



Our Vision at the Chamber is that all who live and work in the community have the opportunity to thrive. Now more than ever that means looking after one another, mind, body and soul. As we welcome in May flowers, and Mental Health Awareness month, we want to give a call-out to our partners at Riveredge Hospital who have been stewards of our health this year in their Mindful 10 segment during our monthly Women in Business meetings. They are teaching us to take the time (even just 10 minutes!) to look after ourselves before we look after everybody and everything else in our lives! Thanks Riveredge for showing us that we all have a story to tell and leaning on our tribe for support will only make us all stronger.

#chamber**LOVE**

Liz Holt
Executive Director



COMMUNITIES

Wednesday May 5, 12-12:30pm - Ribbon Cutting at Hit It! Fitness

Celebrate with us at Hit It! Fitness celebrating their reopening at their new location, taking pictures of the actual ribbon cutting with the staff, and enjoying a great networking opportunity!

[**CLICK HERE**](#)

Thursday May 6, 1-2pm - Nonprofit Affinity Group Virtual Meetup

Come join the Chamber's new nonprofit affinity group for our monthly gathering. This month, visiting expert Cathy Kestler discusses "The Abundant Nonprofit ? A Mindset Shift to Greater Impact". She will talk about the abundance vs scarcity mindset in nonprofits, and outline ways organizations can move beyond their limiting beliefs to have more impact.

Bring your questions, ideas, and observations for the discussion!

[**CLICK HERE**](#)

Friday May 7, 12-12:30pm - Takeout Stakeout lunch pickup at the Nineteenth Century Club

Come join your fellow Chamber members for our next Takeout Stakeout, this time at the Nineteenth Century Club! 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 \$15 including tax and tip. Pick your choice lunch at registration.

[**CLICK HERE**](#)

Tuesday May 11, 5-7pm - Business After Hours at the River Forest Park District

Join us for a night of networking, drinks, and hors d'oeuvres with the River Forest Park District! Great people and good food will make for a fine spring celebration - please join us!

Business After Hours (BAH) occur on the second Tuesday of every month. This is your chance to connect with other members in a more casual setting. All members and non-members are welcomed. (Members are free.)

[**CLICK HERE**](#)

Thursday May 13, 1-2:30pm - Chamber Virtual Open Office Hours

Held twice monthly at the Chamber HQ, "Office Hours" is a drop-in help center for all Chamber Members looking to beef up their member ePage, better understand Chamber benefits or just talk business. RSVP to make an appointment with us, or just come on in!

A must for new members and a great opportunity for veteran members to refresh your Chamber profiles or find out what's new and exciting!

[**CLICK HERE**](#)

