



Chamber CHATTER

355 Gellert Boulevard, Suite 138, Daly City, CA 94015 | 650.755.3900 | dalycity-colmachamber.org

SUMMER 2014

BUSINESS –

Our Community Economic Engine

Summer is in full bloom. The Chamber thanks the businesses for working to serve the community and each other. Together, we can achieve our full business potential by focusing and promoting the commercial and economic growth of Daly City and Colma, plus fostering civic improvements that benefit all who live, work, visit and play in Colma and Daly City. Your Chamber is truly focused on finding the effective approaches and solutions to address business opportunities and issues in today's economic climate. Together we thrive!

We had a vibrant spring, celebrating businesses and our dynamic youth. National Small Business Week in April with its vignette mixers at Classic Bowling Center, Hyundai Serramonte, Wells Fargo Serramonte, brought collaborated and shared information on our products and

business acumen. The National Business Week culminated at the Annual Business to Business Extravaganza / Taste of our Cities held at Daly City Hall with over 50+ businesses connecting and networking by sharing their products, services and information. Participating in this event strengthens our business and community.



Georgette Sarles
President/CEO

Your Chamber is passionate about supporting and encouraging business. Yes, small business spurs development, development creates small business resulting in jobs and economic growth. But, in order to have small, medium and large businesses, we must have an educated workforce.

On May 15th, at the Annual Scholarship Ceremony, Access to Education, we honored 40 high school seniors and assisted them financially as they move to the next level of their education. Success is firmly rooted in education, not only for each individual, but for each business. The



40 Jefferson and Westmoor High School Students who received Scholarship Awards for outstanding scholarship at the 2014 Access to Education awards on May 15, 2014.

>> Business Is The Engine, continues on p. 7

NEW MEMBERS

MAY 2014 - JULY 2014

AMERIPRIDE UNIFORM SERVICES
BASEBALL WITHOUT BORDERS FOUNDATION
CENTURY AUTO
FASHION ARTS AND YOUTH ENTERPRISES
HOME INSTEAD SENIOR CARE
JEFFREY DEJESUS
BETTER HOMES AND GARDENS REAL ESTATE
KELLY MOORE PAINT COMPANY DALY CITY
N-HANCE WOOD RENEWAL
PHO GARDENS DALY CITY
PREMIER FINANCIAL ALLIANCE - RAY TOM
PROMETHEUS LITIGATION CAPITAL - LEE ALLEN
PROVIDENCE VOCATIONAL SCHOOL
RELIEF NURSING SERVICES, INC.
SEAN RABE - TOWN OF COLMA, CITY MANAGER
SAN MATEO COUNTY TRANSIT DISTRICT
SHELL GAS STATION DALY CITY
VETERANS OF FOREIGN WARS POST 8750

MISSION STATEMENT

The role of the Daly City/Colma Chamber of Commerce shall be to encourage business development and networking, providing members with useful information and services. The Chamber shall take a leadership role in promoting economic, professional, commercial and civic vitality for our communities, while seeking to preserve the unique qualities that are good for business and make Daly City and Colma very special places to live, work and do business.

RENEWING MEMBERS

RENEWING MEMBERS	YEAR JOINED
Olivet Memorial Park.....	1972
Bocci Realty.....	1975
Pacific Gas and Electric Company.....	1975
State Sheet Metal Works.....	1975
CG Appliance.....	1982
San Mateo Credit Union.....	1985
Serramonte Ridge Apartments.....	1989
Spine Care Medical Group.....	1989
Commerce Holding.....	1993
Italian Cemetery.....	1993
Lagomarsino Properties.....	1997
No. Peninsula Food Pantry of Daly City.....	1997
Colma Fire Protection District.....	1998
Inn Vision Shelter Network.....	1999
Astound Broadband.....	2000
Hampton Inn - Daly City.....	2002
O'Neill Glass.....	2003
First National Bank of Northern California.....	2004
Daly City Police Officers Association.....	2005
Boulevard Café.....	2006
Elephant Bar.....	2006
Burgermeister.....	2007
Daly City Locksmith.....	2007
Holy Angels School.....	2007
Professional Healthcare at Home.....	2007
Estrada's Restaurant.....	2008
TPC Harding Park.....	2009
American Cancer Society.....	2011
Daly City Public Library Associates.....	2012
Peninsula Del Rey.....	2012
Farmer's Insurance - Emmanule Paje.....	2013
North Peninsula Neighborhood Services.....	2013
Sound Pediatrics.....	2013
Sterling Bank and Trust.....	2013

