May 2022

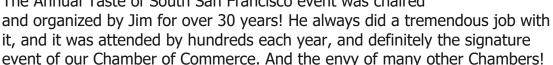


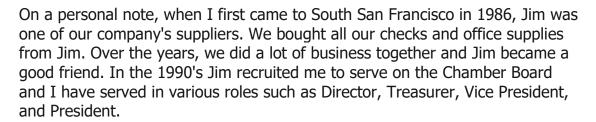
#### Our monthly news & updates

Visit our Website!

#### A Message From SSF Chamber Board President Paul Formosa

Sadly we mourn the recent passing of Jim Metz, Advanced Business Forms. Jim was a long time, extremely active member of the Chamber and served on your Board of Directors for many years. For most Chamber members, Jim will be remembered as Mr. Taste of South San Francisco. The Annual Taste of South San Francisco event was chaired





Jim was also very active at the SSF Day in the Park events held every year with his close friend and ally, Joe Fernekes. Joe served on the City Council and as Mayor. Joe and Jim together created J&J Barbeque, serving up their signature Spam Burgers at Day in the Park. Two for \$5.00! They also volunteered for various community events and fundraisers to help out wherever they could, and took J&J BBQ on the road! Joe and Jim were practically inseparable until Joe passed away suddenly in 2008.

Jim will be missed. His good humor, graciousness, willingness to get the job done, wisdom and charisma were amazing. Qualities that are sometimes hard to find these days.

Jim, wherever you are, thank you for everything you did to make all our lives better. We will miss you my friend.

### SSF Chamber of Commerce Education Foundation Higher Education Scholarship Luncheon

#### A Message from Chamber CEO, Karin Moss

As a first time attendee, I was truly overcome with emotion as both a reader of the student essays and a participant at the Chamber's Annual Scholarship Luncheon. An audience of over 150 local dignitaries, educators, students and local stakeholders came together on April 21st at the South San Francisco Elks Lodge to celebrate and honor students who are now seeking university, college or vocational advancement.



According to Chamber Vice-President, Anthony "Tony" Clifford, it was particularly heartwarming after two years of not having the event in person to see the excitement for all who participated especially the scholarship winners, and to hear them cheering on one another as they were being honored.

Another touching moment was when a prior recipient of a 2011 Scholarship Award, Mayra Gonzalez Amador, "paid it forward" by having her company Amador General Construction sponsor two students.

We would be remiss without a special Shout Out of gratitude to our corporate sponsors Bird Scooters and Sports Basement who supplied special goodie bags and gift cards to the award recipients. The students were also treated to beautiful floral arrangements courtesy of Chamber member, Flowers by Sonia. The delicious lunch was catered by California Catering Company and enjoyed by all.

What a day! And what a proud moment for the parents, students, Chamber members, and elected officials. The newly minted SSF Chamber of Commerce Education Foundation is a 501(c) (3) non-profit organization which allows donations to be tax deductible. Thank you as ever to our hard working

Chamber staff Linda Parenti and Arlene Dozier for their assistance in making this a special day for all.

The photos of that special are now available online! <a href="https://www.ssfchamber.com/2022-scholarship.htm">https://www.ssfchamber.com/2022-scholarship.htm</a>
 Photo credit: Scott Buschman Photography





Sitike Counseling Center Presents

# REAL TALK

A free speaker series designed to educate and engage community members and promote collective wellness and resiliency.

# May

## Time to Talk

3

Practical resources that introduce mental health topics like recognizing warning signs, terminology, and how to get help.

## May

### **Mood Boosters**

10

Tips and tools that everyone can use to improve their mental health and increase resiliency.

### May

### I Am Not Alone

17

Panelists offer their unique perspective about the impact of culture and community on our mental and emotional wellbeing.

RSVP by clicking a session topic and attend one, two or all three events. All participants to receive a FREE self-care kit.

Questions? Email kkirby@sitike.org.



