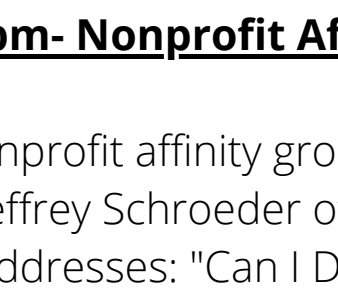


Ahh— January, my favorite month of the year... dare I say, I like it even more than pride month! January combines two things that make me extremely happy, new beginnings and my birthday. I am officially a week into my term as board president, and it is quite the new beginning for me. I have rediscovered the energy I have for the Chamber and I am excited to make our organization more cool, connected, and collaborative. The board is focused on having conversations about the issues affecting business owners, and ideating on how to make meaningful progress on them... and we've also shared quite a few laughs and bottles of champagne. Join me in saying cheers to 2022! It's going to be a banger!



Darien Marion-Burton
Board President

#chamberLOVE



COMMUNITIES

Tuesday January 11 - Business After Hours at Centre Physical Therapy - POSTPONED

Thursday January 20 , 1-2pm- Nonprofit Affinity Group Virtual Meetup

Come join the Chamber's nonprofit affinity group for our monthly gathering. This month: Guest Expert - Jeffrey Schroeder of Sasseti, who is a well-known CPA and nonprofit auditor, addresses: "Can I Do That?"

He'll share stories and guidance about what's legit among potential nonprofit activities with respect to regulations and best practices, to help nonprofit staff and board members know what's a great creative idea and what's going to lead to trouble.

Bring your questions, ideas, and observations for the discussion! Come for the content, and enjoy a little networking with local nonprofit peers as well. See you via Zoom!

[REGISTER HERE](#)

Friday January 21, 12-12:30pm - Takeout Stakeout Lunch Pickup at Lathrop House Cafe

Come join your fellow Chamber members for our next Takeout Stakeout, this time at **Lathrop House Cafe in Forest Park**! In this event, we convene at a designated restaurant to pick up our takeout lunch choices, and get to see each other for a bit while we're at it in a socially-distanced meetup. Like our Tuesday Tasting lunch series from which this springs, lunch is a flat \$16 including tax and tip.

[REGISTER HERE](#)



Take a Break with Us

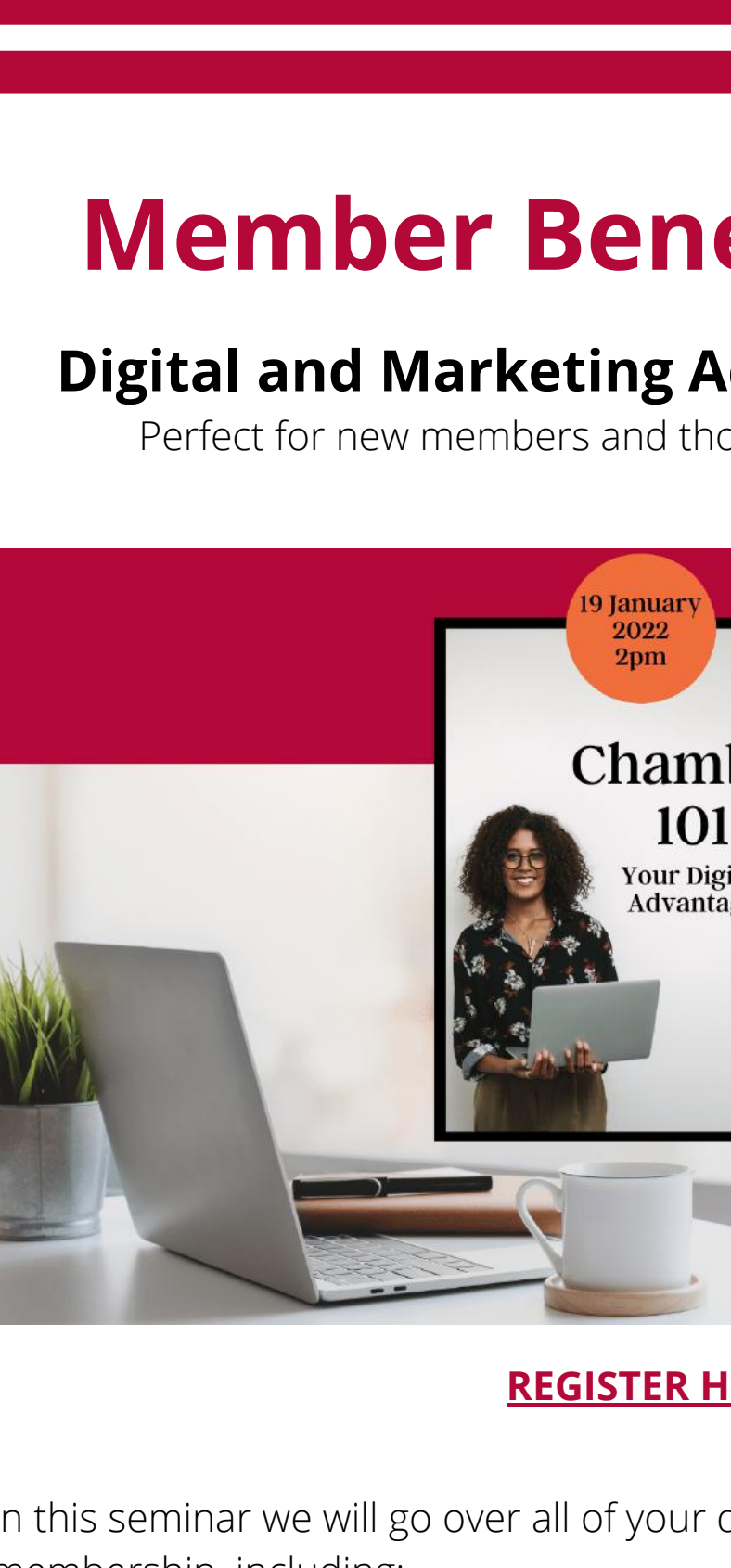
We know that owning or working in a business has been particularly hard this past year and we are guessing that you could use some TLC!