Friday May 14, 3-5pm - Health & Wellness Happy Hour at Maya del Sol

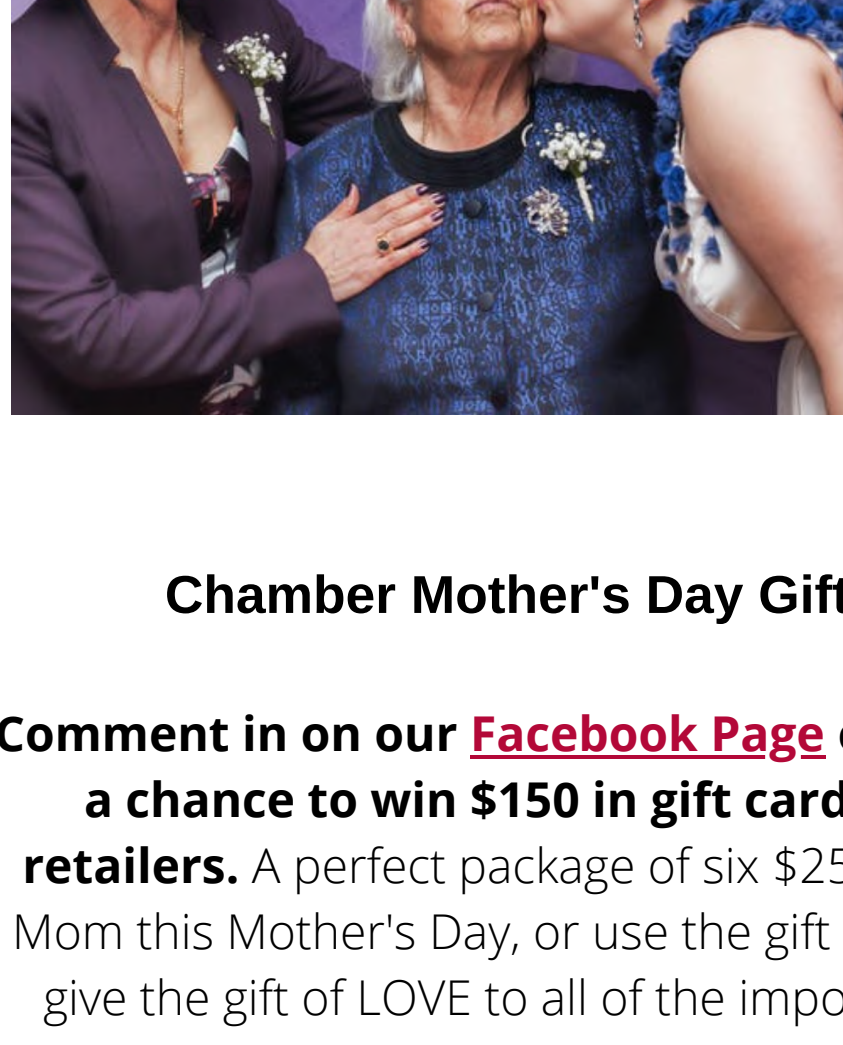
Spring is here, vaccinations too, and it's time to celebrate with a Health & Wellness affinity group Happy Hour! Come join us on the patio at Maya del Sol for drinks and food (pay your own way) to chat and network with others in the Oak Park-River Forest area health & wellness industry.

Come to enjoy craft cocktails, appetizers or a late lunch, and to meet those who might be sources of referrals to you; professionals to whom you can make knowledgeable referrals; sources of educated knowledge; or just folks to talk shop with. Attendance is limited to 25 people, so please RSVP soon, and let us know if you've RSVPed but then won't be able to make it. A wait list is activated in our registration system.

[**CLICK HERE**](#)



[**CLICK HERE**](#)
for the online showcase



Mother's Day Giveaway

6 awesome gift cards! RETAIL LOVE!
Only on our facebook page.



Monday
May 3, 2021

Be sure to comment to enter!

Chamber Mother's Day Gift Card Giveaway!

Comment in on our [Facebook Page](#) on **MONDAY, May 3rd for a chance to win \$150 in gift cards from our local area retailers.** A perfect package of six \$25 gift cards for your special Mom this Mother's Day, or use the gift cards to shop yourself and give the gift of LOVE to all of the important women in your life.

WHAT WILL YOU WIN?

Six \$25 gift card from each of the following Chamber member retailers - **Careful Peach, Alioto, Lively Athletics, Elle Belle Box, Blackout Baking Co., & Good Earth Greenhouse.**

HOW TO ENTER?

On May 3, 2021 comment in the Mother's day post on our [Chamber facebook page](#) on what you LOVE about one of the six participating retailers - tell the world why they are fabulous, why you shop with them, and why they need our LOVE to survive this pandemic! Comment as many times as you like. Commenting entries will close at midnight and a drawing from all comments will determine one winner. (Note ONLY comments in on the Chamber's facebook page will count towards an entry.)

EVERYONE who LOVES our retailers and wants to share that LOVE with the community is invited to comment and participate. The winner will be announced on the [Chamber's Facebook Page](#) on May 4.

Women in Business



Friday, May, 21 2021
12pm to 1:30pm

**BUSINESS PLAN:
WHY YOU NEED ONE
AND HOW TO START.**

Featured Speaker:
Yahaida Torres
BAW Regional Sales Manager



[**REGISTER HERE**](#)

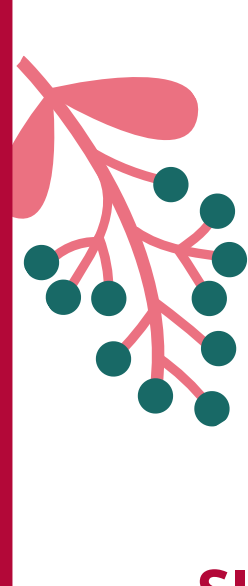
May Discussion Topic: Do you need a business plan?

