

Where business and opportunity meet.

What's Inside

Corporate Sponsors	2
Member News Briefs	2
MRCC Events	3
Business After Hours	3
New Members	4
Annual Luncheon	5
YPN Events	6
5K Run & 3K Walk	7
MRCC Trustees	9
WIBI	9


2024 HUMANITARIANS OF THE YEAR

MRCC is delighted to announce its 2024 Humanitarians of the Year, an honor accorded to regional business leaders who combine their marketplace acumen with a true give-back attitude.

2024 honorees Joe Riggio and Dan Goodman are o-owners of Varsity House Gym, founded in 2006 and dedicated to helping youth athletes and adults perform better, gain confidence, lose fat, and get in the best shape of their lives.



Since 2006 Varsity House has been a community leader helping to support local youth organizations, charities like The Michael LaViola Foundation and Valley Hospital NICU, as well as a variety of programs designed to educate, inspire, and foster health and fitness in our local communities.

Joe and Dan have selected the Michael LaViola Foundation as their charity for this year's Golf Outing. Michael fought a bitter battle with Synovial Sarcoma, a rare form of cancer that is difficult to diagnose and treat. The Foundation was created to help give families hope in their fight against a rare and underfunded cancer. The foundation is both a tribute to Michael's life, which ended all too soon in 2008, and an effort to raise funds to support research into Pediatric Sarcomas. Throughout his treatment and surgeries, he maintained a positive attitude toward life, and in his own words, he "never, never" gave up.

We hope you will be inspired by the passion Michael had for life, and join us to help raise funds (and have fun!) at MRCC's 33rd annual Golf Outing on September 10.


DIRECTOR SPOTLIGHT

Don Tomaszewski, MS, ATC/L, CSCS, CES is the Director of the Valley Center for Health & Wellness including Valley Health LifeStyles Medical Fitness Center in Mahwah. Don is in his second year of serving on the MRCC Board of Directors. He is a past presenter at the MRCC Health & Wellness Luncheon and assists with the MRCC Scholarship committee. He has been at Valley for 36 years serving as a licensed Certified Athletic Trainer and managing the Sports Institute sports medicine high school outreach program.

Don is a south Jersey transplant, growing up in Haddon Heights, Camden Co., and attending Glassboro State College of NJ (now Rowan University). Don earned his Master Degree in Athletic Training from Indiana State University, home of professional sports legends Larry Bird, Curt Thomas, and Bob Baumgardner. He has maintained his current home in the Erskine Lakes community of Ringwood since 1990 where he and his wife Maryann raised their daughters and remain active in the lake association. He enjoys boating and saltwater fishing, road cycling, and hiking the trails of Harriman, Ringwood, and Ramapo state parks.

Register Today!
MAY 19
5K Run & 3K Walk

NY-NJ Trail Conference, Mahwah
 Enjoy the picturesque course, plus food, awards and prizes.

JUNE 6
Scholarship Luncheon

Ramapo College of New Jersey
 Sponsored by: Bergen Volunteers, Good Samaritan Hospital, TD Bank

JULY 10
Summer Bash

Crowne Plaza Suffern-Mahwah
 Mix and mingle at our big summer celebration

Save the Date!
SEPTEMBER 10
Golf Outing

New York Country Club

Register at mrcc.biz

MEET MRCC'S BOARD OF TRUSTEES


From left, Don Tomaszewski, Valley Center for Health & Wellness; Liz Kloack, Ramapo College of New Jersey Foundation; Tina Lyding, Voicecom Plus, Inc.; Teri Capparelli, Habitat for Humanity of Bergen County; Peter Gallo, Envision Video Services; Brian Durkin, Durkin Agency, Inc.; Rick Jorge, TD Bank; Thomas Messina, Compass Wealth Strategies; Madina Djabbarova, M&T Bank; Maureen Huggins, MRCC; Christine Conklin, Promenade Senior Living; Andrew Bolson, Meyerson, Fox, Mancinelli & Conte, P.A.; and Jeffrey MacFarlane, Jeffrey MacFarlane-Commercial Real Estate Consulting.

THANK YOU FOR YOUR SUPPORT!

PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

As the season changes and the weather begins to warm, I am filled with excitement and anticipation for all the wonderful things happening within the MRCC community.

First and foremost, I hope you are enjoying the improving weather and the signs of spring all around us. It's a time of renewal and growth, and I believe it mirrors the energy and momentum within our Chamber as we continue to strive for excellence and success.

I am thrilled to report that our Annual Luncheon held in March was a tremendous success! It was heartwarming to see so many of our members come together to connect, share ideas, and enjoy a delicious meal.

Remember to mark your calendars for our upcoming events! Our annual 5K run and 3K walk are set to take place on Sunday, May 19th, along the breathtaking trails of the Ramapo reservation. Whether you're a seasoned runner or prefer a leisurely stroll, this event promises fun and fitness for the whole family.

Additionally, I am excited to announce that our annual Scholarship/Recognition Luncheon will be held on June 7th at Ramapo College. This special event is a celebration of academic achievement, community service, and the bright futures of our deserving scholarship recipients. It's a wonderful opportunity to come together as a community and honor those who embody the values of excellence and dedication.

I look forward to seeing you at our upcoming events and working together to make this season one of growth, success, and fulfillment for us all.

Sincerely,



Peter Gallo
MRCC President
Envision Video Services



MRCC
CORPORATE PARTNERS



MEMBER NEWS BRIEFS

- **Center for Hope & Safety**, a not-for-profit agency dedicated to helping Bergen County adults and children impacted by domestic violence, hosted its Annual Evening of Hope event on Wednesday, March 27, 2024 at Seasons in Washington Township NJ. Center for Hope & Safety, formerly known as Shelter Our Sisters, honored Link Logistics, Bill McInerney, the Woman's Club of Paramus and Jacklyn Dellosa for their invaluable service to the organization.

The event raised more than \$130,000 to support Center of Hope & Safety's mission to provide shelter and a variety of services to help victims find safety and rebuild their lives.

For more information about the agency, please visit hopeandsafetynj.org. Those in need of information or services, or family members or friends of those impacted by domestic violence, can also call the free 24/7 hotline at (201) 944-9600.



- **Good Samaritan Hospital** is proud to announce the launch of the region's first Expert Surgical Second Opinion Center. In an effort to empower patients facing surgical decisions, WMCHHealth's Good Samaritan Hospital now offers access to board-certified specialists who provide expert second opinions on diagnoses and treatment plans. Patients will be contacted by a dedicated program coordinator who will schedule consultations within 72 hours.

Considering a second opinion is crucial for individuals facing important medical decisions. Seeking an additional assessment is not just about confirming a diagnosis or exploring treatment alternatives; it's about encouraging patients to actively participate in their healthcare experience, which ultimately leads to more informed decisions and improved outcomes.

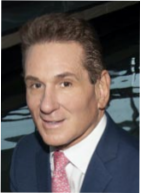
Navigating a diagnosis that requires surgery can be overwhelming. Patients may experience anxiety about the best course of action for their care. Receiving a second opinion from a qualified expert offers patients peace of mind, helping to ensure that their diagnosis and suggested treatment approach have been thoroughly reviewed and endorsed by another medical professional.

Patients can schedule an appointment with a board-certified specialist at WMCHHealth's Good Samaritan Hospital by calling 845-858-IN72 (845-858-4672).

- When Phillip E. Goldstein, CEO of **Goldstein Lieberman & Co., Inc.**, moved his corporate headquarters to its new location in Bergen County, New Jersey, he didn't cut back on square footage. Instead, he decided to buck the Work from Home (WFH) trend by providing an even larger office space for his clients and professional team.

"When we were forced to set up home offices for team members during COVID, we didn't find it a preferable alternative to working in the office...and neither did our clients," he said.

"On the contrary, we realized the degree of professionalism that we'd worked so hard to achieve was becoming increasingly difficult to maintain." According to Goldstein, it was sub standard to grant access to collaborative training of team members, procedures and technology from home offices located in a wide area within a number of different regions and states. What's more, he and his team missed the structured team building environment the office provided. "It is far easier to collaborate and work as a team when there is face-to-face communication."



