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VOLUME 8,  
NUMBER 1

## Women in Business

June  
2007

# Business Alley at the Fremont Festival of the Arts

*One weekend, thousands of potential customers!*

The temperature is rising. Do you know what this means? Another Festival season is upon us. The Fremont Festival of the Arts is quickly approaching. Don't miss your opportunity to showcase your business to thousands of Festival attendees.

The Fremont Festival of the Arts, presented by the Fremont Chamber of Commerce, is Fremont's premier event and the largest free outdoor event of its kind with more than 350,000 attendees each year. The Fremont Festival

of the Arts is home to the Firefighter Combat Challenge, hosts three stages, 700 craft artists, 30 non-profit food vendors, Gourmet MarketPlace and YOU!!!

Business Alley, open to Fremont Chamber of Commerce members only, is a tradeshow within the Fremont Festival of the Arts. As Business Alley participants, Chamber members have the opportunity to showcase and market their businesses to thousands of Festival attendees for far less than a

penny per attendee. Space in Business Alley is limited and filling quickly. Don't miss out on gaining potential customers and meeting potential vendors.

Past Business Alley participants include Joly Chiropractic, Washington Hospital, Kaiser Permanente, California Energy Service, University of Phoenix, Curves, 1-800-Got Junk, Cloverleaf Family, Bowl, NeoVision Eye Center, Anna Jacoby Interiors, just to name a few. The following comments

are just a sampling of what some had to say:

*"I thought it went great. The vendors were very happy we were there. I made new friends, it was a fun weekend."* — Veronica Johnson, Alhambra Water

*"We found Business Alley to be a great way for us to market our not yet opened business. We had over 250 people*

—**Business Alley,**  
*page 5*

### Chamber offers special Wine Garden ticket pricing for members

Chamber membership has its privileges, and we are offering our members the first chance to take advantage of a limited-time reduced rate for the Wine Garden Connoisseurs' Circle at the Fremont Festival of the Arts, August 4-5, 2007.

For seven years, the Wine Garden at the Fremont Festival of the Arts has offered a shady and secluded retreat for those who wish to enhance their festival experience. Enjoy premium wines from local wineries poured by vintners eager to share their expertise and speak to guests about tasting techniques and different wine varieties. Wine will be accompanied by a delicious buffet.

—**Wine Garden,**  
*page 8*

### A Team of Professionals is Key to Business Growth



by Gloria Villasana Fuerniss  
*Vice President, Fremont Bank*

In the 36 years I have been in the financial services industry, I have had the pleasure to work with many women clients who want to "grow their business". Society has changed tremendously from 1976, the year I

was named Vice President of Fremont Bank. However, two significant points have remained true throughout the years. First, we must acknowledge that promotions are only given as a result of hard work and a thorough knowledge of one's field. A strong mentor that sees the value in providing the arena in which a growing professional can thrive is also a great asset. Second, a significant key to success is to have a team of professionals to keep us well informed. Your professional team should consist of at least four key experts.

A CPA can review your financial condition and recommend a plan of action to achieve your financial goals. There will be times when business thrives and times when it doesn't do as

—**Team Players,**  
*page 7*

### Living with Verified Response

*How to Protect Your Business Assets*



by John Martin  
*Owner, Martin's Security Depot, Inc.*

In February 2006, the City of Fremont adopted the Verified Response Ordinance for all monitored alarm systems in the city. For those unfamiliar with the verified response ordinance, it states that the Fremont Police will

not be dispatched to a monitored alarm unless it has been verified by: audio, video or a person (typically a security guard service). The intent of this article is to inform business owners and managers what options are available to be compliant with the verified response ordinance.

Before describing how verified response works, let's discuss what to expect from the Fremont Police department when an unverified alarm event occurs. Most central monitoring stations still call the alarm event into the Fremont Police dispatch center whether the alarm is verified or not. Unverified alarm events are passed to the on-duty police officer in the area. Officers are instructed to "Be on the lookout"; though actual response to the

—**Verified Response,**  
*page 2*

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*Our Mission is to promote, support and enhance a positive business environment.*

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2006 – 2007

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**Staff**

Cindy Bonior.....President & CEO

510-795-2244, ext. 106

cbonior@fremontbusiness.com

KK Kaneshiro.....Director of Member Services

510-795-2244, ext. 103

kkkaneshiro@fremontbusiness.com

Lana Hillary-Windom.....Office Manager

510-795-2244, ext. 105

lhillary-windom@fremontbusiness.com

Leisa Port.....Administrative Assistant

510-795-2244, ext. 101

lport@fremontbusiness.com

Napoleon Batalao.....Webmaster, Layout Editor

510-795-2244, ext. 102

nbatalao@fremontbusiness.com

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FIFTEEN  
YEARS



**15 Years of Excellence**

The United States Chamber of Commerce has acknowledged the excellence of the Fremont Chamber of Commerce by granting the designation of “Accredited Chamber” Only 12 percent of all Chambers nationwide have received this honor.

**ACCREDITED**  
CHAMBER OF COMMERCE  
CHAMBER OF COMMERCE  
OF THE UNITED STATES



**Victoria O’Gorman**  
Board Chairperson

**Message from the Board Chairperson**

I am honored to accept the gavel and serve as the Chair and spokesperson for the Fremont Chamber of Commerce. As the Medical Group Administrator for Kaiser Permanente here in Southern Alameda County, I am an experienced business manager and will apply my 30 years of management experience to continue the work initiated in 2006. It is imperative for people to be involved in their community and I will do my best to promote a healthy and prosperous business environment.

In 2007, we will embark on a year of renewed growth for the Chamber and the business community we serve. At our March 30th strategic planning retreat, the Board of Directors began the development of a three-year strategic plan that will focus on:

- Business and Community Partnerships
- Membership Growth and Retention
- Marketing and Communication
- Leadership Education

I would like to share some highlights of the new strategic plan:

**Businesses and Community Partnerships**

This is an integral part of the work of the Chamber. One way we accomplish this is through the Fremont Business Resource Fair, a partnership between the City of Fremont and the Chamber.

Another important focus is to work with the local business associations to identify mutually-beneficial opportunities to collaborate in the local business districts. A prime example is the annual Fremont Festival of the Arts organized by the Chamber.

The Fremont Festival of the Arts is the largest two-day outdoor street festival in the western U.S. Approximately 400,000 people attend the festival and visit Business Alley, which showcases local businesses. The Festival attendees bring substantial volume to local hotels, restaurants and other services that contribute to the local economy. By partnering with local business association and developing strategic partnerships within our community, we maximize the benefits the festival offers.

