

Where business and opportunity meet.

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2023 HUMANITARIAN OF THE YEAR

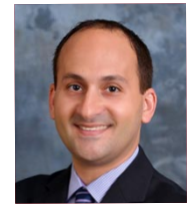
MRCC is delighted to announce its 2023 Humanitarian of the Year, an honor accorded to regional business leaders who combine their marketplace acumen with a true give-back attitude.



2023 honoree Dr. Michael W. Golz has been active in chiropractic medicine for over 40 years in the Bergen County area. Dr. Golz is a Certified Chiropractic Sports Physician as well as a Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association (NSCA). He has been the lead Physical Fitness Training Advisor at the Bergen County Law & Public Safety Complex since 1992. Dr. Golz is also certified in electrodiagnostics,

kinesio-taping, and manipulation under anesthesia. He is certified by the NJ State Police training commission and was appointed chairman of the Advisory Council to the Commission for the State of NJ. He is an active honorary member of the Bergen County Police Chief's Association and appointed as Medical Director to Farleigh Dickinson University's Masters in Sports Administration program. Dr. Golz has dedicated his entire professional career to helping patients find a safe, effective, drug-free methods to resolve their pain and promote a healthy lifestyle.

Dr. Gotz has chosen to support two charities that reflect his approach to medicine. The Tunnels To Towers Foundation and the Wounded Warrior Project® both work to improve many lives in need.


DIRECTOR SPOTLIGHT

Peter Gallo

Owner, Envision Video Services
 Hasbrouck Heights, NJ

Peter has served on the MRCC Board of Directors since 2012. In that time, he has served in many leadership roles including Senior Vice President for five years and Chamber President for three years. He is currently the VP of the 5K committee.

Peter believes that by giving back to the community, everyone wins. He is a strong advocate when it comes to involvement within the Chamber. Since 2010, Peter and his crew have been capturing our Chamber's signature events on video and posting them on the MRCC YouTube channel.

His business, Envision Video Services, is in its 18th year and he credits much of its success to the strong relationships and partnerships that he has formed within the MRCC. Peter enjoys the opportunity to learn from and to support his fellow Chamber colleagues as often as possible.

Peter is a lifelong resident of Hasbrouck Heights. He studied Engineering at Stevens Institute of Technology where he earned his Bachelors Degree in Electrical Engineering. He later went on to receive a Master's Certificate in Digital Design from Fairleigh Dickenson University. Peter enjoys what he does and brings joy and commitment to everything he takes on. He will finish his term on the board at the end of the year but he intends to remain an active member of the Chamber.

Register Today!
MAY 21
5K Run & 3K Walk

NY-NJ Trail Conference, Mahwah

Enjoy the picturesque course, plus food, awards and prizes.

See sponsors on page 8.

JUNE 7
Scholarship Luncheon

Ramsey Golf & Country Club

Sponsored by: Bergen Volunteers, Good Samaritan Hospital & TD Bank.

Save the Date!
JULY 11
Summer Bash

Crown Plaza Suffern-Mahwah

Mix and mingle at our big summer celebration

Register at mrcc.biz

MRCC / TRAIL CONFERENCE 5K RUN / 3K WALK

Great fun,
 Great cause!
 More info on
 page 8.



MAY 21 | TRAIL CONFERENCE

 RUN. WALK. SPONSOR. VOLUNTEER. RUNSIGNUP.COM

PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

Spring is finally here! It's time to start enjoying the outdoors again.

Event season is upon us, and we are excited about all the upcoming opportunities for you to spend time with friends and other chamber members.

Our Annual Luncheon on March 22 was a great kick-off event, with over 100 attendees and 20 business exhibitor tables. Membership directories were distributed, so if you were unable to attend, please look for it in your mailbox.

Be sure to mark your calendars for the following upcoming events:

May 21 5K Run / 3K walk - NYNJ Trail Conference

June 7 Scholarship & Recognition Luncheon - Ramsey Golf & Country Club

July 11 Summer Bash Outdoor BBQ – Crowne Plaza Suffern-Mahwah

Please visit our website to find out more. We look forward to seeing you soon!