Genentech

A Member of the Roche Group

**Spend Mother's Day at AC Hotel Marriott!** 

# 1333 Veterans Blvd, SSF 650-742-9211



#### **BREAKFAST ITEMS**

scrambled eggs, breakfast potatoes, quiches, bacon, sausage, breakfast pastries

#### **HOT ITEMS**

chicken with mushroom cream sauce salmon with herbed lemon sauce pasta with cream sauce mashed potatoes chicken tenders and mac & cheese

#### **COLD STATION**

meat and cheese platter fresh oysters (half shell) shrimp cocktail smoked salmon with mini bagels, cream cheese, onions, capers, hard boiled eggs

#### CARVING STATION

prime rib, au jus, creamy horseradish honey baked ham

#### **DESSERT STATION**

assorted cakes, petit fours, cookies, cupcakes

#### DRINKS

coffee | tea | infused water | assorted juices 28 per person (kids 12ys and under)

55 per person (adults)

San Francisco Wine School has a new discount code for SSF Chamber Members:

#### SSFChamber2022!

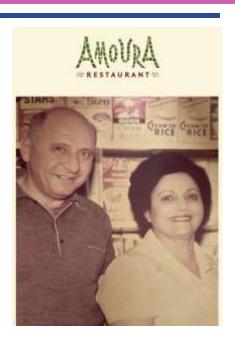
It's good for 10% off everything
San Francisco Wine School - Wine Education Experts



### Amoura Restaurant Mother's Day Brunch Sunday, May 8, 10am - 3pm

We will be open for a special Mother's Day brunch, with our full menu available a la carte, and a few special celebratory dishes including a classic Eggs Benedict, Salmon & Prawns with Garlic Lemon Sauce, Grilled Lamb Chops, and Cheesecake or decadent Chocolate Cake for dessert. Available both in our restaurant or out on our two patios.

We will also be offering bottomless Mimosas and our very own Za'atar Bloody Mary!



#### **RESERVE HERE**

#### PENINSULA RESTAURANT WEEK

May 13 - May 21

Join us May 13 - May 21 when we'll be participating in Peninsula Restaurant Week offering great dining deals.

#### 2-course lunch or dinner \$20

Hummus with Pita; Choice of Chicken, Beef, or Falafel Shawarma

#### 2-course lunch or dinner \$25

Fattoush Salad; Chicken Kebab with rice & grilled veggies



**VISIT OUR WEBSITE FOR MORE INFORMATION** 



# Facade and Tenant Improvement Grant Program Application Now Open!

The City Council has approved a new Facade and Tenant Improvement Program for eligible South San Francisco small businesses.

Eligible applicants can apply for grant funds of up to \$25,000 towards eligible expenses to improving a builder's exterior facade or improving accessibility under the Americans with Disabilities Act (ADA).

The application period is currently open until Friday, May 13, 2022 at 11:59pm.

Program guidelines: <a href="https://bit.ly/3xQJERM">https://bit.ly/3xQJERM</a>
Click <a href="https://bit.ly/3xQJERM">here</a> to apply

For additional questions, please call (650) 829-6620 (English), or (650) 829-6648 (Espanol)

# FREE MENTAL HEALTH FIRST AID TRAINING (MHFA)



Friday, May 6th



8:00 a.m - 4:30 p.m (lunch will be provided)



Municipal Services Building, 33 Arroyo Drive Council Chambers

#### WHY MENTAL HEALTH FIRST AID (MHFA)?

Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults. MHFA is targeted for adults in the general community, especially non-mental health professionals. MHFA is for anyone who wants to make their community healthier, happier, and safer for all.



#### **ENROLL AND RESERVE YOUR** SEAT TODAY

https://forms.office.com/g/eAV6bsv

or scan the QR Code



e a Merital Health First Aid USA

#### WHAT THE TRAINING COVERS

- · Common signs and symptoms of mental health challenges.
- · Common signs and symptoms of substance use challenges.
- · How to interact with a person in crisis.
- · How to connect a person with help.
- · Expanded content on trauma, substance use and self-care.

Learn how to respond with the Mental Health First Aid Action

Assess for risk of suicide or harm. Listen nonjudgmentally. Give reassurance and information. Encourage appropriate professional help.

Encourage self-help and other support strategies.

Questions? Contact Tamiko Huey at tamiko.hueyassf.net or 650-515-9792





# FREE YOUTH MENTAL HEALTH FIRST AID TRAINING (MHFA)



Saturday, May 7th



9:00 a.m - 5:30 p.m (lunch will be provided)



South San Francisco Police Department (1 Chestnut Drive | Community Services Room)

\_\_\_\_\_

#### WHY MENTAL HEALTH FIRST AID (MHFA)?

Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among youth. MHFA is targeted for adults in the general community, especially non-mental health professionals. MHFA is for anyone who wants to make their community healthier, happier, and safer for all.



#### ENROLL AND RESERVE YOUR SEAT TODAY\*

https://forms.office.com/g/a0JQrt MtMB

or scan the QR Code



\*Enrolled participants will receive a Mental Health First Aid USA certificate of completion and a free self-care kit.