- **Bogota Savings Bank** has opened their newest state-of-the-art branch in Upper Saddle River New Jersey. The expansion marks a significant milestone in the company's growth trajectory, further solidifying its commitment to providing exceptional banking services and unparalleled customer service.

Located in "The District" at 558 East Crescent Avenue, the new branch will continue to serve the needs of their valued customers. Equipped with state-of-the-art facilities and staffed by a team of experienced professionals, the branch is poised to deliver the same high-quality standards that Bogota Savings Bank prides itself on.

The grand opening celebration took place on April 13, featuring a ribbon-cutting ceremony with mayor and councilmembers, three food trucks, special promotions, and exclusive offers for attendees. Additionally, guests had the opportunity to tour the new facility and meet the team behind the bank's success. To support their new community, Bogota Savings Bank donated to USR Cares and Upper Saddle River Educational Foundation with every account opened in the first 30 days.

For more information about Bogota Savings Bank and its range of banking services, visit www.BogotaSavingsBank.com or contact your nearest branch.



BUSINESS AFTER HOURS



With over 250 in attendance, great connections were made at the “Big Event Professional Networking” event at Maggiano’s on January 11.

Professional Networking



Leap Year Networking



On February 29, Mahwah Bar & Grill hosted our LEAP Business After Hours. Members enjoyed delicious appetizers while making connections!



UPCOMING EVENTS

- MAY** 02 Lunch & Learn Cyber Security; MRCC Office
- 08 Women In Business Initiative (WIBI); Sponsored by TD Bank and Valley Health System; West Bergen Mental Healthcare
- 13 Multi Chamber Networking; RP Prime, Fair Lawn
- 10 Women In Business Initiative (WIBI); Sponsored by TD Bank and Valley Health System; Chamber Office
- 19 MRCC Trail Conference 5K Run & 3K Walk; Sponsored by Liberty Hyundai, Inserra Supermarkets, Inc., Ramsey Outdoor, TD Bank, Valley Health System, Bergen New Bridge Medical, Provident Bank, Rockland Electric Company, Envision Video Services, New York - New Jersey Trail Conference, Earthcam, Good Samaritan Hospital, Intac FuturePlan, Lincoln of Ramsey, Volvo Car USA, Mahwah Museum Society, Bagel Express of Mahwah, and PrimoHoagies of Mahwah; NY-NJ Trail Conference
- JUN** 04 Young Professionals Networking (YPN); Sponsored by TD Bank and Valley Health System; Go Low Indoor Golf
- 06 Scholarship & Recognition Luncheon; Sponsored by Bergen Volunteers, Good Samaritan Hospital, and TD Bank; Ramapo College of New Jersey
- 11 Member Benefits Overview; Zoom
- JUL** 09 Summer Bash; Sponsored and Hosted by Crowne Plaza Suffern - Mahwah
- 24 Inspirational Women in Business Luncheon; with BCPWN; Nyack Seaport

**Sponsorships still available. Please inquire at the office.*

All dates and events are subject to change. Please visit mrcc.biz for up-to-date information and to register for all events.

VISIONS FEDERAL CREDIT UNION

GET \$200*

When you open your first Visions Checking Account with qualifying direct deposit.

visionsfcu.org/200

*APY = Annual Percentage Yield. Visions membership required with \$1 minimum balance; membership eligibility restrictions apply, ask for details. Must open new Flex Checking or Flex Checking Plus account during promotional period to receive promotional offer; cannot have had any other past Visions checking account.

\$200 bonus available if new, qualifying, recurring direct deposits totaling \$500 or more are made into the new checking account within 90 days of opening new checking account; funds cannot be reallocated from another Visions share account. Direct deposits must be payroll from employment, pension, or Social Security. Bonus will be credited 90 days after the open date of new checking account, will deposit to member's primary savings, and is reportable for tax purposes.

Consumer accounts only; must be in good standing. Guardian, rep payee or executor, collections charge-off, business, and/or organizational accounts are ineligible. Must be 18 years of age or older. Offer only valid during promotional period from May 1, 2024 to June 30, 2024. Visions reserves the right to end or modify this promotion without notice. Member cannot take advantage of promotion more than once. Cannot be combined with any other checking account promotion. Visit visionsfcu.org/checking for account details, minimums, and fees. Federally insured by NCUA.