**Membership Growth and Retention**

Membership offers multiple benefits to both small and large businesses. About 90 percent of our members are small business owners. Members are our top priority and we are developing strategies to provide value-

added services that speak to our rich diversity as well as to local and global markets.

We offer member briefings where business owners can learn how to maximize their return on investment. Our Connection Clubs offer networking opportunities where they can exchange leads and help each other grow their business. Our twice a month Business Mixers provide the perfect venue to showcase individual businesses.

We also encourage ribbon cutting ceremonies, which are a great way to introduce you to the community. Our Chamber has conducted a record-breaking number of ribbon cuttings in the past year, and members are seeing great success at these events.

**Marketing and Communication**

The Chamber is the door to the community and is the first place people go to find information or assistance. We are in the top 12 percent of the Chamber’s nationally awarded Accreditation by the United States Chamber of Commerce. We have met the criteria set by the US Chamber of how a Chamber should conduct itself on all levels; financially, for community betterment and as an advocate for free enterprise. We have been accredited since 1988.

One of the strengths of the Chamber is to market the services of our members through events, newsletters, television and other media venues. We will be placing an increased focus on technology tools and online services. Look for upcoming enhancements to our website and to the Top of the Week electronic newsletter.

**Leadership Education**

Many of you have participated in the Leadership Fremont, a popular program organized by the Chamber. It has an excellent curriculum to help future leaders develop the skills and knowledge to make informed decisions and lead effectively. The program focuses on community issues, personal leadership skills and teamwork.

In collaboration with the City of Fremont and local colleges, we also hold monthly business workshops to support small business and sustainable economic growth.

The Chamber is an ardent supporter of the Dollars for Scholars program, which provides scholarships to deserving students, and we look forward to increase our financial support for this program.

I invite you to become actively involved in the many programs offered by the Fremont Chamber of Commerce. We are here to serve you and I look forward to working with each one of our members. The value of your membership grows as you use the services and become involved. The Chamber is the business voice of the community and the best investment you will ever make!

**Verified Response—**

*from page 1*

call is left up to the officer's discretion. The police will respond to alarm events considered a threat to public safety with or without verification. Here is the bottom line, if you have a monitored alarm system but have not taken the next step to insure the alarm event is verified, don't expect police response!

The most widely installed means of verified response is audio verification. It provides a means of allowing the central station operator to “listen-in” to sounds on the premises where the alarm event occurred. This technology is widely available and supported by all central stations and most if not all alarm systems currently in use in Fremont. A common misunderstanding is that the central station can listen in to conversations at the premises whether or not an alarm event has occurred, when in fact this isn't the case. The audio listen-in capability is only enabled after the alarm system on the premise signals the central station with the alarm codes. The central station operator then has the capability to listen-in or in some cases have a two-way voice conversation with the premise, verifying the alarm event prior to calling police dispatch. Proper installation of an audio system requires installation of multiple microphone/speaker stations throughout the premise to pickup sounds and conversations.

Video verification is still in its early stages of adoption. Those that have used it have found that the video images captured are a powerful means of alarm verification as well as useful to law enforcement for cap-

ture and prosecution of the criminals involved in the burglary. Video systems also provide the business owner/manager the capability to remotely view video images from home, whether or not an alarm event has occurred. A typical video verification system is going to consist of a DVR “digital video recorder” and a number of cameras wired to it. The DVR must have an Internet interface to allow for remote viewing by the central station or business owner/manager. Some key factors to consider when installing such a system are camera placement, camera lens specifications (wide angle

or telephoto), resolution level, expected lighting levels and whether the cameras need to be vandal resistant. It is highly recommended that only color cameras are used, black and white cameras may be cheaper but you give up valuable information such as color of hair, eyes and clothing. Also keep in mind that even with police response, burglars can sometimes hit and run before police can respond, so any video evidence can be very useful for the investigation.

Security guard response can be contracted through your existing alarm dealer or directly with a guard service. Make sure that if you do take this approach you get them to guarantee a specific response time, otherwise you might be greatly disappointed when your business has been burglarized and they show up after the fact.

Fremont police detective Bill Veteran states that alarm systems are still a strong deterrent to burglaries. He recommends having warning signs/decals indicating the premise is protected with an alarm system as well as a loud bell to scare off would be burglars.

To learn more about verified response options, call John Martin at Martin's Security Depot, Inc. at (510) 490-1120 for a referral to a licensed alarm dealer or visit [www.martins-security.com](http://www.martins-security.com).

**“Here is the bottom line, if you have a monitored alarm system but have not taken the next step to insure the alarm event is verified, don't expect police response!”**

## Guest Editor Message

### This is the time of year when we recognize the achievements of Women in Business!

It's a great time to be a woman in business. Old stereotypes have fallen by the wayside. Doors are wide open for women in all career paths. We even have women on the moon! Every year more and more women are listed in the ranks of the top CEO's nationwide. Seldom do I find gender to be an issue in my ability to conduct business. Opportunities abound for a woman who is well trained, is willing to work hard and has a passion for what she does. Women bring so much to the business world. We are creative, multitasking and willing to go the extra mile to get the job done. Where ever I go in life I constantly see these traits in the people with whom I surround myself. When it's my time to reach the Pearly Gates I will beg St. Peter to wait just a minute, I need to get one last thing done!

With all the demands, responsibilities and deadlines in our busy lives, I find it essential to maintain a balance in life. One needs to have outside interests and take time to refresh herself. Try expanding your boundaries once in awhile. Learn to hike, take up softball, or go fish in a stream

or even try fishing in the ocean. Amazing things happen when you expose yourself to a new adventure. Many years ago I began to flyfish. It has become an important part of my life to get out on the water as often as I can. Compared to my everyday business attire, I must be a sight on the water wearing my waders and boots. But when you cast the rod, present the fly and the fish takes take it, the thrill is on. No matter how many days a year I can fit in a day on the water I am stilled thrilled to fight the fish, bring it to hand and turn it loose to live another day.

Read on and see what some of my colleagues have to say about their experiences or sharing of their expertise.

