

July 2023



## Our monthly news & updates

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### A Message from Chamber CEO, Mary Prem

Dear Chamber Members,

I am thrilled to extend my warmest greetings to all of you as the new CEO of the South San Francisco Chamber of Commerce. My name is Mary Prem, and after nearly two decades of dedicated service in the nonprofit and fair housing field, I am excited to embark on this new journey working alongside businesses in our vibrant community.



Having witnessed firsthand the transformative power of collaboration and economic development, I am eager to bring my expertise to foster a thriving business environment within South San Francisco. This city holds immense potential, particularly in the fields of biotech and startups. With its strategic location and abundant resources, we have the opportunity to attract and nurture innovative enterprises that will fuel economic growth and enhance the overall vitality of our region.

Throughout my career, my unwavering passion has been to foster the growth of businesses and empower the disenfranchised population, with a particular focus on smaller enterprises. Now, as your CEO, I am committed to providing comprehensive support, resources, and advocacy for our Chamber members. Together, we will forge new partnerships, develop impactful programs, and champion the interests of our business community.

I firmly believe that collaboration and open communication are the cornerstones of progress. In the coming months, I look forward to engaging with each of you, listening to your ideas, and understanding your unique perspectives. Together, we will forge a path that not only strengthens our individual businesses but also fortifies the collective strength of the South San Francisco Chamber of Commerce.

I am truly honored to have the opportunity to serve as your CEO and work alongside such a dynamic and ambitious group of individuals. Let us join hands and build a future of prosperity, innovation, and growth for our community.

Together, we will create lasting positive change.

Warm regards,  
Mary Prem CEO,  
South San Francisco Chamber of Commerce

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### **New Leaders at the South San Francisco Chamber of Commerce**

The South San Francisco Chamber of Commerce proudly announces the appointment of three exceptional leaders: Olga García as its Board President, Sailesh Mehra as Vice President, and Mary Prem as its Chief Executive Officer.

This historic moment marks a significant milestone in the Chamber's 110-year history, as an all-minority leadership team takes the helm. This achievement underscores the Chamber's unwavering commitment to diversity, inclusivity, and the vibrant cultural tapestry of the South San Francisco community.

#### **Olga García, President**

Olga García is a highly accomplished leader and respected Manager at CG Moving Co., where she has been delivering comprehensive office and residential relocation and storage solutions since 2013. Actively engaged in the community, Olga serves on multiple boards and holds a B.A. in Latino/Latina Studies from San Francisco State University. As the first Latina Immigrant President of the South San Francisco Chamber of Commerce, Olga embodies the spirit of diversity, representation, and inclusive leadership, inspiring others to achieve their full potential.



### **Sailesh Mehra, Vice President**

With over two decades of experience as a professional city planner in the Greater San Francisco Bay Area, Sailesh Mehra has made notable contributions to projects in cities such as San Francisco, Redwood City, San Mateo, and South San Francisco. His impressive portfolio includes high-density projects for Greystar, residential subdivisions across various neighborhoods, and significant involvement in the revitalization of downtown Redwood City. Sailesh currently serves on the San Carlos Economic Development Advisory Commission and multiple boards. He passionately mentors young planners and continues to contribute to the development of remarkable projects, making our city an even better place to live and thrive.



### **Mary Prem, CEO**

Mary Prem is an accomplished professional with a strong background in the nonprofit sector. In June 2023, she was appointed by the Board of Directors to serve as the Chief Executive Officer of the South San Francisco Chamber of Commerce. Prior to her appointment as CEO, Mary founded and served as the executive director of the Housing Equality Law Project (HELP). With over two decades of experience in the nonprofit sector, she has been dedicated to promoting equity, particularly in the areas of affordable and equitable housing.