BOARD OF DIRECTORS

PRESIDENT / CEO

GEORGETTE SARLES
GEORGETTE'S OF WESTLAKE

1ST VICE PRESIDENT

MICHAEL JOSEPH
WALGREENS

2ND VICE PRESIDENT / CFO

MANNY REBURIANO
ALLSTATE INSURANCE

SECRETARY

ROSS SIT
ACHIEVERS REALTY GROUP

IMMEDIATE PAST PRESIDENT

JOHN HUI
SKYLAWN MEMORIAL PARK

BOARD OF DIRECTORS

EVAN BOYD
ALLIED WASTE SERVICES

JONATHAN CANO
COMCAST BUSINESS

MATTHEW DEVINCENZI
CLASSIC BOWLING CENTER

SPENCER HOLEMAN
CHILDREN EMPOWERMENT, INC.

REBECCA C. HUSTED
*BETTER HOME AND GARDENS
REAL ESTATE*

DAISY LI
MOONSTAR SEAFOOD BUFFET

STEVE HOUSE
OUTBACK STEAKHOUSE

TOM MINSHEW
*SUPERINTENDENT OF THE JEFFERSON
UNION HIGH SCHOOL DISTRICT*

WILL MINNICH
DEAN, DE VRY UNIVERSITY

LIZETTE TRAN
SAN MATEO CREDIT UNION

MARIE VILLAROSA
SERRAMONTE CENTER

EX-OFFICIO
Hon. Adrienne J. Tissier

DIRECTOR EMERITUS
Hon. ALBERT TEGLIA

CHAMBER STAFF

FELICIA LEONG
SALES DIRECTOR

CECE BARROS
CHAMBER ASSISTANT

ALISON WILSON
PHOTOGRAPHER, IT CONSULTANT

MARK YOUR CALENDAR - JOIN US !*



Visit the Daly City / Colma website
www.dalycity-colmachamber.org to
download Exhibitor/Sponsor Form

ANNUAL BUSINESS TO CONSUMERS SHOWCASE

FREE TO THE PUBLIC

SATURDAY, SEPTEMBER 13 - 10:00 A.M. TO 4:00 P.M.

SERRAMONTE SHOPPING CENTER

DALY CITY, CA 94015

NORTH COUNTY SAN MATEO LEADERSHIP FORUM

SEPTEMBER 12TH - NOVEMBER 21ST

8:00 A.M. - 10:00 A.M.

DECEMBER 11TH. GRADUATION DINNER

DeVRY UNIVERSITY OFF-SITE LOCATION HAMPTON INN
2700 JUNIPERO SERRA BLVD, SKYLINE ROOM
DALY CITY, CA 94015



58TH ANNUAL GOLF TOURNAMENT

OCTOBER 27TH

10:00 A.M. GOLF 6:00 P.M. DINNER

LAKE MERCED GOLF CLUB

2300 JUNIPERO SERRA BOULEVARD
DALY CITY, CA 94015

ANNUAL BOWLING TOURNAMENT

NOVEMBER 14TH

CHECK IN 4:30 P.M BOWLING 5:30 P.M

CLASSIC BOWLING CENTER

900 KING DRIVE

DALY CITY, CA 94015

HALLOWEEN SPOOK PARADE

OCTOBER 31ST - 3:30 P.M.

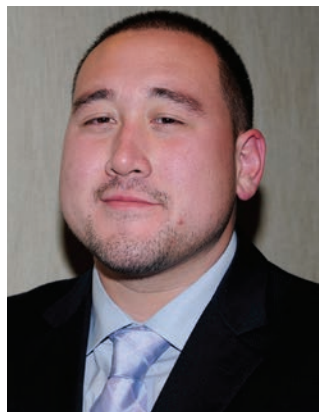
SERRAMONTE SHOPPING CENTER

DALY CITY, CA 94015

Check out the Daly City / Colma Chamber Website www.dalycity-colmachamber.org for more information, dates plus
photographs of past events. * All dates subject to change.



