PNC Bank has made a commitment to be the major sponsor for the Pocono Mountains Chamber of Commerce’s 19th Annual Expo. This year’s event will take place on March 15 and 16 at East Stroudsburg University’s Koehler Fieldhouse from 3 p.m. to 8:30 p.m. each day.

Chamber President/CEO Robert Phillips, IOM is delighted to have PNC Bank as this year’s major Expo sponsor. “PNC Bank has continually supported the Chamber in previous years. However, their involvement with this year’s Expo demonstrates their significant commitment to the Chamber and its mission.” Many of our fine, regional businesses have also committed to fill some of the Expo’s other sponsorships levels.

EXPO 2006 will showcase businesses and organizations from the Pocono Mountains region. There are still a small number of booths available for this exciting two-day event, but they are going quickly so don’t miss your opportunity. Come showcase your products and services, meet potential customers face-to-face, and build awareness of your business image.

The Expo will continue to deliver the excitement that it has long been known for with great food available at the snack bar, live television and radio broadcasts, and door prizes.

If you would like to be part of this year’s Expo, please call the Chamber office and reserve your booth today. This is one of the many benefits that the Pocono Mountains Chamber of Commerce provides for its members.
From the Chairman of the Board

The Pocono Mountains Chamber of Commerce will hold its 19th Annual Business EXPO on March 15th and 16th from 3:00 p.m. until 8:30 p.m. The EXPO will be held at East Stroudsburg University of Pennsylvania’s Koehler Fieldhouse.

The EXPO benefits the community at large and I encourage you to participate in the EXPO by either purchasing a booth to highlight your business/organization, or by coming out to see other businesses in the Pocono Mountains community.

The Chamber’s award winning EXPO showcases businesses and organizations throughout the Pocono Mountains community by helping them to build awareness of their business/organization, showcase their newest products/services, meet potential customers face to face, and enhance their business image.

The cost to participate in the EXPO is $395.00 for Chamber members (second booth - $200.00), $500.00 for non-members (second booth - $400.00), and $200.00 for non-profits. A $100.00 deposit is required to reserve each booth. All booths must be paid in full by March 1, 2006. Each booth is 10’ x 10’ and includes an eight-foot draped table, two chairs and one electrical outlet.

The cost to attend the Expo is $2.00 for adults and $1.00 for children under the age of twelve.

For more information please contact the Chamber at (570) 421-4433.

I look forward to seeing you all there!

For more information please contact the Chamber at (570) 421-4433.

Bob Hay
Chairman of the Board
New Member’s Breakfast

Fresh Start Contracting is a family owned and operated general contracting company. Fresh Start Contracting has been servicing Monroe and Pike Counties since 2002. They are based in Stroudsburg and can be called for all home improvement needs. Try them out today at 570-420-9966.

Mangia Baby Family Restaurant is a place where families come to relax and enjoy a good, hearty home-cooked Italian meal. Mangia Baby Family Restaurant also offers catering. They are located on Route 115 in Brodheadsville, and their phone number is 570-992-9446. Stop by Mangia Baby Family Restaurant today, where every day is Sunday.

Mediterranean Grill and Gourmet Pizza, located at Weir Lake Road on Route 209 in Regency Plaza, in Brodheadsville, serves authentic Italian and Mediterranean inspired cuisine. Their pleasant staff, and delicious food, combined with their delightful atmosphere make Mediterranean Grill and Gourmet a popular choice. They offer casual yet affordable dining, prepared homemade cooking, and have daily specials. Catering is offered as well. They can be reached at (570) 402-5040.

Nutrition 1st Consultant, Cheryl Jordan sells a fine line of Tahitian Noni Juice products. She also offers business opportunities to help others start their own home-based nutrition business. Cheryl Jordan, on behalf of Nutrition 1st also provides professional health coaching. Give her a call today to find out more at 570-688-9558.

Pleasant Valley Gourmet, located on 12 Jenna Drive in Brodheadsville, is a gourmet food retail store. They specialize in produce and ethnic foods such as Greek, Italian, Middle Eastern, and Hispanic. Pleasant Valley Gourmet offers quality products and friendly service. Stop by or give them a call today at 570-992-7434.

Sangoma Day Spa is an organic-based day spa that consists of a retail area, three treatment rooms, and one very cozy shower room. In addition, there is a movement studio that hosts a variety of workshops and activities such as dance, pilates, and yoga. Spa services range from body exfoliations to facials. Their website is www.sangomasanctuary.com. They are located at 101 Foxmoor Village Mall, Unit 3E. Stop by or give them a call today at 718-801-6365.

Valentin Cleaning Service, LLC provides both residential and commercial cleaning services to all of Monroe County. They also offer cleaning upon moving in or out of your facility, as well as a handyman service. Valentin Cleaning Service is fully insured. Please give them a call today at 570-426-8185.