WELCOMES NEW MEMBERS



New Members received their plaques at our Annual Luncheon

L to R, Tina Lyding of Voicecom Plus, Inc./MRCC VP of Membership; Wendy Cotes, MRCC Membership Administrator; Bill Taylor of Insperty; Kathy Little of Kathleen Little, handcrafted jewelry; Fred Cleveland of Insperty; Angela Goldman of NRG Health and Wellness; Tom White of The White Agency, Inc.; Lisa Dibsie of CoachDibs Health & Wellness; Timothy Lawler for Stacey Lawler of OWR Opinion LLC; Varai Jani and Jari Becker of Town & Country Compounding Pharmacy

Bergen County's Premier Chamber of Commerce

MRCC welcomes these new members and invites you to visit them at mrcc.biz

Beautiful Journey Counseling LLC; Midland Park
Bogota Savings Bank; Upper Saddle River
Corporate Ladders; Allendale

Insperty; Florham Park

Kathleen Little, handcrafted jewelry; Ramsey

Kona Ice of Paramus; Hackensack

Merritt Walsh Associates, LLC; Mahwah

NJ Decks and Railings; Ramsey

NRG Health and Wellness; Paramus

Photography by SKY; Mahwah

SIR JUNK; Ramsey

Town & Country Compounding Pharmacy; Ramsey

Wells Fargo; New York

Wells Fargo; Mahwah

Wells Fargo; Paramus

Effective May 3, 2024



Good Samaritan Hospital

Westchester Medical Center Health Network

GoodSamHosp.org

Advancing Heart Care. Here.



This year's Annual Luncheon was held at the Nyack Seaport on March 22. Attendees made new connections, rekindled old connections, visited exhibitor tables, and received their 2024 Membership Directories, all while enjoying the beautiful views of the Hudson River.





Join YPN for networking & fun



YPN Coffee Time!

On January 23 our Young Professionals gathered at the Valley Health Lifestyles for coffee, networking and a tour of the gym. Then on April 25 they met up for coffee and networking at Thrive in Montvale, while learning all that SCORE has to offer by Gregg Butler.



CELEBRATE MOM THIS SPRING!
Preserve Her Favorite Family Memories



envision
video services
201.992.8014

www.EnvisionVideoServices.com

Transfer Your Photos, Slides, Videos & Films to DVD/Digital!

Hasbrouck Heights, NJ

our Flagship Location
224 Boulevard

Kenvil, NJ

at ProImage Promotions
480 US Hwy 46

Mahwah, NJ

at AlphaGraphics
1 Lethbridge Plaza

MRCC / TRAIL CONFERENCE 5K RUN / 3K WALK

Great run,
Great fun,
Great cause!



MAY 19 | TRAIL CONFERENCE

5K RUN
3K WALK

RUN. WALK. SPONSOR. VOLUNTEER. [RUNSIGNUP.COM](https://runsignup.com)



Helping businesses thrive is important.

At M&T Bank, we understand that small business is the lifeblood of any thriving community. Which is why we are committed to providing our support and keeping our lending decisions local. [See what we can do for your business at your neighborhood branch or \[mtb.com\]\(https://mtb.com\) today.](#)

M&T Bank is proud to support Members of the Mahwah Regional Chamber of Commerce.

Madina Djabbarova
VP, Relationship Manager
C: (201) 870-5250
E: mdjabbarova@mtb.com

M&T Bank

 Equal Housing Lender. ©2024 MGT Bank. Member FDIC.



Valley Health *LifeStyles*

AT THE VALLEY CENTER FOR
HEALTH AND WELLNESS

Where Exercise is Medicine

**Schedule a Tour
of the Fitness Center Today!**

1400 MacArthur Boulevard, Mahwah
201-389-0839 | ValleyHealthLifeStyles.com

SAVE THE DATE



33rd ANNUAL

GOLF OUTING & HUMANITARIAN DINNER

TUESDAY
SEPT. 10, 2024
NEW YORK COUNTRY CLUB



LINCOLN OF RAMSEY NOW OPEN



We proudly offer **MRCC** member discounts for New and Pre-Owned vehicles. Please contact Matthew Georgatos at 973-692-2004

*Don't forget to ask about our referral program.



LINCOLN OF RAMSEY
THREE GENERATIONS • TWO LOCATIONS • ONE FAMILY
66 ROUTE 17 RAMSEY, NJ 201-849-7970 driveRAMSEY.com

Currently Available

28,000 SF on 2.2 AC | 240 Route 17 South, Lodi, NJ

33,000 SF on 2.3 AC | 50 Amor Avenue, Carlstadt, NJ

Recent
Area
Leases

2,700 SF Industrial | Mahwah, NJ

10,799 SF Industrial | Mahwah, NJ

15,000 SF Industrial | Allendale, NJ

32,895 SF Industrial | Allendale, NJ

36,000 SF Industrial | Mahwah, NJ

63,000 SF Industrial | Mahwah, NJ

108,000 SF Industrial | Mahwah, NJ

If you are in the market for real estate or curious about market valuations, give us a call!

Kenneth D. Lundberg | SIOR, Senior Vice President 201 488 5800 x138 | klundberg@naihanson.com

Patrick Lennon | Vice President 201 488 5800 x109 | plennon@naihanson.com

Lorenzo Lambiase | MBA, CCIM, Assoc. Vice President 201 488 5800 x176 | llambiase@naihanson.com

NAI James E. Hanson
COMMERCIAL REAL ESTATE SERVICES, WORLDWIDE

Teterboro 201 488 5800 • Parsippany 973 463 1011
naihanson.com

MRCC
Board of Trustees

PRESIDENT
Peter Gallo
Envision Video Services

SENIOR VICE PRESIDENT
Madina Djabbarova
M&T Bank

TREASURER
Deborah Schaub
C&B Accounting

SECRETARY/EXECUTIVE DIRECTOR
Maureen C. Huggins
MRCC

DIRECTORS
Andrew Bolson
Meyerson, Fox, Mancinelli & Conte, P.A
VP Board Operations

Kimberly Brunner
Beattie Padovano, LLC
Trustee

Teri Capparelli
Habitat for Humanity of Bergen County
AVP 5K

Christine Conklin
Promenade Senior Living
AVP Events

Brian Durkin
Durkin Agency Inc.
VP Directory

Helene Guss
Good Samaritan Hospital
VP Community Relations

Rick Jorge
TD Bank
Trustee

Liz Kloak
Ramapo College of New Jersey Foundation
VP Golf

Jeffrey Kontak
Provident Bank
Trustee

Tina Lyding
Voicecom Plus, Inc.
VP Membership

Jeffrey MacFarlane
Jeffrey MacFarlane-Commercial Real Estate
Consulting
AVP Golf

Tracy Marvin
Crowne Plaza Hotel & Conference Center
VP Events

Thomas Messina
Compass Wealth Strategies
YPN Chair

Don Tomaszewski
Valley Center for Health & Wellness
Scholarship Chair

Kevin Wittman
Visions Federal Credit Union
VP Golf

Mario Zaki
Mazteck IT
VP Technology



Our WIBI group knows how to have a great time!

From lunch on January 17 at the Mason Jar, to February 14 with Chrissie Lijoi, of West Bergen Mental Health Care, teaching the benefits of dark chocolate along with making delicious chocolate bark, to March 13 at the Promenade Senior Living, with Kathy Kurek teaching tips and tricks for decluttering, to celebrating National Brunch month at the Mahwah Bar & Grill on April 17!



January lunch at the Mason Jar



Chocolate making on Valentine's Day



April was National Brunch Month. WIBI celebrated at the Mahwah Bar & Grill



Learning about decluttering in March at Promenade Senior Living

MRCC Chamber Briefs

PUBLISHED QUARTERLY BY THE **MRCC**
505 Ramapo Valley Road, RCNJ/ Trustees Pavilion, Mahwah, NJ 07430
201-529-5566 • info@mahwah.com
EDITOR: Rena Rothman REPORTER: Maureen C. Huggins
LAYOUT EDITOR: Maja Britton
MRCC reserves the right to edit information as needed.



mrcc.biz