

## **JAN/FEB 2023**



Snow Tubing, Four Seasons Golf and Ski pg. 11



## www.liverpoolchamber.com

Find yourself in a picture, ad, or your company logo inside and email us the page # and we will enter your name for a Gift card for Coffee!

Congratulations to Diane Knowlton, Onondaga Yacht Club for this issues winner!

Must be submitted by: February 3, 2023.



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# SUPPORT THE CHAMBER CONTRIBUTE GET INVOLVED

The Greater Liverpool Chamber of Commerce Newsletter is designed and produced by the staff of the Chamber. Printing is provided by Minuteman Press.

Thank you to our advertisers and Minuteman Press (Formerly Seaboard Graphics) for helping us make this publication possible. When you advertise in our newsletter, you support the Chamber and double your brand's exposure.

#### **THANK YOU!**



## Greater Liverpool Chamber of Commerce **Executive Officers 2023**



President, Bill Pastella
Merrill Lynch
315-424-1666
William\_pastella@ml.com
205 South Salina St., Suite 300, Syracuse, NY 13202



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315-944-2198
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rjust@mainstwm.com
Chair of the Marketing



Treasurer, Richard Usher
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315-474-3986
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Secretary , Sheree D'Agostino
ENV Insurance
315-641-5848
sdagostino@insurewithenv.com
7789 Oswego Road, Liverpool NY 13090



## Greater Liverpool Chamber of Commerce **Board of Directors 2023**



Janet Polech
Inspiredprints
315-860-0503
janetpolech@inspiredprints.net



Yvonne McCool COBRA Allies ymccool@cobraallies.com 315-515-5192



Jennifer Covert
NAMOW
programdirector@namow.org
315-452-1402



Annette Sherwood-Ficher Seneca Savings 315-303-3368 asherwood@senecasavings.com



Staff Leasing
Mark Roberts
315-641-3600
mark@staffleasing-peo.com



Syracuse Crunch
Mark Hayes
mark@syracusecrunch.com
315-473-4444



Immediate Past President, Rina Corigliano-Hart OneGroup of NY, Inc. 315-413-4492 rhart@onegroup.com



Lucretia Hudzinski Membership & Fundraising Director Kelly Evans



Executive Administrator
315-457-3895
chamber@liverpoolchamber.com
Liverpool Chamber of Commerce
314 Second Street, Liverpool, NY 13088

#### Past Presidents:

Ken Maag
Dr. Tom Conley
Christine Morrisey
Dennis Hebert
Tamara Crowley
George Powers
Rand Allgaier



## Connection Luncheon Connection

Tuesday, January 17, 2023

11:30 - Networking Noon - Lunch \$18

Northside Church 7965 Oswego Road, Liverpool 13090

Catered By:

Food choices when you **RSVP** on the events page





#### 2022 BUSINESS OF THE YEAR ANNOUCEMENT LUNCHEON



Tuesday, February 21, 2023

11:30 - Networking Noon - Lunch

Come to this special luncheon as we will be announcing the 2022 BUSINESS OF THE YEAR!

ONEGROUP of NY

706 North Clinton St., Syracuse 13204 Food choices when you **RSVP** on the events page \$18

Catered By:





#### **Coffee and Friends HOSTS**

## Barb Stone Build Your Path LLC

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Jim McEntire

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#### Coffee Hour with Friends Tuesdays at 8 am on Zoom

Presentations to help you succeed with Sales, Marketing & Personal Growth tips every Tuesday

Find the zoom link on the chamber website



Looking for presenters and openers.

#### **Coffee and Friends Presentations:**

Jan 10: LT. Malinowski - public Relations for Syracuse Police Department

Jan 17: Pam Murchinson at Symphoria

Jan 24: James Dufresne at Advanced Business Systems

Jan 31: TBA Feb 7: TBA

Feb 14: Friends of the Rosamond Gifford Zoo

<u>SAVE THE DATE</u>: Be on the lookout for more information on the BIGGEST Fundraiser for the Liverpool Community Gardeners (LCG) on May 13, 2023 at Johnson Park! The Liverpool Chamber and the LCG will be having an outdoor vendor fair and are looking for Vendors for only \$25 and Sponsorships! Live Music by Ed Cole!