Warm Spirit, Telisha Hodges, a Warm Spirit Consultant, promotes all-natural based products. Warm Spirit has products designed to cater to every part of your body. Telisha Hodges provides employee and customer appreciation sessions, as well as hosts spa parties. Give Telisha Hodges a call today at 718-801-6365.

January Business Card Exchange

The January 12th Business Card Exchange was held at Alpine Mountain and everyone enjoyed networking and there were a few individuals that took advantage of the complimentary snow tubing. The next exchange is scheduled for February 13, 2006 at Herbert, Rowland & Grubic, Inc.

Ribbon Cuttings

Josephine’s fleur-de-lis

Josephine’s fleur-de-lis held a Ribbon Cutting and Grand Opening celebration on December 17. Josephine's fleur-de-lis is an upscale boutique offering a wide array of gifts and home accents. Their products range from Vance Kittera designer candles to Caswell Massey soaps and other spa products. They have tabletop ware such as Vietro China, and so much more. Stop by or give them a call today at 570-476-7900. They are located on 601 Main Street in Stroudsburg.

Liberty Fitness

Liberty Fitness located in Tannersville held a Ribbon Cutting on January 4th. Liberty Fitness is a women’s health club that truly compliments your lifestyle. Liberty Fitness took the thirty-minute workout concept and made it a safe and successful workout. Liberty Fitness’ founder created six-level adjustable hydraulic equipment that is unique to their company. Stop by or give them a call today. They are located at RR 1-408 (Mr. Z’s Shopping Plaza) in Tannersville, and their phone number is 570-629-6116.

Chamber Thanks Retiring Directors with Certificates of Appreciation

Gail Warner, ESSA Bank & Trust, also a retiring Director, was not present at the December meeting.
On Tuesday, January 19, 2006, Northeastern Pennsylvania Alliance (NEPA), an economic development organization that provides assistance to businesses, communities and governments in seven counties, named Right Reason Technologies, LLC as the recipient of the 2nd Annual Regional Entrepreneur of the Year Award. For the second consecutive year, one of the entrepreneurial businesses from Monroe County, associated with the Business Accelerator at East Stroudsburg University received this prestigious award from NEPA. The recipient of NEPA’s first such award in 2005 was Backbone Security.

The Regional Entrepreneur of the Year Award Program was created through the efforts of the Entrepreneurial Network Action Team. It is designed to recognize an outstanding entrepreneur in a successful business from within NEPA’s seven county region of Carbon, Lackawanna, Luzerne, Monroe, Pike, Schuylkill and Wayne counties.

Right Reason Technologies, LLC in East Stroudsburg is a training solutions company that combines training and curriculum development academicians with Informational Technology expertise to create customized training and education suites for both online and onsite delivery.

We are very fortunate to have both Backbone Security and Right Reasons Technology here in Monroe County. It is with great pleasure that I would like to take this opportunity to congratulate Tom Schmitt, David Mehlert and Peter Schmitt of Right Reason Technologies for the well-deserved award. I also would like to congratulate and thank East Stroudsburg University on their Business Accelerator Program.

-The President

Members in the News

The American Red Cross of Monroe County will benefit from a Run for the Red Marathon to be held in the Pocono Mountains on May 7, 2006. The race has been officially certified as a 26.2 mile marathon course and will run through some of the most beautiful scenery in Pennsylvania. The race starts at 8 a.m. at the Clear Run Elementary School on Route 611 in Cockeysville. A total of $500 in cash prizes will be awarded to overall male and female first place finishers as well as the overall male and female second and third place finishers. Trophies will be awarded to first, second, and third place finishers in age groups ranging from 18-29 to 70+ for both male and female participants. First, second, and third place finishers will be awarded an official Pocono Mountain Run for the Red Marathon Medalion upon completion of the race. The awards ceremony will be held at the Stroudsburg High School after completion of the race. Runners who would like to register for the Pocono Mountains Run for the Red Marathon or our 5K Run taking place on the same day can do so through our Web site www.poconomarathon.org. The Pocono Mountains Run for the Red Marathon will also benefit the Monroe County Chapter of the American Red Cross. All funds received will go directly to the local chapter’s disaster relief efforts.

Anyone wishing to volunteer or find out more about sponsorship opportunities should contact the Red Cross of Monroe County at 570-476-3800 or check out the Volunteer link on the Web site www.poconomarathon.org.

Regional Teachers who participated in the 2005 Northeastern PA Writing Project (NPWP) Summer Institute at East Stroudsburg University. A spring NPWP conference and next Summer’s Institute have been announced.

