



March/April 2023



www.liverpoolchamber.com

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LAST ISSUE WINNER: John Hunt from NCM! Must be submitted by: April 5, 2023



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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!



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314 Second Street, Liverpool, NY 13088

Past Presidents:

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Dr. Tom Conley
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Dennis Hebert
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George Powers
Rand Allgaier



Luncheon Connection

Tuesday, March 21, 2023



Premier Senior Living & Memory Care

11:30 - Networking

Noon - Lunch

\$15

The Hearth at Greenpoint

150 Old Liverpool Road

Liverpool, NY 13088

Every \$ 5.00 of each lunch ticket will be donated back to The Hearth at Greenpoint's activities program. LIMITED SEATING!
Must RSVP.

Tuesday, April 18, 2023



11:30 - Networking

Noon - Lunch

\$15

Rescue Mission of CNY

155 Gifford Street

Syracuse, NY 13202



50/50 proceeds will be donated back to the Rescue Mission.
RSVP on the Events Page.

Coffee and Friends HOSTS

Barb Stone

Build Your Path LLC

Entrepreneur, Lecturer, Trainer
& Leadership Development



Jim McEntire

Blueprint for Selling

Coaching, Business Owners to
their desired Outcomes.



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:

- | | |
|----------|----------------------------------|
| March 7 | WBOC |
| March 14 | Floor Coverings International |
| March 21 | Red House |
| April 4 | Janet Oppedisano , Native Plants |
| April 11 | Women and Children in Crisis |
| April 18 | NY Life with Kenda Carfagno |

4th Tuesday of the month In Person-8:30 am

March 28–Hope Café

April-25– Hope Cafe

No RSVP required-buy your own refreshments



3rd Annual Spring into Auction



Head shots, whiskey baskets, individualized promotional products, billboards, Dinners with members, coffee themed basket, wine and chocolate, etc.

Let your imagination be your guide.

Starts online March 31st and ends April 15.

Members and the community at large get to bid online.

All items must be to the office or a picture and description no later than March 15. Must be worth \$25 and up.

There is much that goes into setting this up.



NOURISHED With Emily

Emily Tills, MS RDN

<https://www.nourishedwithemily.com>

emilytillsrd@gmail.com

315-552-8811

Did you know March is National Nutrition Month? Research is telling us more and more how important it is to take care of yourself and have proper

nutrition in order to prevent chronic disease and live a healthy life. The mission of Nourished with Emily, a virtual nutrition coaching and consulting company, is to help busy men and women change their lives and their health through easy nutrition and lifestyle changes to reduce chronic disease risk and increase quality of life, confidence and more.

Taking better care of you, your health and body does not mean you have to start a new diet that has a long list of restricted foods. Taking better care means looking out for you, making more intentional choices with your meals and moving more. Here are 5 ways you can take care of yourself, your health and nutrition that have nothing to do with restriction.

1. Start with breakfast every morning. Breakfast is the key meal to help set the tone for your energy for the day. Choose a meal that has protein, like eggs or yogurt, carbs like whole grain bread, oatmeal or cereal and color, like apples or berries. This combo will help to keep you full for hours and reduce the risk of cravings.
2. Drink more water. Most Americans are dehydrated without even knowing it. We should be aiming for at least half our weight in ounces of water every day.
3. Fiber is your friend. We get fiber from whole grains, fruits and vegetables. This key nutrient helps to keep you fuller for longer, keeps blood sugar levels stable and helps with digestion while keeping your cholesterol and triglyceride levels in check.
4. Sleep is needed for energy and recovery. Ideally, we are getting 7-9 hours of sleep every night. This is essential to help your system repair and replenish for the next day. Without adequate sleep, your appetite increases, your mood is unstable and you're more likely to have intense food cravings.
5. Listen to your body. We are all born intuitive eaters, we condition ourselves to not listen to our bodies through years of overeating. Slow down at meal times and try to stop eating when you feel satisfied, not when you're uncomfortably full.

Nourishing your body is the key to a healthy and long life. Start thinking about how you're taking care of you and what you're eating to make sure you can stay in business for a long time.



Adrienne Peltz and Aric Potter
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<https://fgconclusions.com/join-our-email-list/>

March 13 - National Jewel Day – Jewelry Tips

March 13 is National Jewel Day which celebrates both the jewelry pieces and the people who make them!

And in honor of that day, we would like to share some tips and tricks when it comes to the jewelry arena.

Tip #1 - Remove Your Rings Often!

One of the saddest things we see are rings that have been cut and mangled. And how do they get that way?