Matthew DeVincenzi, Classic Bowling Center



Matthew DeVincenzi

Director of Business Development/Parties
Classic Bowling Center
(650) 878-0300 ext. 11
matt@classicbowling.com

Matthew "Matt" DeVincenzi is a new member of the Daly City/Colma Chamber of Commerce Board of Directors and Director of Business Development/Parties at Classic Bowling Center. Matt is excited to join this dynamic group of individuals who share the common goal of furthering business and economic development in Daly City and Colma. He loves baseball, football, cooking and family activities. His skills as an event planner, solution orientation, attention to detail and providing stellar customer service is a true asset for the Chamber. Matt stated, "I'm so thankful for this opportunity to add my voice and vision to help local businesses in Daly City and Colma thrive. I am a recent graduate of the 2013 North San Mateo County Leadership program where I had the unique opportunity of learning about business, government and communication by listening to the wide variety of speakers that we were lucky to have." Classic Bowling Center is a family owned and operated business focused on good wholesome fun for the community of all ages, corporate retreats, parties. It is located at 900 King Drive, Daly City, CA 94015. Call (650) 878-0300 or Fax: (650) 878-0228. Classic Bowling Center is open Monday – Friday 9:00am – 2:30am and Saturday – Sunday 8:30am – 2:30am. For more information on events and parties, please check out our website at <http://www.classicbowling.com/>.

MEMBER-TO-MEMBERS

A benefit of membership in the Daly City/Colma Chamber is being featured in the Member-to-Members Column. The Daly City/Colma Chamber of Commerce encourages business development and networking, provides members with useful information and services to maintain economic vitality and quality of life.



Is your current uniform or linen program measuring up to your expectations?

AmeriPride
2240 W. Winton Ave
Hayward, CA 94545

Allie Vetterlein
Sales Consultant
e-mail

Alexandra.Vetterlein@ameripride.com
ameripride.com
510-600-5928

My name is Alexandra Vetterlein (Allie for short) and I am your sales consultant for AmeriPride. With over 125 years of experience, AmeriPride is proud to be a leader in providing professional industrial apparel and service solutions, serving over 150,000 satisfied



Alexandra "Allie" Vetterlein,
AmeriPride Sales Consultant

customers. We are a privately held, 4th generation family owned and operated company and customer service is what we hang our hat on. Whether it is mechanic uniforms and floor mats, to

>> Member-to-Member News, continues on p. 11

PLATINUM



*Georgette's
of Westlake*

GOLD



Westlake Village Apartments



SILVER



COPPER

Jonathan Cano.....Comcast Business
John Hui.....Skylawn Memorial Park
Rebecca Husted.....Better Homes and
Garden Real Estate
Mike Joseph.....Walgreens
Will Minnich.....DeVry University
Manny ReburianoAllstate Insurance
Ross Sit.....Achievers Realty Group





58th Annual Daly City / Colma Chamber of Commerce Aloha Golf Tournament

Monday, October 27, 2014 • Lake Merced Golf Club
2300 Junipero Serra Blvd • Daly City 94015



Time: 10:00 a.m. Check-In / Light Continental Breakfast

10:30 a.m. Lunch Available

11:30 a.m. Shotgun Start

Best Ball Scramble

5:30 p.m. No Host Cocktails

6:30 p.m. Dinner, Door Prizes & More

Lake Merced Golf Club Grand Ballroom

\$225 per golfer

\$75 dinner only

PRESENTING SPONSOR



2014 Aloha Golf Sponsorship Details

Place # of sponsorships desired in box below:

Print

Here

King Kamehameha Sponsor – \$2,500

Entry fee for 1 foursome • lunch, dinner for 8 • your company banner displayed on site • tee box sign displayed at a signature hole • full page advertisement in the event program • company literature distributed to all participants • special recognition on the Daly City Colma Chamber of Commerce website • company name announced & special recognition given during dinner presentation.

