



The Official News of Paramus Regional Chamber of Commerce CROSSROADS



www.paramuschamber.com



PHOTOS COURTESY OF THE PARAMUS REGIONAL CHAMBER OF COMMERCE



PHOTOS COURTESY OF PARAMUS REGIONAL CHAMBER OF COMMERCE

Paramus hosts 3-Minute Networking event

The Paramus Regional Chamber of Commerce is a founding member of the Inter-Chamber Consortium (ICC) of 14 area chambers of commerce. We have an informal alliance and very often share information and events among our members.

One such ICC event was held on Oct. 5 and hosted by the Westfield Garden State Plaza in the food court area. This event was sponsored by The Paramus Regional Chamber of Commerce but also attended by many ICC members, most notably the Fair Lawn Chamber of Commerce, The Greater Hackensack Chamber of Commerce, The Mahwah Regional Chamber of Commerce, The

Ridgewood Chamber of Commerce, The North Jersey Regional Chamber of Commerce, Tri-County Chamber of Commerce and the Teaneck Chamber of Commerce. There were also a number of prospective members who were invited to participate as a way of "seeing first hand" the benefits of chamber membership. About 70 attendees enjoyed lots of networking and relationship building as seen in the above photos from the event.

For more information about our evening events, please visit the Events page on our Chamber website, paramuschamber.com.



Care One holds a BBQ

On the beautiful summer evening of Aug. 31, Chamber member CareOne At The Cupola once again hosted our annual "end of summer BBQ," attended by many of our chamber members. We enjoyed great food, snacks and beverages, as well as enjoyable music and of course great camaraderie among

the attendees. Thank you to our host Lauren Murray for a great event.

CareOne At The Cupola is located at 100 W. Ridgewood Ave. in Paramus and can be reached at 201-444-8200 or on their website, care-one.com. Above are some photos from the event.

Chamber welcomes new members

Welcome to our newest Chamber members who joined us since our last edition:

- Advanced Hormone Solutions, Loraine Gaudreau, Medical Services;
- CertaPro Painters, Ltd., Frank Mai, Painting Company;
- Clinton Inn Hotel, David Berghorn, Hotels;
- The Limited, Frank Palmer, Retail.

- Golden Metals, Inc., Vincent Chow, Exporter – Metals;
- Marathon Bank, Margarita Pappas, Banks;
- Morgan Stanley, Smith Barney, Kevin FitzGerald, Financial Services;
- Pontoriero Chiropractic Center, Dr. Donna Pontoriero, D.C., Medical Services;

- Paramus Sunrise Rotary Club, Gary Spivak, Non-Profit;
- The 9 Iron Grille, Lucy Panik and Andrew McNally, Restaurant.

Local businesses, much like civic and religious organizations, are part of the community. They need your support to maintain the services they provide. If you want them to be here in the future when

you need them they need your patronage now. When you shop local you are saying "yes" to a strong local economy. Please support our Chamber members.

For more information about our newest members as well as all of our members, please visit the Membership Directory Page of the Chamber website, paramuschamber.com/directory.

EXPERIENCE THE GOLD'S GYM DIFFERENCE

Over 19 Years of Serving the Community

✓ VARIETY ✓ NO WAITING ✓ THE AREA'S MOST POWERFUL GROUP CLASSES

TRY US FOR JUST \$1 A DAY!*

FEATURING:

Cardio Cinema® • Kids Fitness Nursery • Personal Training • Sauna Exercise Classes • Tanning Juice Bar • Birthday Parties
MAVEN PHYSICAL THERAPY
My Healthy Happiness;
Holistic Health Coaching
And Much More!

Award Winning Group Exercise Program Featuring:

Zumba • CrossFit • CrossFit For Kids
Boxfit: Muay Thai Classes • Body Pump
Body Combat • Body Attack • Body Flow
RPM Spinning • Boot Camp Silver Sneakers • And More!

Friendly, Caring Atmosphere



PARAMUS

49 E. Midland Ave. • Paramus, NJ 07652
201-265-7722
goldsgym.com/paramusnj



JOIN FOR JUST \$1*

EXPIRES 10/28/11

PARAMUS • 49E. Midland Avenue
Paramus, NJ 07652 • 201-265-7722
goldsgym.com/paramusnj

One dollar enrollment fee on select memberships only. Some restrictions apply. Visit club for details.