Imagine you are stressed and worried about an upcoming scheduled (or non-scheduled) surgery. What will be the outcome? How much pain will you be in and how long will it be? Are you going to be a burden to your family? But the one thing that isn't crossing your mind is that your wedding ring has been stuck on your finger for a little too long.

Surgery day arrives and you are wheeled in. Except, the very first surgery to happen isn't to your body it is to remove that ring on your finger. And although surgeons are great with the human body, they aren't so great cutting rings.

When we see the aftermath, the ring can be in rough shape and may require its own "surgery" to be fixed.

Tip #2 – Get Your Jewelry Checked Occasionally

It is a bright sunny day, and you decide to start cleaning up some garden beds with your ring on. After about 30 minutes of picking up and digging, you realize that one of the stones from your ring is no longer there. Hopefully, it wasn't your grandmother's original engagement stone...

Over time, prongs (the metal pieces that hold the stones) can wear down, especially when the piece is worn often.

If the piece of jewelry is important to you and/or has stones that would be hard to replace, it is best to bring it to a jeweler for them to take a look at it. The jeweler can add more metal to the prongs and also tighten the settings so that the stone will stay in.

But, the best course of action, is to remove your rings when doing activities that could damage a ring.

Tip #3 – Consider Jewelry Insurance for High Value Items

Although jewelry insurance is an extra expense, even if you only have one high value item, you may want to consider insuring it. The typical homeowner's policy might

The ARM Committee Team meet once a month to determine the

BUSINESS *of the month*

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.

December

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.

Business of the Month will continue in March.

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HAVE YOU HEARD THE “BUZZ” ABOUT POLLINATORS ?

Written by: Rebecca Battoo

Member of the Liverpool Community Gardeners, a sub committee of the Liverpool Chamber.

A pollinator is anything that helps carry pollen from the male part of the flower (stamen) to the female part of the same or another flower (stigma) Typically, bees, butterflies, and birds , among others are the pollinators. Many bee species intentionally collect pollen. Honey bees as published in Proceedings of the Royal Society B, are the single most important species of pollinator in natural ecosystems across the globe. We need to plant native plants because they are considered the best choice because of there abundance of nectar and pollen. In addition to being low maintenance, they are generally pest free, drought tolerant, are able to control erosion with their long roots. Wildlife find them good sources of food and shelter and native plants are naturally beautiful. Pollinators are important because one out of every three bites of food you eat exists because of the efforts of pollinators, including many fruits, vegetables and seeds. Pollinators are not only necessary for our own food, but support

the food and habitat of animals. There are several other reasons why we need pollinators, our food supply is just one of those important reasons.

Since 2017, The Liverpool Community Gardeners , a subcommittee of the Liverpool Chamber of Commerce, has been beautifying the business district of Liverpool by placing half wine barrels ,full of native wildflowers, in front of local businesses on First Street, Tulip Street and Vine Street with the help of the Department of Public Works. These barrels are funded by the Village of Liverpool. Every year, the last week of May or the first week of June, the barrels are assembled by the Liverpool Community Gardeners. These gardeners of Liverpool are your neighbors and friends, who give of their time in this busy life, to enhance your quality of life with the beauty of wildflowers and through the support of the ecosystem that native plants provide. Community connections and friendships are formed here. Come plug in for a day or commit to more involvement depending on your interests and time. Come help us improve lives in the Village of Liverpool with volunteering with the Liverpool Community Gardeners. To connect with the Liverpool Community Gardeners , to participate with a fun, educational, and activity orientated group of people contact the Liverpool Chamber of Commerce.

Liverpool Community Gardeners and the Greater Liverpool
Chamber of Commerce Presents

2nd Annual Dig It with the Arts!

Crafts & Wellness Vendors and Live Music



Saturday, May 13, 2023

10 am - 2 pm

Johnson Park, Village of Liverpool



- Vendors Selling Crafts, Wellness, and Garden Related Items
- Ed Cole from Rhythm & Shoes will be playing FREE, LIVE Music from 11am - 1pm
- Flower Sale by Liverpool Methodist Church

Looking For Sponsors!

Receive a 10x10 Vendor Space

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Liverpool Community Gardeners Mission: Beautify the Village of Liverpool and surrounding areas with native plants.

VENDOR/ SPONSORSHIP FORM

Contact Name: _____

Company Name: _____

Phone #: _____

Email: _____

VENDOR: \$25 (and small raffle donation at the event) ☐

SPONSOR: \$200 (and small raffle donation at the event) ☐

**Payments and Registration by sending Cash or Check with this form to:
Greater Liverpool Chamber, 314 Second St., Liverpool, NY 13068.