Tight lines,  
Bobbie Armor



Bobbie Armor  
Guest Editor  
Armor & Associates  
Insurance Agency

## Calendar of Events June

- 1 **Official Unveiling of the Star Wars Postage Stamp**  
3:30 p.m., Fremont chamber of Commerce
- 4 **Membership Committee Meeting**  
Noon, Chamber Conference Room
- 5 **Ægis Living Mixer**  
11 a.m.-1 p.m., 3850 Walnut Ave., Fremont  
Phone (510) 739-1515  
Ægis of Living of Fremont; where residents are seen as exciting people with interesting pasts to share and futures still to be lived. Part of living life to the fullest is being able to let go of day-to-day worries and focus on life itself. And it's not simply living - it's living well. Ægis Living provides a diverse group of community options to meet seniors' needs: Ægis Senior Living, Ægis Assisted Living, Ægis Senior Inns, and managed communities.
- City Council Meeting**  
7 p.m., City Council Chamber
- FCCTV's June Show - "Physical Therapy: Improving Your Life Through Increased Mobility"**  
7:30 p.m. on Channel 26
- 6 **Ambassador's Meeting**  
8 a.m., Chamber Conference Room
- 8 **Chamber Board of Directors Meeting**  
7:30 a.m., Chamber Conference Room
- 11 **Membership Committee Meeting**  
8 a.m., Chamber Office
- Communications Team Meeting**  
1:30 p.m., Chamber Conference Room
- 12 **City Council Meeting**  
7 p.m., City Council Chamber
- 13 **Government Affairs Committee Meeting**  
7:30 a.m., Chamber Office
- Northern California Cancer Center Mixer**  
5-7 p.m., 2201 Walnut Ave., Ste. 300, Fremont  
Phone (510) 608-5000  
The Northern California Cancer Center is dedicated to preventing cancer through population based research and community education. An independent organization, NCCC is an established, nationally recognized leader in understanding who gets cancer and why, and how to improve the quality of life for individuals living with cancer.
- 19 **Fremont City Work Session**  
4 p.m., City Council Chambers
- Festival of the Arts Committee Meeting**  
6 p.m., Chamber Office
- 20 **Connection Club Leaders Meeting**  
8 a.m., Chamber Conference Room
- Member Briefing**  
11:30 a.m., Chamber Conference Room
- 26 **Leadership Steering Committee Meeting**  
8 a.m., Chamber Conference Room
- City Council Meeting**  
7 p.m., City Council Chamber
- 27 **ePingo.com Mixer**  
5-7 p.m., 46269 Warm Springs Blvd., Fremont  
Phone (510) 498-4386  
ePingo.com is a high quality, large-format Internet printing service, producing banners, posters and giant photo enlargements, all in photographic-quality full color. They make eye-catching banners on fabric and print laminated or mounted posters. ePingo.com also prints big photo enlargements of your family, vacation or commercial images on quality photo papers or canvas. At ePingo.com, quality and reliability are not words in a slogan; they define the service they offer.



## Wine Garden ticket pricing for Chamber members

Chamber membership has its privileges, and we are offering our members the first chance to take advantage of a *limited-time reduced rate* for the Wine Garden Connoisseurs' Circle at the Fremont Festival of the Arts, Aug 4-5, 2007.

For seven years, the Wine Garden at the Fremont Festival of the Arts has offered a shady and secluded retreat for those who wish to enhance their festival experience. Enjoy premium wines from local wineries poured by vintners eager to share their expertise and speak to guests about tasting techniques and different wine varieties. Wine will be accompanied by a delicious buffet lunch made especially for Wine Garden guests by one of Fremont's finest dining establishments. Tickets to the Wine Garden are a great way to thank your best customers or to reward your employees for their hard work.

### Connoisseurs' Circle

The Connoisseurs' Circle provides special recognition for companies and organizations that purchase a block of 10 tickets. Connoisseurs' Circle members receive the following additional benefits:

- Recognition for your company as a Connoisseurs' Circle member in the Wine Garden program distributed to every 2007 Wine Garden attendee
- Your company listed on the Wine Garden signage
- Your company name included in the thank you ad in the Fremont Business Review
- And, the opportunity to be included in all Connoisseur's Circle events and receive advance notice of ticket sales.

This special offer enables you to purchase a Connoisseur's Circle block for only \$500, a savings of \$50. But, you must hurry. This special offer expires on Monday, July 9th. In order to take advantage of the offer, please call Lana Hillary-Windom at (510) 795-2244, x105 or email [lhillary-windom@fremontbusiness.com](mailto:lhillary-windom@fremontbusiness.com). You must mention this special offer in order to qualify.

### The Wine Garden

The Wine Garden is open from noon to 5 p.m. each day of the festival. Each ticket is good for admission on either Saturday or Sunday, you select the date. Wine Garden tickets include:

- A preferred parking space near the Wine Garden
- A 2007 Festival wine glass
- A 2007 Festival drink ticket that can be used outside the Wine Garden
- Gourmet buffet served by some of Fremont's leading restaurants
- Premium wines poured by wine experts and representatives from wineries.
- Entertainment presented for the exclusive pleasure of Wine Garden attendees.

Entrance to the Wine Garden is limited to individuals 21 and over.

**Wine Garden and Connoisseurs' Circle tickets:**  
call 510-795-2244 ext. 101  
visit [www.fremontbusiness.com](http://www.fremontbusiness.com)  
and order online



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# Special Olympics Athletes Benefit from Special Event by the Fremont Leadership Class of 2007

by Johnny Ng  
Leadership Fremont  
Class of 2007

The Fremont Police Department edged out the Fremont Fire Department 61 to 58 points to win the first annual Guns 'N' Hoses charity basketball game on April 14 at Washington High School in Fremont.

Organized by the Fremont Leadership Class of 2007, Guns 'N' Hoses netted a total of \$14,000 and attracted over 200 basketball fans from the local community. Proceeds from the event benefited Special Olympics and more than 300 Special Olympians in the Tri-City area. Special Olympics programs give these athletes chances to strengthen their character, develop physical fitness and fulfill their human potential.

In addition to the exciting basketball game, Guns 'N' Hoses included halftime entertainment, numerous raffle prizes, a live and silent auction featuring sports and celebrity memo-

abilia and a variety of food and snacks. KTVU morning news anchor Mark Curtis emceed the event.

Sponsors of Guns 'N' Hoses included Fremont Bank, Fremont Chamber of Commerce, Fremont Police Association, Fremont Professional Firefighters, Kaiser Permanente, NUMMI, the Saddle Rack and Washington Hospital.

Leadership Fremont is an annual program of the Fremont Chamber of Commerce. The nine-month training program is designed to identify, nurture and develop emerging leaders within our community. The program curriculum is comprised of three components: Community Issues, Personal Leadership Skill Set, and Teamwork Project.

Johnny Ng is a recent graduate of the Leadership Fremont programs and the Senior Public Affairs Representative from Kaiser Permanente Public Affairs. For more information, please contact Johnny at (510) 618-5938 or email Johnny.Ng@KP.org.