Ben Mills, CPA
MRCC President
Goldstein, Lieberman
& Company LLC

MRCC CORPORATE PARTNERS



MEMBER NEWS BRIEFS



- Ramapo College of New Jersey** in Mahwah remains the #1 public college in the state, according to College Choice, a leading authority in college and university rankings. With graduation rates that exceed national averages, Ramapo provides a high-quality education with a strong return on investment. Due to its interdisciplinary academic structure, size and pastoral setting, the public liberal arts college is viewed by some as being similar to a private college. College Choice noted that 87% of Ramapo graduates are employed or at graduate school a year after graduating. At Ramapo College, students enjoy individualized attention, mentorship, and support; hands-on learning; and a range of opportunities for service and leadership development. Established in 1969, Ramapo College offers more than 100 undergraduate majors and minors leading to bachelor's degrees, and 12 graduate programs leading to master's degrees and a doctoral program in nursing practice. Ramapo College is also #1 in New Jersey for best residential halls, one of the top 50 most beautiful campuses in America, recognized as New Jersey's #1 disability-friendly school, designated a Military Friendly College, and holds national recognition as a most-engaged campus for student voting. Learn more about Ramapo College at ramapo.edu.

- NPZ Law Group** knows that navigating immigration laws can be overwhelming, particularly for in-house counsel dealing with visa issues. In order to provide quality legal advice, in-house counsel must understand the complexity of immigration laws and regulations. One crucial question for understanding visa categories is identifying the purpose for

entry, whether to reunite with family, attend school, work on temporary assignments, or move in for a permanent job.

Non-immigrant visas are typically provided for those who wish to enter the US for a temporary stay. In-house counsel must understand the requirements for each of these non-immigrant visas, such as the non-immigrant business visitor visa or non-immigrant temporary employment visa. On the other hand, those who wish to move into the US permanently must apply for an immigrant visa.

Our article provides essential information about immigrant visas, including immigrant employment-based green cards, PERM, and capital investment (EB-5). Navigating US immigration policies can be challenging, but it can also open up a world of opportunities in the United States. To learn more about how our immigration lawyers at NPZ Law Group can help you navigate US immigration policies, visit our website, or contact us at 201-670-0006 extension 204, or info@visaserve.com.



MRCC Works for You
Take advantage of the many member benefits MRCC offers. Just call the office for more info.

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visionsfcu.org/business
800.242.2120

*APR = Annual Percentage Rate. Rates and terms available on new loans only. Certain relationship criteria are required to receive rates – ask for details. Credit union membership required with a \$1 minimum deposit – certain restrictions apply. Check with a Visions Federal Credit Union representative for membership eligibility details. Credit card rates based on creditworthiness; applications subject to standard credit criteria. Rates can change at any time. Bonus reportable for tax purposes. Offer valid on new Visa Business Cash Rewards credit cards opened January 1, 2023 to December 31, 2023. Federally insured by NCUA.





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 today.

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

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



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UPCOMING EVENTS

- APR** 19 Women In Business Initiative (WIBI) Brunch; Sponsored by TD Bank and Valley Health System; Mahwah Bar & Grill
- 20 "Multi Chamber" Mega Net; Courtyard by Marriot-Edgewater
- 25 Young Professionals Networking (YPN) Pinot's Palette Ridgewood; Sponsored by TD Bank and Valley Health System
- 26 Business After Hours, Envision Video Services
- MAY** 09 Free Member Benefits Overview; Via Zoom
- 10 Women In Business Initiative (WIBI); Sponsored by TD Bank and Valley Health System; Chamber Office
- 21 MRCC Trail Conference 5K Run & 3K Walk; Sponsored by Bagel Express of Mahwah, Bergen New Bridge Medical, Earthcam, Envision Video Services, Good Samaritan Hospital, iLabs, Lincoln of Ramsey, M&T Bank, New York-New Jersey Trail Conference, PrimoHoagies of Mahwah, Provident Bank, TD Bank, Valley Health System, and Volvo Car USA; NY-NJ Trail Conference
- JUN** 07 Scholarship & Recognition Luncheon; Sponsored by Bergen Volunteers, Good Samaritan Hospital, and TD Bank; Ramsey Golf and Country Club
- 14 Women In Business Initiative (WIBI); Sponsored by TD Bank and Valley Health System; Artis Senior Living
- 25 Young Professionals Networking (YPN); Sponsored by TD Bank and Valley Health System; Defiant Brewery

2023 SIGNATURE EVENTS

- MAR** 22 Annual Luncheon, Crowne Plaza Suffern-Mahwah
- MAY** 21 5K Run & 3K Walk, NYNJ Trail Conference
- JUN** 07 Scholarship/Recognition Luncheon, Ramsey Golf & Country Club
- JUL** 11 Summer Bash, Crowne Plaza Suffern-Mahwah
- AUG** 16 Inspirational Women's Luncheon, with BCPWN and RBWN, Crowne Plaza Suffern-Mahwah
- SEP** 12 Golf Outing & Humanitarian Dinner, New York Country Club
- NOV** 13 Taste of the Region, Crowne Plaza Suffern-Mahwah
- DEC** 08 Holiday Luncheon, Crown Plaza Suffern-Mahwah