Credit Card Payments and Registration accepted at: <https://bit.ly/DigitwiththeArts2>

For More Info: Contact the Chamber 315-457-3895





Ramblings from your President: Bill Pastella

Hi Chambers Members,

In this installment we will be talking about a few of the cool things happening with your Chamber members. I hope that you too will take advantage of the many opportunities to promote your business.

As a parent (and grandparent) one of my concerns has always been the lack of practical financial education in our school systems. Our kids are graduating without the skills necessary to lead a successful life in the real world, such as creating a budget, balancing a checkbook, or understanding the workings of a credit card. Fortunately, one of your Chamber's long time members has an answer. Edge Federal Credit Union, located at 7545 Morgan Road (you've probably noticed their sign a few times) addresses these concerns head on. Lucretia and I had the privilege of visiting edge in December and had the opportunity to do a "Facebook Live" with Danielle Simone, Edge's Student Branch Associate. Check out the video on the Chamber Facebook page from December 16 and hear all about the great work edge is doing in the Liverpool, Baldwinsville and Phoenix school districts. Edge FCU was started by a group of teachers back in the 50's, primarily to serve the schools, but now they have expanded to serve the entire community. To illustrate how far back they go, one of the founders was my Social Studies teacher at Chestnut Hill School way back in the 60's.

You can schedule one of these very popular Facebook Live sessions to promote your business. Just let Lucretia or Kelly know and we'll set it up.

The 1st annual Greatest Liverpool Chamber corn hole tournament is in books! A great time was enjoyed by all, players and spectators alike. Rob Just, your Chamber VP and head of the incredible marketing committee, headed up the tournament which was held at Elevate Fitness on Morgan Road, another long time Chamber member. Halftime pizza was provided by Amore Pizza, Old Liverpool Road, another Chamber member. Ashley from Sidney FCU, a brand new member brought us some delicious donuts and coffee. Sponsors included members Cobra Allies, North Area Meals on Wheels, I Love Kickboxing and Rooftop Realty Group. The winning team was "White Chocolate" from Camden, NY, and the runner up was the team from the Greater Baldwinsville Chamber of Commerce. Plans are already in the works for next year's tournament, so practice up, and let's get a Liverpool team to win it all next year. Thanks so much to all who made this happen. Check out the Chamber Facebook page for pictures from the tournament.

If you have an event please share it with us on our Facebook page and get it on our calendar. We are here to promote your business any way we can so please take advantage of what we have to offer.

And finally, the annual "Big Chill" event just concluded. This is where hearty soles plunge into the icy Seneca River to raise money for charity and to promote their businesses and organizations. There's also a "best in bowl" competition for local eateries. You might ask why we would highlight an event hosted by the Baldwinsville Chamber, but you might be surprised that a significant number of Liverpool Chamber members also belong to other Chambers. This makes sense, especially for businesses whose customer base covers a wider geographical area. In fact, Paul Davis Restoration and Hunt Real Estate, two Liverpool Chamber members, both had teams jump into cold water. Another member, The Wood, which has a great golf course and year round restaurant, entered the food contest with a hearty chili and an incredible bread pudding. Make plans to attend next year's Big Chill, and consider if joining an additional Chamber would work for you.

Make sure you check out our website, Facebook page (the one with the Gleason Mansion pic) and our LinkedIn page for the latest and greatest.

So long until next time.



**Central New York Chambers of Commerce Hosts
Networking at the Mets—NBT Stadium**

Tuesday, June 6, 2023

Doors open 5:30 Game starts at 6:30

Mets vs. Lehigh Valley

\$57 includes:

1 Game Entrance Fee, 1 Raffle Ticket, food and soft drinks
Gift baskets from each Chamber to be raffled!

Register: <https://bit.ly/Multichambermets>



RAIN OR SHINE EVENT - Located in the Metropolitan Room. Last year over 80 attendees. Parking is \$7.00 to the parking attendant, credit card only. Children prices and registration are located on the event page.