Front Row: (L-R) Nancy Schoenbeek, Dingmans Ferry Middle School; Emily Castiliano, Phillipsburg High School. Second Row: (L-R) Joel Fetherman, Hackettstown Middle School; Kellianne Jendris, Swiftwater Intermediate; Matthew Dekmar, Pleasant Valley Intermediate; Paula Schmelz, Chestnut Hill Elementary. Third Row: (L-R) Jeanne Mohlenhoff, East Stroudsburg Elementary; Kerri Jackson-Potemken, Pocono Mountains East Bernadette Fierro, Pleasant Valley High; Susanne Rasely, Asst. Director, East Stroudsburg High South; Charlie Mathers, Northampton Community College; back Row: (L-R) Valerie Hyduchak, Hawley Kindergarten Center; Ayna Mills, Pleasant Valley Middle School; Lucy Stanovick, Director, East Stroudsburg University; Jennifer Marreno, East Stroudsburg High North; Leslie Antinette, Program Coordinator, East Stroudsburg University.

Sponsors Available

Sponsors are available for 2006. If you are interest-ed, please contact Patricia Metzger, VP of Operations/Development at the Chamber at 570-421-4453. Be sure to take advantage of this chance to promote your business.

African American Network (AAN) and The United Community for the Improvement of Goolahng Township (UCIG) present Jazz at the Depot, “Frolic to the Jungle to the Stage” features the history of jazz music created by African Americans spanning slavery to the present day. The event will take place on February 25 from 2:00 p.m. to 5:00 p.m. at the Landings Restaurant at the Tobyhanna Army Depot. Jazz renditions by various artists will be presented as well as an oil and collage exhibit by renowned artist Mr. Raymond Lee Wallace, whose paintings represent the musical era. A video presentation featuring the music of “Frolic to the Jungle to the Stage” will be shown.

Additional artwork will be on display by Millers Fine Art Gallery featuring fine artists, Maria Ferreres and Jewel Woods. A buffet, wine tasting by West Hannover Winery, and door prizes will round out the afternoon’s entertainment. The cost is $15.00 per adult and $8.00 for students with ID and Military personnel. Call (570) 588-5065 for further information.

The East Stroudsburg University Department of Movement Activities and Lifetime Fitness has announced the following classes which will be offered during the Spring 2006 semester.

Yoga Classes: Mondays 7:00-8:00 p.m., Jan. 23-April 3 (no class Feb. 20 or Mar. 13), $9 per class. Location: East Stroudsburg University, Koehler Dance Studio 2nd floor, corner of Smith & Normal Streets. 570-422-3761

Ballroom Dance: Wednesdays 7:00-8:00 p.m. including three genres of dance. Swing Dance: Jan. 25-Feb. 8; Waltz & Fox Trot: Feb. 15-Mar. 1; Latin Dance: Mar. 22-Apr. 5. Each three-week session is $48 per couple. Location: East Stroudsburg University, Koehler Dance Studio 2nd floor, corner of Smith & Normal Streets. 570-422-2255.

East Stroudsburg University of Pennsylvania Professor of English, Fred Misserella, has just announced a newly published book of short fiction called “Lies to Live By.” The book, published by Bordighera Press on December 15, 2005 includes seven stories and one novella. Novelist Kent Haruf, the author of Plainsong, wrote, “Lies to Live By” by tells the complex and sometimes secret truth about what it is to be alive in these complicated times, saying that Fred Misserella writes in the clearest, precise prose, and has as his special strength the joining of shining intelligence with deep emotion. At present, Misserella has a book signing scheduled at the ESU bookstore in February and a reading and book signing at the Monroe County Public Library during the same month. The book is available at the ESU bookstore, online at www.bordighera.com, and bookstores and online booksellers. Fred Misserella teaches writing, journalism, and Italian-American literature at East Stroudsburg University.

Frank M. Brown, P.C., Certified Public Accountants of Stroudsburg, have announced the firm has been notified by the American Institute of Certified Public Accountants that it has successfully completed the Peer Review Program. The review was completed by an independent CPA firm in accordance with requirements of the Institute. The review included an examination of the firm’s quality control policies and procedures including independence, integrity and objectivity, personnel management, acceptance and continuation of clients’ engagements, engagement performance, and monitoring.

George Roberts Productions of Stroudsburg has been chosen as a recipient of a major award for two of its TV programs. “The Pocono Mountains Business Magazine” and “Pcono Landscape Challenge” were both given the 2005 Communicator Award of Distinction. This international award competition, judged by industry professionals, recognizes outstanding work in the communication field. There were more than three thousand entries in this year’s video competition. The Award of Distinction is given to approximately 17% of the entries. “Pocono Mountains Business Magazine” TV Show is produced by George Roberts in conjunction with the Pocono Mountains Chamber of Commerce. “Pcono Landscape Challenge,” hosted by Jim Scocozza and Connie Roberts is produced in conjunction with the Pocono Mountains Nursery in Brodheadsville. Both programs can be seen three times a week on Blue Ridge Cable TV 13. George Roberts Productions produces TV programs, as well as infomercials and commercials. More on their programs can be found at www.georgeptv.com.