Join us as we launch our **NEW Chamber program** aimed at taking care of you, our small business community. Welcome to our monthly Meditation Mondays! All it takes is half an hour (that's only 30 mins!) for us to help you put your to-do list aside, empty your head of all the chatter and truly look after yourself.

Who will lead the meditation?

We are thrilled to partner with the **Kadampa Meditation Center in Oak Park** to bring you this monthly meditation. The fabulous Kelsang Chogo will lead the meditation and talk you through every step. You don't need to do anything but show up and breath!

[REGISTER HERE](#)



**January
Women In Business**

**Women's Health 2022
Wellness Trends &
Predictions
for the New Year**

**Friday January 14, 2022
9:00am - 10:30am**

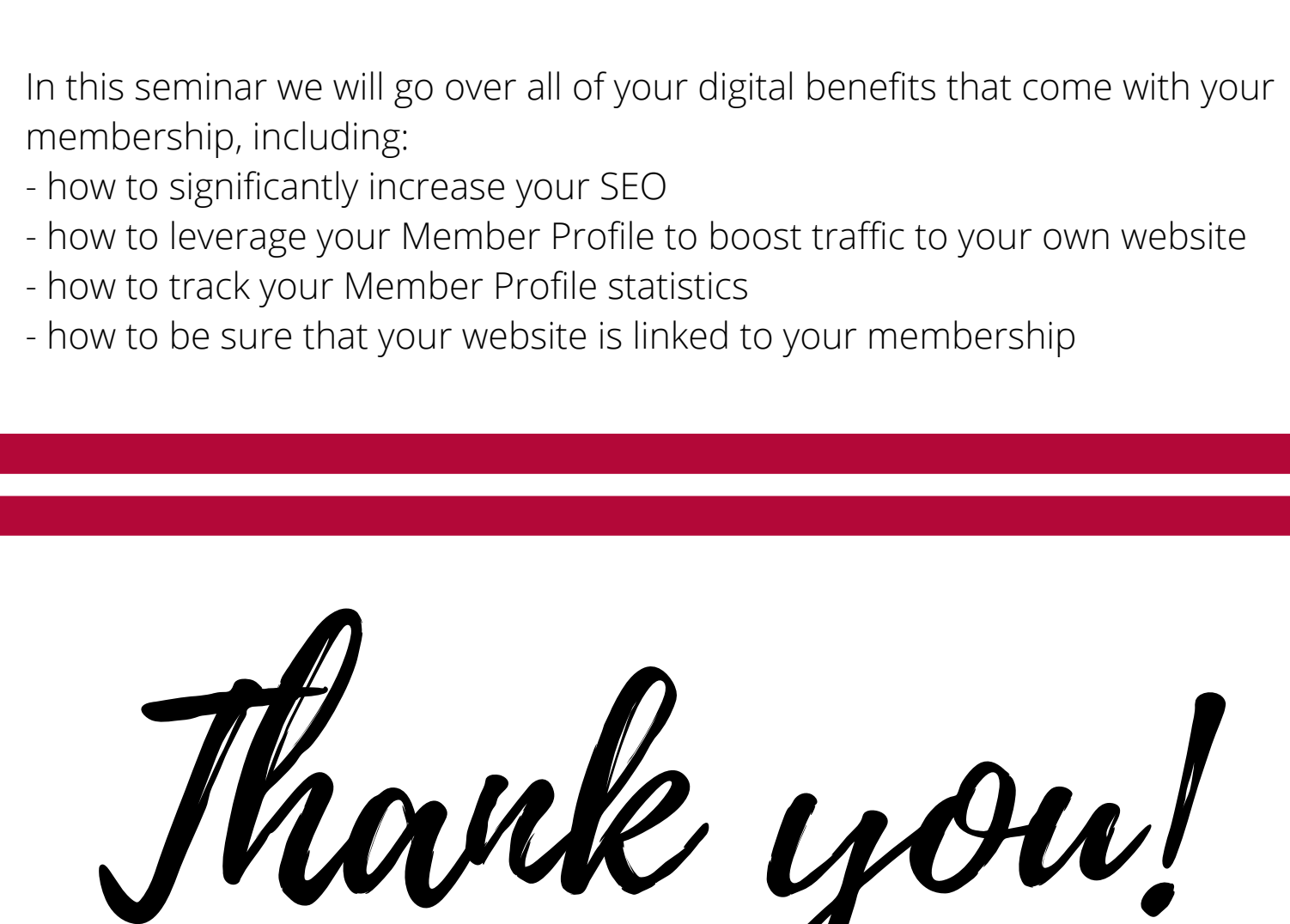
WIB is kicking off our monthly series with **Heidi Smith, founder of the Integrative Wellness Studio**. Heidi will be speaking on Women's Health 2022: Wellness Trends and Predictions for the New Year. Learn all you need to know to be your favorite version of yourself!

[REGISTER HERE](#)

Member Benefits Series

Digital and Marketing Advantage Sessions:

Perfect for new members and those who need a refresher.