## Pictures from the Guns 'N' Hoses game

Left: Firefighters and police officers battled on the court in the Gun 'N' Hoses charity basketball game

Above: A few of the Leadership Fremont crew at the game: (l-r) Mike Rogers, Dominique Woon, Jen Moore, Johnny Ng, Gina Inciong

## Member News

### Comfort Keepers join the fight against cancer

The owners of *Comfort Keepers*, Jennifer and Jessica Abrams have committed to join the fight against cancer. They have joined the Leukemia & Lymphoma Society's Team in Training, along with their mother, Judy. On June 5th, Jessica completed the Wildflower Half-Ironman. The course is a 1.2 mile swim, 56.2 mile bike ride, and a 13.1 mile run. On June 3rd, Jennifer and Judy will complete the Half Marathon in San Diego - a 13.1 mile run. If you know someone close to the cause, Jennifer and Jessica would be honored to race in his/her honor. Please contact them and the honoree name will be added to the jerseys that will be worn throughout the race. If this is a cause that is close to your heart, and you would like to make a donation please feel free to visit Jennifer and Jessica's website <http://www.active.com/donate/tntgsl/AbramsFamily> to read about the training progress, make a donation on-line, see photos. You can reach Jennifer or Jessica at (510) 790-9555.

**Fremont clinics get NCI 'cancer center' status**  
The Northern California Cancer Center has been awarded "cancer center" designations from the National Cancer Institute. The center said the distinction reflects both high-quality patient treatment and excellent basic and clinical research, and that Fremont-based Northern California Cancer Center

worked with Stanford to achieve the designation. Stanford and the Northern California Cancer Center's collaboration, combined with increased access to NCI resources, will be a benefit especially for underserved minorities with limited access to cancer care and prevention.

### Justine Schroeder earns accreditation from Pet Sitters International

Justine Schroeder, a Fremont pet sitter and owner of 3A Pet Sitting, has earned the distinction of PSI Accredited Pet Sitter, according to an announcement from Pet Sitters International. PSI is the world's largest and most progressive association for professional pet sitters, with more than 7,600 members in all 50 states, most of the Canadian

provinces and 10 other countries. In order to earn accreditation, a pet-sitter must conform to PSI guidelines and demonstrate proficiency and professionalism in business skills and practices. The curriculum covers the care of various species of companion animals, pet health and nutrition, business and office procedures, and additional pet-care services commonly offered by pet sitters. "Professional pet sitting is one of the fastest-growing small business fields in America," said Schroeder. "Becoming a PSI Accredited Pet Sitter will demonstrate to local pet owners that I am dedicated to being my professional best and committed to the highest industry standards. Pet sitting is a service business with a difference-we want to offer our customers the best service possible and take care of their pets as

if they were our own." For more information on 3A Pet Sitting, contact Justine Schroeder at (510) 673-4646 or [Justine@3APetSitting.com](mailto:Justine@3APetSitting.com). To find out more about Pet Sitters International, call (336) 983-9222, visit [www.petsit.com](http://www.petsit.com) or e-mail [info@petsit.com](mailto:info@petsit.com).

### Tri-Cities Chiropractic Gets new Name

Starting now, Tri Cities Chiropractic will now be known as *Optimum Wellness Center*. The new name more clearly defines what the organization does, achieve optimum wellness. Preventative wellness is the new bridge to health and longevity. For more information visit [www.optimumwellnessctr.com](http://www.optimumwellnessctr.com).

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Central Chevrolet  
Fremont Optometric Group - Dr. Victor Gin  
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Coldwell Banker - Will Butler  
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What's Happening, The Tri-City Magazine
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Cartwright's D.J. Services  
Casa Robles Mexican Restaurant  
Cathy Steele Model & Talent Mgmt.  
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Cold Stone Creamery  
Crashproof Solutions, LLC

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ELMARS (Environmental Logistic Management and Asset Recovery Solutions)  
Fremont Retail Solutions  
Gymboree Play & Music  
Home Savvy Inspections  
Jill of All Trades  
Manpower  
Metro Medical Billing, Inc.  
Music At The Mission Concert Series  
New York Life Insurance- Greg Armanino  
Padgett Business Services  
Parrots Books  
Passion Parties  
Precision Home Improvement  
RE/MAX Active Realty - David Petersen  
RE/MAX Executive - Andie DePass  
Scott Solutions Computer Services  
Sport Clinic Inc.  
Sum of All Numbers  
Super Suppers  
The Gutter Shutter Company  
Titan's Kingdom  
Total Wellness Discovery  
Wachovia Home Loan

Congratulations to all our Chamber members who have reached these milestones

# Leadership Fremont

In an ever-changing complex world, strong leadership is essential. It is needed in business, government, and non-profit organizations to meet today's challenges. To answer these challenges, the Chamber offers Leadership Fremont, a 9-month training program designed to identify, nurture and develop emerging leaders within our community.

Through individual skill development, hands-on activities and presentation of a wealth of information from private and public sector leaders, future leaders develop the skills and knowledge base to make informed decisions and lead effectively. The program is comprised of three components: community issues, personal leadership skill set, and teamwork project.

Leadership Fremont offers benefits to participants through a better understanding of the challenges and issues facing the community while developing valuable contact and communication networks within the community. At the same time, participants will expand their leadership skills and leave each session prepared to apply these newly learned skills to personal and business situations. Participants will graduate from the program prepared to embrace leadership opportunities in both their careers and community.

Not only does the participant benefit, but the employer or the sponsoring organization will experience direct benefits from the Leadership Fremont program through enhanced opportunities for greater corporate or organizational community involvement and visibility. Skilled employees and representative will be in a better position to communicate the corporate or organizational culture and be poised to influence positive change allowing the sponsoring company or organization to have a greater impact in the community.

The program is designed for those who are currently in leadership roles, or have been identified as potential leaders within their business or non-profit organizations. It is also an excellent program for individuals who have an active role in the community or those who wish to take that next career step.

The Class of 2008 will begin with an orientation in August. Applications are now being accepted for this session. If you are interested in more information regarding the Leadership Fremont program or would like to request an application for the Leadership Fremont Class of 2008, please contact Lana Hillary-Windom at (510) 795-2244, ext. 105 or email lhillarywindom@fremontbusiness.com.

## Connection Clubs

### Meeting Dates, Times, Places

The Chamber's Connection Club is a "business to business" referral program, designed to give maximum support and opportunity to Chamber members who understand the value of networking and doing business with people they know and trust. No duplications of business types allowed. Each club may only have one representative of any given profession or specialty.

To visit a Connection Club, please call the Chair or Vice Chair to reserve your space.

**Tuesday Noon**  
meets weekly at 11:45 a.m.  
location tba  
Call the Chair for location info  
Chair: Ron Machado, (510) 657-9946  
Vice-Chair: Lirio Gonzalez, (510) 894-0764  
www.tuesdayconnectionclub.com

**Wednesday Noon**  
meets weekly at 12 noon  
Aegis Living of Fremont  
3850 Walnut Ave., Fremont  
Chair: Susannah Ahn, (510) 739-1515  
Vice: Drew Thompson, (510) 657-8776  
www.fremontreferrals.com

**Connect 2 Succeed**  
2<sup>nd</sup> & 4<sup>th</sup> Thursday at 11:45 am  
La Piñata Restaurant  
39136 Paseo Padre Parkway, Fremont  
Chair: Dr. Joe Joly, 510-249-9037  
Vice-Chair: TBD  
www.connect2succeed.com

**Thursday AM**  
meets weekly at 7:30 a.m.  
The Depot Cafe  
37260 Fremont Blvd., Fremont  
Chair: Renee White, (510) 440-1100  
Vice-Chair: Brad Gelesic, (510) 612-3858  
www.thursdayAM.com

**Fridays Women In Business**  
meets weekly at 7:30 a.m.  
Best Western Garden Court Inn  
5400 Mowry Ave., Fremont  
Chair: Hong Burt, (408) 425-2714  
Vice-Chair: Kathy Cotton, (510) 490-7740  
www.fremontwib.com

**Referrals Plus**  
1<sup>st</sup> & 3<sup>rd</sup> Thursday at 11:45 am  
Joey Basil's  
3720 Mowry Ave. Fremont  
Chair: Melinda Yee, (510) 651-2448  
Vice: Sheryl Marymont, (510) 661-0906  
www.thursdayreferralsplus.com

**Friday AM Connection Club**  
meets weekly at 7:15 a.m.  
The Depot Cafe, Fremont  
37260 Fremont Blvd., Fremont  
Chair: Brendon Whateley, (650) 472-1116  
Vice-Chair: Guido Bertoli, (510) 790-2444  
www.fridayconnections.com

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## Leadership Fremont Class Community Projects

An essential characteristic of a strong leader is his or her commitment to the community. This characteristic is strongly emphasized and developed in the Leadership Fremont program. Each class is given the assignment of completing a community project which must engage and enhance the community. This project also gives the participants the opportunity to utilize the leadership skills. Here is a listing of community projects completed by Leadership Fremont classes.

**2007 – Guns 'N' Hoses:** Hosted a friendly basketball competition between Fremont's Police and Fire Departments with proceeds to benefit the Special Olympics. Raised a record-breaking cash donation for the organization.

**2006 – ELDERSafe:** In cooperation with the City of Fremont Human Services Department, developed a campaign to educate business personnel who come into frequent contact with older adults about the warning signs indicating affects to their safety and well-being.

**2005 – Cut Abuse:** In cooperation with SAVE (Shelters Against Violent Environments) produced collateral materials and worked with local beauty salons to educate women about domestic abuse prevention and assistance.

**2004 – Senior Moments Video:** Produced a video targeted to businesses to help increase volunteerism to the senior community.

**2003 – Music is Instrumental:** Did a musical instrument drive to increase the number instruments available to children in the Fremont Unified School District.

**2002 – White Washed Mission Adobe:** Refurbished and white-washed the exterior of the Mission-Adobe house in Niles.

**2001 – Refurbished the Seneca house:** Refurbished a classroom, provided new furniture and installed new computers to an at-risk children's facility.

**2000 – Christmas in April:** Repaired Viola Blythe's home.

**1999 – Christmas in April:** Built a playground for a transitional housing facility.

**1998 – Christmas in April:** Established the regional Christmas in April chapter and refurbished a home.

**1997 – City of Fremont:** Assisted the City of Fremont in obtaining the status of becoming an All America City.

## Business Alley—

from page 1

want to be on our email list and we weren't giving anything away to get them to give us their address!! That represents over \$30,000 in new business for us - We are very happy with the results!!" —Colleen Ganaye, Super Suppers

"There is no tradeshow in the entire Bay Area that can give a company or business greater exposure in marketing than Business Alley. Nothing matches Business Alley. It is an opportunity to come in contact with thousands of people, letting them (know) who we are and that a local firm is here right in their backyard. It is also an opportunity for an organization to stay in touch with their clients. So many of our clients came by the booth to say "hi". What a great feeling. Thanks Chamber Staff." —Pam Isom, ICE Safety Solutions

"We get a great amount of leads that end up being jobs every year. By far the best return on investment for trade show type marketing." —Mandy Cagle, 1-800-GOT-JUNK

Don't let this opportunity pass you by; reserve your space in Business Alley today!!! For more information contact Lana Windom at lhillarywindom@fremontbusiness.com or 510-795-2244.

## Thank You

### JVA Business Services Your Marketing Connection!

Thank you to **JVA Business Services** for referring:  
White Rock Building

### BERGSTROM FINANCIAL SERVICES

Thank you to **Bergstrom Financial Services** for referring:  
Steven Anthony Real Estate

**WELLS FARGO**

Thank you to **Wells Fargo Bank - Irvington Branch** for referring:  
for The Art Blossom

Would you like to refer someone? Call KK at the Fremont Chamber of Commerce: 510-795-2244, ext. 103, or email kkaneshiro@fremontbusiness.com

## Advertising

### ADCO

Irit Raichbart  
4450 Enterprise St., Ste. 107  
Fremont, CA 94538  
irit@adcopro.com  
(510) 770-0350  
(510) 770-0385  
www.adcopro.com

## Apartments

### Carrington Apartments

Jennie Lopez  
4875 Mowry Ave.  
Fremont, CA 94538  
jennie.lopez@sheeapartments.com  
(510) 797-5980  
(510) 797-7291  
www.sheeapartments.com/carrington

## Apparel - Sportswear

### Kidsport Athletic Uniforms

Chris Gould  
42150 Blacow Rd.  
Fremont, CA 94538  
chris@kidsportathletic.com  
(510) 490-8326  
(510) 656-8326  
www.kidsportathletic.com  
Kidsport Athletic Uniforms is a family owned and operated business. Although we believe price is important, customer service is our number one priority. Kidsport works directly with the customer to ensure top quality final products. You might be able to find a lower price but it will be hard to find customer service superior to Kidsport. That's the difference!

## Business Consulting

### WS Global Wealth

Ron Baler  
39500 Stevenson Pl., Ste. 103  
Fremont, CA 94539  
ron@wsglobalwealth.com  
(510) 791-1900  
(510) 791-1900  
www.wsglobalwealth.com

## Catering

### The Picnic People/ Ardenwood

Hollie Potts-Gray  
5757-A Sonoma Dr.  
Pleasanton, CA 94566  
hollie@picnicpeople.com  
(925) 462-1400  
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Ardenwood is a unique venue for a corporate party or a family gathering. We offer full service catering and activities for all ages, private picnic sites and free parking. Ardenwood can also bring the party to your favorite location in the bay area. Let us make your day a picnic!

