

March 2025



Our monthly news & updates

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**Announcing the 11th Annual South San Francisco Chamber of Commerce
Education Foundation Scholarship Awards**

February 14, 2025

Dear Chamber Member,

It's a time of celebration and renewed commitment to the future of our community!

The South San Francisco Chamber of Commerce is proud to announce the 11th Annual Scholarship Awards through the Education Foundation (EIN: 85-2930060), a 501(c)(3) nonprofit organization dedicated to enhancing and supporting educational opportunities for students in the South San Francisco Unified School District.

With the continued support of local business sponsors and community partners, we aim to make 2025 our most ambitious year yet. Last year, we awarded \$48,000 in scholarships to 46 exceptional students. This year, we've set our sights even higher, with a goal to award \$60,000 to help more students achieve their dreams of attending college, university, trade schools, or vocational training programs.

Your support makes all the difference. A donation of \$1,000 or more provides much-needed financial assistance to deserving students and inspires them to bring their skills and education back to our community. Contributions of \$5,000 or more will be recognized in event publicity and printed materials. Most importantly, your donation is 100% tax-deductible, and every dollar goes directly toward helping these students take the next step in their journey.

The highlight of our program is the 11th Annual Scholarship Luncheon, where we celebrate the achievements of our scholarship recipients. Sponsors are invited to personally present the awards to the students at this event—a powerful and inspiring way to see the impact of your support firsthand.

To participate in this important initiative, please make your check payable to the:

South San Francisco Chamber of Commerce Education Foundation

(noting "Scholarship Fund 501(c)(3)") and send it to:

South San Francisco Chamber of Commerce
213 Linden Avenue, South San Francisco, CA 94080

You can also contribute online at: <https://www.ssfchamber.com/education-foundation.htm>

If you have any questions, please contact the South San Francisco Chamber of Commerce at (650) 588-1911.

Thank you for investing in the future of our students and our community. Your generosity and belief in their potential help turn dreams into reality.

Warm regards,

Kevin Williams

Chairman, Education Scholarship Committee
South San Francisco Chamber of Commerce

A Message from the Desk of Mary Prem

CEO of the South San Francisco Chamber of Commerce



Dear Chamber Members and Friends,

Spring is a season of new beginnings, and with it comes fresh opportunities to connect, grow, and give back. As we look ahead, I want to share two upcoming events that are not only great for networking but also for making a lasting impact in our community.

On April 17th, we'll gather at the Basque Cultural Center for our Annual Scholarship Luncheon, where we recognize and support local students on their educational journeys. Each year, the Chamber awards scholarships of \$1,000 or more, helping students take the next step toward their future careers.

We invite you to be part of this effort. You can sponsor a student individually, as a business, or even by teaming up with friends or colleagues to make a collective donation. No amount is too small, and every contribution helps build a stronger, more educated workforce for tomorrow. The Chamber sees this program as an investment—not just in students, but in the future of our local economy and community.

Before the luncheon, we also have the Skyline College President's Breakfast on March 20th, another great opportunity to connect with business leaders, educators, and local stakeholders. Whether at these events or one of our mixers, I encourage you to take advantage of the chance to build relationships, share your business, and engage with the community in meaningful ways.

Spring is also a good time to take a fresh look at your business. Is it time to update your marketing? Revisit your goals? Connect with new audiences? The Chamber is here to support you, and we always welcome your ideas on how we can serve you better.

I look forward to seeing you at our upcoming events and working together to make this a season of growth for all. Let's continue building a thriving, connected business community.

Best regards,

Mary Prem

Boys & Girls Club Peninsula Gala Raises \$7.9 Million in a Single Night to Support Future Leaders

On January 30, the Boys & Girls Club Peninsula's National Youth of the Year Gala proved to be a night of incredible generosity, inspiration, and unwavering commitment to empowering the next generation. The event brought together 500 influential guests, including top business leaders, philanthropists, and community champions, all rallying behind one mission—investing in the future of our youth. From the moment guests arrived, the energy in the room was palpable. The night featured exceptional hospitality, a limitless open bar, and white-glove service, setting the stage for an unforgettable evening. Among the attendees were high-profile CEOs and changemakers.

