

## WELCOME NEW MEMBERS

**TRUSTEE**  
**Dcobys USA LLC**  
Diana Jeanns Cobos Silva  
433 Plaza Real, Suite 275  
Boca Raton, FL 33432  
857-263-1314  
BUSINESS MANAGEMENT  
diana.cobos@dcobys.com

**GOLD LEVEL**  
**Southeastern College**  
Patti Yaksh  
1756 North Congress Ave.  
West Palm Beach, FL 33409  
561-433-2330  
SCHOOLS - ACADEMIC - COLLEGE &  
UNIVERSITIES  
patti.yaksh@sec.edu

**ENHANCED LEVEL**  
**Amped Fitness**  
Kali Matthias  
2771 South Dixie Highway  
West Palm Beach, FL 33405  
ampedfitness.com  
319-290-1789  
FITNESS  
info@ampedfitness.com

**BBQGuys Backyard Design Center**  
Allyson Botto  
500 Palm St.  
West Palm Beach, FL 33401  
bbqguys.com  
561-363-2765  
BACKYARD SPECIALTIES - GAZEBOS,  
SHEDS, PLAYSETS, OUTDOOR  
FURNITURE & MORE  
allyson@bbqguys.com

**NorthMarq**  
Chris Hammel  
Vice President - Debt & Equity  
515 N. Flagler Drive, Suite 350  
West Palm Beach, FL 33401  
info.northmarq.com/northmarq-wpb  
850-559-1213  
REAL ESTATE - COMMERCIAL LENDING  
chammel@northmarq.com

**PHMG**  
Cari Hormilla  
Head of Business Development  
Oakland House, Talbot Road  
Manchester, Greater Manchester M16 0PQ  
phmg.com  
011-44-161-877-2253  
ADVERTISING - MARKETING AGENCIES  
Cari.Hormilla@phmg.com

**Skyrun Vacation Rentals Palm Beach**  
Joyanne Cadet  
7901 4th St. N., Suite 300  
St. Petersburg, FL 33702  
palmbeachpremier.skyrun.com  
561-556-6001  
VACATION RENTAL PROPERTY  
MANAGEMENT & REAL ESTATE  
palmbeachpremier@skyrun.com

**Suddath**  
David Zymowski  
1900 S.W. 43rd Terrace  
Deerfield Beach, FL 33442  
suddath.com/office-moving  
321-377-0698  
MOVING, STORAGE & WAREHOUSE  
david.zymowski@suddath.com

**BASIC LEVEL**  
**Bahamas Tourist Office**  
Shauntae Miller  
1200 S. Pine Island Road, Suite 450  
Plantation, FL 33324  
954-236-9292, ext. 3014  
TOURISM  
samiller@bahamas.com

**Common Grounds Brew and Roastery**  
Justin Olive  
3065 S. Dixie Highway  
West Palm Beach, FL 33405  
commongroundsbrc.com  
561-568-0433  
COFFEE HOUSES  
justin@commongroundsbrc.com

**Compellitions, Certified EOS® Entrepreneurial Operating System - Implementer**  
Beth Berman  
480 Hibiscus St., #701  
West Palm Beach, FL 33401  
301-807-1990  
BUSINESS CONSULTANTS  
beth@compellitions.com

**Digital VibeZ**  
Deborah Feinsinger  
2635 Old Okeechobee Rd.  
West Palm Beach, FL 33409  
561-847-4521  
NON-PROFIT ORGANIZATION  
info@digitalvibeZ.org

**Florin | Roebig**  
Courtney Johnson  
777 Alderman Road  
Palm Harbor, FL 34683  
florinroebig.com/car-accidents/  
florida/pompano-beach  
866-934-8158  
ATTORNEYS - PERSONAL INJURY/  
WRONGFUL DEATH  
courtney@florinroebig.com

**iTrip Palm Beach**  
Tonya Garcia Da Silva  
1750 N. Florida Mango Road, Suite 103  
West Palm Beach, FL 33409  
palmbeach.itrip.co  
561-351-1262  
ACCOMMODATIONS  
tgarcia@itrip.net

**Johnny Clean**  
Fransua Perez  
4918 Okeechobee Blvd.  
West Palm Beach, FL 33417  
407-731-7165  
CAR WASH & DETAILING  
FPerez@JohnnyCleanCarWash.com

**Marber Security LLC**  
Marlon Bermudez  
Founder & vCISO  
515 N. Flagler Drive, Suite 350  
West Palm Beach, FL 33401  
marbersecurity.com  
203-572-1801  
RISK MANAGEMENT  
marlon@marbersecurity.com