## Contractor - General

### White Rock Building & Remodeling, Inc.

Del Montero  
39510 Paseo Padre  
Fremont, CA 94538  
whiterockbr@sbcglobal.net  
(510) 742-2400  
(510) 742-2229

## Contractor - Plastering & Stucco

### TNT Plastering

Don Thorvund  
27177 Lillegard Ct.  
Tracy, CA 95304  
thorvund@sbcglobal.net  
(510) 739-1997  
(510) 739-1997  
www.tntplastering.com

## Copying & Duplicating Service

### FedEx Kinko's - Auto Mail

Erin Cote  
5581 Auto Mall Pkwy.  
Fremont, CA 94538  
erin.cote@fedexkinkos.com  
(510) 656-1091  
(510) 653-1353  
www.fedexkinkos.com

## Fundraising

### The Art Blossom

Charlotte Yee  
39120 Argonaut Wy. 305  
Fremont, CA 94538  
charlotte@theartblossom.com  
(510) 661-0467  
(510) 661-0467  
www.theartblossom.com

## Health Care Services

### Quick Health

Michiko Conklin  
500 Airport Blvd., Ste. 100  
Burlingame, CA 94538  
michiko.conklin@quickhealth.com  
(510) 657-8800  
www.quickhealth.com

## Industrial Equipment & Supplies

### GB Industrial Materials Corp.

Christina Liu  
1528 Atlantic St.  
Union City, CA 94538  
cl\_gbim@sbcglobal.com  
(510) 489-0881  
(510) 489-1248  
www.gbimcorp.com

## Sunstate Equipment Co.

Don Hasson  
2115 Warm Springs Ct.  
Fremont, CA 94539  
dhasson@sunstateequip.com  
(510) 623-2828  
(510) 629-0607  
www.sunstateequip.com  
Sunstate is a family owned and operated construction equipment rental firm. We have been in business since 1977, servicing the Bay area since 1998. We pride ourselves in the quality of our product, and the level of service that we strive to deliver with every transaction.

## Landscaping

### Del Conte's Landscaping, Inc.

Lynee' Smith  
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Fremont, CA 94538  
lynees@dclandscaping.com  
(510) 353-6030  
(510) 353-6036  
www.dclandscaping.com

## Medical Clinics

### Non-Surgical Spine Care Center

Ronald Vernon  
1491 Cedarwood Ln., Ste. D  
Pleasanton, CA 95466  
vernonchiro@yahoo.com  
(408) 390-9323  
www.siliconvalleyspinescare.com

## Nonprofit Organizations

### San Francisco Bay Area Council, BSA

Andy Yates  
1001 Davis St.  
San Leandro, CA 94577  
andy@sfbac.org  
(510) 577-9000  
(510) 577-9002  
www.sfbac.org

The Boy Scouts of America is the nation's foremost youth program of character development and value-based leadership training. Scouting offers young people responsible fun and adventure, instills lifetime values and helps develop ethical character as expressed in the Scout Oath and Law, trains young people in citizenship and serves America's communities.

## Packaging

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Union City, CA 94587  
christinempham@sbcglobal.net  
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(510) 441-7404  
www.gonavis.com/ca1090

## Physical Therapy

### East Bay Spinal Decompression

Daniel Klein  
4000 Fremont Blvd., Ste. H  
Fremont, CA 94538  
ebdecomp@yahoo.com  
(510) 790-1000  
(510) 438-0774  
www.ebdecomp.com  
Both Dr. Allen and Dr. Klein graduated from Life Chiropractic College in Hayward and have 39 years combined experience. They have been trained and certified by the manufacturer to operate the first decompression unit in the East Bay. "We specialize in difficult to treat cases: low back pain, Sciatica, car accidents."

## Real Estate-Broker

### Steven Anthony Real Estate & Financial Services

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www.steven-anthony.com  
Steven Anthony Real Estate & Financial Services provides Bay Area Real Estate Sales and multi-state Mortgage Banking services. Our "Expect Excellence. Get What You Expect." trademark underscores the Company's quality-focused corporate philosophy and individual personal commitment to Clients. Contact us today so we can get started with the best Real Estate experience of your life!

## Real Estate-Residential

### Realty World - North Valley

Ana Lopez  
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ana@anasrealestate.com  
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(408) 273-6522  
anasrealestate.com

### ReMax Executive - Luzmarie Vallejo

Luzmarie Vallejo  
41111 Mission Blvd.  
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## Restaurants

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### El Patron Tequila Bar & Grill

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4096 Bay St.  
Fremont, CA 94538  
filibertocuellar@sbcglobal.net  
(510) 249-9169  
(510) 249-9169

### Wingstop

Tony Lam  
43448 Boscell Rd.  
Fremont, CA 94538  
tony@wccwings.com  
(510) 490-9464  
www.wccwings.com

## Retail Sales

### Ashley Furniture Home Store

Christine Corn  
43519 Boscell Rd.  
Fremont, CA 94538  
ccorn@ashleyfcs.com  
(510) 687-9704  
(510) 687-9727  
www.ashleyhomestores.com

## Shipping

### InXpress

William Hidalgo  
3366 Country Dr.  
Fremont, CA 94536  
willhidalgo@inexpressusa.com  
(510) 386-4918  
(510) 796-1542  
www.inexpressusa.com

## Technical Writing

### Avatar Tech Pubs

Trish McDermott  
2140 Peralta Blvd., Ste. 206  
Fremont, CA 94538  
info@avatartechpubs.com  
(510) 794-1239  
(510) 794-5239  
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## Water Service and Systems

### A1ECO

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michaela@a1eco.com  
(510) 315-9657  
(510) 315-9657  
www.a1eco.com

## Wine & Spirits

### WineShop At Home

Melinda Yee  
46687 Paseo Padre Pkwy.  
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melindayee@comcast.net  
(510) 673-2550  
(510) 870-8407  
www.enjoyfinewines.com  
WineShop At Home is a premier wine club that offers private in-home or in-office wine tastings, wine related gifts, corporate and special occasion gifts, custom label wines.