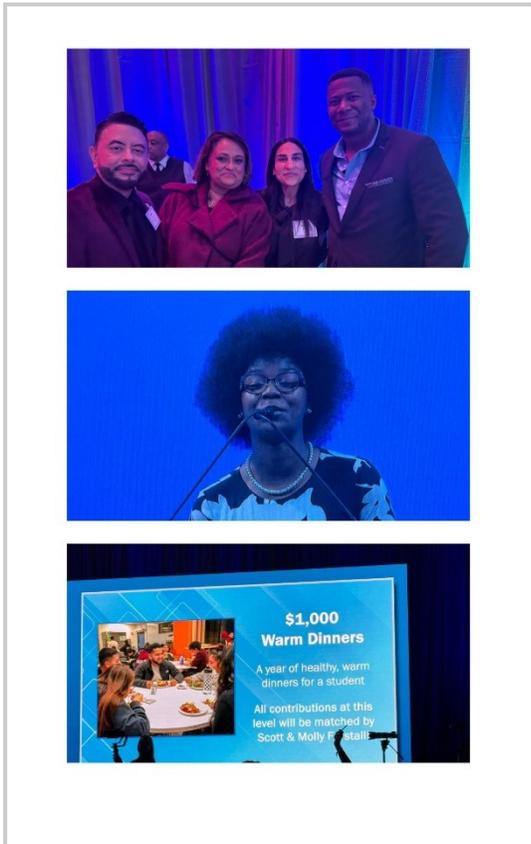
The heart of the evening belonged to the Youth of the Year finalists, who bravely took the stage to share their personal journeys. Their stories of resilience and determination underscored the life-changing impact of the Boys & Girls Club, moving the audience to both tears and action.

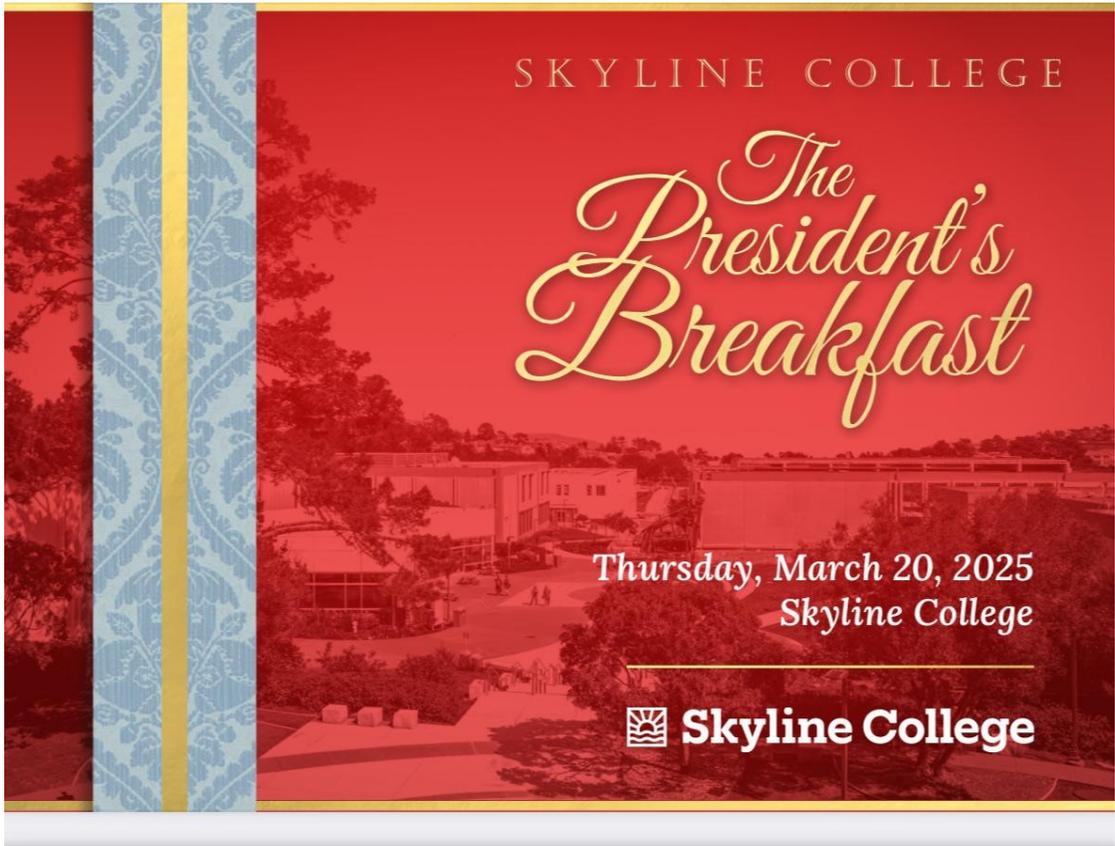
The giving spirit in the room was overwhelming. What started as a \$250,000 pledge quickly doubled, then grew exponentially, culminating in an astonishing \$7.9 million raised in a single night. This unprecedented show of generosity demonstrates the power of community-driven philanthropy and the deep belief in the potential of our youth.