**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.

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Table to Table Celebrates its New Home

It was standing room only as members of the MRCC joined the festivities celebrating the new headquarters for Table to Table in Saddle Brook. For those not familiar with the nonprofit, Table to Table is New Jersey's first food rescue organization. Committed to feeding our hungry neighbors in Northern NJ, Table to Table rescues and delivers free, healthy, and fresh food from grocery stores, food distributors, and restaurants, and in doing so, nourishes the community while helping our environment. Table to Table secures food via a diverse, growing network of food donors and partners with hundreds of recipient organizations and nutritious food hubs to distribute food to our hungry neighbors. For large, pallet - sized rescues, we utilize a fleet of refrigerated trucks and safety-trained drivers seven days a week. Our volunteer-based app, Table to Table I-Rescue, is used for smaller, local rescues. To learn more about Table to Table, volunteer or donate, visit tabletotable.org.





WELCOMES NEW MEMBERS



New Members received their plaques at our Annual Luncheon

From left, Steven Napolitano of SNS Architects & Architects & Engineers; Tracy Schoenberg of Bergen New Bridge Medical Center; Tina Lyding of Voicocom Plus, Inc. - VP of Membership; Celeste Ammerman of Bookkeeping Solutions by Celeste; Mark Fairman of New York Life Insurance Company – MBO Chair; Laura Rose of Touchstone Crystal by Swarovski; and Wendy Cotes of MRCC – Membership & Finance Administrator

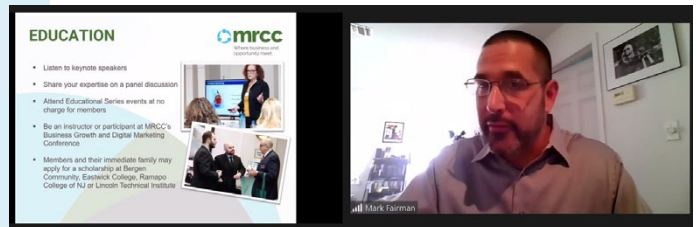
You're Invited to a free Member Benefits Overview

Mark Fairman, MRCC VP of Membership, will guide you through the many ways MRCC can benefit you and your business. This free quarterly program welcomes both new and current members.

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

- Bergen New Bridge Medical Center, Paramus
- Bookkeeping Solutions by Celeste, Pompton Lakes
- Dead Man's Curve llc, Montville
- Morton's The Steakhouse, Hackensack
- RCL Media, Hewitt
- Residence Inn Saddle River, Saddle River

Effective April 21, 2023



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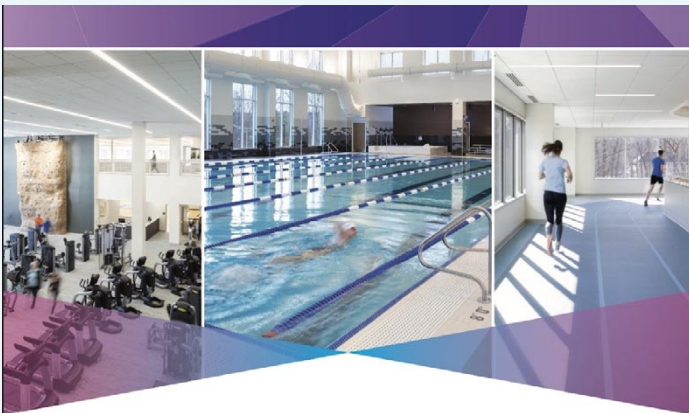
Mahwah, NJ
at AlphaGraphics
1 Lethbridge Plaza

ANNUAL LUNCHEON



What a great afternoon!

Our Annual Luncheon was held at the Crowne Plaza on March 22nd. Attendees were able to make new connections, rekindle old connections, visit exhibitor tables, and receive their 2023 Membership Directories.



Valley Health LifeStyles

AT THE VALLEY CENTER FOR HEALTH AND WELLNESS

CALL OR STOP BY TODAY!

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



Fore! YPN Networking & Fun

MARCH: Our Young Professionals had an awesome time at Go Low Golf in Paramus. Congratulations to George Chicolo of Terrie O'Connor Realtors for winning the longest drive contest!

APRIL: On April 25, our Young Professional showed off their talents at Pinot's Palette in Ridgewood. Big shout out to PrimoHoagies of Mahwah for providing delicious sandwiches for all.