Join us to learn the ins and outs of developing and assessing your business plan. We will start off by networking and then dive into understanding the role a business plan plays in the success of a business. Our guest speaker, Yahaida Torres from BMO Harris will lead us in this discussion.



Mindful 10

We have partnered with the wonderful people at Riveredge Hospital to start each meeting with their Mindful 10 segment - nourish your soul and feel the LOVE of the group before we dive into the heart of the discussion.

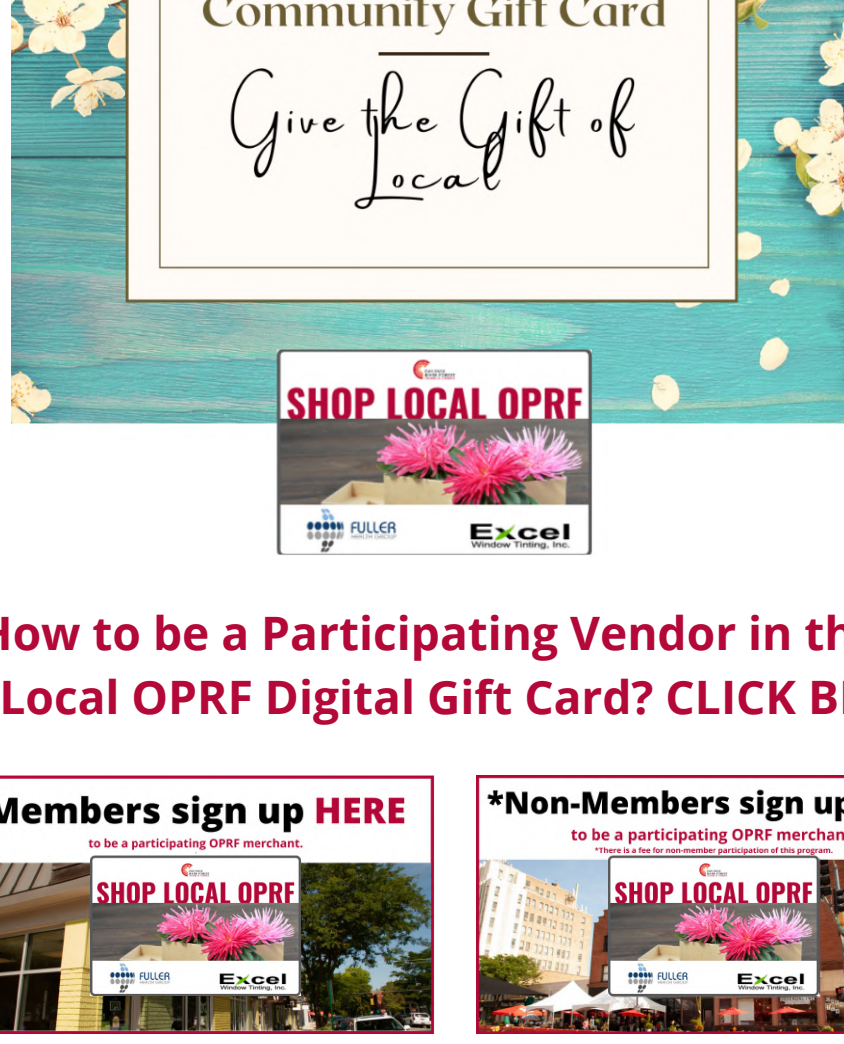


MOTHER'S DAY & END OF YEAR TEACHER'S GIFTS

SIGN UP NOW to be a SHOP LOCAL OPRF vendor as we will promote to purchase and redeem gift cards end of April and all May!

\$7600+ cards sold to date. \$5000+ still to be redeemed.

SIGN UP NOW!