~Their Mission is to beautify the Village of Liverpool with native plants!





**ARM Team:** Meets once a month at 8 am First Thursday of the Month. This team deals with membership, Ambassadors, retention, recognition, awards, greeting members at networking events and orientating new members. Anita Leitgeb from the Salvation Army is our TEAM Leader.

If you would like to be put on our Ambassador roster for grand openings, anniversary events and more, call the chamber. If you know of a business that would benefit from an Ambassadors presentation, please share it with the ARM Team! Involvement with our new Ambassadors team is a great way to network with fellow Chamber members as well as gain valuable exposure with area businesses. Help us spread the good word about all the positive things happening in our Liverpool Area Business community!



- . **The Marketing Team** serves as a THINK TANK to assist the Executive Director, the board of Directors, and the other teams in promoting events and activities sponsored by the Chamber. The Marketing team provides enhanced opportunities for communication and connection, business to business and business to community.
- The strategy includes promoting awareness via internet, print, broadcast and social media.
- Marketing will help with exposure to obtain market expansion and to build customer loyalty.
- Provide material for the Newsletter and Facebook.

Robert Just, .from Main Street Wealth Management



The Golf Committee starts to meet in January and recruits sponsors, golfers, raffle items and volunteer .

I is a great way to meet other businesses in the chamber and get them involved and exchange business information.

It is a win-win proposition.



**Volunteer:** From time to time we need volunteers to make phone calls, stuff envelopes, deliver materials, proof read, etc. If you would like to be on our volunteer list, give us a call.



Dennis Hebert '67 and his wife Judi Hebert received the Outstanding Volunteer Fundraiser Award from the Association of Fundraising.

#### Roger Mirabito on November 16, 2022, Alumni

Dennis and Judi Hebert have dedicated their lives to helping others. They were recognized for their service November 15 when they received the 2022 Outstanding Volunteer Fundraiser award from the Association of Fundraising Professionals. "Deep down this gives us a sense of fulfillment and belonging," said Dennis Hebert '67. "I think there are others who have done much more in terms of fundraising. I look at this as a community involvement award."

Hebert credits Onondaga Community College with much of the good in his life, including his marriage of 52 years. His affiliation with the college dates back to 1965, the year in which he was a member of Henninger High School's first graduating

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#### Continued from page 9

class. "I thought I was going to go into the military which was no bargain back then. My high school counselor asked me if I wanted to go to college. I laughed. I had a 'C' average, didn't have any money, and was already working three or four jobs. I was told there was a new college downtown, it was a state school, and they had to take me if I graduated high school. Quite honestly it kept me out of the draft, seemed like a good idea, and it was a chance to do something."

That "new college downtown" was Onondaga Community College which had opened its doors to students in 1962 at its first home in Midtown Plaza. While pursuing a degree in Liberal Arts he learned the value of extracurricular activities, serving as Student Government Vice President and Treasurer of the Ski Club. "My way of getting involved became a habit, trying to help out."

During his two years at OCC Hebert became a valuable member of the campus community. And when it was time to figure out what he would do after completing his degree, the college's Dean of Students had a plan. "I was interested in Industrial Relations but had average grades and came from a broken home. Dr. Kelly knew someone at the University of Bridgeport. She called me to her office and asked me if this is what I wanted to study. When I said 'yes' she said 'sign here.' I said 'what is this?' She said 'you've been accepted into the University of Bridgeport. They will hire you as a Resident Advisor so you get your room and board for free. And you start in September.' She did everything. I had done nothing."

When Hebert arrived at the University of Bridgeport, he attended a social gathering for fellow RA's. He remembers the date, September 15, 1967, because that's the first time he met the woman who would become his wife, Judi, who was also an RA and a Long Island native. Three years later they would marry. "Now you know what I owe OCC," he chuckled.