The South San Francisco Chamber of Commerce was honored to attend this extraordinary event, connecting with fellow business and community leaders who share a commitment to fostering opportunities for young people. The Chamber values these partnerships and the collective efforts to ensure local youth have the resources and support needed to succeed.

Looking ahead, the Boys & Girls Club Peninsula is set to break ground later this year on a modern, state-of-the-art facility near Orange Park in South San Francisco, replacing its current space. This new center will provide expanded resources and opportunities for local youth, ensuring they have a place to learn, grow, and succeed.

The gala was more than just a fundraiser—it was a celebration of hope, ambition, and the collective commitment to building brighter futures. The South San Francisco Chamber of Commerce is proud to support this transformative initiative and looks forward to seeing the long-term impact of this incredible investment.





Dr. Newin Orante
ACTING PRESIDENT, SKYLINE COLLEGE

Cordially invites you to join the
SKYLINE COLLEGE PRESIDENT'S COUNCIL

for

THE 24TH ANNUAL
**PRESIDENT'S
BREAKFAST**

on

Thursday, March 20, 2025
7:30 a.m. Networking
8 a.m. - 9 a.m. Breakfast & Program
The Farallon Room, Building 12
Skyline College

*Proceeds from the Breakfast will be used to support the
President's Innovation Fund.*



TICKETS \$100
TO REGISTER
bit.ly/march2025breakfast

CAN'T MAKE IT? DONATE!
foundation.smccd.edu/skyline

FOR QUESTIONS, CONTACT THERESA TENTES AT
skypresbreakfast@smccd.edu





Saturday, March 15th
10:00AM-3:00PM

 **470 Grand Avenue** 
South San Francisco

Shop the unique, handmade crafts created by our talented members

Browse the assortment of spring-time plants for St. Patrick's Day, Easter, or Mother's Day gifts

Satisfy your sweet tooth with delicious baked treats

The SSF Women's Club is a 501(c)(3) non-profit organization.
All proceeds benefit the club and it's community service projects.
For more information, call or text **(650) 873-8030**.

Supporting Local Businesses: Chamber Provides Resources for Immigration-Related Concerns

On Monday, February 3, several Latino-owned businesses in South San Francisco temporarily closed their doors in a unified protest against recent immigration enforcement actions. Business owners, employees, and community members gathered in front of City Hall to voice their concerns, emphasizing that they are hardworking individuals contributing to the local economy.

Mayor Eddie Flores addressed the crowd, offering reassurance and emphasizing that South San Francisco values and supports its diverse business community. City Manager Sharon Ranals, Councilmember James Coleman, Chamber board member and business owner Cesar Dominguez, and other local leaders were also present to show their support. Attendees received *Know Your Rights* toolkits to better understand their legal protections in immigration-related situations.

By attending this gathering and engaging with business owners, the South San Francisco Chamber of Commerce learned that many businesses are seeking guidance on how to best prepare and protect their businesses and employees in case of an immigration-related enforcement action. In response to this need, the Chamber has developed a Business Protection Checklist to help business owners navigate these challenges.

To ensure accessibility, the checklist has been translated into Spanish, Tagalog, Chinese (Simplified and Traditional), Vietnamese, and Russian, thanks to the **pro bono services of Monica Nainsztein**. For those in need of professional translation services, more information is available at www.localipsum.com.

Get a Customized Copy for Your Business

Soft copies of the Business Protection Checklist are available, and businesses can customize them with their own logo and branding. To request a copy, please contact us at info@ssfchamber.com.

The Chamber remains committed to advocating for its members and providing essential resources to help businesses thrive and protect their employees. If you need additional support, please reach out—we are here to help.

Together, we will continue working toward a safe, inclusive, and supportive business environment for all.





Business Owners' Rights & Responsibilities During an Immigration Raid

As a business owner, it's important to understand your rights and responsibilities when dealing with an immigration raid or enforcement action. Use this checklist to prepare and respond appropriately.