#### WHAT THE TRAINING COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- · How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Learn how to respond with the Mental Health First Aid Action

Assess for risk of suicide or harm.
Listen nonjudgmentally.
Give reassurance and information.
Encourage appropriate professional help.
Encourage self-help and other support strategies.

Questions? Contact Tamiko Huey at tamiko.huey@ssf.net or 650-515-9792





# LEADERS WANTED!

# LEADERSHIP CORPS and the NEW EMERGING LEADERS PROGRAM









# SOCIAL GATHERINGS ARE HAPPENING NOW.

LET'S GET BACK TOGETHER, WE MISS YOU!



#### SOUTH SAN FRANCISCO CONFERENCE CENTER

YOUR EVENT SPECIALISTS

JUDY REYES

650-877-5200

Fores (Lesiconf.com

ssfconf.com





# JUNE PARTNER NETWORKING MIXER

THURSDAY, JUNE 16TH | 4:30 - 6:30 PM

SOUTH SAN FRANCISCO CONFERENCE CENTER 255 S AIRPORT BLVD, SOUTH SAN FRANCISCO, CA 94080

Questions? Contact Nova@visitsmcsv.com







San Mateo County/Silicon Valley Convention & Visitors Bureau | 111 Anza Blvd # 410, Burlingame, CA 94010

Legislative Watch List
We take care of politics, so you can take care of your business



#### Avoid Surprises by Checking in with Employee During Family Leave

Is there any requirement to notify an employee in writing when their federal and/or state family leave is ending?

Read here.



#### California Says Asymptomatic People Exposed to Coronavirus Don't Need to Quarantine

California is no longer recommending a five-day quarantine period for people who are exposed to the coronavirus but remain asymptomatic, a move that could potentially result in a relaxation of similar rules in Los Angeles County.

Read here.

#### **Calendar of Events**

Webinars, ZOOM, Meetup, Coffee Chats and more....



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 <a href="mailto:info@ssfchamber.com">info@ssfchamber.com</a>
or visit <a href="mailto:www.ssfchamber.com">www.ssfchamber.com</a>

Follow us on Facebook for the latest Chamber news.

#### SSF Chamber Calendar of Events

South San Francisco Chamber of Commerce TASTE of South San Francisco Friday, November 4, 2022 12:00 – 2:00pm

> South San Francisco Conference Center 255 So Airport Blvd., SSF

More details coming soon!

**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 <u>event calendar!</u>

#### **NEW CHAMBER OF COMMERCE MEMBERS**



# Fairfield Inn & Suites by Marriott SFO Airport North

Pravin Punjiya 127 W. Harris Ave South San Francisco, CA 94080 (650) 822-8880 Pravin.punjiya@marriott.com Click here for website



Your support is truly appreciated!

Allstore Center (May 1997)

Circle Communications (February 2018)

City Cabling (February 2014)

Dela Rama Dental Care (November 2016)

Ben Tre Restaurant (September 2020)

Binex Line Corp. (SFO) (May 2011)

Brentwood Holding Company, LP (May 2016)

Days Inn (May 2017)

Focus Day Program (May 2021)

Grand Hyatt at SFO (March 2020)

Hawi Hawaiian BBQ (September 2020)

MAAT ARTS, LLC (May 2017)

Nova Works (May 2021)

Pass Janitorial Service (March 2001)

Ramada Limited (May 2017)

Rhino Investigation (March 2021)

San Bruno Mountain Watch (January 2020)

School House Grocery (April 2000)

Westborough Water District (May 1988)

#### **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











#### 2022 Board of Directors

President Paul Formosa SSF Scavenger Co.

Vice-President Tony Clifford CEO/President Beacon Business Bank

#### **Board Members**

Bill Benavides BLT Construction

Kristin Ditlevsen Liberty Bank

Olga Garcia CG Moving Company

#### **Chamber Personnel**

Chief Executive Officer Karin Moss

> Staff Linda Parenti Arlene Dozier

Treasurer Matthew Butler Tri Counties Bank

Ex-Officio Mike Futrell City of South San Francisco Kathy Hoffman California Water Service

David Huddleston BWP Grosvenor Hotel

Daniela Jonguitud Chajinel Home Care Services

Reggie Kumar AC Hotel by Marriott SFO

> Darius Lahtinen Genentech

Jim McGuire SSF Conference Center

Natalia Morales Kilroy Realty Corporation

Christina Ng Grand Palace Restaurant

> Gus Shihadeh Amoura Restaurant

Kevin Worth Kaiser Permanente