Hebert's departure from Syracuse for Bridgeport in 1967 also created a void in his life, a void he would fill through community service. "I've moved 39 times in my life. I was born in Syracuse but didn't have roots because I left in 1967 and didn't come back until 1983. By then everyone had their own track."

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The ARM Committee Team meet once a month to determine the



nomination of the Business of the month. Votes are given for nomination to businesses that are; current on their dues, involved in the chamber and cares for the community.

Nominees are asked to share on Facebook, to their email list, twitter and in any other way to get the community to vote.

#### **October Winner**





Nancy E. Miller Freelance Photographer 315-796-4170 (cell) nancymiller2175@gmail.com

capturethemomentcny.com

#### **November Winner**

Winners receive a business card ad in the Eagle Newspaper, a Facebook live and photo for the newsletter and are then will be entered into the Nomination (in January ) for Business of the Year. The Business of the year will be announced at the February Luncheon.

Go to Website for the nominees for BUSINESS OF THE YEAR. CHAMBER NEWS & SPECIAL ANNOUNCEMENTS!



Sunday, January 8, 2023 4 to 7 pm \$20.00 RSVP at www.liverpoolchamber.com

Inner Tube. Children 3 1/2years old or 40 inches tall can inner tube. Other chambers participate as well. A escalator brings you to the top.

#### Continued from page 10

Professionally, he worked in financial services and she was an RN. But serving their community in various roles is where they received the most satisfaction. He was a Deputy Mayor and Trustee for the village of Liverpool, and she was the key caretaker for the historical gardens there. Judi also volunteered at St. Lucy's Church while he was affiliated with the Greater Liverpool Chamber of Commerce, the Historical Association of Greater Liverpool, the Financial Planning Association of CNY, the Estate Planning Council of CNY, the Society of Financial Services Professionals, and Pastimes Tuesday Golf League.

His service to the college, which began as a student, continued during his professional life. He was Treasurer, Vice Chair, and Chair of the OCC Foundation Board of Directors. He also led a 2019 fundraising campaign that continues to positively impact students and the community. And he was a member of the Presidential Search team which resulted in the hiring of Dr. Warren Hilton as OCC's 9th President.

While tirelessly serving the community the Hebert's raised a son and daughter, and now enjoy time with their two grandchildren. They are also committed to continue serving their community in any way possible.

They are grateful for their award from the Association of Fundraising Professionals but say many others are just as deserving. "There are so many people working in fundraising who you don't see. There are a lot of people out front, but there are so many in the back room who don't get recognized. I feel like we are getting this on behalf of them."



Dennis Hebert served for many years on the Greater Liverpool Chamber Board of Directors and Served as President of the Board.

# Liverpool Is The Place

#### **Summer Concert Series**

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#### Presenting Sponsor - NEW: One per month! \$1,000 · Your large sign or banner on stage at every concert during your month (June, July, Aug). Your name in all promotion PLUS your logo on schedules and Chamber media. An opportunity to take the mic on stage, have an information table, AND distribute items. Schedule Sponsor - Limited to one! Visibility all season long! \$850 Your company logo (B&W) prominently displayed on season schedules. Add a coupon or offer! (aprox. 1,000 distributed at concerts and other delivery sites, including Chamber newsletter.) Concession Sponsor - Limited to two! A great value! \$600 · Your company banner displayed prominently at our highly-trafficked snack bar. Choose Monday or Wednesday series. (Or, if open, one month for \$200, Wed series only.) Website Sponsor - One per month of the season. Affordable! \$200 Your logo posted on the Liverpool Chamber website during June, July or Aug.\* **Band Sponsor** \$400 • The night of your concert: Your company signage on both ends of the stage; a mention of your company by our emcee; an opportunity for your company representative to take the mic; the option of having an information table that night. · Throughout the season: Your company name listed on schedules, next to your concert. (aprox. 1,000 distributed); your company name on concert page of the Chamber website! Showstopper Sponsor!

