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HOLIDAY GIVING FROM MRCC

Generosity and Community Spirit shone as MRCC once again presented checks at the Holiday Luncheon.



Table to Table received \$1865 from our Taste of the Region. *Rena Rothman, MRCC Taste of the Region Chair; Julie Kinner of Table to Table, and Maureen Huggins, MRCC Executive Director*

\$11,250 was raised at our golf outing to benefit both Tackle Kids Cancer and Tunnel to Towers. *Liz Kloak of Ramapo College Foundation / AVP Golf; and Ben Mills of Goldstein Lieberman & Company LLC / MRCC President*



Ben Mills and Rena Rothman

APPRECIATING OUR DIRECTORS

In saying Goodbye to 2023, we also had to say goodbye to two of our long time board members who served out their terms. Ben Mills, Goldstein Lieberman and Company LLC, has served on our board since 2010; first as our Treasurer and then stepping up to be President in 2022. Rena Rothman has been on the MRCC board since 2012, she has been VP of our Membership Directory, Editor of our Newsletter, Chair of our Taste of the Region, and volunteers whenever possible. Both will be greatly missed on our board but happy that they will remain active members of the MRCC.



NYNJ Trail Conference received \$3725 from our 5K Run *Don Weise of NYNJ Trail Conference; Ben Mills of Goldstein Lieberman & Company LLC / MRCC President; and Madina Djabbarova of M&T Bank / MRCC AVP 5K*

Habitat for Humanity of Bergen County received MRCC's 2023 Organization of the Year award along with a check for \$1000.



Eastwick Foundation's "Feed the Hungry" community outreach program once again gave out \$55,000 (\$5,000 each) to 11 MRCC member food banks.



2023 ANNUAL AWARDS

Teri Capparelli of Habitat for Humanity, Organization of the Year; Thomas Messina accepting award for Mark Fairman of New York Life Insurance Company, Citizen of the Year, and David Strauss of Homewood Suites, Company of the Year

MEET THE NEW EXECUTIVE BOARD



President
Peter Gallo
Envision
Video Services



Senior Vice President
Madina Djabbarova
M&T Bank



Treasurer
Deborah Schaub,
CPA
C&B Accounting



Executive Director
Maureen C.
Huggins
MRCC



Register Today!

FEBRUARY 27

Multi Chamber

3 Minute Networking

Paramus Park Mall Food Court

FEBRUARY 29

LEAP into Networking

Mahwah Bar & Grill

Enjoy free apps and cash bar.

Save the Date!

MARCH 22

Annual Luncheon

The Nyack Seaport

Join us to kick off spring in a festive way!

Register at mrcc.biz

THANK YOU FOR YOUR SUPPORT!

PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

I am thrilled to address you as the President of the MRCC for 2024! It feels great to be back in this role. My return to this position is a testament to the enduring commitment I have towards our Chamber of Commerce and the incredible community it represents.

I am also excited to introduce our new Vice President, Madina Djabbarova, from M&T Bank. Madina brings a wealth of experience and dedication to our team, and I am confident that her leadership will greatly benefit our organization in the coming year.

One of the highlights of the past quarter was our annual Taste of the Region event held last November, which saw over 400 attendees indulging in the diverse flavors of our region. Additionally, our annual Holiday Luncheon, held in December, was a heartwarming gathering with over 150 in attendance, celebrating the holiday spirit and the camaraderie that makes our Chamber special.

In exciting news, we have settled into our new location on the campus of Ramapo College, a space that will undoubtedly enhance our ability to serve you, our members, even better. This move marks a significant milestone in our Chamber's journey, and we look forward to many productive and collaborative moments in this new setting.

I want to emphasize that the MRCC exists to serve its members. We are here to support your businesses, foster connections, and provide opportunities for growth and success.

Thank you for your trust and confidence in the MRCC.

Let's make this year extraordinary!

Peter Gallo
MRCC President



MRCC
CORPORATE PARTNERS



MEMBER NEWS BRIEFS



• Gayle M. Gruenberg, CPO-CD, CVOP, Chief Executive Organizer of **Let's Get Organized, LLC**, has launched her new book, **Get the Big O: Organized! 7 Steps to Achieving Calm,**

Clarity, and Control in Your Space, Mind...and Life!