Disclaimer: This document is for informational purposes only and does not constitute legal advice. Consult an attorney for specific legal guidance.

Before a Raid: Preparation

- ✔ **Ensure I-9 Compliance** – Maintain properly completed I-9 forms for all employees.
 - ✔ **Train Staff** – Educate managers and employees on their rights and protocols.
 - ✔ **Designate a Response Team** – Assign key staff to handle legal matters and interact with authorities.
 - ✔ **Consult an Attorney** – Have an immigration or employment attorney available.
 - ✔ **Develop a Workplace Raid Plan** – Establish written procedures for handling enforcement actions.
 - ✔ **Know the Types of ICE Actions** – Be aware of administrative audits, site visits, and enforcement raids.
-

During a Raid: Your Rights & Actions

- ✔ **Ask for Proper Identification** – ICE agents must present a judicial warrant to enter non-public areas.
 - ✔ **Review the Warrant Carefully** – Ensure it includes the correct business name, address, and search scope.
 - ✔ **Do Not Provide Additional Information** – Only provide what the warrant specifically requests.
 - ✔ **Limit ICE's Access** – ICE cannot enter employee-only areas without a judicial warrant.
 - ✔ **Do Not Consent to a Search** – If ICE lacks a valid warrant, politely state, "I do not consent to a search."
 - ✔ **Notify Legal Counsel Immediately** – Contact your attorney and ask ICE to wait until legal representation arrives.
 - ✔ **Do Not Obstruct the Investigation** – Comply with legal requests but do not voluntarily provide extra information.
 - ✔ **Protect Employee Rights** – Employees have the right to remain silent and are not required to answer immigration status questions.
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After a Raid: Next Steps

- ✔ **Document Everything** – Record details including agents' names, badge numbers, and any documents taken.
- ✔ **Contact Your Attorney** – Seek legal advice, especially if employees are detained.
- ✔ **Provide Support for Employees** – Share resources for legal aid and worker protection.
- ✔ **Communicate with Staff & Customers** – Maintain transparency while ensuring compliance with the law.
- ✔ **Review & Strengthen Workplace Policies** – Improve legal protections for future incidents.



BerryClean

BerryClean is a trusted, eco-friendly cleaning service specializing in residential and office cleaning throughout the San Francisco Bay Area, including San Mateo County. With a focus on quality, reliability, and sustainability, their team uses non-toxic, biodegradable products to ensure a spotless and healthy environment. Services include home cleaning, office cleaning, window cleaning, and carpet care.

Web: <https://www.cleaningsanmateo.com/>

Tel: (415) 633-6225

Email: info@berryclean.com

Join Date: 02/26/2025

PayMore South San Francisco

PayMore South San Francisco, your go-to destination for buying, selling, and trading electronics. Owned by Andrew Zolintakis, PayMore offers a secure, eco-friendly way to trade in old devices for instant cash or upgrade to quality pre-owned tech like smartphones, laptops, and gaming systems.

Web: <https://southsanfrancisco.paymore.com/password>

Join Date: 02/26/2025

Rise Wellness Collective

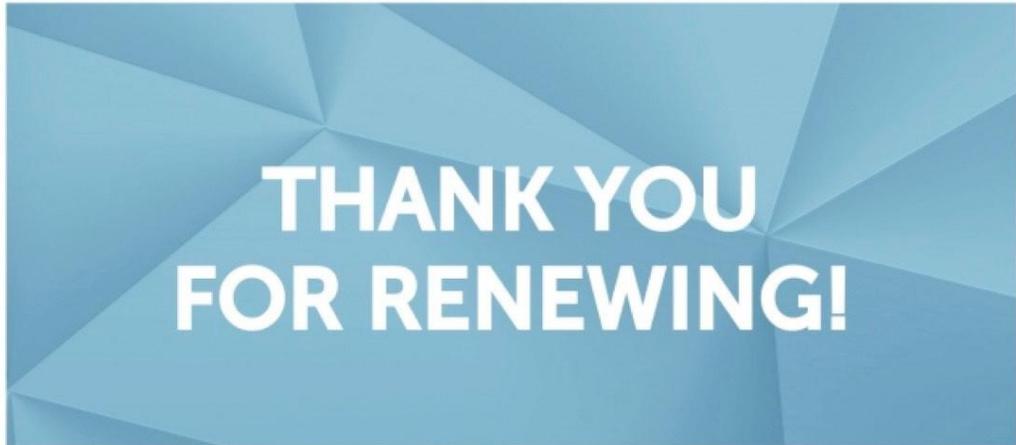
Rise Wellness Collective, a wellness space dedicated to holistic healing, movement, and community connection. Led by Kristiana Torregosa, Rise Wellness offers yoga, breathwork, sound healing, and wellness workshops to support overall well-being.