Contact Gwen McCarroll (315) 491-4188 or Colleen Gunnip (315) 652-5029 Liverpool Is the Place is a subcommittee of the Greater Liverpool Chamber of Commerce: (315) 457-3895 • liverpoolchamber.com \*Visit the LITP page for links to our social media!

Ask about sponsoring one of our show stopper bands that fill the park - up to 600 people!



Be the first to sponsor our 2023 Season. Starting June of 2023 until the end of August 2023. Especially if you want your favorite band or orchestra.

\$500

#### Ramblings from your President

Call me Bill.

I'd like to begin by saying how excited I am to be serving a second term as President of the Greatest Liverpool Chamber of Commerce. About ten years ago I again had the privilege and am amazed to see how much we've grown since then.

And we've got a lot more to do!

This article is being called "Ramblings" because there won't be a set format. It will be used to relate some of our awesome experiences with the Chamber. For instance, we may highlight our in-person visits. To explain, we're making a strong effort to visit, in person, as many of our member as possible. So you can expect us to drop in at any time say "hi" and to ask you how the Chamber can help you and how we can be even better.

Also, we may talk about one or two of the events we've attend, and believe me, there are a bunch of them. Check the calendar on the website and make it a point to attend our events when you can. We know you're busy so we've scheduled events for the morning, afternoon, and evenings, so surely there are things you can come to. And let me tell you, business happens at these events. All you need to do is, as Lucretia says, is "show up". And smile!

Always remember that you can call or email us if you need anything, or, if you'd like we can set up a Facebook Live broadcast. What better way to highlight your business and get your message out directly to our members. Our Facebook Lives are hugely popular and are very often "shared" to other groups. Just call Lucretia or Kelly to set it up and our *film crew* will be there. It's all included in your membership so why not give it a go?

I'll wrap it up 'til next time, Kelly said I'm limited on space, and if you know *me* I can go on all day.

Liverpool has been my home for almost 60 years. Yikes! I've seen so many changes, some good, and some not so good, but I've always been amazed at the vibrancy and neighborliness of both our business and residential communities.

Liverpool Rocks, get involved, let's have a blast!







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#### BLOOD DONOR MONTH

1/1/2023	Happy New Year
1/2/2023	National Personal Trainor Awareness Day-Check out Fitness Members
1/3/2023	National Chocolate Covered Cherry Day
1/4/2023	National Spaghetti Day
1/5/2023	National Screenwriters Day-American High
1/6/2023	National Technology Day and Cuddle Up Day
1/7/2023	National Play Outside Day
1/8/2023	National Sunday Supper Day-What is your family doing Today/
1/9/2023	National Clean Off Your Desk Day-Lucretia take Note!
1/10/2023	Shop for Travel Day-Cruise Planners and House Plant Appreciation
1/11/2023	National Step in a Puddle and Splash Your Friends Day
1/12/2023	National Curried Chicken Day
1/13/2023	National Blame Someone Else Day
1/14/2023	National Dress up your Pet. Send us pictures.
1/15/2023	National Bagel Day-whose meeting at Bagelicious
1/16/2023	Martin Luther King Jr Day and the Chambers Cornhole Tournament
1/17/2023	National Hot Buttered Rum Day-Who has some? Mentoring Day.
1/18/2023	National Thesaurus Day
1/19/2023	Get to know your Customers Day-How will you do that?
1/20/2023	Cheese Lover's Day
1/21/2023	National Hugging Day
1/22/2023	Celebration of Life Day-Read to a Child
1/23/2023	National Pie Day Sugar Blossum and Sugar Top YUM!
1/24/2023	Peanut Brittle and Education Day
1/25/2023	Library Shelfie Day
1/26/2023	National Peanut Brittle Day-Speaches Candy has the best.
1/27/2023	National Chocolate Cake Day
1/28/2023	National Have Fun at Work Day-That is everyday! Seed Swap Day
1/29/2023	National Puzzle Day
1/30/2023	National Croissant Day
1831/2023	Plan for vacation Day - Already There.