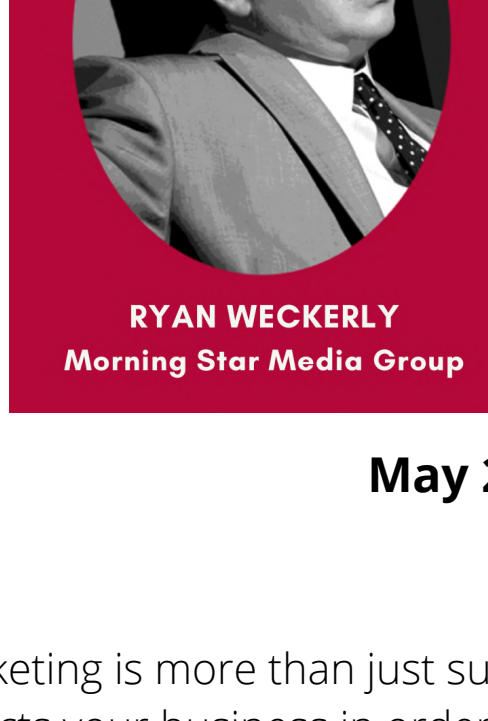
How to be a Participating Vendor in the Shop Local OPRF Digital Gift Card? CLICK BELOW.



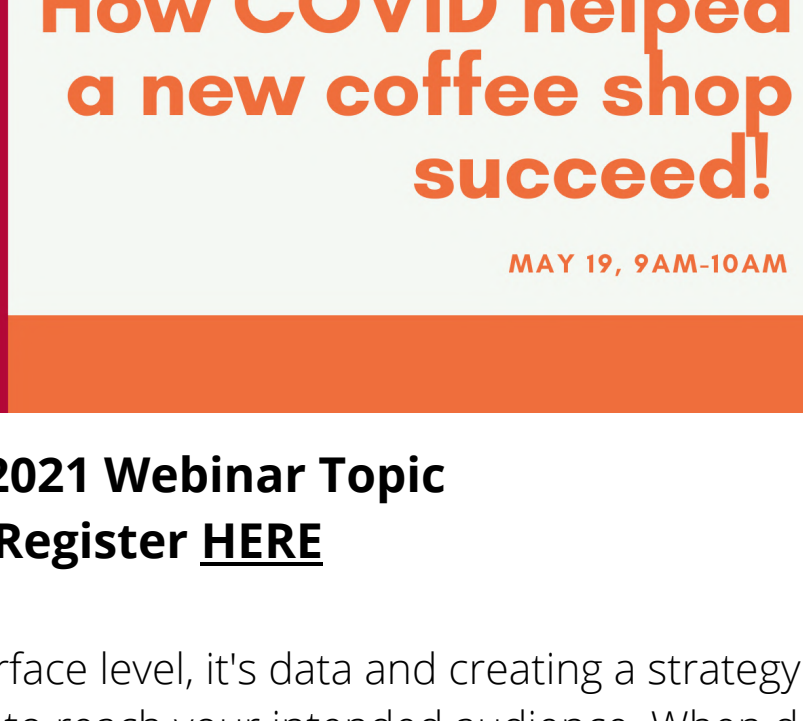
2021 Webinar Series

Welcome to our 2021 Professional Development Webinar Series. We are thrilled to be able to bring you this series of monthly webinars with helpful and practical tools to navigate the new normal.

Experts in their fields will show you all you need to know – from legal considerations to best practices in digital advertising; from brand identity to effective sales techniques; from actionable advice on marketing and communication best practices to help your small business succeed in 2021 and beyond.



RYAN WECKERLY
Morning Star Media Group



May 2021 Webinar Topic

Register [HERE](#)