Web: <https://www.riseyogatribe.com/>

Address: 215 Miller Ave South San Francisco, CA 94080

Tel: (669) 237-7143

Join Date: 02/26/2025



Arco's Self Storage & Wine

Arco's Self Storage & Wine, a premier storage facility specializing in both personal storage and climate-controlled wine storage. Whether you need extra space for your belongings or a secure, temperature-regulated environment for your wine collection, Arco's offers safe, convenient, and reliable storage solutions.

Web: <https://arcosstorage.com/locations/south-san-francisco>

Email: ssf@arcosstorage.com

Address: 1357 San Mateo Ave South San Francisco CA 94080

Tel: (650) 873-2726

Join Date: 03/07/2024

Bay Education Fund

BayEd Fund believes that every student deserves an excellent education that prepares them to succeed and thrive—and that starts with supporting educators. As part of this commitment, BayEd Fund is partnering with the Chamber to award gift cards to South San Francisco School District employees, ensuring that their hard work is recognized and rewarded. To maximize the impact of this initiative, the Chamber is engaging its members to offer exclusive discounts and specialized offers to educators, encouraging them to shop and dine locally. This program will bring over \$60,000 directly into South San Francisco businesses, strengthening both education and the local economy. We are excited to partner with BayEd Fund on this important initiative and look forward to seeing the positive impact on our educators and small businesses.

Web: <https://www.bayedfund.org/>

Join Date: 3/25/2024

Ben Tre Restaurant

A local favorite, Ben Tre is known for its fresh ingredients, rich flavors, and signature dishes like pho, garlic noodles, and their famous Ben Tre Three Delight Rice Plates. Whether you're dining in or ordering takeout, Ben Tre brings the comfort and tradition of Vietnamese cooking to South San Francisco.

Web: www.bentrerestaurant.com

Address: 398 Grand Avenue South San Francisco CA 94080

Tel: (650) 952-2243

Join Date: 09/17/2020

City Cabling

A trusted leader in network infrastructure and technology solutions, City Cabling specializes in structured cabling, fiber optics, security systems, and audiovisual installations. Known for its customized, high-quality services, City Cabling helps businesses stay connected, secure, and efficient. Whether upgrading your office network or installing state-of-the-art security systems, City Cabling provides expert solutions tailored to your needs across the Bay Area.

Web: <https://www.citycabling.com>

Email: guido@citycabling.com

Address: 100 Pine Street, Suite 1250 San Francisco CA 94111

Tel: (415) 529-5801

Join Date: 02/24/2014

Costco Wholesale-El Camino Real

A go-to destination for quality products at unbeatable prices, Costco Wholesale on El Camino Real in South San Francisco is known for its wide selection of groceries, electronics, home essentials, and more. Whether stocking up on bulk household items or enjoying their popular food court favorites, Costco provides exceptional value and service to the community. With a commitment to customer satisfaction and business partnerships, Costco continues to be a trusted resource for both families and local businesses.

Web: <http://www.costco.com>

Email: w422mbr@costco.com

Address: 451 So. Airport Blvd. South San Francisco CA 94080

Tel: (650) 871-9762

Join Date: 01/08/1987

Costco Wholesale – S. Airport

A staple in the community, Costco Wholesale on Airport Blvd in South San Francisco is known for its high-quality products, unbeatable bulk savings, and excellent customer service. From fresh groceries and home essentials to electronics and business supplies, Costco provides everything members need at competitive prices. Whether shopping for a household, office, or enjoying their beloved food court favorites, Costco remains a trusted destination for value and convenience.

Web: <http://www.costco.com>

Email: w475mgr3@costco.com

Address: 1600 El Camino Real South San Francisco CA 94080

Tel: (650) 757-3005

Join Date: 12/05/2007

Focus Day Program

Focus Day Program provides essential support and services for adults with developmental disabilities, helping them build independence, confidence, and life skills in a supportive environment. Through engaging programs and community integration, Focus Day Program empowers individuals to thrive.