2/1/2023	Dark Chocolate Day-Speaches Candy here we come! Freedom Day
2/2/2023	Ground Hog Day and Girls and Women in Sports
2/3/2023	Women Physicians Day and The Day the Music Died(do you remember)
	Thank a Mail Carrier Day and Ice Cream for Breakfast Day(have you
	been to Heid's Parlor)
	Shower with a Friend. You have to read about it.
	Frozen Yogurt Day
	Send a Card to a Friend Day
2/8/2023	Fly a kite day and Boy Scouts Day
2/9/2023	Giving Hearts Day and Bagels and Lox day and Pizza Day-Bagelicious and Amore Pizza
2/10/2023	Cream Cheese Brownies Sugar Top and Sugar Blossom- Umbrella Day
	Global Movies and Make a Friend Day NCM what movies should we go
2/11/2023	
	Plum Pudding Day
2/13/2023	Clean Out Your Computer Day
2/14/2023	Valentines Day Bring your Valentines to the chamber to distribute to Nursing Homes
2/15/2023	Angelman Day Read about this rare disease
2/16/2023	Do a Grouch a Favor Day
2/17/2023	No One Eats Alone, Caregivers Day and Random Acts of Kindness Day
2/18/2023	Drink Wine Day Nichols Liquors has a great variety of Wine.
2/19/2023	Vet Girls Rise Day-Thank you for your service.
2/20/2023	Leadership Day and Presidents Day
2/21/2023	Paczki Day, Fat Tuesday and Pancake Day
	Supermarket Employee Day thank you Nichols and Wegmans, Ash
2/22/2023	Wednesday
2/23/2023	National Toast Day- The Bread Kind!!!! Chili Day
2/24/2023	Tartar Sauce Day-Friday after Lent Begins. Why you ask?
2/25/2023	Chocolate Covered Nut Day
2/26/2023	Letter to an Elder Day and Set a Good Example Day
2/27/2023	Retro Day - What did we do back then?
	Tooth Fairy Day, Public Sleeping Day and Floral Design Day(Creative
2/28/2023	Florist can give a few tips)



#### **Arts & Entertainment**

#### Symphoria

Experiencesymphoria.org pmurchison@experiencesymphoria.org Pam Murchison 315-434-5644 450 S. Salina Street #100 Syracuse, NY 13202

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Cflinc.org kflanders@cflinc.org 315-271-1755 Kerr Flanders 5900 North Burdick St., Ste. 504 East Syracuse, NY 13057 Center for Family Life and Recov-

ery, Inc. is proud to be the area's leading expert in advocacy, prevention, counseling, and training. As a community partner, it is important to us that we continue

spreading the message of help and hope to our area and with those whom we work. Along with supporting individuals and families struggling with addiction, mental health and behavioral issues, CFLR's goal is to inspire hope, provide help, promote wellness and transform lives.

#### The Joe family Foundation for **Disability Advocates** Thejoefamilyfoundation.com

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CarePatrol a complementary local service to support seniors and their families to navigate different care and senior living options such as inhome care and supports, and transitions of care to independent living communities, assisted living, memory care and nursing homes. The local team at CarePatrol has over 75 years of legal, healthcare, social work and senior living experience to assist families through the every step of

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#### **Sports & Recreation**

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#### MATTYDALE AMERICAN LEGION

Tuesday, January 10, 2023 4:30 - 6:30 pm

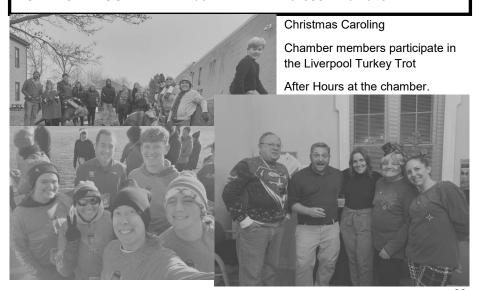
Celebrate Happy Hour (cash bar) with the Liverpool Chamber and fingers food with Hungers For Hope!