## EXPERTS EMPHASIZE COLLECTIVE APPROACH TO UNLOCKING WORKPLACE WELLNESS AT CHAMBER BREAKFAST

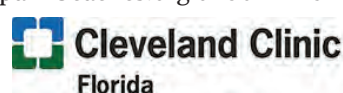


From left: Dr. Stephen Avallone, Cleveland Clinic; Donald Burgess, Chamber of Commerce of the Palm Beaches; Dr. Fontaine Timmer, American Heart Association; Dr. Barry Hummel, The American Cancer Society

PHOTO BY CAPEHART

The West Palm Beach Marriott was the scene of the Chamber's Workplace Wellness Breakfast on March 26. During his welcome and opening remarks, Chamber CEO, Donald Burgess, presented FPL with a legacy award in appreciation of their 72 years of membership in the organization. Don Kiselewski, FPL's executive director of external affairs, accepted the award. A brief video courtesy of the presenting sponsor, Cleveland Clinic, set the tone for dynamic and interactive dialogue with an esteemed panel of experts consisting of Dr. Fontaine Timmer of the American Heart Association, Dr. Stephen Avallone of the Cleveland Clinic, and Dr. Barry Hummel of the American Cancer Society. Together they shared invaluable insights, practical strategies and best practices to foster a healthier workplace.

We thank our sponsors Cleveland Clinic and the Palm Beach Post/LocaliQ, and all participants for their continued support. For more information on special events and sponsorship opportunities, contact Rachel Quismundo at rquismundo@palmbeaches.org or 561-421-5129.



## TRUSTEE SPOTLIGHT

### John Carr



John Carr, president of Roofing & Restoration of Florida

— a sister company of an established commercial roofing and construction company headquartered in Volusia County since 1948, is widely recognized for his restoration and insurance claim process expertise. In the event his clients need help in these areas, he can assist them through this complicated process. When not working on storm damage, Carr works with his clients to protect their investment by providing roofing and building solutions that are tailored to each of their needs. He is a former chairman of the Palm Beach North Chamber of Commerce and currently serves as the Vice-Chair of Palm Beach County Planning Commission, Non-Lawyer Member of the Florida Bar Grievance Committee, 211 Board and the Board of The Meeting Place, Inc. Carr resides in Jupiter with his wife, Michelle, where he enjoys spending time with his family, boating and playing golf.

### Diana Jeanns Cobos



Diana Jeanns Cobos is president and CEO for Dcobys USA LLC,

an international management consultancy firm that promotes business, education and events abroad. The organization is based in Boca Raton, with branches in Boston, Mexico and Colombia. Cobos is an entrepreneur with global vision and vast business networking experience at the C-Suite level in North, Central and South America. She is an expert in cross-cultural negotiation protocol and is strongly skilled in leading companies and teams to achieve specific objectives and sales internationally through the use of innovation and technology. Cobos has executed rapid market penetration for startups and SMEs from processes won through tenders with the government and private sector. She has a Bachelor of Arts and a postgraduate degree in marketing management from Colombia's Universidad del Rosario, an Executive MBA from Mexico's Ipade Business School, and business-related certifications from several universities.

### Alyssa Freeman



Alyssa Freeman was born in Southeast Michigan, where

she grew up near the water enjoying boating, fishing and water sports every summer. She graduated from Oakland University with a Bachelor of Arts in communication and received her MBA in organizational leadership from Ashford University. In 2008, Freeman moved to South Florida, beginning her career at the Marine Industries Association of Palm Beach County as the operations director before being promoted to executive director in 2019.

Passionate about serving the community, Freeman is a graduate of Leadership Palm Beach County (Class of 2020) and Leadership West Palm Beach (Class of 2023). She serves as a board member for CareerSource Palm Beach County, Junior Achievement of Palm Beach and Treasure Coast, Barky Pines Animal Rescue and Sanctuary, and Resource Depot (advisory board).

### Joshua Lavine



Joshua Lavine joined MarineMax in 2015 as the store manager for a

new operation in St. Petersburg, FL. He immediately positively impacted the location, team and store revenue. Under his leadership, the store quickly became profitable and is now a perennial top ten store in more than 100 locations nationwide.

Soon, Lavine and his family will move to Palm Beach County, where he will lead the

MarineMax team in West Palm Beach. Boat owners who purchase through MarineMax join an elite group and are considered family. They access exclusive owners-only Getaways® trips and events, adventures in the British Virgin Islands with MarineMax Vacations, exceptional service and parts support to keep owners on the water all season, and a lifetime of memories with friends and family on the boat of their dreams. When not in the office, Lavine can be found on the water or at home with his family.