Print

Here

Mai Tai Cart Sponsor – \$1,700

Entry fee for 1 foursome • lunch, dinner for 4 • your company banner displayed on the drink/snack cart • tee box sign displayed with your company name • company literature distributed to all participants.

Print

Here

Luau Sponsor – \$1,300

Entry fee for 2 golfers • lunch, dinner for 4 • your company banner displayed on site • tee box sign displayed with your company name • company literature distributed to all participants.

Print

Here

Aloha Sponsor – \$600

Entry fee for 1 golfer • lunch, dinner for 2 • tee box sign displayed with your company name.

Print

Here

Hula Sponsor – \$250

Includes lunch, dinner for 1 • tee box sign displayed with your company name.

Print

Here

Rainbow Warrior – \$225

Entry fee for 1 golfer • lunch, dinner for 1.

OPEN TO THE PUBLIC

WALK-ONS WELCOME

ALLIED WASTE SERVICES
A REPUBLIC SERVICES COMPANY

For more information and questions visit Daly City / Colma Chamber of Commerce website www.dalycity-colmachamber.org or call (650) 755-3900.

YES! I AM INTERESTED IN BEING A SPONSOR

NAME: _____

COMPANY: _____

PHONE: _____ FAX: _____

E-MAIL: _____

Names of Golfers:

Player 1: _____

Player 2: _____

Player 3: _____

Player 4: _____

Payment Type: ☐ CHECK ☐ CREDIT CARD Total \$ _____

Visa/MC#: _____

Exp. Date: _____ Security Code: _____

Signature: _____

Return reservation and payment information to:

Daly City / Colma Chamber of Commerce 355 Gellert Blvd., Suite 138,
Daly City, CA 94015 or fax to (650) 755-5160.

Contributions are tax-deductible. Please contact the Chamber of Commerce at (650) 755-3900 for tax identification details.

*Georgette's
of Westlake*


Westlake Village Apartments


LUCKY CHANCES


OUTBACK
STEAKHOUSE

your sponsorship logo goes here!


~SAN MATEO~
CREDIT UNION
(650) 363-1725 • smcu.org



Your Local Environmental Partner

Allied Waste proudly serves the communities of Daly City, Colma and Broadmoor with a dedicated focus on environmental sustainability and stewardship that is reflected in all areas of our local operations.

Working in partnership with our commercial and residential customers, Allied's commitment to reuse, reduce, recycle and renew results in increased diversion, reduces the volume of waste to landfill, lowers greenhouse gas emissions, generates clean energy for local communities, and keeps waste collection rates low.

Meeting the community's environmental needs and delivering the highest level of customer service has been our number one priority since 1953. We look forward to continuing to provide you with the most responsive and responsible waste collection and recycling services in the years to come.

On behalf of our dedicated local employees, thank you for being an Allied customer. At the curb and in your neighborhood, we're proud to be your environmental and community partner.



ALLIED WASTE SERVICES

 **A REPUBLIC SERVICES COMPANY**



One Source, One Solution: Allied Waste Services of Daly City

Proudly serving Daly City, Colma & Broadmoor for more than 60 years. alliedwastedalycity.com 650-756-1130

Presenting Sponsors



Program Length

Friday Mornings

8:00 a.m. - 10:00 a.m.

September 12 – November 21, 2014

Graduation Ceremony Dinner

December 11

Course Fee

\$550

Host Location

DEVRY UNIVERSITY

CLASS OFF-SITE

Daly City Hampton Inn

Skyline Room

2700 Junipero Serra Blvd

Daly City, CA 94015

www.devry.edu

Host Coordinator

DALY CITY/COLMA

CHAMBER OF COMMERCE

355 Gellert Blvd., Suite 138

Daly City, CA 94015

phone: 650.755.3900 • fax: 650.755.5160

www.dalycity-colmachamber.org

staff@dalycity-colmachamber.org



Fall 2014

13th Annual North San Mateo County

leadership forum

Class Enrollment NOW Open



featured speakers

breakfast

meet-and-greet

**WE'VE PARTNERED WITH THE BEST BAY AREA LEADERS
TO SHARE WITH YOU.**

NSMC Leadership participants experience dynamic, face-to-face meetings with key decision makers and experts on vital issues that shape the future of local communities.