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4-Mar	Marching Music Day
5-Mar	ABSINTHE Day-Clue it is about drinking
6-Mar	Dentist's Day
7-Mar	Be Heard Day - Small Businesses this is about you
8-Mar	International Women's Day_ Lucretia's Birthday & Registered
9-Mar	World Kidney Day
10-Mar	Pack your Lunch
11-Mar	Funeral Directors and Mortician Recognition
12-Mar	Girl Scout Day / Daylight Savings
13-Mar	Good Samaritan Day
14-Mar	Write Down Your Story
15-Mar	National Shoe the World Day
16-Mar	Everything you do is Right
17-Mar	Saint Patrick's Day
18-Mar	Global Recycling
19-Mar	Saint Joseph's Day
20-Mar	Oral Health Day / Spring Begins
21-Mar	Day of the Forest
22-Mar	Goof Off Day
23-Mar	National Puppy Day
24-Mar	Cocktail Day
25-Mar	Day of Remembrance of Victims of Slavery
26-Mar	Spinach Day-Where is Popeye?
27-Mar	Whiskey Day
28-Mar	Weed Appreciation
29-Mar	Mom and Pop Business Owner's Day
30-Mar	Take a Walk in the Park-there are over 13 parks in the chamber area
31-Mar	Backup day



1-Apr	April Fools Day
2-Apr	Reconciliation Day
3-Apr	World Party Day
4-Apr	School Librarian Day
5-Apr	Deep Dish Pizza-Amore!
6-Apr	New Beers Eve
7-Apr	Beer day ck out the many members that have great beers
8-Apr	Empanada Day-Hope Café and Zoo Lovers Day
9-Apr	Easter
10-Apr	Encourage a Young Writer
11-Apr	Pet Day-share with us a photo
12-Apr	Grilled Cheese Sandwich-PB&J
13-Apr	Make Lunch Count
14-Apr	Gardeners Day-join our Community Gardeners
15-Apr	Auctioneers Day-Auction Solution
16-Apr	Wear your PJ's to work
17-Apr	Ellis Island Family History Day
18-Apr	Columnists Day -Russ Tarby
19-Apr	1995 Oklahoma Bombing
20-Apr	Get to know your customer-volunteer Appreciation Day
21-Apr	Clean out your medicine cabinet
22-Apr	Celebrate Trails and Earth Day
23-Apr	Take a Chance Day-
24-Apr	Bucket List Day
25-Apr	Hug a Plumber & Library Workers Day
26-Apr	Administrative Professionals
27-Apr	Teach your Children to Save Day
28-Apr	Workers Memorial Day
29-Apr	Independent Bookstore Day-Golden Bee of Liverpool
30-Apr	Hairstylist Appreciation-Adopt a shelter pet

New Members



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Pamela Milac

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When living with a medical condition, disability, or the normal changes that come with aging, the right care makes all the difference. Our purpose is to support your quality of life. We achieve this by providing dependable, nurturing, and strategic care to individuals and families we serve.





Joe Family Foundation gets proclamation from Senator Mannion

Hope For Heather runner up for Business of the Year

Ken Maag and Mark Roberts have fun at January Lunch Connection,



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M E M B E R S M A K I N G M O V E S

This section helps members feature their exciting news!

Congratulations to Rina Corigliano-Hart for your new position of Director of Client Engagement & Outreach at ONE-GROUP of NY!



Congratulations to Yvonne McCool, COBRA Allies for joining the CNY SHRM as their Marketing Chair!

Congratulations to Adrienne Peltz owner of Forge Gone Conclusions, Eileen Collins owner of Admin-On-Call LLC, and Emily Tills RD owner of Nourished with Emily for being this years' recipients of the Cumulus Media marketing scholarships for \$2,000!



Welcome Alison York to her new position of Sales Counselor at Parkrose Estates !

Congratulations to Shamin Thakur - WBOC Leading Lady for the February Issue of Syracuse Women's Magazine.







The Second Annual Liverpool Chamber of Commerce Business of the Year was presented to John Annabel of Karate John's Martial Arts.

The Business of the Month starts in March of 2023. Each month there is a category chosen by the ARM(Ambassadors, Recognition and Membership) committee. The Winner of those 10 months become the nominees for Business of the Year.

This year over 70 members attended the Lunch at OneGroup and the event was Catered by Amore Pizza of Liverpool. The video of this event can be viewed on the Chambers Facebook.

The Community and the Members of the chamber can vote once per email.

John Annabel started Karate John's in 2004 and has 2 locations, one in Liverpool (Bayberry Plaza) and one in Cicero. John says he is trying to build Leadership one black belt at a time. His programs foster self-esteem, Help children focus, Instill respect, Encourages nonviolent solutions to conflict.

Karate John's has proven statistics how children have improved in school and communication. The program start at 4 years old and up and there are Adult programs as well.

John is an active member of his community and of the Greater Liverpool Chamber. We are proud to give the title of the 2022 Business of the Year to Karate John's.





Hope for Heather Cancer Survivors



Roxanne of Paul Davis Restoration with her mom

Aging Advocates

Safe Harbor Wills and Trust





Go Car Wash –Ribbon Cutting-Liverpool



Prom Central-Ribbon Cutting-John Glenn Plaza –Liverpool

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