



BLACKWOOD CORNER

“We either make ourselves miserable or we make ourselves strong. The amount of work is the same.” Carlos Castaneda

I came across this thought a few weeks back and it really stuck with me. No matter what is going on in our lives, the truth is that we are human beings with finite energy and a finite amount of time on earth. When we stay in that mindset – we act with more intention, we spend our time with more clarity, and we don’t sweat the small stuff. But when we forget, we can so often spin out on the little things – the comment someone made, the tone of a text, the feeling of the list of to-do’s that isn’t complete....

My challenge to you is to remember that the energy it takes to feel overwhelmed, upset, down on ourselves or our team is the same energy that we can use to seek to understand, build relationships, and build our confidence and tool kit. The choice is ours on where we want to spend that energy – growing or stagnant? It’s up to us! Make it count!

-In partnership - Amanda Blackwood, President & CEO

NO FOMO ALLOWED

FOMO: The fear of missing out.

FOMO, like when you read that 55 elected officials from ALL six counties of the Capital Region are attending the Cap-to-Cap program to Washington, D.C. in April with the Metro Chamber!

By now you likely know that as one of the largest regional delegations to organize and lobby in DC for our communities here at home, Cap-to-Cap is one of the most effective advocacy efforts one can participate in, but did you know- we also have a LOT of fun?! Stay at one of the most storied hotels in our nation’s capitol, the Mayflower Hotel (J. Edgar Hoover’s lunch spot for over 20 years while running the FBI)!



After a successful day on the hill, enjoy the Legacy Gala, held this year at the awe-inspiring Smithsonian Institute’s National Portrait Gallery! Perhaps most memorable will be the discussions, laughter, and collaboration built between participants who represent almost every facet and industry of our region, bringing their passion and solutions to the table - and waiting to hear about yours.

Will you be joining us? To register or sponsor, click [here](#). If you need even more reasons to join us, watch [this](#).



THE REAL DEAL

Do you know Anna Fontus, the Metro EDGE Young Professional of the Year?

You may want to meet her - she's the kind of person that does not sit idly by when witnessing inequities or opportunities to address matters head-on.

We couldn't be more proud of Anna - for all that she inspires and all that she does. To read more about Anna in Comstock's Magazine, click [here](#). To become a part of Metro Edge, click [here](#).

HELP IS HERE!

Businesses, help is here! If you are a microbusiness in Sacramento County or a business in Citrus Heights, there are grants available just for you. Last week, Sacramento County announced the COVID-19 Microbusiness Relief Grant; although a microbusiness may appear small, they are mighty, and now more than ever, need financial assistance.

Businesses in Citrus Heights are also encouraged to apply for the Small Business COVID-19 Recovery Grant Program, funded by the federal American Rescue Plan Act.

Please spread the word to the microbusinesses and businesses in your circle about these invaluable resources! To apply for the MBCRG Grant in Sacramento County, click [here](#). For Citrus Heights, click [here](#).

Sac4Micro
Are you a Microbusiness?
We should meet.
 SAC4MICRO.ORG

SACRAMENTO COUNTY
 OFFICE OF
 SMALL BUSINESS TOWNSHIP

Funded in part through a Grant from the

FINANCE DAY
FINANCE DAY
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MARCH 24 @ 11 AM

Presented by:
 First Citizens Bank
 metrobusiness center

FINANCE DAY

Small businesses are growing fast! Did you know that there are 28.8 million small businesses in the United States, according to the U.S. Small Business Administration, and they have 56.8 million employees.

If you are a small business or know of a small business that can benefit from a refresher in small business financial planning, then Finance Day is just for them! To make sure the small business in your life is prepared to grow and plan for the future, make sure to recommend they attend Finance Day on March 24 at 11:00 am. To register click [here](#).

WELCOME NEW MEMBER

We are thrilled to welcome Staff Management SMX to the Metro Chamber Family!

As the leading light-industrial staffing partner, Staff Management SMX is the expert in onsite contingent workforce management for manufacturing, fulfillment and distribution facilities. Whether you need ten workers or over 1,000, Staff Management SMX can provide proven results led by powerful solutions, operational expertise, always driven by client satisfaction. Learn more [here](#).



COFFEE TO COCKTAILS
 A PROFESSIONAL DEVELOPMENT DAY
 FOCUSED ON RUNNING FOR OFFICE

EXPERIENCED SPEAKERS • DEVELOP BUILDING BUDDIES
 LEARN STRATEGIES • MEET DECISION MAKERS • AND MORE!

MARCH 18, 2022
 CHECK IN AT 8:00 AM

RUNNING FOR OFFICE?

Curious about what it would take to run for office? Want to give back to your community? The Metro-PAC and Sacramento Association of Realtors invite you to join us for a FREE professional development day to help with your decision to run for public office. Learn everything you need to know and more by attending our development day focused on all things candidacy. Learn more [here](#).

DID YOU HEAR?

Earlier this week, The Sacramento Metropolitan Chamber Political Action Committee (Metro-PAC) announced their endorsement of **Angelique Ashby for State Senate**.

Metro-PAC Chair, Chelsea Minor said it best when it comes to why Angelique is business' choice for State Senate: "Throughout her time at City Hall and especially during the COVID-19 pandemic, Angelique Ashby has demonstrated an aptitude for supporting businesses of all sizes and uplifting everyone who calls Sacramento home."

Angelique is the type of person that leads the charge on projects, especially projects that benefit the region's economic vitality.

Ashby currently represents Sacramento City Council District 1 and serves as Vice Mayor of the City of Sacramento. Senate District 8 includes the cities of Sacramento and Elk Grove, and most of Sacramento County.



MEET YOUR METRO

When we take inventory of the things we are lucky to have, Madeline "Maddy" Barbour, is always at the top of that list. On top of working as the Program Manager for the MetroBusiness Center, Maddy is also in the running for "World's Nicest Person."

If you know Maddy, you'll know that her ranking on the "World's Nicest Person" list is no surprise. