

Greater Fort Lee Chamber of Commerce

NEWSLETTER

VOLUME #2, ISSUE #1

SPRING 2011

Upcoming Events:

May 11

Spring Celebration on the Hudson
Son Cubano, West New York

May 12

Joint Chamber Speakers Breakfast
"Downtown and Beyond"
The Clinton Inn, Tenafly

June 22

Annual General Members Luncheon
Le Jardin, Edgewater

July 20

Annual Member Barbecue
Ross Dock Boat Basin

September 21

Business After Hours
Le Jardin, Edgewater

October 19

New Members Breakfast
North Jersey Community Bank

November 19

Annual Dinner Dance and Person of the
Year Celebration
DoubleTree Hotel, Fort Lee

December 7

Holiday Member Luncheon - TBD

Welcome New Members

A Helping Hand LLC
BCD Tofu House

Linda Barba Consultant / Event Coordinator

Defend Your Mortgage
Delta Lambskin Products
Flushing Bank

Hanjin Intermodal America Inc.
HanNam Mart

ICC Cable Corporation
Itsy Bitsy Early Learning Center

Jerome L. Liebowitz, Esq.

Le Jardin Restaurant
New Blue Ribbon
NewBank

Palisade Bagels & Deli
Precise International LLC

Son Cubano
Sovereign Bank

The Face Laser Clinic, LLC

The Training Zone

Transway Freight Systems, Inc.

Wells Fargo Bank

President's Message

Dear Members and Prospective Members,

Happy spring everyone! After experiencing a rough winter, I am ready to welcome spring with open arms. I look forward to warmer weather, beautiful flowers and the sound of chirping birds.

This spring, to assist Chamber members stimulate business and to enhance member benefits, the Chamber is re-launching the Member Discount program and our Welcome Bag program. If you are a Chamber member (or would like to become one) and would like to offer discounts through the ongoing Member Discount Card, please contact our office. Separately, we are collecting give-away items, coupons or brochures to include in the Chamber's Welcome Bag, which will be distributed to new businesses and residents within the community. For additional information, please call the Chamber office at 201-944-7575.

Lastly, don't miss our upcoming "Spring Celebration on the Hudson" to be held at Son Cubano, one of our newest members, on Wednesday, May 11th. I would like to encourage everyone to join us for great food, wine tasting, live music and a special guest appearance (for details: www.fortleechamber.com).

I look forward to seeing you this spring and thank you for giving our organization the opportunity to assist you as you grow your business in our community.

Best wishes,

Gloria Oh
President



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CHAMBER SPOTLIGHT... Designworks International, LLC

Interview by Lance Des Jardins, GFLCOC Chairperson of Public Relations



Designworks International LLC is a multi talented design and construction management company that focuses on tenant representation work. Designworks International has been in business for 30 years and formed as a corporation in 2009 due to its astounding success and prodigious growth.

Each member of the firm contributes their unique talents to the union of the business. The corporation consists of designers, architects and project managers that specialize in: space planning, CAD drawings, architectural details, systems furniture, specialty woods, architectural glass, cabinetry design, lighting, stone floors, walls (inlays), windows and window treatments, wall treatments, storage, period furniture (i.e., art deco, neo classical, renaissance, contemporary, mission), all in an effort to convert the client's dream into a reality.

Regarding commercial design and project management, Designworks International supports the client from the inception of the project to the move-in day. They help the client locate the proper site, assist with the negotiation process, prepare a test to fit (a drawing to ensure the company fits into the space), contract documents, bids for the work, permitting process, bid analysis and awards, furniture, fabric, finish selections and complete project management.

The process is seamless for the client. Designworks International is exceptionally proficient at organizing all the key players and elements that go into the planning, development and completion of a project. All of the firm's members have several years of experience working with Fortune 50 through 500 companies.

Designworks International plans to be involved in the many projects soon to be developed in Fort Lee. Designworks International LLC wants to help their neighbors save money on managing their projects and see them succeed. This, in turn will bring prosperity to the Fort Lee area. For information, contact Beverly Blum at 201-681-7161

Oh My Blooming Back

by Dr. Mike Errichiello

Chiropractic Healthcare Associates at HealthOne • 540 Bergen Blvd., Ridgefield, NJ
201-945-2320 • www.healthonecenter.com



Gardening can provide a great workout, but with all the bending, twisting, reaching and pulling, your body may not be ready for exercise of the garden variety. Performing simple stretches before reaching for your garden tools will help alleviate injuries, pain and stiffness.

- Before stretching, breathe in and out, slowly and rhythmically, do not bounce or jerk your body, and stretch as far and as comfortably as you can. Do not follow the no pain, no gain rule. Stretching should not be painful.
- While sitting, prop your heel on a stool or step, keeping the knees straight. Lean forward until you feel a stretch in the back of the thigh, or the hamstring muscle. Hold this position for 15 seconds. Do this once more and repeat with the other leg.
- Stand up, balance yourself, and grab the front of your ankle from behind. Pull your heel towards your buttocks and hold the position for 15 seconds. Do this again and repeat with the other leg.