It is not just another "get organized in seven simple steps" book. It addresses the mental health aspects of organizing and delves into how getting organized is an act of self-care, offering real change and promising a life of more Calm, Clarity, and Control.

This book is designed to help readers:

- Identify their big WHY for wanting to get organized
- Learn how to work with their unique natural tendencies, abilities, and habits to make their organizing systems stick
- Teach them how to identify, and organize according to, their core values
- Discover the real underlying causes of being disorganized
- "Untie the knot" that may be holding them back from living the life they deserve

Chamber members can download a free chapter at <https://lgorganized.com/get-the-big-o-organized/>.

• **Good Samaritan Hospital** announced the appointments of hematologist/oncologist Carrie Brooke Wasserman, MD, to Associate Director of the Bobbi Lewis Cancer Program and general surgeon Michael Jamgochian, MD. Prior to joining Good Samaritan Hospital, Dr. Wasserman served as the Interim Chief of Hematology/Oncology at One Brooklyn Health (OBH). She has held attending positions at Brooklyn Hospital Center, an affiliate of Mt. Sinai Health System and the John Theurer Cancer Center at Hackensack University Medical Center. Dr. Wasserman received her medical degree from St. George's University School of Medicine. She completed an internal medicine residency at Lenox Hill Hospital/NYU School of Medicine and was a hematology/oncology fellow at St. Luke's Roosevelt/Columbia University College of Physicians and Surgeons. Dr. Wasserman is board-certified in internal medicine and medical oncology.



Dr. Jamgochian received his medical degree from the Ross University School of Medicine in Dominica, West Indies. He completed a general surgery residency at St. Barnabas Hospital in Bronx, NY and finished his fellowship training in minimally invasive surgery and bariatric surgery at Long Island Laparoscopic Surgery in Port Jefferson, NY. Dr. Jamgochian provides general, laparoscopic and robotic surgical services.



• **Graze Craze Charcuterie** comes to Ramsey! Graze Craze offers a unique and affordable option for people looking to host a party, cater a work event, send a gift or just treat yourself. Graze Craze designs charcuterie arrangements of all sizes, featuring fine ingredients perfect for grazing, like fresh fruits and vegetables, premium meats and cheese, and artisanal breads. All our hummus, dips and jams are made in house. Our beautifully presented boards are made to order so they are always fresh. Graze Craze is open for pick-up, catering, and free delivery within 25 miles. Graze Craze is conveniently located in a popular shopping and dining area, at 88 East Main Street Ramsey.



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 \[mtb.com\]\(http://mtb.com\) 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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BUSINESS AFTER HOURS

On October 2, MRCC joined in with five other local chambers at El Asadero Mexican Grill to celebrate Hispanic Heritage Month.



On October 19, Beattie Padovano hosted our Business After Hours

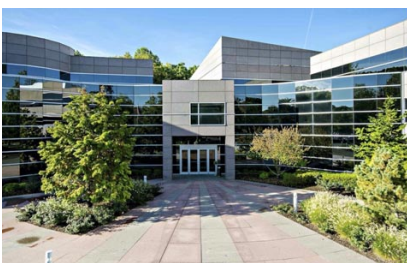


On November 29, MRCC along with Fair Lawn, Fort Lee, Hackensack, Paramus, Hudson County Latin American Chambers of Commerce, gathered together at Maggiano's Little Italy for a night of networking.

- What better way to ring in the New Year than to begin it at a “New and Improved and Much Larger” Corporate Headquarters. Phillip E. Goldstein, CEO of **Goldstein Lieberman & Company, LLC** announced today that his company has a head start on an amazing future at their new state-of-the-art Corporate Headquarters.

Now operating from 225 Brae Boulevard in Park Ridge, New Jersey 07656, the firm will be better able to accommodate its steady and impressive growth, with significantly larger office space for an increasing number of team members with upgraded conference facilities and technological advancements for its rapidly growing client roster. The building has 224,413 square feet of office space on three floors under one roof. GLC office occupies the 2nd floor of the building.

“I call it back to the future,” Goldstein adds. “Our insistence on maintaining a well-equipped, state of the art office which helps attract and maintain a ‘new-fashioned’ staff that clearly prefers to work outside of their home—a place where comradery with colleagues and clients is a traditional part of the corporate culture.” According to Goldstein, this is the culture that has



contributed to the company’s rapid growth. He maintains that in the new, “larger” location the firm will continue the face-to-face tradition that has led to life-long relationships with most of their clients.