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**12**  
**JULY**  
**6-8 P**

# NETWORKING EVENT

**Economic Advancement Center**  
366 Grand Ave, SSF, CA 94080

Meet other local business owners and learn about the resources and programs available to help you improve your business through the Renaissance Entrepreneurship Center **at no cost to you!**

**FREE Event**



[rencenter.org](http://rencenter.org)

[brc@rencenter.org](mailto:brc@rencenter.org)

(650) 829.4652



**renaissance**  
entrepreneurship center

# Working Group Sessions

Join us for peer-review sessions! Bring your laptop and materials to work on and get feedback from your peers and by business experts!

**JUL  
18**

## Spreadsheets

1:30-3:30pm  
with Gisel Martin

**JUL  
25**

## Creating Invoices

1:30-3:30pm  
with Gisel Martin

**AUG  
8**

## Marketing Material Design

1:30-3:30pm  
with Gisel Martin & Alexia Huerta



## Register or Drop-In

**Economic Advancement Center**  
366 Grand Ave, SSF, CA 94080

### Contact

650.829.4652  
brc@rencenter.org



### Overcoming digital eye strain and fatigue

July is vision awareness month. And whether you work at a computer or laptop, you've probably felt the strain that screen time can put on your eyes. The average person spends 6



hours and 58 minutes per day looking at a screen. Reading through social media feeds, checking e-mails and smartphone use all add up, which can leave your eyes strained and your neck and shoulders sore. If you work in an office environment, these effects can be even more severe.

The following 8 strategies will help:

1) Keep your screen at an arm's length

Sitting about 25 inches away from your computer or laptop screen (about an arm's length), can reduce the impact the glare has on your eyes.

2) Follow the 20-20-20 rule

Every 20 minutes, take a 20-second break and look at something 20 feet away. Letting your eyes adjust to a different perspective helps them relax.

3) Give your eyes a break

Remove your glasses, take out your contact lenses or just close your eyes for a few moments.

4) Give dry eyes some relief

If your eyes ever feel dry, use high-quality artificial tears as needed. If your eyes get painfully dry or are frequently dry, talk to your doctor about special drops or ointments that can help.

5) Get regular vision tests

Even if your prescription is just a little off, it can contribute to major eye fatigue. Make sure your contact lens and glasses prescriptions are current. Your eyes will thank you for it.

6) Select eye-friendly font sizes

It's not the size of the screens that cause eye strain, it's the font size. Experiment with your font sizes until you find one that is comfortable for your eyes.

7) Get your lighting right

Check your overhead lighting and the lighting behind you to make sure you're not working with an excessive glare. When you can, opt for background lighting that isn't much dimmer than the screen itself.

8) Soothe tired eyes

When your eyes get tired or you feel a headache coming on, lie back and place a warm, damp washcloth across your eyelids for a couple of minutes.  
By using these tips, you will go a long way towards preventing eye strain and the fatigue that comes with it.

**John E. Skerry, MD**

Physician in Chief

Kaiser Permanente South San Francisco Medical Center

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### **Friendly reminder to Chamber Members:**

Have you changed your contact information, email address, or phone numbers?

Please provide the SSF Chamber of Commerce with your information to keep our website up to date.

You can email any changes to [info@ssfchamber.com](mailto:info@ssfchamber.com)



You can RSVP and pay for our events by going to the calendar section and clicking on the event you want to attend. Registration is for SSF Chamber members.

*Not a Chamber member yet?  
Contact the Chamber at  
[info@ssfchamber.com](mailto:info@ssfchamber.com)  
or visit [www.ssfchamber.com](http://www.ssfchamber.com)*

### **SSF Chamber Calendar of Events**

**Wine Vault Club Open House  
Wednesday, July 19, 2023  
5:00pm - 8pm**

216 Linden Ave., SSF

Come and enjoy fine wine and food  
Tasting wines from California, Oregon,  
Washington

Learn about the "create your own wine club"  
RSVP: 650-588-9463

**Genentech Goes to Town  
September 11- 24**

Follow us on [Facebook](#) for the latest Chamber news.