## LinkedIn Changes Since January 1 Seminar

On March 21, Debbie Wemyss, founder of DW Consulting Solutions LLC, delivered a comprehensive seminar in the boardroom at the Chamber of Commerce of the Palm Beaches. She focused on the significant changes that have occurred on the platform

since Jan. 1. Wemyss highlighted the evolving landscape of the platform, emphasizing key updates and features that can enhance professional networking and business growth. She highlighted recent algorithm changes, stressing the

importance of engaging content and strategic posting to maximize visibility and reach. Additionally, Wemyss provided insights into the latest tools and functionalities introduced by LinkedIn, empowering attendees to leverage these resources effectively. Through practical examples and actionable tips, participants gained a deeper understanding of how to navigate LinkedIn's latest developments to bolster their personal brand and business objectives.

For more information on the services offered by LinkedIn specialist Debbie Wemyss, visit [dwconsultingsolutions.com](http://dwconsultingsolutions.com).



For more information on seminars, contact Rachel Quismundo at [rquismundo@palmbeaches.org](mailto:rquismundo@palmbeaches.org).



## 2024 BUSINESS AWARDS

The 2024 Business Awards will be presented at the annual Business Awards Breakfast on Thursday, May 23 at the Palm Beach County Convention Center.

Awards will be presented in the following categories:

- Business of the Year
- Small Businessperson of the Year

- Non-Profit of the Year
- Hospitality and Tourism Organization of the Year
- Young Professional of the Year
- Health & Human Services Organization of the Year

Visit [palmbeaches.org](http://palmbeaches.org) to submit your nomination.

## THANK YOU RENEWING MEMBERS

- AmTrust Bank
- City of West Palm Beach
- Crown Castle
- ESPN West Palm / Good Karma Brands
- Everest Mechanical Services
- Flagler Museum
- Flagler Station Apartments
- Florida Public Utilities Company-Natural Gas & Propane

- Forgotten Soldiers Outreach, Inc.
- Grease Burger Beer and Whiskey Bar
- Great Cities For All
- Greenberg Traurig, P.A.
- Grieco Chevrolet of Delray Beach
- I3 Verticals Point of Sale
- Informa Exhibitions (Producers - Palm Beach International Boat Show)
- Leadership Palm Beach County

- Legal Shield / ID Shield
- McDonald Hopkins LLC
- McDonald's/ 'B'ing The Best, Inc.
- Palm Beach Preparatory Charter Academy
- PPEC of Palm Beach
- Project LIFT
- Provident Jewelry
- Quality Inn - West Palm Beach Airport

- Quest Workspaces
- R3 Health
- Regions Bank
- Riviera Beach Marina Village Event Center
- Serge W. D'Haiti CPA, PLLC
- Shutts & Bowen LLP
- Sue Jones Promotions
- Sympatico Real Estate Inc.

- TCRE
- The Ballpark of the Palm Beaches
- The Ferguson Firm
- The Palm Beaches Marathon, LLC / K2 Sports Ventures, LLC
- TNT Fireworks
- Trahan Macro Research

## Register now for the 2024 Women for Women 5K Road Race: Celebrating Mothers and Empowering Women



West Palm Beach is gearing up for the 2024 renewal of an exciting event that celebrates women, fitness, and community spirit. The Women for Women 5K Road Race, sponsored by BrandX, promises to be a memorable morning filled with camaraderie, exercise, and a dash of nostalgia.

### Event Details

**Date:** Saturday, May 11  
**Time:** 7:00 a.m.  
**Location:** Micanopy Pavilion, Okeehchee Park

### Race Highlights

#### 1. Empowering Women:

This event is all about celebrating the strength, resilience, and achievements of women. Whether you're a seasoned runner or a first timer, this 5K is open to all women who want to participate, connect, and inspire.

#### 2. Rosie the Riveter

**Theme:** In honor of the iconic Rosie the Riveter, participants are encouraged to channel their inner strength and determination. Don your red bandana and embrace the spirit of empowerment!

**3. Free Massages:** Keiser University's School of Chiropractic Medicine will be on-site to provide participants with free post-race massages. After crossing the finish line, treat yourself to some well-deserved relaxation.

**4. Breakfast by Tropical Bakery:** Refuel after the race with a delicious breakfast provided by Tropical Bakery.

**5. Giving Back:** A portion of the proceeds from the Women for Women 5K will be donated to the American Cancer Society. By participating, you're not only celebrating mothers but also contributing to a worthy cause.