Web: www.focusdayprogram.com

Email: yruiz@focusdayprogram.com

Address: 409 S. Spruce Avenue South San Francisco CA 94080

Tel: (650) 303-0788

Join Date: 05/13/2021

Guadalupe Banderas/Farmers Agency

As the South San Francisco Chamber of Commerce's trusted insurance agent, Guadalupe Banderas with Farmers Insurance provides personalized coverage solutions for businesses, homeowners, and individuals. With a commitment to protecting what matters most, Guadalupe offers expert guidance on business, auto, home, and life insurance, ensuring clients have the right coverage for their needs. Dedicated to serving the local community, she is a valuable resource for Chamber members and beyond.

<https://agents.farmers.com/ca/south-san-francisco/guadalupe-banderas/>

Email: gbanderas@farmersagent.com

Tel: (650) 583-2706

Join Date: 04/07/2000

Grand Hyatt at SFO

Located inside San Francisco International Airport, Grand Hyatt at SFO offers a seamless blend of luxury, comfort, and convenience for travelers and locals alike. With modern guest rooms featuring runway views, world-class dining at Quail & Crane, and premium meeting spaces, the hotel provides an elevated hospitality experience just steps from the terminals. Whether you're hosting an event, enjoying a staycation, or grabbing a meal before a flight, Grand Hyatt at SFO delivers exceptional service and sophistication.

<https://www.hyatt.com/grand-hyatt/en-US/sfogh-grand-hyatt-at-sfo/>

Address: 55 South McDonnell Road, San Francisco CA 94128

Tel: (650) 452-1234

Join Date: 03/06/2020

Grand Avenue Hardware (November 2012)

A trusted staple in South San Francisco for years, providing quality tools, supplies, and expert advice to homeowners, contractors, and DIY enthusiasts. Whether you need paint, plumbing fixtures, gardening essentials, or key-cutting services, their knowledgeable team is always ready to help. Stop by and ask for Nick Tentles for friendly service and find everything you need to tackle your next project. Support local and shop at Grand Avenue Hardware!

Tel: (650) 588-3367

Address: 315 Grand Ave. South San Francisco CA 94080

Join Date: 11/13/2012

South San Francisco Firefighters, IAFF Local 1507

The South San Francisco Firefighters, IAFF Local 1507, represent the dedicated professionals committed to protecting and serving the South San Francisco community. With 81 members, they respond to a wide range of emergencies, including fires and medical calls. Beyond emergency response, Local 1507 actively engages in community initiatives, charitable events,

and advocates for firefighter health and safety. Their commitment ensures the well-being and resilience of South San Francisco.

Web: <http://www.iafflocal1507.org>

Tel: (650) 875-6962

Join Date: 3/29/1999

Kiwanis Club of SSF

A dedicated group of volunteers committed to improving the lives of children and strengthening the community. Through various service projects and fundraising events, they address local needs, support youth programs, and foster leadership development. By collaborating with schools, community organizations, and local businesses, the club strives to create a positive and lasting impact in South San Francisco. Their mission is to serve the children of the world, one community at a time.

Web: <http://www.ssfkiwanis.org>

Tel: (650) 491-3911

Join Date: 10/25/2000

Poletti Realty

Serving South San Francisco since 1956, Poletti Realty has played a key role in the city's growth, from its early days to its evolution into a thriving business hub. With decades of experience and strong community ties, their team remains committed to helping businesses and property owners navigate the local real estate market with trust and expertise.

Web: <https://www.polettirealty.com>

Address: 333 El Camino Real South San Francisco CA 94080

Tel: (650) 589-7300

Join Date: 03/14/1956

Prestige Optics, Inc.

Based in South San Francisco, Prestige Lens Lab is a family-owned optical laboratory specializing in premium safety eyewear and prescription glasses. They combine top-quality materials with advanced technology to offer a wide range of stylish and protective eyewear options. Their services include on-site fittings and dispensing, ensuring convenience and personalized care for businesses aiming to protect their employees' vision.

Web: <http://prestigesafetyrx.com>

Address: 338 No. Canal, #13-14 South San Francisco CA 94080

Tel: (650) 588-5540

Join Date: 10/17/1989

Renaissance Entrepreneurship Center- Mid Peninsula

The Renaissance Entrepreneurship Center is dedicated to opening pathways for small business success in the San Francisco Bay Area. They offer comprehensive services, including business training, one-on-one consulting, access to capital, and supportive networks, to help entrepreneurs start and grow their ventures. By focusing on underserved communities, Renaissance fuels community vitality and sustainable economic health.

