



January 2012

Issue 6



Our Next Event: Monthly Meeting and Holiday Mixer, Monday, January 2, 6:30pm at [Planet Pizza](#). Speaker: Adria Gross on the new Health Care laws. Members free, non-members \$5.

Our Next Evening Mixer: Wednesday, Jan 18, 6:45pm, at TD Bank.

GMCoC Newsletter

Dear Ronen,

Happy New Year and Welcome to the January edition of our newsletter!

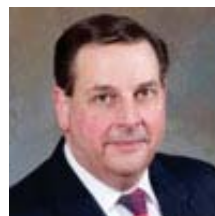
As we shape the face and vision of our organization, your suggestions are welcome and your contributions are essential! If you have something to share - money-saving tips that you've picked up as a local businessperson, or ideas in your field that the rest of us might benefit from - please consider being a guest speaker at a meeting, or contributing a column to this newsletter.

Please note the events we have planned for January.

Ronen Divon, Ian Murphy, Co-Interim Editors

Message from the Board

- The **GMCoC "Holiday Mixer"** at **Planet Pizza** on December 5th had a great turn-out of both members and non-members. Planet Pizza prepared a great meal and Chamber members donated desserts. Jerry Sherman and Shoe-Leather formed a three-some and entertained us with some seasonal melodies. Special prizes were offered by Edible Arrangements, Mr. Electric and Museum Village. Thanks to all our donors and attendees for making this event a success.



- Thank you to **YMCA** for hosting our **Morning Express** on December 16th. Those present networked for a while and then were given a tour of the facility. All present received a one day "guest pass" to the "Y". If you

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Updates



>> Business networking mixer and Monthly meeting at Planet Pizza Monday, Jan 2nd at 6:30pm. Members free, non-members \$5.

>> Our next evening mixer is scheduled for Wed, Jan 18, from 6:45pm to 8:00pm at the TD Bank.

>> If you have the space and would like to host a future mixer, please [let us know](#).

>> Chamber window decals have been delivered. All current GMCoC members should have received a decal for their business's window.

>> Please pass the word

haven't been there you should make a visit. This is a facility that will serve the families and children of Monroe with great programs and staff.

- Do you have something of interest going on? Why not write a brief article and get it publicized in our newsletter and on our web-site? The more we spread the word about Monroe happenings the better the result will be. [Click here](#) to email our webmaster.

- Get a jump on starting your business in the new year! Our **first evening "Open Mixer" for 2012** is schedule for January 2nd at 6:30 pm at Planet Pizza; 6:30 to 7:15 networking, 7:15 to 7:30 a brief update on the Chamber's activities and 7:30 to 8:00 - Adria Gross will talk on recent changes to Health Insurance and how it affects business owners.

- Do you know a business that is not a member? Invite them to any of our meetings to find out what the Greater Monroe Chamber of Commerce is about.

On behalf of the board, we wish you all a Healthy, Successful and Happy 2012!

Paul Campanella
Interim Board Chair
Greater Monroe Chamber of Commerce

Featured Business:

CrossFit GPS

Exercise for fat loss, health and performance



Owner and fitness coach Anthony Figueroa has been a part of people's fitness solutions in Orange County for 10 years. And since July of 2011 he has made his home here in Monroe at 40 Lake St.

CrossFit GPS is all about empowering people with the ability to take back responsibility for their own health. Through teaching their clients

around to other people and local business owners who may be interested in [joining the Chamber](#).

>> Not a GMCoC member yet? [Join now](#) so you may claim the membership as a business expense for 2011!

>> Message from James C. Purcell, Monroe Village Mayor:

You are probably aware that construction on the Short Line commuter parking lot was recently finished. It is now bigger than before and smoothly paved. In the spring the DPW will put the final touches on it when they do the landscaping. Gone is the eyesore; in its place is something useful and attractive.

I am pleased to announce that funding for this project was covered entirely by a grant secured by Senator Larkin, costing the taxpayers of Monroe absolutely nothing.

I am also happy to announce that from now on the commuter lot will be free of charge for Short Line commuters. This will save our residents \$50 a year; non-Village residents will save \$100 annually.

The lot is also free to members of the public riding the Short Line bus during off-hours and weekends. Off-hours are weekdays outside peak commuting times and weekends. After buying your ticket ask for a receipt that you can put in the windshield.

how to eat, coaching their clients how to move safely at high intensity, and by holding their clients accountable to their goals, CrossFit GPS is changing peoples' life in and out of the gym.

Anthony's philosophy is simple...

"The success you achieve at CrossFit GPS has to transfer to your daily life in a valuable way. What good is deadlifting 300 pounds if you can't help a neighbor move a couch, or you lack the energy to play with your children?" - Anthony F.

CrossFit GPS teaches their clients how to move properly, and then increases the intensity appropriately to get them results, safely. Every workout is high intensity, and is never repeated.

"The body has a great way of adapting to the stress we put on it...so every workout has to be different. We use a lot of variety at CrossFit GPS, and we are always learning new things to bring to our clients to ensure continuous success." - Anthony F.

Some may visit CrossFit GPS and find something obviously missing...there are no machines!

"The human body is our greatest machine...I teach people how to use their own strength to stabilize the movements they make and create power. A simple example...sitting in a chest machine or walking on a treadmill won't give you the practical strength and endurance to safely pick your child up from the play ground and rush them to get emergency care in case of a serious fall." - Anthony F.

Anthony's vision is to make elite fitness coaching accessible to as many people as possible.

"Buying or renting exercise equipment, or belonging to a gym isn't enough. This isn't a hobby. Movement is as important and full of impact to our survival as breathing! There is a lack of proper coaching, out there, of movement skills according to how the body is designed. CrossFit GPS is here to teach proper movement techniques, to reduce the injuries that may come from daily activity...Oh, yeah and you are going to look and feel amazing doing it!"

Anthony would like everyone to succeed...so he is making available a FREE report that reveals "21 Top Fitness Success Tips!" [Click here](#) to download your FREE report.

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