This Leadership Forum is hosted by DeVry University, sponsored by Daly City / Colma Chamber of Commerce and coordinated by the Chambers of Commerce in North San Mateo County; Brisbane, Half Moon Bay, Millbrae, Pacifica, San Bruno and South San Francisco.

• dynamic • vital • community • future • YOU

Visit www.dalycity-colmachamber.org
for more information

Revised 8/28/2014



businesses and your Chamber support our young college bound scholars by donating \$40,000 for this effort.

Thank you to the following companies and individuals for their generosity in investing in our youth: **Senior Level Sponsors** donated \$1,000 to the scholarship fund **Allied Waste (2); Allstate Insurance (1); Chiramberro Trust (1); Cypress Lawn Cemetery Association (1); Dino & Georgette Sarles Foundation (2); Duggan's Serra Mortuary (1); First National Bank (1); Hyundai Serramonte (1); Kaiser Permanente (1); Lucky Chances Casino (13); Macy's (1); Moonstar Buffet (1); NCP College of Nursing (1); Recology (1); Robert Lagomarsino Trust (1); Serramonte Center (2); and Westlake Village Apartments (2).** The **Junior Level** sponsors donated \$500 **Dennis & Helen Fisicaro Family Trust and San Mateo Credit Union;** thank you to **Classic Bowling Center, DeVry University, Richard Lagomarsino Trust Properties and Serra Center Associates** **Sophomore Level Sponsors** who donated \$250 each; **Colma Firefighters, Colma Historical Association, Colma Police Officer Association, El Camino Inn, Lake Merced Golf Club, Landmark 2000, O'Neil Glass and David Zeff** our **Freshman Level Sponsors** donated \$100. Without their generosity, we would not have the opportunity and joy of applauding and encouraging our youth, the lifeline of our businesses. *Thank you.*

I want to welcome our new and renewing members! We look forward to connecting and engaging our members

though thoughtful, dynamic events, programming and media platforms to build and encourage a thriving economic engine for our community.

Membership application and benefit information can be found on-line <http://dalycitycolmachamber.org/Membership.php>; contact the Chamber office at (650) 755 3900 or by e-mail staff@dalycity-colmachamber.org. Special thanks to our new and renewing members for your support and vision.

If you are a member, ***we thank you.*** If you are not a member, we invite you to join!

Wishing you a prosperous and great summer!

**LIVE / WORK
SHOP / PLAY
DALY CITY / COLMA**

Georgette Sarles
President/CEO
Daly City / Colma Chamber of Commerce

Presented by the
**Daly City / Colma
Chamber of Commerce**

**17th ANNUAL
Business to Consumers
SHOWCASE**

FREE to the public!
**Visit all exhibits for
a chance to win great PRIZES!**

Daly City and Colma businesses will be full of action at the 2014 Business to Consumer Showcase!
You can make a difference in your community by shopping and doing business locally.
Come to the Showcase to find out what local businesses have to offer.

Saturday September 13, 2014 10:00 AM to 4:00 PM
SERRAMONTE SHOPPING CENTER

For more information, please call 650.755.3900 or visit www.dalycity-colmachamber.org












Organized by the Daly City / Colma Chamber of Commerce in cooperation with the City of Daly City, the Town of Colma and Serramonte Center

Daly City / Colma Chamber of Commerce Photo Gallery

BUSINESS TO BUSINESS EXTRAVAGANZA / TASTE OF OUR CITIES

APRIL 17TH



WELLS FARGO VIGNETTE

APRIL 16TH

CLASSIC BOWLING CENTER VIGNETTE

APRIL 14TH



HYUNDAI SERRAMONTE VIGNETTE

APRIL 15TH



Daly City Colmac Chamber of Commerce EDUCATIONAL FOUNDATION

Access to Higher Education

SCHOLARSHIP AWARDS CEREMONY

Thursday, May 15, 2014
6:00 in the evening
Daly City Council Chambers
333 90th Street, Daly City, CA 94015

ANNUAL SCHOLARSHIP CEREMONY MAY 15TH





Hyundai Serramonte

Ask us about our 10 Point Value Guarantee!