Web: <https://www.rencenter.org/>

Address: 366 Grand Ave South San Francisco CA 94080

Tel: (510) 485-4548

Join Date: 07/16/2021

See's Candies, Inc.

See's Candies has been crafting high-quality chocolates and confections for over a century, with its home base right here in South San Francisco. Since 1921, See's has been known for its commitment to fresh, premium ingredients and timeless recipes. With a factory and headquarters in our community, See's continues to delight generations with its signature boxed chocolates, truffles, and famous lollipops.

Web: <https://www.sees.com>

Address: 210 El Camino Real South San Francisco CA 94080

Tel: (415) 583-7307

Join Date: 03/01/1982

Servpro South San Francisco/San Bruno

A trusted leader in the restoration industry, specializing in water, fire, and mold damage restoration for both residential and commercial properties. Locally owned and family-operated since 2007, their highly trained technicians are available 24/7 to respond promptly to emergencies, utilizing advanced equipment and techniques to restore properties efficiently. With a commitment to excellent customer service and quality work, they have built a strong reputation within the South San Francisco community.

Web: <https://www.servpro.com>

Address: 525 B Railroad Avenue South San Francisco CA 94080

Tel: (650) 794-1000

Join Date: 03/04/2008

South City Lumber & Supply

Serving South San Francisco for over a century, South City Lumber & Supply is the go-to destination for quality lumber, hardware, and building materials. With a full-service lumber yard, hardware store, and window and door showroom, they provide top-notch products and expertise for contractors and DIYers alike.

Web: <https://www.southcitylumber.com/>

Address: 499 Railroad Ave. South San Francisco CA 94080

Tel: (650) 588-5711

Join Date: 03/01/1946

SSF Unified School District

SSFUSD serves over 8,000 students across 15 schools in South San Francisco, San Bruno, and Daly City. Committed to excellence and equity, the district offers strong academic programs, including STEM-focused initiatives like FutureLab. With community partnerships and innovative learning, SSFUSD prepares students for bright futures.

Web: <https://www.ssfusd.org>

Address: 398 B St. South San Francisco CA 94080

Tel: (650) 877-8705

Join Date: 03/10/1999

Thai Satay Restaurant & Bar

Brings the rich flavors of Thailand to South San Francisco with a menu featuring favorites like Pad Thai, Tom Yum, and Yellow Curry, along with signature dishes such as BBQ Salmon Steak and Mango Delight. Offering dine-in, takeout, and delivery, it's a go-to spot for delicious, authentic Thai cuisine.

Web: <http://www.thaisatay.net>

Address: 265 Grand Ave. South San Francisco CA 94080

Tel: (650) 952-3439

Join Date: 05/03/2006

South San Francisco Chamber Supports Community Growth at San Bruno Grant Check Presentation

The South San Francisco Chamber of Commerce was honored to attend a special grant check presentation to the San Bruno Improvement Group last Friday, alongside Mayor Rico Medina, Councilmember Tom Hamilton, and local community leaders. The grant recognizes the group's commitment to enhancing the city through beautification efforts, small business support, and community-driven initiatives.

Accepting the check on behalf of the organization was Sadana Traxler, owner of Twice As Nice, a beloved local business that embodies the spirit of revitalization and economic growth. The Chamber is proud to support initiatives that strengthen our neighboring communities, ensuring a thriving business environment across the region.

Additionally, the Skyline College Bay Area Entrepreneur Center (BAEC), located in downtown San Bruno, continues to be a vital partner in supporting business development and innovation. Last year, BAEC cohorts collaborated with the Chamber to create the "Dining Guide," which has become a popular resource highlighting local restaurants and eateries. This initiative showcases the power of partnerships in promoting small businesses and boosting economic activity.

By attending and supporting events like these, the South San Francisco Chamber of Commerce reaffirms its commitment to regional collaboration, business success, and community growth. We look forward to continuing these efforts and working alongside local leaders to create lasting, positive change.

Stay tuned for more updates on how we're engaging with the community and championing economic development!



TinyB Chocolate Opens in San Mateo – A Sweet New Chapter!