2718 LEMOYNE AVE., SYRACUSE, NY 13211



Happy After Hours, this will also be a Pre Cornhole party when we will be pulling Cornhole Names out of a hat to pool teams together! Come to find out who you will be playing against

**CORNHOLE TOURNAMENT at ELEVATE Fitness 1/16/2023!** 





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# EMBERS AKING OVES

## This section helps members feature their exciting news!

Congratulations to **Aging Advocates of CNY** and **Melissa Murphy** for being awarded the "Senior Care Organization of the Year" and the "CLA Network Professional of the Year" at the Community Living Advocates CNY Senior Awards October 27, 2022.





21 Members received awards in the 2022 CNY Reader's Choice Awards! Congratulate our Members!

Congratulations to
Comfort Windows for
receiving Second Place
for the best Bathroom
Remodeler, First Place
for best Construction,
First place for best Roofing, First Place for best
Siding / Home Exteriors,
First Place for best Windows, and First place in
Contractor.







Congratulations to
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Conditioning, Plumbing and Electrical for
receiving First Place for
best in Electrician, First
Place in best Plumber,
and Second Place for
best Heating/Cooling.

Congratulations to **Stanley Steemer** for receiving First place for best Cleaning Services.



Congratulations to **Solvay Bank** for receiving First place for best Bank.



Congratulations to **SOS** for receiving First place for best Medical Center.



Congratulations to **Empower FCU** for receiving First place for best Credit Union.







Congratulations to **One-Group** for receiving Second place in best Insurance Agency.



Congratulations to **Nichols** for receiving First place in best Independent Grocery Store and Runner Up in Regional Grocery Store.



Congratulations to **Runnings** for receiving Second place in best Outdoor Store.

Congratulations to **Seneca Savings** for receiving Second place in best Bank.



Congratulations to **AMERICU** for receiving
Second place in best
Credit Union.



Congratulations to **Wegmans** for receiving Second place in best Sushi.



Congratulations to **Malara Eyecare** for receiving Second place in best Eyewear.

Congratulations to **HUNT ERA** for receiving Second place for best Real Estate Agency.



REAL ESTATE





Congratulations to all of our member Runner Up's in their categories! Sugar Top Bake Shoppe, Hope Café, Hickory Hill Golf Course, Ligugli Constructions LLC, Seneca Chiropractic & Family Wellness, Merrill Lynch and ELEVATE Fitness!!

#### Reflections of this past year by Lucretia Hudzinski.

Frieda Weeks of Hope for Heather, when she spoke ast year said when people ask what can they do to help others, she said just show up.

Recently I bought the Hope for Heather shirt that says simply show UP."

How do you "Show UP," when it pertains to your business and the chamber.

We are here to help you grow, but if you do not show up for each other or for your business....you draw your own conclusion.

You can't make a new friend, help another business grow and/or grow your business if you don't "Show Up."

We have many stories of businesses who showed up and made a connection, which later grew into future business and relationships.

Showing up can mean coming to a chamber event, engaging in community events, sponsoring an activity, have the chamber do a Facebook live at your business, volunteering for chamber sponsored events or events of other members, calling a new or old member from the directory and finding out about them and their business.

We have been told our website has drawn people to the chamber. Last year we had 67 new members and this year, Since October 1, we have 23 new members and numerous others who have rejoined. It is also because of you, who tell everyone about the Greater Liverpool Chamber.

About the chamber website: Nearly 4,000 people visited our website in one month, Over 56% bounce off pages to other sites, the average time people spend on the website is 1 min and 32 seconds, Over 8,000 page views in one month. What are the most viewed pages? The events calendar, the membership directory, Holiday Nights at the zoo, where the top for this past month, other pages were become a member, member deals, Village Tree Lighting, Job and Volunteer Opportunities.

Searches come from Organic searches, Direct sources, Social Media and referrals. Referrals come from Facebook, localsyr.com, BBB, family times, dailyorange.com.