### The 35<sup>th</sup> Annual Taste of SSF

Thursday, November 2, 2023

12:00pm – 2:00pm

South San Francisco Conference Center

255 S. Airport Blvd, SSF

RSVP: [info@ssfchamber.com](mailto:info@ssfchamber.com)

## South San Francisco Chamber Member Benefit

Did you know as one of the many benefits of being our member that you can submit your events for Chamber approval through our monthly newsletter, or social media outlets? Once approved, it will be listed on our event calendar!



### Las Hijas del Gallo

Margarita Garcia  
615 Linden Ave  
South San Francisco, CA 94080  
(650)589-4329  
<https://lashijasdelgallobakery.com/>

### Steve Disselhorst Leadership Coaching and Consulting

(510)604-7818  
Email: [steve@stevedisselhorst.com](mailto:steve@stevedisselhorst.com)  
Website: <https://www.stevedisselhorst.com/>

### WattIQ

Eoin Ohalloran  
400 Oyster Point Blvd, Suite 414  
South San Francisco, CA 94080  
(415)504-0484  
Email: [Eoin@wattiq.io](mailto:Eoin@wattiq.io)



Your support is truly appreciated!

AMGEN (July 2021)  
Apex Maritime Co. Inc. (June 1992)  
Atlas Asia-Pacific, dba Top Oil Products (July 2011)  
Best Western Plus Grosvenor (March 1971)  
Brady Air Conditioning, Inc. (July 2003)  
Costco Business Center (July 2017)  
Expeditors (July 2008)  
Group 4 Architecture Research + Planning, Inc. (May 1986)  
Hoyt Shepston (October 1997)



Renaissance Entrepreneurship Center- Mid Peninsula (July 2021)  
Industrial and Commercial Bank of China (USA) (March 2008)  
KASA Partners (May 2019) Legal Shield (May 2017)  
Royal Pin Donuts (May 2017)  
Singer Lewak (January 1971)  
Skyline College (July 2000)  
South City Optometry (April 1993)  
SSF Elks Lodge #2091 (June 1988)  
SSF Police Activities League (SSF PAL) (August 2010)  
Thai Satay Restaurant (May 2006)  
U-Freight America, Inc. (October 1984)  
Terra Nova (July 2013)  
Wespac Corporation (January 2012)

## Legislative Watch List

*We take care of politics so you can take care of your business*



Labor  
Law  
Corner

Sarah Woolston  
Employment Law  
Subject Matter  
Expert

[Reporting Time Pay-When It's Owed  
Depends on Circumstances](#)

*Sarah Woolston  
Cal Chamber*



Labor  
Law  
Corner

Dana Leisinger  
Employment  
Law Expert

[Even in "At Will" California, It's Wise  
to Follow Disciplinary Process](#)

*Dana Leisinger  
Cal Chamber*

## Chairman Circle Members

*Chairman's Circle members receive benefits above and beyond typical membership,  
with the highest visibility at Chamber events and in publications*

Chairman Circle – GOLD MEMBER



Chairman Circle – SILVER MEMBERS



Chairman Circle – BRONZE MEMBERS



# Board of Directors

**2023 Board Officers**

President  
Olga Garcia  
CG Moving Company

Vice President  
Sailsh Mehra  
SM8

**Board of Directors**

Bill Benavides  
BLT Construction

Matthew Butler  
Tri Counties Bank

David Huddleston

**Chamber Personnel**

Mary Prem  
CEO

Arlene Dozier  
Administrative Assistant

Treasurer  
Kevin Williams  
California Water Service

Ex-Officio City Manager  
Sharon Ranals

BWP Grosvenor Hotel

Daniela Jonguitud  
Chajinel Home Care  
Services

Keri Kirby  
Sitike Counseling Center

Reggie Kumar  
AC Hotel by Marriott SFO

Darius Lahtinen  
Genentech

Sailesh Mehra  
SM8

Natalia Morales  
Kilroy Realty Corporation

Christina Ng  
Grand Palace Restaurant

Shetal Patel  
Hampton Inn SFO

Pravin Punjiya  
Fairfield Inn by Marriott SFO

Kevin Worth  
Kaiser Permanente