Currently Available

36,000 SF | 91-97 Mckee Dr., Mahwah, NJ

2,700 SF on .64 AC | 10 Mountainside Ave., Mahwah, NJ

15,000 - 30,000 SF | 6 Pearl Court, Allendale, NJ

271,000 SF | Class "A" Industrial, Mahwah, NJ

Recent Area Leases

108,000 SF Industrial | Mahwah, NJ

63,000 SF Industrial | Mahwah, NJ

32,895 SF Industrial | Allendale, NJ

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

Kenneth D. Lundberg, SIOR • 201 488 5800 x138 • klundberg@naihanson.com
 Patrick Lennon • 201 488 5800 x109 • plennon@naihanson.com
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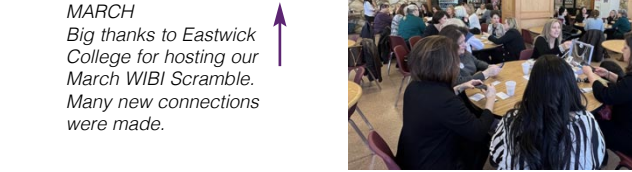
WIBI Group is totally In-Person again!



FEBRUARY
February is for Love and what better month to have Alia Jamal, The Love Coach and Pranic Healer speak at our February WIBI meeting



APRIL
April is "National Brunch Month" so what better way for our WIBI women to enjoy a delicious brunch than at the Mahwah Bar & Grill!



MARCH
Big thanks to Eastwick College for hosting our March WIBI Scramble. Many new connections were made.

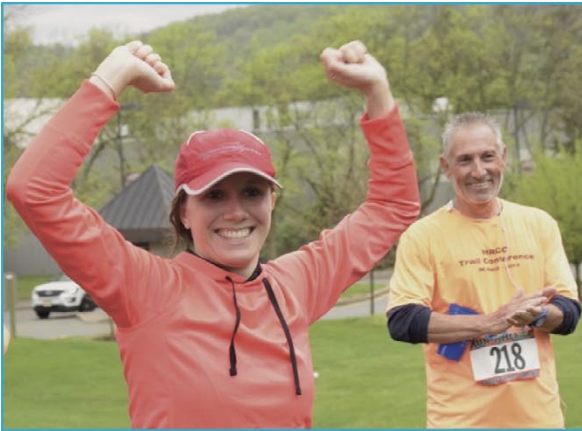


Good Samaritan Hospital

Westchester Medical Center Health Network

GoodSamHosp.org

Advancing *Heart* Care. Here.



MRCC TRAIL CONFERENCE 5K RUN & 3K WALK

SUNDAY
MAY 21, 2023

NY-NJ Trail Conference
600 Ramapo Valley Rd. | Mahwah

AWARDS CEREMONY • GREAT PRIZES
FOOD • MUSIC • BEAUTIFUL COURSE

Registration begins: 7:30 am Race begins: 9:00 am



CORPORATE CHALLENGE

Sponsors at the \$500 or higher level may compete in the Corporate Challenge. Each team's combined top 5 runner results will qualify toward winning the trophy.



5K RUN 3K WALK

ACCREDITED BY



REGISTER



RunSignUp.com

SPONSORSHIPS STILL AVAILABLE

Call MRCC at 201-529-5566 or email info@mahwah.com for more info.



Bagel Express of Mahwah • Bergen New Bridge Medical • Earthcam • Envision Video Services
Good Samaritan Hospital • iLabs • Lincoln of Ramsey • M&T Bank • New York-New Jersey Trail Conference
PrimoHoagies of Mahwah • Provident Bank • TD Bank • Valley Health System • Volvo Car USA

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JOIN MRCC'S VOLUNTEER RESERVES

MRCC's major events require many willing hands to pull them off. From our Luncheons to the 5K Run, the Golf Outing to the Taste of the Region, MRCC member volunteers help make these community-spirited events so successful.

If you'd like to participate, we'd love to have you!

Just call or email the MRCC office to sign up on our list of reservists. There's no mandatory commitment, but we're happy to see you when you can spare a few hours.

You'll receive an email when help is needed for events, mailings, and more. If you're available, let us know and we'll add you to the schedule.

What's in it for you? Well, it's tons of fun and offers lots of networking opportunities - a great way to make new connections while helping out!

Here at the MRCC, we are all about helping you make meaningful connections!

Reach your customers in a mailbox — not just an inbox.

HITCH-A-RIDE
in MRCC's Quarterly Mailer

We'll send your promotional material to approximately **1,000 local businesses** for only **\$250!**

2023 Flyer deadline: October 10

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