- While standing, weave your fingers together above your head with the palms up. Lean to one side for 10 seconds, then to the other. Repeat this stretch three times.
- Do the "Hug your best friend." Wrap your arms around yourself and rotate to one side, stretching as far as you can comfortably go. Hold for 10 seconds and reverse. Repeat two or three times.

Be aware of your body technique, form and posture while gardening. Kneel, don't bend, and alternate your stance and movements frequently. If you start to feel neck, mid or lower back pain, then maybe it's time to see a Chiropractor.

Chiropractic care works on correcting misaligned or out of place vertebrae and can remove the pressure placed on the nerve endings that line the surface of the joint and course through the space between the joints, reducing pain and improving flexibility and function. To see if chiropractic may be able to help you, call 201-945-2320 today for a complimentary consultation.



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Fort Lee's 3-on-3 Basketball Tournament A Success

Chamber of Commerce donates proceeds to High School's Academy of Finance

by Mike Radomski

FORT LEE PATCH SPORTS EDITOR

Article and photos printed with permission
and courtesy of Fort Lee Patch

After months of planning by event coordinator Margaret Maclay, and countless hours of preparation from a number of volunteers, The Greater Fort Lee Chamber of Commerce hosted their 1st Annual 3-on-3 Basketball Tournament on March 19th.

With the recent economic downturn that has affected the Fort Lee High School's Academy of Finance Program, the Chamber of Commerce looked to do anything they could to help.

So before the tournament began, Maclay and the Chamber of Commerce donated \$1,000 to the Academy of Finance as well as a paid internship for one of the students this upcoming summer.

"I'm so excited about that and overwhelmed with the Chamber," said Linda Farrell, the head of the Academy of Finance. "This is really important. The Chamber has been a great partner."

And following the presentation, the games officially began with teams featuring a number of different age groups and professions. It created an atmosphere that many of the on-lookers were impressed with including Fort Lee High School Principal Priscilla Church. "I'm really very inspired by this," she said of the outpouring. "The community gives us tremendous support when it comes to the Academy of Finance."

When asked if this event could become a yearly tradition, the President from the Chamber of Commerce, Gloria Oh, seemed optimistic it would. "I think it can," she said. "As long as we have enough people that are willing to volunteer, I can see it happening again and again."



GREATER FORT LEE CHAMBER OF COMMERCE Officers & Board Members 2010-2011

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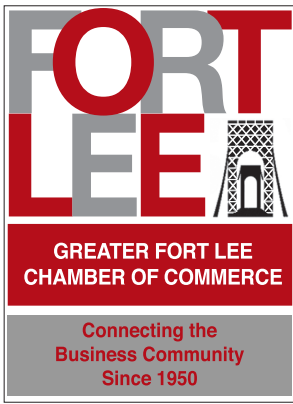
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UPDATE ON CENTURIA PROPERTY

by Craig Weinstein, Esq.
GFLCOC Immediate Past President

With one stroke of the pen in April 2011, Fort Lee Mayor Mark Sokolich signed an agreement for development which he said may have “a greater impact than any other project in this borough since the construction and opening of the George Washington Bridge.” Mayor Sokolich was, of course, referring to the settlement of the dispute between the two developers of Redevelopment Area 5.

Five resolutions were passed at the Fort Lee Council meeting on April 14, 2011. This will allow development to begin for the site formerly known as the ‘Centuria’ property and before that the ‘Helmsley’ property. The tract is a 15.7 acre parcel located at the foot of the George Washington Bridge, which has been vacant for over 40 years.

Just over one year ago, the Fort Lee governing body announced that Fort Lee Redevelopment Associates (FLRA) had been chosen as the developer for the entire property. FLRA is the owner of the eastern half of the property. Tucker Development and Acquisition Fund (Tucker Development) owns the western half of the property.

In June 2010, Tucker Development filed a 25 Count Complaint in Bergen County, seeking to block FLRA’s development plans. Among other things, Tucker Development alleged it was deprived of the “benefit of their substantial economic investment in real estate.” Fort Lee countered by arguing that the choice of FLRA was legal and rational, and vowed to continue work on the project with FLRA despite the lawsuit.

Under the terms of the settlement, FLRA was removed as developer of the entire tract. Instead, both developers will be allowed to create a mixed-use complex on the vacant parcel. FLRA will be redeveloper of the eastern half; Tucker Development the western half.

Tucker Development anticipates that the west parcel will contain at least 165,000 square feet of ground-level retail space and 475 residences. Plans may also include office buildings and a hotel.

FLRA has said the east parcel will have two 450 unit residential towers, a 1.75 acre public park, restaurants, coffee houses and a small movie theater.

Groundbreaking is expected to begin in 2012.



2125 Fletcher Ave., Fort Lee, NJ 07024 • 201-944-1050

Call 24 Hours 800-Metro-13 or 800-638-7613

Spring Has Sprung! Come Visit Our Garden Center!