Heading back to school this fall and tired of missing the bus?

Come and visit **Hyundai Serramonte** this summer to browse our wide selection of low priced, pre-owned vehicles to get you back to school the right way!

We have over 120 vehicles of all makes, models, and prices to choose from!

WHAT ARE YOU WAITING FOR?

*Providing Hyundai Excellence
to our community with Value, Integrity, and Trust.*



1500 Collins Ave. Colma ■ 650.550.7250 ■ www.HyundaiSerramonte.com

Quick Guide In Buying Wine Without Being Overwhelmed!



Buying wine can be overwhelming. "What if I don't like it?" "What if it's the wrong kind?" "What if it's (too/not) expensive enough?"

Stop worrying! This isn't rocket science! IF you don't like it you're only out \$X.xx. Besides, most wines can have a second life, to cook with or as a salad dressing base. Here's what you need to do:

Decide what you want to do with the wine- It's obvious right? Wrong! Is it a gift? Is it to drink by itself? Is it being paired with a meal?

Go in your local store. BevMo, etc... Start looking and asking. There are NO dumb questions! We've ALL asked someone at some point! In BevMo EVERY WINE has a card on the shelf that describes the basic flavors and, or what food the wine will go with. If you're not in BevMo, tell the person behind the counter what you're looking for.

*For a gift- Ask friends, colleagues, or spouses what kind of wine the person likes. Try to get kinds or label names. The personal touch goes a long way.

*By itself- This is a "cocktail wine." These wines have a lot of stand alone flavors and are usually drunk by themselves or with light finger-food. Olives, grapes, cheese...

*Meal pairing- Here's the rule of thumb. Try to buy the kind of wine that will match the countries cuisine- Italian pasta with red sauce? Italian Chianti. Boeuf bourguignon? French Burgundy.

Q&A

Q: What's does a high or low alcohol wine mean to me? -Julie

A: Julie - It's good to know the alcohol level of a wine so you aren't (over/under) whelmed. It depends on what you're using the wine for. Cooking wine you want as low an alcohol rate as possible or it will burn quickly. Drinking too high a % too fast and you best not drive home from the party. As for the flavors... Sweet wines (Riesling, Gewürztraminer) traditionally have LOW % (5%-9%). While dry wines (Cabernet Sauvignon, Merlot, Chardonnay)(except desert wines) have a HIGHER % (12.5%-17%).

Q: Are there any good local Champagnes? -Lisa

A: Yes! But in the US (except Korbel) they must be called "sparkling wine". Look to Carneros, Russian River, Sonoma, or Napa in particular. Most will be a blend of Chardonnay and Pinot Noir.

Questions? E-mail me at: Wineman.1001@yahoo.com.



aprons or bar towels, I want to ensure your complete customer satisfaction and create a program customized to your needs.

AmeriPride has recently released an exclusive Diamond Plate Shirt with automotive customers in mind and inspired by car culture.

We are currently in the midst of a contest – **20 Minutes to Talladega**. Schedule a 20 minute consultation with me between now and August 31st and be entered to win a Grand Prize of a 3-day, all expenses paid getaway for 2 to the Talladega Superspeedway in Alabama, October 17 – 20th!

I want to be a resource for yourself and an active member of the community. I look forward to connecting with you and positioning AmeriPride as your next apparel and service provider. We are the people you can count on!

Sincerely,
Allie Vetterlein
510-600-5928,

e-mail: Alexandra.Vetterlein@ameripride.com
2240 W. Winton Ave, Hayward, CA 94545



Emmanuel Paje
Insurance Specialist
Emmanuel Paje Insurance Agency

FARMERS

Auto • Home • Life • Business • Workers Compensation
66 San Pedro Rd., Suite E
Daly City, CA 94014
Bus: 650-755-3419
Fax: 650-755-3485 0B92443
epaje@farmersagent.com



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REBECCA Says.....

