



March News & Networking

March 5, 2019



Chairman's Circle Member



**The Burlingame/SFO Chamber of Commerce
Presents the March
Networking @ Night!
Thursday, March 28, 5:30 p.m. - 7:00 p.m.**

***Barry's Bootcamp
1333 Howard Avenue
Burlingame, CA 94010***



**Great Networking Opportunity!
Door Prizes! Members free - \$30 Non-members
R.S.V.P. 650-344-1735**

City of Burlingame Goal Setting FY 2019-2020

Staff recommends that the City Council approve the infrastructure priority projects identified as work program items during the City's FY 2019 - 2020 Goal-Setting Session:

Broadway grade separation, City Hall safety improvements, development of a specific plan



for Rollins Road, sea level rise shoreline protection improvements, and the undergrounding of power lines on El Camino Real.

In addition to approving these projects, staff requests that the Council provide its concurrence on the proposed City Council subcommittee assignments for each of the priority projects.

[READ FULL REPORT](#)



Leadership Class of 2020 Applications Now Being Accepted through May 1, 2019

Learn skills and develop relationships that will help you make a positive impact on yourself and your community. [Leadership San Mateo, Foster City, Burlingame,](#)

[Hillsborough](#) is a program that develops future leaders through a unique program that combines leadership skills training and in-depth interactions with the movers and shakers of San Mateo County. Consider making an investment in leadership - for yourself, your people and rising stars in your community.

Leadership provides individuals from business, civic and nonprofit sectors with a framework for engagement in the communities of San Mateo, Foster City, Burlingame and Hillsborough as well as San Mateo County at large. Participants develop a knowledge base and establish relationships with community leaders representing numerous sectors and issues. It's a unique opportunity to interact with our police and fire chiefs, school superintendents, nonprofit CEOs and elected officials. For more than 25 years, the program has developed, engaged, empowered and connected leaders for positive community impact.

Leadership alumni have gone on to hold public office, head nonprofits and advance their business careers.

Where will Leadership take you?

[LEARN MORE](#)

Business Essentials

A PROFESSIONAL EDUCATION SERIES
CONNECT—COLLABORATE—SUCCEED

A PROGRAM OF THE SAN MATEO AREA
CHAMBER OF COMMERCE

Sessions are held:

Monthly, 3rd Friday

11:30am to 1:30pm

FREE for Chamber members
Non-Member Guests : \$20

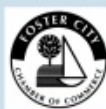
Hosted at:

WeWork
400 Concar Dr
San Mateo, CA

Please Register at:
www.sanmateochamber.org

For Information, contact:
Sylvia Lopez
Director of Operations
(650) 401-2442
sylvia@sanmateochamber.org

Presented by:



In association with:



Discover How to Control Disruptive Emotional Patterns

GUEST SPEAKER: CEDRIC BERTELLI
Director of Emotional Health Institute



Most of us live our lives with an awareness of the burden negative emotional patterns create for us. Some of us try self-help, others turn to professional help, still others self-medicate. The burden may get intermittently lighter, but it stays with us and resurfaces with the next trigger. Cedric will tell you that it does not have to stay with us.

Neuroscientists have begun to understand that the body is wired to permanently resolve dysfunctional and negative emotional patterns... if we only allow it to do its natural job! Each one of us has an innate biological capacity for self emotional regulation--this physiologic capacity is available to all of us at the moment we feel an emotion.

During this presentation, participants will learn how to use the body's sensory memory during an emotional experience in order to resolve their disruptive emotional patterns (stress, anxiety, anger, shame, phobia...).

Participants will learn how to identify and use the physical sensations present in the body during an uncomfortable emotional state to resolve the emotion permanently.

For more information about this work, visit www.cedricbertelli.com.



Cedric Bertelli
Director, EHI USA

Please register today for this Learning opportunity.

- ⇒ You must be registered to attend.
- ⇒ Please bring a Photo ID the day of the event.
- ⇒ Please be punctual. No admittance after 12pm.
- ⇒ You will need to be escorted to the meeting location by a Chamber Ambassador or WeWork employee.

Friday, March 15th - 11:30am to 1:30pm

Please plan on bringing your own lunch. Coffee, tea and water are provided by WeWork.

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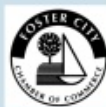
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Presented by:



In association with:



Learn how Storytelling can Help Your Business Get Noticed!

GUEST SPEAKER: KARL PONTAU Squash and Stretch Productions



Photo by Katerine Chanon Photography

Squash and Stretch's goal is to improve our community by using the power of storytelling to connect those in need with businesses and organizations that can help.

Squash and Stretch Productions plans, creates, and delivers engaging, custom Motion Graphics Animations to increase brand awareness, explain complex concepts, and generate more qualified leads for you. A well-told story is a powerful marketing tool; and, our experienced storytellers make yours the foundation of everything we make for you. We do more than make animations that are fun to watch. They have to help you achieve your goals!

We love helping companies working in the following industries: Tech, Health and Wellness, Insurance, Financial Management, Legal Services, and more!



SQUASH & STRETCH
PRODUCTIONS

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Friday, April 19th - 11:30am to 1:30pm

Please plan on bringing your own lunch. Coffee, tea and water are provided by WeWork.

[Click here for the new Burlingame Business and Residents list!](#)

March Calendar

March 10, 17, 24, 31 Fresh Market - 9:00 a.m. - 1:30 p.m. - Park Road

March 04 City Council Meeting 7:00 p.m., City Hall

March 11 Planning Commission Meeting - 7:00 p.m., City Hall

March 12 Board of Director's Meeting - 12 noon, Sapore Italiano

March 18 City Council Meeting 7:00 p.m., City Hall

March 25 Planning Commission Meeting - 7:00 p.m., City Hall



Visit our website at www.burlingamechamber.org
Burlingame Chamber of Commerce | 417 California Drive | Burlingame,
CA