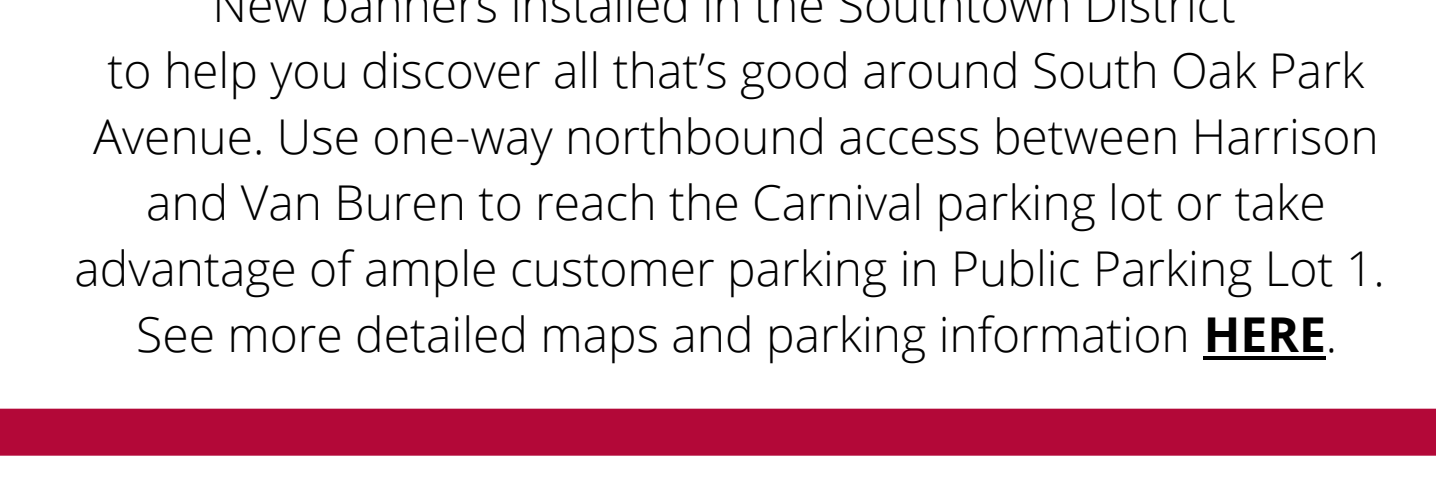
Marketing is more than just surface level, it's data and creating a strategy that reflects your business in order to reach your intended audience. When done right, marketing can translate to a stronger brand as well as more profit for your business.

Ryan Weckerly will discuss how the right technology tools, combined with human interaction to develop more powerful leads, profitable sales, and long-term relationships for your brand. Attendees will learn how these takeaways will help you effectively market your business:

- Dynamic web content
- Strong SEO
- Lead scoring and nurturing
- Lead destination tracking
- A vital SRM
- Behavioral based automated e-mails
- Performance analytics

Who is our Speaker?

As president of MorningStar Media Group, Ryan has built an extensive clientele base. He has seen clients through crisis and economic downturns by creating strategic campaigns that stand the test of time.



New banners installed in the Southtown District to help you discover all that's good around South Oak Park Avenue. Use one-way northbound access between Harrison and Van Buren to reach the Carnival parking lot or take advantage of ample customer parking in Public Parking Lot 1.

See more detailed maps and parking information [HERE](#).

VegOut
Eat less meat. Good for you. Better for the planet.

Take a photo with your phone's camera to see all participating restaurants

Support our local restaurants by ordering their VegOut Wednesday menu special

Proudly brought to you by the River Forest Sustainability Commission

In partnership with the OPRF Chamber of Commerce

Restaurants, participate in

VegOut Wednesdays!

Starting on April 28, 2021

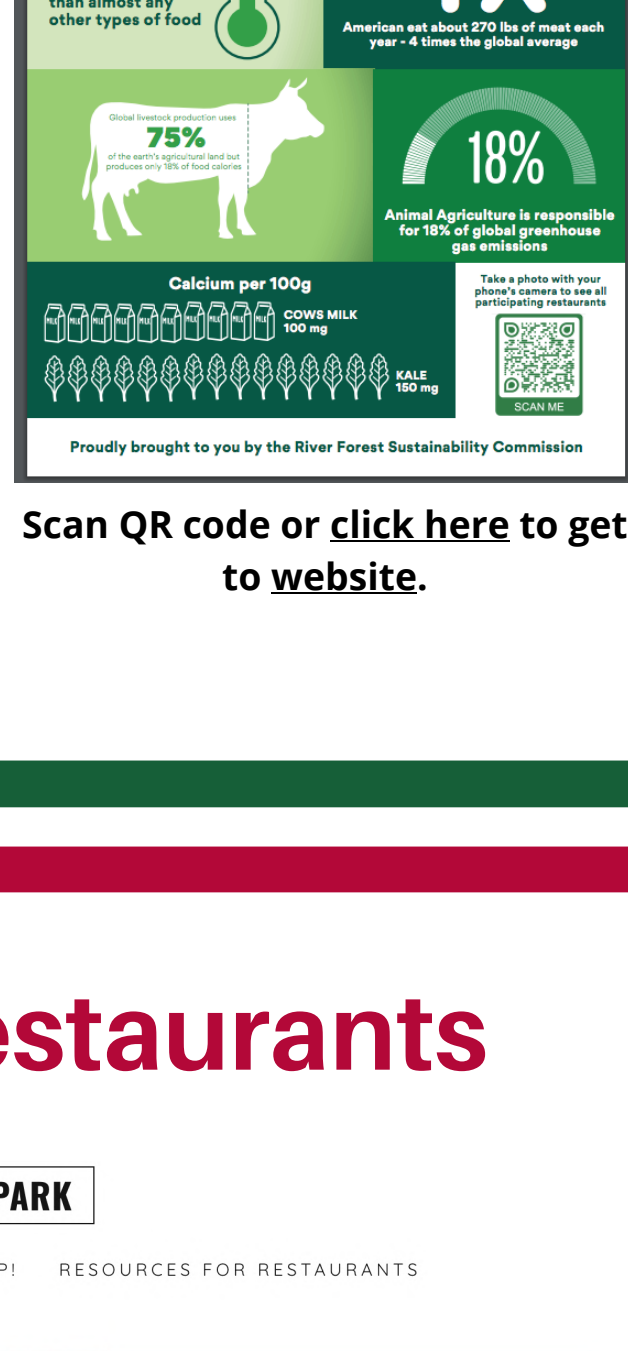
How do you participate?