Morgan Stanley will be holding a Financial Planning Seminar at the Stroudsmoor Country Inn on February 23rd at 6:30 p.m. Individuals interested in obtaining more information about this informative seminar should contact Ken P. Lethok or Tarik El Basiouni at 570-422-8025 or stop by 800 Main Street in Stroudsburg.

Young and Haros, LLC attorneys, Nicholas Charles Haros, has been recognized as a “Rising Star” in the Pennsylvania legal community. His name appears in the December 2005 issue of Philadelphia Magazine and in the Pennsylvania Super Lawyers magazine. Only 25 percent of all practicing attorneys in Pennsylvania were selected as Rising Stars, after an extensive survey and peer review conducted by Law & Politics Media in a process intended to distinguish outstanding emerging attorneys in Pennsylvania. Mr. Haros is the only Monroe County attorney to be recognized with this honor. Mr. Haros represents clients in state and federal courts and in arbitration, mediation, and administrative proceedings involving business disputes and other matters. Mr. Haros earned his law degree from Temple University where he also obtained his MBA. He is a member of the Pennsylvania Bar Association and the Pennsylvania Association of Trial Lawyers. He is a past President of the Monroe County Bar Association’s Young Lawyers Division. A graduate of the Chamber’s Leadership Pocono program, Mr. Haros currently serves on the Board of Directors for Bursley Workshops.

PMCC MISSION STATEMENT

Act as

A Unified Voice of Business dedicated to the Prosperity of all Commerce leading to the Enhancement of the Quality of Life in our region and surrounding areas.
Welcome New Members

The following new members are not listed in the 2005 Membership Directory & Buyer’s Guide. Please be sure to add this page to your copy of the Directory.

**Ameriprise Financial**
Jeremy Straub, FVP
7248 Tilghman Street
Allentown, PA 18106
570-350-6698
570-422-6602
bylean@od.yellowpages.com
ADVERTISING

**Mortgages**
www.fieldstonemortgage.com
630-435-2196
630-437-9012
Downers Grove, IL 60515
1333 Butterfield Road Suite 550
Tim Murphy
Fieldstone Mortgage Company
CONSULTANTS-BUSINESS

**Fresh Start Contracting**
Audrey Bailey
58 Gabrial Estates
E. Stroudsburg, PA 18301
570-420-9966
570-420-9124
fresh@ptd.net
CONTRACTORS-BUILDING & CONSTRUCTION

**Good Shepherd Rehabilitation Network**
Tim Bilger
543 St. John Street
Allentown, PA 18103
610-776-3553
tilger@ghr.org
www.goodshepherdrehab.org
NON PROFIT ORGANIZATIONS

**Pocono Outdoors**
Matt Fetter
Route 611 North, Swiftwater
570-839-8040
570-839-8040
www.poconooutdoors.com
PUBLISHERS

**Mediterranean Grill & Gourmet Pizza**
John & Jennifer Moschogiannakis
Route 209, Brodheadsville
570-402-9966
570-402-9124
fresh@ptd.net
CONTRACTORS-BUILDING & CONSTRUCTION

**Nutrition 1st**
Cheryl Jordan
1515 Winter Court
Elliot, PA 18530
570-688-9557
cherylann@aol.com
www.topgunnoni.com
HEALTH-NUTRITION

**Farr Healey Consulting, LLC**
Mary Anne B. Heeter
RRI Box 4119
Stroudsburg, PA 18360
570-992-7992
maryannebheeter@epix.net
CONSULTANTS-BUSINESS

**Fieldstone Mortgage Company**
Tim Murphy
1333 Sutterfield Road Suite 550
Downers Grove, IL 60515
630-437-9012
630-435-2096
tmurphy@fmcn.com
www.fieldstonemortgage.com
MORTGAGES

**Mangia Baby**
George Manatakis
Route 115, Brodheadsville
HC1 Box 88
570-992-9446
www.mangiababy.com
RESTAURANTS

**Pleasant Valley Gourmet**
Ahmed Chaif
12 Jenna Drive
Brodheadsville, PA 18322
570-997-7434
734-661-1923
anchafik@ptd.net
www.pvgourmet.com
FOOD-GOURMET

**Ameriprise Financial**
Jeremy Straub, FVP
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bylean@od.yellowpages.com
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ron.paul@franklincovey.com
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