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**Become a member today**

Call KK Kaneshiro to find out about the benefits of becoming a member of the Fremont Chamber of Commerce.  
510-795-2244, ext. 103

# Private Security Services

Options for providing a safe, secure work environment

by Andrew Overton  
President, Atlas/Overton Security

As the owner of your company, one morning you receive a very disturbing phone call. The ex-husband of Mary Jones, a long time and very valuable employee, has made a veiled threat on the telephone saying "You had better fire Mary or else." You call Mary in and ask her what is going on. Mary says he has threatened her with violence and knowing her ex-husband she takes the threat very seriously. Mary has obtained a restraining order on her ex-husband and suggests you do the same.

Mary has given you very good advice; you need to report the call to the police, as well to obtain a restraining order for your company against the ex-husband. The Fed-OSHA Act contains a General Duty Clause which requires employers to provide their employees with a safe and secure workplace, free from recognized hazards that are likely to cause death or serious physical harm. This "veiled threat" has now become a real physical threat once Mary warned you of his violent nature. You now have a responsibility to pro-

vide protection for your employees, vendors, customers or any visitor to your facility.

Local law enforcement will only respond to an emergency. Unfortunately, they cannot be expected to assign an officer to your facility. The first thing you think of is to simply hire a security guard from a local security company. Although my company is in the business of providing security guards, I would not assign a guard under these conditions. Security guards, armed or not, are not trained to deal with this type of threat. Protecting individuals is a very different discipline from securing property.

Given the risks involved, the only real solution to protecting your employees, and to a very large extent your legal liability, is generally referred to in the security industry as Executive Protection (EP). Most EP Officers have law enforcement backgrounds with the highest level of training in conflict resolution and threat assessment. If the situation dictates they have permits to carry a concealed weapon which requires an extensive background check, along with approval from law enforcement. Very

few of these permits (CCW) are issued.

The threat of workplace violence can be extremely disruptive to your business, especially when your employees see a uniformed officer walking around with an exposed gun. EP Officers will make every effort to blend into the work environment and remain as commonplace as possible. I am very proud of the fact that in the many years my company has been providing EP we have never had an instance where a weapon was brandished, let alone discharged. Most EP providers can also make this same claim. If there is an incident, EP Officers will focus on preventing the incident from escalating by removing the conflict to an isolated area and attempt to settle the dispute in a private manner. If an incident escalates to such an extent that there is no other choice other than to use force to directly protect lives, the EP Officer is very well trained to react only with the force that is necessary.

An EP Officer's experience, training and good judgment does not come without costs, but considering the cost of attorney fees defending lawsuits from injured parties both physically

and/or stress related, the price will seem like a bargain. After talking with Mary about receiving the threatening telephone call you incurred a legal duty to protect your employees. Other than firing Mary, closing down your business or just doing nothing, you have few options. It doesn't seem fair but again, as a business owner, you assume the legal responsibility to provide a safe and secure environment for your employees.

*Andrew Overton is the President of Atlas/Overton Security in Fremont. Atlas/Overton Security specializes in provide its customers with discreet and professional security services to many businesses and organizations through the East Bay, allowing customers the peace of mind that comes with working in a safe and secure environment. For more information, contact Andrew at (510) 791-7380 or visit [www.atlassec.com](http://www.atlassec.com).*

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## Protect Your and Your Customers' Identity

Identity theft is quickly taking its place among the fastest growing crimes in the world. The FTC estimates that as many as 9 million Americans have their identities stolen each year.

The crime takes many forms. Identity thieves may rent an apartment, obtain a credit card, or establish a telephone account in your name. You may not find out about the theft until you review your credit report or a credit card statement and notice charges you didn't make or until you're contacted by a debt collector.

Identity theft is serious. While some identity theft victims can resolve their problems quickly, others spend hundreds of dollars and many days repairing damage to their good name and credit record. Some consumers victimized by identity theft may lose out on job opportunities, or be denied loans for education, housing or cars because of negative information on their credit reports. In rare cases, they may even be arrested for crimes they did not commit.

Not only must you take steps, as an individual, to protect your own identity, but when you own a business and have access to your customers personal and financial information, you are also required to protect their identity as well.

The following are a number of actions you can take to help you protect your identity and that of your customer.

- Buy a cross-cut type shredder and shred all your important papers, including pre-approved credit applications.
- Make sure that you do not throw anything away that someone could use to become you or one of your customers.
- Be careful at ATM's. "Shoulder Surfers" can get your pin number and get access to your accounts. Don't use a wireless laptop at airports or other locations, there is technology available to break into your wireless features and steal information.
- Have checks delivered to your bank - not to your home address. Do

not mail checks from your home mailbox. Drop them off at a Post Office.

- When you order new credit cards, or your previous ones have expired, watch the calendar to make sure that you get the card within the appropriate time. If it is not received by a certain date, call the credit card grantor immediately.
- Cancel all credit cards that you do not use or have not used in 6 months.
- Put passwords on all your accounts and do not use your mother's maiden name or your birth date, change passwords every six months.
- When a person you don't know calls you at home or at work, never give out any personal information. If they tell you they are a credit grantor of yours call them back at the number that you know is the true number, and ask for that party.
- Do not put your social security number on checks or credit receipts. If a business requests your social security number, give them an alternate number and tell them why. If a government agency requests your social

security number, there must be a privacy notice accompanying the request.

- Do not put your home telephone number on your checks.
- Get credit and ATM cards with your picture on them.
- Do not put your credit card account number on the Internet (unless it is encrypted on a secured site.) Don't put account numbers on your checks when making a payment.
- When you are asked to identify yourself at schools, employers, or any other kind of institutional identification, ask to have an alternative to your social security number. Unfortunately, your health insurance carrier often uses your social security number as your identification number. Try to change that if you can.
- In conjunction with a credit card sale do not put your address, telephone number, or driver's license number on the statement.
- Monitor all your statements from every credit card every month.
- Order your credit report at least

twice a year. Review it carefully. If you see anything that appears fraudulent, immediately put a fraud alert on your reports.

- Immediately correct all mistakes on your credit reports in writing. Send those letters Return Receipt Requested, and identify the problems item by item with a copy of the credit report back to the credit reporting agency.
- Consider making your phone an unlisted number or just use your first initial on the listing.
- Make a list of all your credit card account numbers and bank account numbers with customer service phone numbers, and keep it in a safe place.

*Identity protection tips provided by Craig Stecker, Chief of Police, City of Fremont.*

## Team Players—

from page 1

well, but keeping track of your finances and staying well informed and knowledgeable will ensure that you will be able to see your way through the improvements and disappointments.

Financial planners assist with your retirement accounts, recommending long- and short-term investments based upon your goals.

Your banker is there to assist you with banking and lending needs to help you gain liquidity to grow your business. Fitting your banking with your business does not need to be cumbersome, but should be based upon your financial goals.