- Sign up by emailing Sustainability@vrf.us.
- Send Hi-Res jpeg or png logo to be displayed on our webpage with a list of participating restaurants.
- Display the window cling (Sent when you sign up).
- Have a vegetarian special on Wednesdays. The special can highlight current menu item or create something new.

Restaurants will get:

- Permanent place on webpage with logo and info.
- Social Media highlights.
- Local media and organization highlights.

For more info, please contact Sustainability@vrf.us



Scan QR code or [click here](#) to get to website.

Support our Restaurants

TAKE OUT 25 OAK PARK

[HOME](#) [WHAT IS THE PLEDGE?](#) [JOIN OUR FB GROUP!](#) [RESOURCES FOR RESTAURANTS](#)



WELCOME
TAKE THE PLEDGE!
By spending just \$25 dollars a week on takeout with locally owned Oak Park food establishments, we can save jobs!

TAKE THE PLEDGE ON CHANGE.ORG

Takeout 25 Oak Park asks participants to spend \$25 a week at a local establishment. If 10,000 residents spend \$25 a week for carryout or delivery at an area restaurant, this translates to \$1 million per month--which could be the difference between economic survival or extinction. Check out how it works on the [Takeout 25 Oak Park Facebook page](#). Participation in programs like this help create a more vibrant, thriving Village that offers a wide array of choices for visitors and residents.

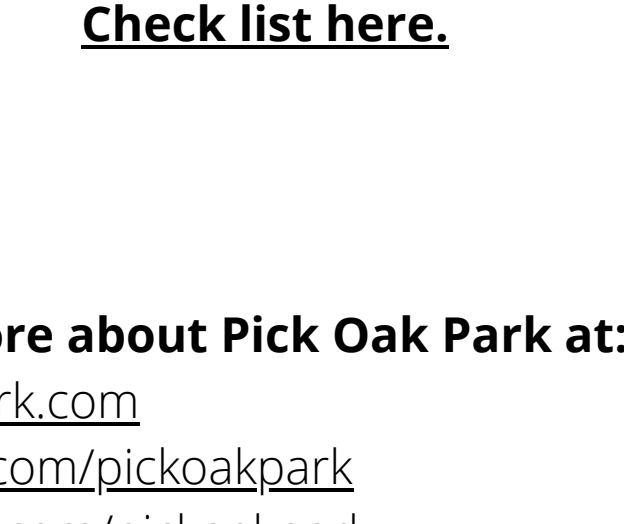
Please support Takeout 25 Oak Park and help sustain our beloved Oak Park businesses and those in the surrounding areas.



CHAMBER TAKE OUT STAKE OUTS
12-12:30pm \$15 lunch options

Friday May 7, 12-12:30pm

[Register HERE](#)



Use our community digital gift card at participating restaurants. [Check list here.](#)



Learn more about Pick Oak Park at:
pickoakpark.com
facebook.com/pickoakpark
[Instagram.com/pickoakpark](https://instagram.com/pickoakpark)



Continue to look to us as we provide critical information & connect you to business & community events.

Timely member emails, Sign up for our [weekly newsletter](#) & [checkout our website](#)



[LIKE us on Facebook](#)



[Connect to our community calendar](#)