Regular Real Estate Tips, Tidbits & Resources provided by Rebecca C. Husted, Realtor/Real Estate Consultant with Better Homes and Gardens Real Estate, Daly City . E-mail rebecca@tlcollect.com. Website: www.RebeccaHusted.com 415.706.4722,



**Veterans of
Foreign Wars
Post 8750,
Daly City, CA**

IT'S VACATION SEASON! KEEP YOUR HOME SAFE WHILE YOU'RE AWAY

Here's a quick home safety checklist for you to consider as you head into the Summer Vacation Season:

1. Consider hiring a house/pet sitter. The best thing is to keep your house watched and lived in, someone to collect your mail/newspapers, items left on the lawn, and generally maintain the home.
2. Hold your mail. There's no better signal to criminals than an overflowing mailbox that the house is empty!
3. Stop Newspaper Delivery. See #2 – a porch full of Newspapers is not a good thing!
4. Keep eyes on your property. Have a neighbor or relative stop by once in a while to be sure nothing is amiss – like those pesky advertisements left at your front door or a UPS Delivery Notice!
5. Make your home look Lived in. If you need, have your lights on timers or have a neighbor put your cans out and back on garbage pickup day.
6. Keep the Landscape trimmed. Maintain your gardener service or even add a mow or garden service while you're gone if you tend to do it yourself when you're home.
7. Lock up! Obvious though it may seem, it's time to go room by room to check windows; lock deadbolts you might not normally lock; secure sliding doors and secure the interior door from your garage into the house.
8. Don't "Advertise" your plans and dates! Remember–anyone following you on Social Media may know a bit too much about you! Be cautious of what you share on these sites and who it's being shared with.
9. Pull the Plug on Electronics. Disconnecting power to some electronics, like your desktop computer, coffee pot & tv can save money and eliminate the worry that you've accidentally left them on. Turning off your garage door, or disarming the pull rope, is also an effective way to keep thieves from opening it with a universal remote.
10. Remove your spare key. That plastic rock, tiny ledge at the top of a door or under the mat or flower pot doesn't fool anyone. If a criminal figures you're on vacation – they likely check first for a spare key. We invested in a Lockbox – that way if we need someone to check our home in an emergency we can give them the secret code.

As a Member of the Top 5 in Real Estate Network®, I have a wealth of real estate and homeownership information that may be of help to you. Feel free to contact me any time to learn more about this important information, and be sure to forward this article on to any friends or family that may be interested as well.

VFW's members are men and women who have not only served our great country in the military but have served in a combat arena. Our motto is "Veterans Serving Veterans." I am proud to be the post commander for post 8750 and the district commander for district 10. I get to spend time with some of the greatest men and women in the world.

Members of our post and district volunteer at numerous veteran and community events. We also attend many homecoming events for service men and women returning from deployment from assignments from around the world. Most of these assignments were in combat arenas. Through our membership dues and funds we receive in donations we are able to help support programs that not only help active duty military personnel, veterans, their widows and orphanages but also teachers, policemen, firemen, EMT's, special needs children and adults in our local communities to name just a few. Several of our members have thousands (yes thousands) of volunteer hours at the San Francisco Veterans Hospital located at Fort Miley.

Our post members are very active in many other organizations such as the Veterans Employment Committee in San Francisco, Veterans Administration Volunteer Services, Avenue of the Flags Committee for the San Bruno National Cemetery, Viet Nam Veterans of America and the San Francisco Veterans Day Parade Committee.

Our post meets on the second Friday of every month at 10 a.m. at the War Memorial Building, 6655 Mission Street in Daly City. If you qualify and want to get involved, please stop in at one of our meetings or call me at 650 892-9932. We always welcome new members.

