and diabetes, tips on recognizing and dealing with stress and how doing so will improve health outcomes.

Future Healthy Heart meetings will be held at 10 a.m. in April, May and June. For more information, call (931) 796-5121, ext. 283-2880.

Healthy Hearts to Meet Group also meets the second Tuesday of each month at Spring Drive Presbyterian Church, 450 North Carolina Boulevard, Columbia.

Members are encouraged to come to future meetings to learn more about the many services the Healthy Hearts program offers.

For more information, call (931) 796-5121, ext. 283-2880, or visit www.fbli.org, or call 1-800-768-3588. To learn more about Healthy Hearts to Meet, visit www.columbiafbc.org/healthyhearts or call (931) 796-5121, ext. 283-2880.

Meetings are held the second Tuesday of each month at Spring Drive Presbyterian Church, 450 North Carolina Boulevard, Columbia.