We have had numerous Ribbon Cuttings this year. Greater Liverpool is growing. New businesses are springing up and of course the addition of Amazon and Micron have helped.

Make the most of your chamber. We give you opportunities, all you have to do is "Show Up."



Mary Ellen Clausen was also a past President of the Greater Liverpool Chamber of Commerce.

We at the chamber appreciate her on going support throughout the years.

Congratulations on your new adventure.

Star Review November 16, 2022 by Ashley M. Casey Associate Editor

MaryEllen Clausen first announced her retirement from Ophelia's Place more than 10 years ago — on the cover of the first-anniversary issue of *Syracuse Woman Magazine*, no less — but she found herself unable to step away from the Liverpool-based nonprofit she founded. Now, a decade later, she is calling it quits for good.

"I feel like I've cried 'wolf' too many times," she said.

Clausen is stepping down at the end of the year from Ophelia's Place, which offers resources to those struggling with eating disorders and promotes a healthier culture around body image. Her daughter, Holli Zehring, is taking her place as CEO.

If a recent email to Ophelia's Place supporters announcing the changing of the guard is any indication, Clausen seems to prefer the word "transition" to "retirement."

"I don't feel like I'm ready to retire. I'm always going to want to do meaningful, purposeful work, but the organization is ready for me to retire and pass it onto Holli," Clausen said.

Previously, Zehring was the director of Ophelia's Place West, located in Gilbert, Arizona — just outside of Phoenix — where she resides with her family. As teenagers, Zehring and her sister, Nicole, were both struggling with eating disorders. Frustrated at the difficulty their family encountered accessing mental health services, Zehring and Clausen founded Ophelia's Place in 2002. Clausen opened Café at 407 in 2009 to provide a funding stream for the nonprofit organization.

As she withdraws from day-to-day operations at Ophelia's Place and the café, Clausen is writing a book about her experience with both enterprises. "A Café with a Cause" will offer nonprofit leaders an inside look at how to generate revenue.

"I think more and more nonprofits have to be thinking about sustainability from that perspective," she said. "It's so hard — it takes so much energy to fundraise. It often takes you away from the mission of the organization." Clausen said her daughter has a great vision for Ophelia's Place and is "more than ready to take over the organization." Zehring said her short-term

"more than ready to take over the organization." Zehring said her short-term goals for the nonprofit are to continue raising awareness of eating disorders, identifying the gaps in resources, and relaunching the organization's digital course, which focuses on the relationship between eating disorders and the greater culture. The course can help people in their recovery process as well as mental health professionals trying to gain a better understanding of the topic.

Looking back, Clausen said Ophelia's Place not only helped her family persevere through Holli and Nicole's own eating disorders, but it helped Clausen cope with her own anxiety. Over time, the nonprofit's mission has expanded to address the stigma of other mental health conditions and push back against diet culture and shame.

"I'm grateful to the community for believing in the work," she said. "I think we definitely have evolved over the years and hopefully we've shed a light on the stigma of mental illness."

Clausen's best bit of advice for Zehring and the next generation of the nonprofit's leaders? "Look at failure from a different lens."

"We failed a lot over the years and tried things that didn't work, but also those were my greatest opportunities for learning and resilience," Clausen said. "It's hard especially in the nonprofit world because you feel like, 'I can't fail — we have to keep our doors open."

One of those "failures," Clausen said, was the café's struggle to stay afloat in the beginning of the COVID-19 pandemic. Café at 407 was forced to close for three months in the spring of 2020, and the café shuttered once again in December 2020 after facing a \$25,000 shortfall. The café piloted a mini-marketplace for local goods, which did not pan out.

"We created a model that didn't necessarily work," Clausen said, adding that such experiences taught her, "I might not know what I do want to do, but I know what I don't want to do."

Fortunately, the café was able to reopen in February 2021. Looking ahead, Zehring is focusing on shoring up the organization and café's financial sustainability.