#### How to Register

Visit [palmbeaches.org](http://palmbeaches.org) to register and secure your spot in this empowering race. Lace up your sneakers, gather your friends and family, and join us at the Micanopy Pavilion for a morning of fitness, fun, and female camaraderie.

Let's run together, celebrate our mothers, and make a difference!



## Chamber Trustees Tour Related's One Flagler, Scheduled to Meet Canadian Consul General at May Luncheon

On March 1, Chamber Trustees had the exclusive opportunity to tour Related Southeast's eagerly anticipated One Flagler project in West Palm Beach. Designed by world-renowned architect David Childs, One Flagler is a state-of-the-art Class-A office building that will extend West Palm Beach's Flagler waterfront greenbelt with 1.25 acres of green space. Senior Vice President Jordan Rathlev and members of his team carefully guided Trustees throughout various spaces that would feature breathtaking views, high-end quality dining, and other state-of-the-art amenities Related Southeast is known for. We thank Related Southeast for this unique opportunity to tour this new landmark.

The Trustees will hear from Moore Hallmark of the US Chamber of Commerce at their April Luncheon, and in May, our speaker will be Sylvia Cesaratto, Consul General of Canada. For more information on the Trustee Program, contact Kirby Davis at [kdavis@palmbeaches.org](mailto:kdavis@palmbeaches.org) or 561-833-3894.



## Leadership West Palm Beach Western Communities Day

The 2024 class of Leadership West Palm Beach enjoyed Western Communities Day on Wednesday, March 6, starting the day with a scrumptious breakfast at Fire Station 7. The group went on to tour the state-of-the-art facilities at the Ballpark of the Palm Beaches with General Manager Mike Sophia, who highlighted the goal of providing the best quality hospitality experience for all who visit the facility. At Fire Station 8, the class observed one of the well-equipped trucks able to respond to a wide variety of emergencies and an extrication demonstration courtesy of the well-trained and highly skilled firefighters. They also met Phire, the station's lovable search and rescue K-9 officer, and enjoyed a delicious lunch



prepared by chef Chief Gribble.

The Solid Waste Authority facilitated a discussion focused on the importance of recycling properly and the vital role the community plays in ensuring a safe environment for all. At Grassy Waters Preserve, the group enjoyed an informative walk along the nature trail and learned about the area's plant and animal life. We thank Day Chairs Fire Chief Diana Matty, Madison Andrews and Tiffany David, our hosts at the various

locations visited, and our sponsor, KAST Construction.

For more information about Leadership West Palm Beach, please contact Teri Page at [tpage@palmbeaches.org](mailto:tpage@palmbeaches.org).



## UPCOMING EVENTS

**Thursday APRIL 4**  
**YPOP Happy Hour- WPB Open House and Networking with FAU**  
**When:** 6:30-8:30 p.m. **Where:** Venture X- West Palm Beach, 700 S. Rosemary Ave., #204, West Palm Beach, FL 33401 **Cost:** Please register with QR code on [palmbeaches.org](http://palmbeaches.org), Chamber event Calendar **Contact:** Rachel Quismundo at [rquismundo@palmbeaches.org](mailto:rquismundo@palmbeaches.org)

**Tuesday APRIL 9**  
**Business Builder @ eSuites**  
**When:** 9-10 a.m. **Where:** eSuites, 560 Village Blvd., Suite 120, West Palm Beach, FL 33409 **Cost:** Free to all **Contact:** Kirby Davis at [kdavis@palmbeaches.org](mailto:kdavis@palmbeaches.org)

**Thursday APRIL 18**  
**Business After Hours: Mounts Botanical Garden**  
**When:** 5:30-7:30 p.m. **Where:** Mounts Botanical Garden, 559 N. Military Trail, West Palm Beach, FL 33415 (Directly across from Palm Beach International Airport) **Cost:** Early Bird Discount until Thursday April 11 at 5 p.m. Members: \$20 with discount, \$25 without discount. Nonmembers: \$30 with discount, \$35 without discount **Contact:** Rachel Quismundo at [rquismundo@palmbeaches.org](mailto:rquismundo@palmbeaches.org)

**Tuesday APRIL 30**  
**Business Builder @ Lunch**  
**When:** Noon-1 p.m. **Where:** To be determined **Cost:** Free to all **Contact:** Kirby Davis at [kdavis@palmbeaches.org](mailto:kdavis@palmbeaches.org)