SIGNATURE EVENTS

MAR	3/22	Annual Luncheon
MAY	5/19	5K Run and 2K Walk
JUN	6/6	Scholarship & Recognition Luncheon
JUL	7/10	Summer Bash
SEP	9/10	Golf Outing and Humanitarian Dinner
NOV	11/11	Taste of the Region
DEC	12/13	Holiday Luncheon

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

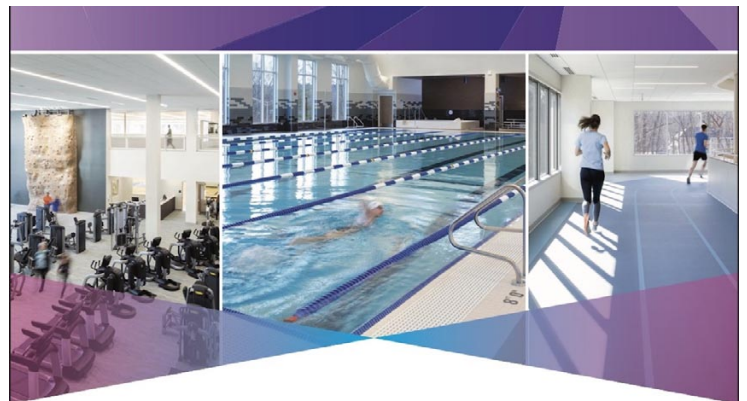
All dates and events are subject to change. Please visit mrcc.biz for up-to-date information and to register for all events.



MAHWAH DAY

After having to cancel twice due to bad weather, Mahwah Day finally was held on October 28.

L to r, Miri Upton of Synergia Financial Group, Madina Djabbarova of M&T Bank, and Wendy Cotes of MRCC



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

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ValleyHealthLifeStyles.com

WELCOMES NEW MEMBERS

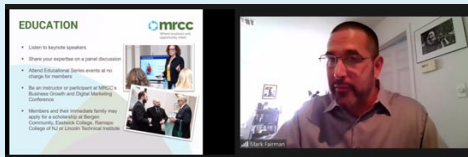


New Members received their plaques at our Holiday Luncheon

L to r, Wendy Cotes, MRCC Membership Administrator; Tina Lyding of Voiccom Plus, Inc. / MRCC VP of Membership; Jane He of Boys & Girls Club of Paterson and Passaic; Howie Stern of Breez Banner Systems; Janine Priolo of RestoPros of Bergen-Passaic County; Rob Spampinato of Rob's School of Music; Dr. Jessica McCarthy of Elements Psychological Services, LLC; Meera Subramanya of Haseru Life, LLC; and Cody Rounds of Live Event Painting by Cody

You're Invited to a free Member Benefits Overview

Mark Fairman 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

BCPWN, Ho-Ho-Kus

Boys & Girls Club of Paterson and Passaic, Paterson

Center Stage Production, Mahwah

CoachDibs Health & Wellness, Mahwah

Complete Pain & Spine Institute, Ridgewood

Eurocatering LLC DBA Graze Craze, Ramsey

Good Vibrations Smoke Shop, Mahwah

Haseru Life, LLC, Mahwah

Ilene Cavagnuolo Wellness Consultant, Allendale

Live Event Painting by Cody, Mahwah

OWR Opinion LLC, Mahwah

RestoPros of Bergen-Passaic County, Mahwah

The Salvation Army, Hackensack

The White Agency, Inc., Allendale

Unified Solutions, Chester

Effective January 25, 2024

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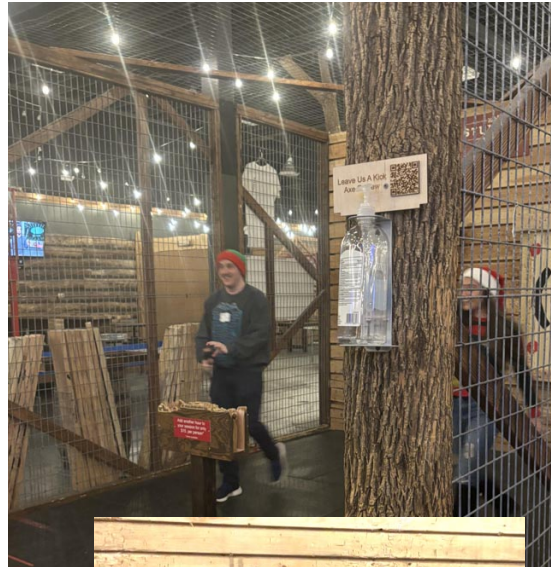


Join YPN for networking & fun



YPN Holiday

On December 5th, our Young Professionals gathered for a fun night at Stumpy's to celebrate the holidays. Congratulations to our ugly sweater contest winner, Stephanie Van Heest of Valley Health System.