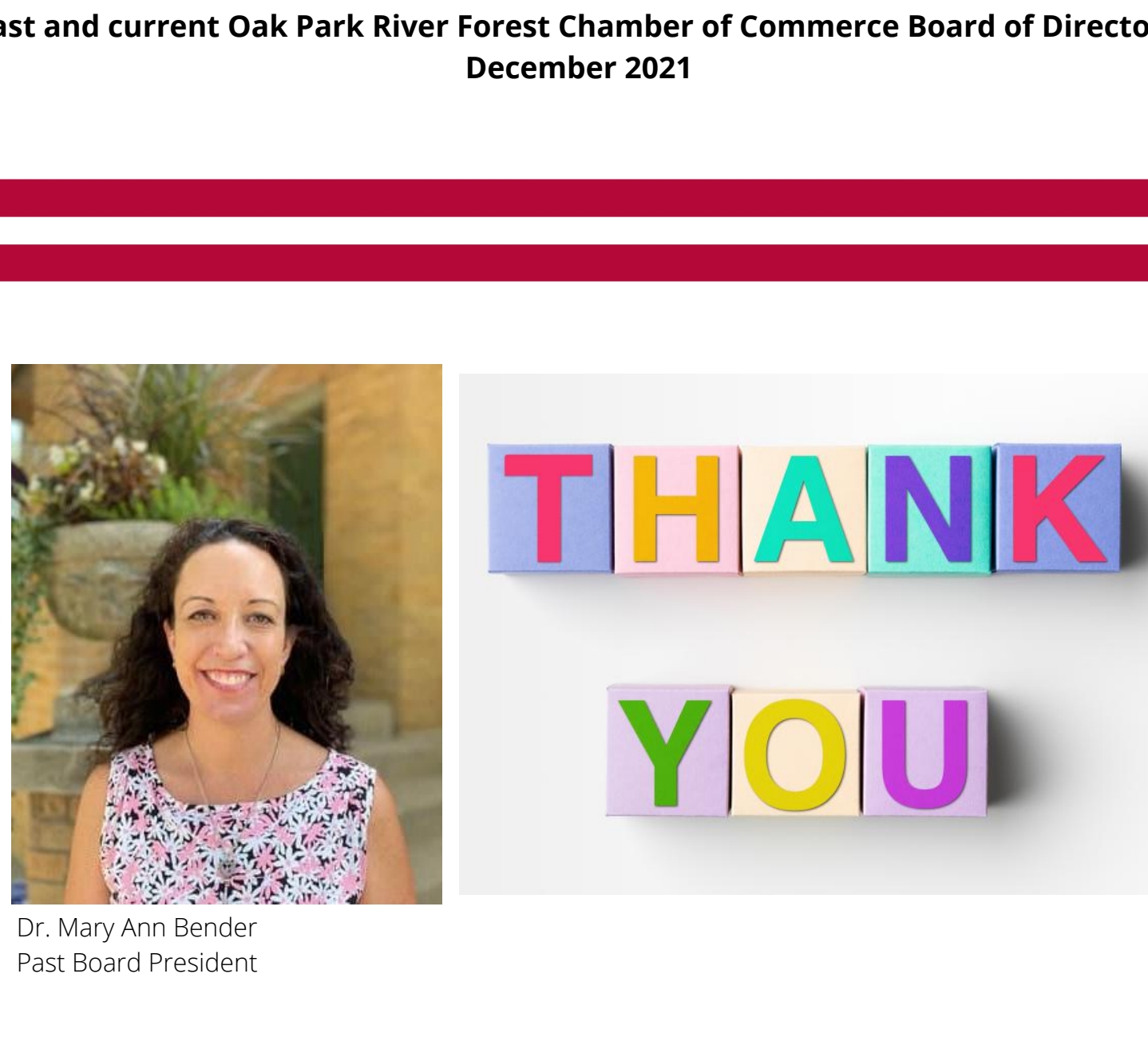
[REGISTER HERE](#)

In this seminar we will go over all of your digital benefits that come with your membership, including:

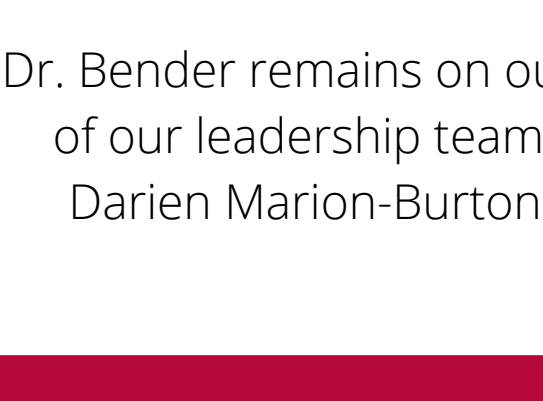
- how to significantly increase your SEO
- how to leverage your Member Profile to boost traffic to your own website
- how to track your Member Profile statistics
- how to be sure that your website is linked to your membership

Thank you!

CURRENT AND PAST BOARD OF DIRECTORS FOR ALL YOUR SERVICE.



**Past and current Oak Park River Forest Chamber of Commerce Board of Directors
December 2021**



Dr. Mary Ann Bender
Past Board President



A huge **THANK YOU goes out to Dr. Mary Ann Bender** who has been our Board President for the last two years. She has shepherded the Chamber through the pandemic and has tirelessly and relentlessly advocated for our small business community. Her kind nature and strong will is just what we all needed. Thank Mary Ann for all that you do!

Dr. Bender remains on our Board of Directors as an integral part of our leadership team alongside our NEW Board President, Darien Marion-Burton, and our Vice President, Sam Yousif.



**The Oak Park River Forest Chamber of Commerce supports
the ReadyNation Annual Sign-on letter
for investments in our future workforce.**

See letter sent in December 2021 to
Illinois Governor and General Assembly
[HERE](#)

Learn more and visit their new website:
StrongNation.org/ReadyNation
Facebook / Twitter / LinkedIn

PROOF OF VACCINATION REQUIREMENT



**In effect Jan. 3 Cook County
Learn more [HERE](#)**



**In effect Jan. 10 Village of Oak Park
Learn more [HERE](#)
[Oak Park Public Health Order 12.20.21](#)**