A confidant is important to your team of professionals. Having someone you can brainstorm with is very

helpful. The desire to grow your business comes with lots of great ideas, but it's important to have someone who can help keep you grounded.

Always remember to remain focused, even through those tough times. Look to like-minded, positive business people around you for support. And be sure to build that team of professionals. As a Chamber member you can

meet many of these professionals. Find the one or several that fits you. You have earned it.

*Gloria Villasana Fuerniss is the Vice President of Fremont Bank. She has been awarded many honors throughout her career. For more information, contact Gloria at Fremont Bank (510) 795-5792.*

## Visit us online

Bookmark  
fremont  
business.com  
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the most up to  
date information  
on business in  
Fremont.

# Wine Garden—

from page 1

fest lunch made especially for Wine Garden guests by one of Fremont's finest dining establishments. Tickets to the Wine Garden are a great way to thank your best customers or to reward your employee's for their hard work.

The Connoisseurs' Circle provides special recognition for companies and organizations that purchase a block of 10 tickets. Connoisseurs' Circle members receive the following additional benefits:

- Recognition for your company as a Connoisseurs' Circle member in the Wine Garden program distributed to every 2007 Wine Garden attendee
- Your company listed on the Wine Garden signage
- Your company name included in

the thank you ad in the Fremont Business Review

• And, the opportunity to be included in all Connoisseurs' Circle events and receive advance notice of ticket sales.

This special offer enables you to purchase a Connoisseurs' Circle block for only \$500, a savings of \$50. But, you must hurry. This special offer expires on Monday, July 9th. In order to take advantage of the offer, please call Lana Hillary-Windom at (510) 795-2244, x101 or email lhillary-windom@fremontbusiness.com. You must mention this special offer in order to qualify.

The Wine Garden is open from noon to 5 p.m. each day of the festi-

val. Each ticket is good for admission on either Saturday or Sunday, you select the date. Wine Garden tickets include:

- A preferred parking space near the Wine Garden
- A 2007 Festival wine glass
- A 2007 Festival drink ticket that can be used outside the Wine Garden
- Gourmet buffet served by some of Fremont's leading restaurants
- Premium wines poured by wine experts and representatives from wineries.
- Entertainment presented for the exclusive pleasure of Wine Garden attendees.

Entrance to the Wine Garden is limited to individuals 21 and over.

## Chamber Issues Challenge to Members

Tired of being in second place? We are! For the last 3 years the Fremont Chamber has placed second in the Top 50 Bay Area Chambers', with the listing based on the a chamber's membership size. On April 1, 2008, we're aiming to be number one. In order to achieve that, we are challenging you to a contest...beginning May 31, 2007 through March 31, 2008, we are holding a contest amongst our chamber members. The Fremont Chamber member that generates the most membership referrals will receive a cash prize of \$250. To qualify, you must

generate a minimum of eight membership referrals per year. On March 31, 2008, should a "tie" occur; an oral test regarding the different aspects of the Fremont Chamber will be given to the contestants by the CEO of the Fremont Chamber of Commerce.

Any Fremont Chamber member(s) who generates 10 membership referrals in one month's time will receive a free large side ad on the "Top of the Week Report" and the winning member may choose which consecutive 4 week block they would like their ad to run.

All membership referrals are to be

emailed to KK Kaneshiro at kkaneshiro@fremontbusiness.com and should include the following information:

- Contact Name
- Business Name
- Telephone Number
- Email Address
- Physical Address
- And any other details you think would be beneficial
- And an introductory phone call is very welcome.

With your help we all can be number one!

## Rob Chiang

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## FCCTV: Fremont Chamber of Commerce Television

*Physical Therapy: Improving Your Life Through Increased Mobility*

Ease of physical movement, free of pain, is essential to quality of life, but achieving that can sometimes be elusive. Dysfunction of movement can be caused by a variety of reasons such as accidents, repetitive movement or that weekend softball game. Whatever the cause, professional intervention may be required to overcome the dysfunction. During June's FCCTV "Physical Therapy: Improving Your

Life Through Increased Mobility" KK Kaneshiro, director of member services and host of the Fremont Chamber of Commerce television show (FCCTV) interviews guest Jachin Chun of Elite Sports Physical Therapy. Jachin discusses the various techniques utilized in physical therapy and the treatments available to help alleviate pain and achieve a better quality of life through improved function.



**ELEPHANT BAR**

39233 Fremont Bl.  
(In the Hub)  
**(510) 742-6221**  
Open 7 Days a Week  
11 am-10 pm

## Doing Business Over Lunch



39136 Paseo Padre Pkwy  
Fremont **(510) 790-6550**  
Open Daily 8 am - 11 pm

**massimo's**  
Italian & Continental Cuisine

5200 Mowry Ave, Fremont  
**(510) 792-2000**  
Lunch(M-F): 11:30 am - 3 pm  
Dinner: 5:00 pm - 10 pm  
Saturdays, dinner only  
4:30 pm - 9:30 pm

## FCCTV Times & Channels

FCCTV is shown in over 646,000 households! Would you like to be a guest? Call KK Kaneshiro at 510-795-2244, ext. 103. Fremont Chamber of Commerce Television (FCCTV) highlights Fremont Chamber of Commerce members

Comcast Customers:  
Fremont -

Ch 29 Mon 8:30 p.m.; Ch 26 Mon 7:30 p.m.

Newark - Ch 27 Fri 5 p.m.

Alameda - Ch 28 Sat 3:30 p.m.; Sun 8:30 p.m.

Union City - Ch 15 Thu 10 p.m.; Sat 3:30 p.m.; Sun 8:30 p.m.

Hayward, San Leandro, San Lorenzo and Castro Valley -

Ch 28 Thu 10 p.m.; Sat 3:30 p.m.; Sun 8:30 p.m.



45915 Warm Springs Bl.  
Fremont **(510) 656-9141**  
Lunch M-F: 11:30 am-2:30 pm  
Dinner: 5-10 pm (M-F & Sun)  
5 pm-12 am (Sat)  
Sun. Brunch: 10 am-2 pm



Fresh Fish  
Pasta  
Wood-fired Grill  
2740 Mowry Ave.  
Fremont, **(510) 797-9000**  
Sun-Thurs: 11:30 a.m. to 9:30 p.m.  
Fri & Sat: 11:30 a.m. to 10:30 p.m.



zpizza  
46703 Mission Blvd.  
Fremont  
**(510) 360-9900**  
Sun-Thur: 11 am-9 pm  
Fri-Sat: 11 am -9:30 pm

Some of the best business deals are made over lunch. If you would like to have your restaurant featured here, please call (510) 795-2244, or you can send an email to fmcctc@fremontbusiness.com