 *Currently Available*

2,700 SF on .64 AC | 10 Mountainside Ave., Mahwah, NJ
271,000 SF | Class "A" Industrial, Mahwah, NJ

Recent Area Leases [108,000 SF Industrial | Mahwah, NJ
 63,000 SF Industrial | Mahwah, NJ
 36,000 SF Industrial | Mahwah, NJ

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

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MRCC HOLIDAY LUNCHEON



On December 8 the MRCC held its Holiday Luncheon at the Crowne Plaza Suffern-Mahwah. Guests arrived early for networking and shopping for holiday gifts while seasonal music was playing in the background performed by the Mahwah High School Select Strings Ensemble. Many awards and checks were handed out.





Habitat
for Humanity®
of Bergen County

APRIL 15, 2024
6PM - 10PM

SEASONS
TOWNSHIP OF
WASHINGTON

Gala tickets selling fast!
Celebrating 30 years of Hope

JOIN US FOR A FUN-FILLED EVENING!!!

SCAN TO PURCHASE TICKETS →

Or go to HabitatBergen.org





Join WIBI for networking & fun!

On November 14, women from WIBI along with other local networking groups gathered together at Ramapo College of New Jersey for a morning of WIBI Scramble



On October 11, WIBI celebrated National Book Month, hosted by M&T Bank at their Paramus Headquarters



On December 8, the WIBI women got together to celebrate the holidays with a hot buffet breakfast at the Crowne Plaza of Suffern - Mahwah. Great connections were made and many raffle prizes were won.



Good Samaritan Hospital

Westchester Medical Center Health Network

GoodSamHosp.org

Advancing Heart Care. Here.

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SENIOR VICE PRESIDENT
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AVP Events

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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

MEMBER NEWS BRIEFS



• **SNS Architects and Engineers** celebrates 65 years providing Architectural and Engineering design services for the Commercial, Industrial and Warehousing, Institutional and Educational, Retail, Research & Development, Pharmaceutical and Health Care Facilities throughout the United States.

Our firm began in January 1959 in New York City, and then moving to New Jersey in 1977 where we have resided ever since; SNS has worked with Corporations, Developers, Utility Companies, Hospitals, Higher Educational Facilities on various types of construction of all types and sizes.

Our office has been in Montvale, New Jersey since 1991, and we have successfully designed over 20 million square feet of building space for all industries from project inception to project close-out. Our experience and licensing spans across the entire United States.

We have an integrated office of Architects and Engineers; our office staff consists of Professional and Administrative personnel with in-house Architects, Specification Writers, Structural and Civil Engineering, Interior Designers, and Project Managers.

• **Table to Table**, New Jersey’s first food rescue organization, celebrates a major milestone of 2 million pounds of food delivered to hungry neighbors via its volunteer-based food rescue app, Table to Table I-Rescue. In just a little over two years, volunteers using the app have collected free, fresh, and donated food from restaurants and grocery stores and delivered that food to recipient agencies such as food pantries and shelters that feed communities in need throughout Bergen, Essex, Hudson, and Passaic Counties. Powered by Food Rescue Hero, the app is available on iOS and Google Play. To download Table to Table I-Rescue, volunteer, or learn more, visit: <https://tabletotable.org/i-rescue/>

“We are not only proud but grateful! After all, Table to Table I-Rescue has gone from just a kernel of an idea two years ago to being a major source for feeding our hungry New Jerseyans today,” says Julie Kinner, VP of Operations for Table to Table. “Because the app is intuitive and flexible, it is the trifecta of food insecurity tools. It is embraced by an amazing community of volunteers, generous food donors, and very appreciative recipient partners,” Kinner concluded.



MRCC Chamber Briefs

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