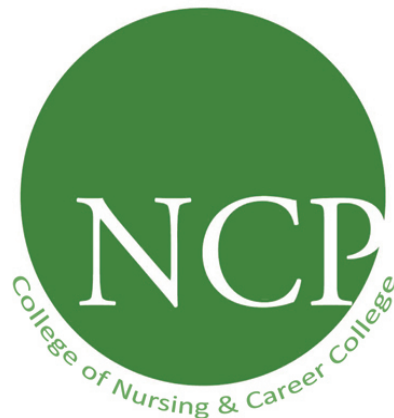
*Rich Brugger, Commander,
Post 8750 and District 10*





Start your career in nursing **HERE**

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South San Francisco Campus (650) 871-0701
www.ncpcollegeofnursing.edu

Simple Steps For A Healthy Lifestyle

Drink More Water: Most of us do not drink enough water every day. Water is absolutely essential for bodily function. Greater than 60% of our body is made up of water. Water is used for transporting nutrients and oxygen to the cells and also waste removal. We lose water daily through urination, perspiration, breathing, and bowel movements, which needs to be replenished. The common recommendation of 8-10 glasses per day is sufficient for the average adult. One formula is: take your body weight (pounds) divide by two, and that is how many ounces of water to drink per day. However, if you are not used to drinking water, you may want to gradually increase over time. Sipping 2-4 ounces per 30 minutes is far more beneficial than guzzling down large amounts of water at a time. Carrying a reusable water bottle (glass/stainless steel) with you throughout the day will help facilitate periodic consumption and help the environment by reducing the amount of plastic waste. The best water to drink is either filtered or spring water. And one more note: water is H₂O only, although juice, coffee, tea, are liquids and have water in them; they are not considered as water for this discussion. Asthmatics and mouth breathers will require additional water for hydration of the body.



Next issue we will discuss exercise and sleep

Yours in Health,
Dr. Vest

Dr. Ishan B. Vest, DC
Doctor of Chiropractic at the Re:Health Centre
(650) 994-4455
550 Washington St, Daly City, CA
e-mail: doctorvest@aol.com

Jonathan Cano
Area Manager

1485 Bayshore Blvd.
San Francisco, CA 94124
T 415 715 0537
M 415 264 7238
F 415 715 0582

Jonathan_Cano@cable.comcast.com
business.comcast.com

COMCAST
BUSINESS



Home Instead Senior Care
650-522-8009
www.makinghomesaferforseniors.com

Home Instead Senior Care Program – Making Homes Safer for Seniors

Nearly 20 million seniors age 65 and older visit the emergency room each year with almost a third of the visits related to injuries, many of which are sustained in their homes.

Preventable home hazards, such as throw rugs or loose railings, can be particularly harmful, leading to falls and injuries that can impact seniors' ability to live independently.

Martie Cruz, franchise owner of Home Instead in San Mateo and Walnut Creek since 1996 said, "The home should be the safest and the most comfortable place for aging seniors. It is critical for families to invest the time in identifying the necessary home safety modifications to ensure it stays that way."

Senior home safety experts recommend that adult children with senior parents take at least one day each year to perform a thorough safety check of their parents' home.

To learn more about making homes safer for seniors, call (650) 522-8009 or visit www.makinghomesaferforseniors.com.

The Home Instead Senior Care network provides personalized care, support and education to help enhance the lives of aging adults and their families. It is the leading provider of non-medical in-home care services for seniors, with more than 1,000 independently-owned and operated in the United States and 17 other countries.

The Home Instead Senior Care network strives to partner with each client and his or her family members to help meet that individual's needs. Services include providing companionship, meal preparation, light housekeeping, personal care, specialized Alzheimer's care, and hospice support. Also available are family caregiver education and support resources.

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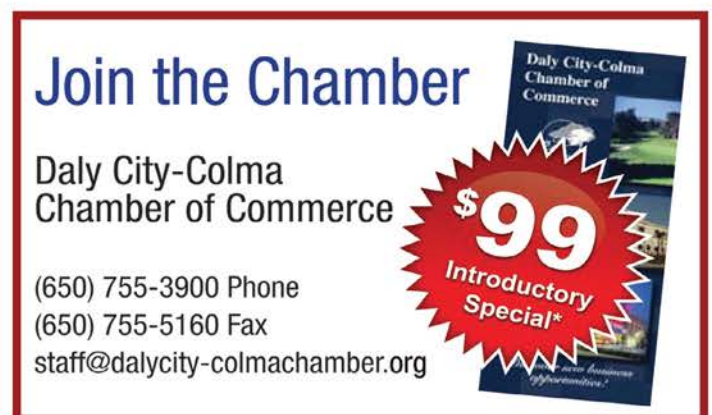
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