**Wednesday MAY 1**  
**YPOP Happy Hour- City Cellar**  
**When:** 5:30-7:30 p.m. **Where:** City Cellar Wine Bar & Grill - Outside Bar, 700 S. Rosemary Ave., West Palm Beach, FL 33401 **Cost:** Must be ages 21-39 to attend this event. **Early-Bird Discount Deadline:** April 24 Members: \$15 with discount, \$20 without discount. Nonmembers: \$25 with discount, \$30 without discount **Contact:** Rachel Quismundo at [rquismundo@palmbeaches.org](mailto:rquismundo@palmbeaches.org)

**Thursday MAY 2**  
**Power Networking**  
**When:** Noon-1:30 p.m. **Where:** Hilton Palm Beach Airport, 150 Australian Ave., West Palm Beach, FL 33406 **Cost:** Discount **Registration Deadline:** Thursday April 25 at 5 p.m. Members: \$40 before the deadline, \$45 after the deadline. Nonmembers: \$50 before the deadline, \$55 after the deadline. Day of Event: At the door, \$60. Subject to availability. **Contact:** Rachel Quismundo at [rquismundo@palmbeaches.org](mailto:rquismundo@palmbeaches.org)



## Foundcare — eliminating health care barriers

On Tuesday, March 12, the Health and Human Services Committee presented its monthly Get to Know seminar at Foundcare Inc., a federally qualified health center whose mission is to provide quality health care and social services

for all individuals and families. Foundcare Chief Executive Officer Chris Irizarry provided an intriguing overview of the organization's commitment to serving the underserved in Palm Beach County before taking the attendees on a tour of the facilities. Irizarry informed attendees that Foundcare clients are seen regardless of immediate barriers to effective health care that prevent them from being served at other facilities, such as the lack of insurance, or ability to pay. The organization's award-winning services have expanded to include a comprehensive suite of services for the whole



family, such as primary adult and pediatric care, women's health, behavioral health, chronic disease management, lab and social services, adult and pediatric dentistry, and more.

Today, branches are in Belle Glade, Boynton Beach, Greenwood, North Palm Beach, and West Palm Beach. Soon, the mobile services provided in Riviera Beach will be replaced with more than 10,000 square feet of space, much to the eager delight of residents and visitors in that area.

Visit [foundcare.org](http://foundcare.org) for more information about Foundcare Inc. For more information on this and other committee events, contact Jessica Straghn at [jstraghn@palmbeaches.org](mailto:jstraghn@palmbeaches.org).

### RIBBON CUTTING



#### BBQGuys Backyard

**Design Center**  
**March 14, 2024**  
500 Palm St.  
West Palm Beach, FL 33401  
561-363-2765  
[allyson@bbqguys.com](mailto:allyson@bbqguys.com)  
[bbqguys.com](http://bbqguys.com)

To schedule your ribbon cutting with the Chamber please visit [PalmBeaches.org/ribbon-cuttings](http://PalmBeaches.org/ribbon-cuttings) or contact Kirby Davis at [kdavis@palmbeaches.org](mailto:kdavis@palmbeaches.org) or 561-833-3894.

## Sarah Alsofrom shines brightly at Chamber's Monthly Coffee & Chat

On March 5, Sarah Alsofrom, vice president of community relations for GL Homes, multi-ATHENA Leadership awardee, and former Chair of the Chamber of Commerce of the Palm Beaches, guided attendees in an engaging session at the Chamber's Women in Business Committee monthly Coffee & Chat event in the Chamber's boardroom. Alsofrom shared insights on difficult situations, such as the power of saying no, the resilience required to persevere, balancing obligations with what's best for oneself, colleagues, and the business, and the clarity of mind that acknowledging one's self-defining word for that day can provide in a moment. For more information on seminars and sponsorship opportunities, contact Rachel Quismundo at [rquismundo@palmbeaches.org](mailto:rquismundo@palmbeaches.org) or 561-421-5129.



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## Business After Hours Lakeside Tiki Bar

The Lakeside Tiki Bar at Hilton Palm Beach Airport was transformed into a hub of networking and celebration on the evening of March 14. Our exclusive Business After Hours event brought together dynamic professionals from various industries for an evening of connection and camaraderie.

Against the serene backdrop of the lake, attendees mingled, exchanged ideas and forged valuable connections that promised exciting collaborations ahead. The ambiance was charged with energy and enthusiasm as guests savored delicious cocktails and delectable bites, courtesy of our gracious hosts. Laughter and conversation flowed freely, creating memories that will be cherished for years to come. We extend our heartfelt gratitude



to everyone who joined us and made this event a resounding success as the Chamber continues to support the vibrant business community in Palm Beach County.

To host one of our business after-hours events, please contact the Chamber's special events coordinator Rachel Quismundo at [rquismundo@palmbeaches.org](mailto:rquismundo@palmbeaches.org).