The South San Francisco Chamber of Commerce was proud to celebrate the grand opening of TinyB Chocolate at their new location: **407 S B Street, Downtown San Mateo**

Though they've moved beyond South San Francisco, the Chamber proudly supports its members wherever they grow. TinyB, led by husband-and-wife team Renata and Andrei, is famous for its handcrafted brigadeiros—Brazil's beloved chocolate truffles. If you haven't tried their viral Dubai chocolate, now is the time!

After facing challenges with their previous location, TinyB has found a beautiful new home in Downtown San Mateo, where they continue to share their passion for chocolate. Their resilience and dedication have made them not only successful business owners but also cherished Chamber members. Can't visit in person? TinyB ships nationwide! Follow them on Instagram ([@tinybchocolate](https://www.instagram.com/tinybchocolate)) or order online to experience their world-renowned confections.

Stop by, support this fantastic small business, and indulge in some of the best chocolate you'll ever taste!



Interested in a free tree?

Help grow the urban forest of South San Francisco!
The Parks and Recreation Department and Rise South City are giving away free trees to residents to plant in their front yards to help bolster the urban forest and combat climate change.

Benefits of trees for residents:

- Property values are higher for homes with healthy trees
- Energy costs are reduced
- Trees have been proven to improve mental well-being
- Air quality is improved
- Trees reduce noise from vehicles and airplanes

Benefits of trees for the environment:

- Carbon sequestration
- Natural habitat
- Cooling effects by shading
- Reducing winds



Please sign up on our interest list





March is National Nutrition Month

National Nutrition Month stresses the importance of a balanced diet and exercise.

When you eat better, you feel better. But that's just the beginning. Introducing healthy eating habits also helps you avoid potentially serious health concerns down the road. Whether your goal is to feel healthy, manage your weight, or prevent health problems, now is the best time to get started.

Healthy eating can help you feel your best, give you plenty of energy, and even help you manage stress better.

Research shows that eating 5 servings of fresh fruit and vegetables a day can help lower the risk of death and reduce the risk of heart disease, stroke, cancer, and more.

Over two-thirds of U.S. adults (and nearly one-third of children) are overweight or obese. These physical conditions can pose a major risk if further health complications arise.

Being physically fit can feel challenging, but even with some simple changes to your behavior and activity level, you can quickly start to reap the benefits of fitness.

Fitness can lead to a healthier heart and stronger lungs, bones, muscles, and joints as well as lowering your risk of falls, diabetes, high blood pressure, and some cancers. Connect to healthy resources at kp.org/healthandwellness for a look at how you can start your path to a healthier lifestyle.

Edward Kao, MD
Physician-in-Chief
Kaiser Permanente South San Francisco Medical Center

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



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
or visit www.ssfchamber.com*

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

Calendar of Events

March

March is here—a month of renewal, growth, and opportunity. As we celebrate Women's History Month and welcome the arrival of spring, let's embrace new possibilities, strengthen our connections, and continue building a thriving community. Together, we can make 2025 a year of progress, collaboration, and success!

3/6 Women's International Day & Women's History Month Workshop - Pam Gardener BVS
The Forum 4pm to 7pm

3/11 Speaker Series - Kaiser
LPR 7pm

3/12 City Council Meeting 6:30pm

3/15 Cafecito with Mayor Eddie
Starbucks, 100 McLellan Dr 10am to 12noon

3/16 Holi: Festival of Colors
LPR 10am

3/17 Happy St. Patrick's Day

3/18 Board Meeting 8:30am

3/19 District 2 Town Hall
2380 Galway Dr 6:30pm

3/20 Skyline College President's Council Breakfast
Farallon Room, Skyline College 7:30am

3/26 City Council Meeting 6:30pm

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](#)!

Legislative Watch List

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

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



2023-24 Board Officers

President
Sailesh Mehra
SM8

Board of Directors

Cesar Dominguez
ProColor Collision

Dani Fandino
Events & Flowers by Dani

Chamber Personnel

Mary Prem
CEO

Arlene Dozier
Administrative Assistant

Vice President
Daniela Jonguitud
Chajinel Home Care Services

Kamal Hyder
SF Bay ADU

Miju Kim
AC Marriott

Treasurer
Michael Formosa
SSF Scavenger Company

Suzanne Lee
Genentech

Natalia Morales
Kilroy Realty Corporation

Ex-Officio City Manager
Sharon Ranals

Pravin Punjiya
Fairfield Inn by Marriott SFO

Ex-Officio City Economic Mgr
Ernesto Lucero

Roger Rodriguez
Rockoto Peruvian Restaurant

Kevin Williams
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