FRIENDS & FAMILY FOR \$1*

EXPIRES 10/28/11

PARAMUS • 49E. Midland Avenue
Paramus, NJ 07652 • 201-265-7722
goldsgym.com/paramusnj

Add Family Members & Friends for just \$1 enrollment fee on select memberships only. Some restrictions apply. Visit club for details



FOR A FRIEND

7-DAY VIP MEMBERSHIP

EXPIRES 10/28/11

PARAMUS • 49E. Midland Avenue
Paramus, NJ 07652 • 201-265-7722
goldsgym.com/paramusnj

First Time Visitors with Local I.D. Some restrictions may apply. Visit club for details.



FOR EVERYONE

www.paramuschamber.com



The Official News of Paramus Regional Chamber of Commerce CROSSROADS



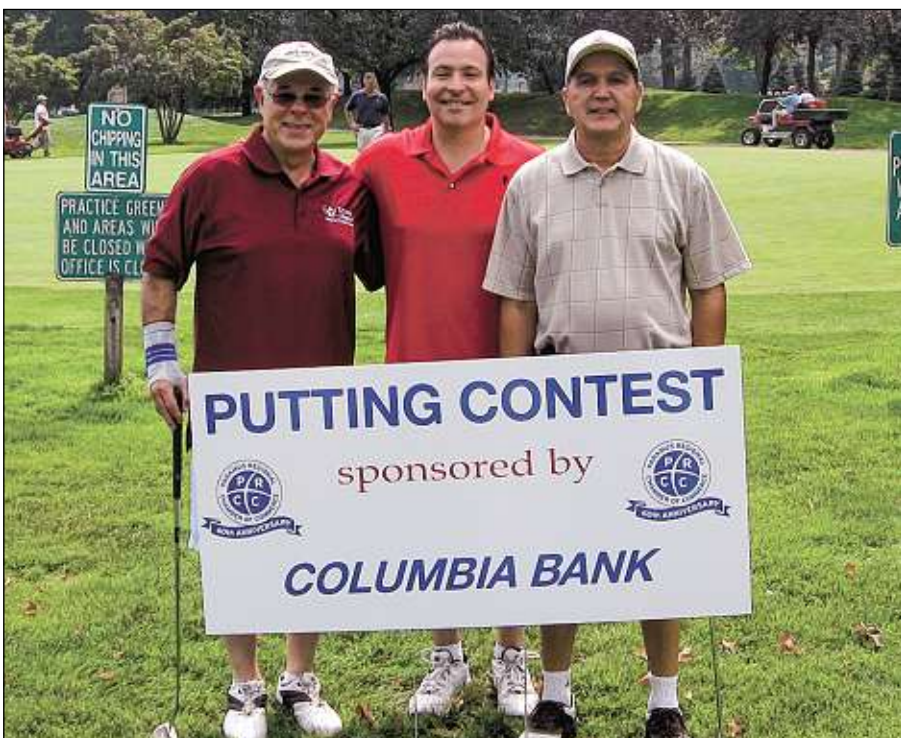
Chamber sinks hole in one with 44th annual golf outing



PHOTOS COURTESY OF PARAMUS REGIONAL CHAMBER OF COMMERCE

On Wednesday, Sept. 14, the weather in Paramus contributed to a great day of golf for some 70 Paramus Regional Chamber of Commerce members, guests and friends. This 44th annual event included lunch, dinner and the raffle of lots of terrific gifts held at the golf course's 9 Iron Grill. Thank you to our event's committee chairman Mike Epstein from Golds Gym and to our lead sponsor the Greater Alliance Federal Credit Union, as well as all our other event and golf hole sponsors - All American Ford, Baroan Technologies, The Outlets At Bergen Town Center,

Berkeley College, Care One at The Cupola, Columbia Bank, Mariner's Bank, Moto Photo, Paramus Associates LP, Paramus Park Shopping Center, Westfield Garden State Plaza, Doctors Express and Chick-Fil-A of Paramus Park. Also, thanks to all our Golf Hole sponsors and all those who contributed raffle items. Following are some photos from this event – more photos of golfers to follow in our next edition.



For Financial Strength & Stability

Paramus Counts On Us

Convenient Offices Throughout New Jersey
 S-134 Farview Avenue • (201) 843-2333
 803 Route 17 South • (201) 445-8844 *
 600 Bergen Town Center • (201) 845-5151 *

columbiabankonline.com
Count on Columbia. * 24-Hour ATM

- Personal & Business Checking
- Columbia CheckCard
- Certificates of Deposit
- Home Equity Loans & Lines
- Mortgage Loans
- Personal Loans
- Commercial Loans
- Auto Loans
- Retirement Accounts
- Attorney Services
- ATM 24-Hour Banking
- Online Banking
- And More

Member FDIC