"The organization can't depend on one person or one thing. We have to have a variety of contributors and revenue streams," Zehring said. "For a long time, it was just [my mom] keeping the organization going and I've seen the toll it's taken on her. We need to carry this load together." Zehring said she is inspired by Adrienne Maree Brown's book, "Emergent Strategy: Shaping Change, Changing Worlds," which invites people to help themselves and the world by embracing change.

"Micro actions can lead to macro change," Zehring said. "If we can solve this problem in a community, then we can solve a lot of problems and make people's lives better."

"The cafe has contributed \$55,315 to Ophelia's Place this year and we are asking the community to match it with end-of-year contributions," Clausen said.

To donate directly to the organization, visit opheliasplace.org/give or stop by Café at 407, which is open from 8 a.m. to 1 p.m. Wednesday through Sunday. The café is located at 407 Tulip St. in the village of Liverpool. THEY NEED YOUR HELP NOW. THERE IS A GROWING NEED FOR MENTAL HEALTH.

#### Year In Review - Committees by Kelly Evans

ARRM Committee - Business of the Month and Business of the Year At the February Luncheon we had our 2021 Business of the Year Luncheon Reveal where in third we had a tie with Rooftop Realty Group and Golden Bee Bookshop in Second NAMOW and the 2022 BOTY Hope Café.

2022 BOTM: March – Powers Accounting & Business Services

April – Paul Davis Restoration of North Country 🗿

May – Malara Eye Care and Eye Wear

June – Holiday Inn Express Syracuse Airport

July – The Humane Association of CNY

August – The Rosamond Gifford Zoo

September – Karate John's Martial Arts

October – Capture the Moment CNY Photography AND

CHAMBER of COMMERCE

November - Hope For Heather

Business of the month gets our members exposure. The Winner receives a free Ad in the Liverpool Chamber page in the Star Review and the winner of Business of the Year receives a free yearly Membership!

#### Marketing Committee:

Spring Auction - this was our 2<sup>nd</sup> year, and we increased our profits by \$50 from the previous year. Which gave us \$3050.00 in 2 weeks in April.

Be on the look out for our NEW 2023 Directory which the Marketing committee is helping us revive to make it simpler, but also tourism in our Greater Liverpool Area!

#### **Golf Committee:**

This year we had a great turnout on a beautiful July day! Mark Hayes, from the Syracuse Crunch put a hockey spin into our golf outing this year. With the new rescue packs, hit a golf ball with a Hockey Stick, etc.

PB&J Lunchbox Donated breakfast sandwiches with Bagelicious donating the Coffee.

Liverpool Dollars for Scholar was our Wager Hole. Hope For Heather was the Marshmallow Contest. Golfers trying to hit the marshmallow as far as they could was funny!

**SPONSORS:** OneGroup as Corporate Sponsor, Build Your Path as Cart Sponsor, Merrill Lynch, Earthwise Pet Supply and Rooftop Realty Group as Major Sponsors, Home Team Pub as Beverage Cart Sponsor. 20 Hole Sponsors, 60 golfers and we had 50/50 and raffle prizes and FUN. **We brought in a profit of \$8,200** 

New sub-Committee: Liverpool Community Gardeners (LCG)—bringing the businesses and community together by beautifying Liverpool with native plants. The group began in 2017, paying out of pocket to beautify their home, their village. They had their first fundraiser over Mothers Day weekend last year where they raised \$181.00 and are already getting ready for their 2<sup>nd</sup> Annual Fundraiser which is called Dig It with the Arts 2, May 13, 2023.

Each year since 2017 the group has beautified Wegmans Pollinator Garden at Wegmans Dog Park, Flower Barrels in the Business District and in Johnson Park, and Heid's Circle.

<u>LITP – Liverpool Is The Place</u> – Bringing businesses and the community together through music at Johnson Park right in the Village of Liverpool. We had our first full summer of 22 concerts since COVID began! We are already booking bands and sponsors for another great summer of music!

## Mind Your Own Business.

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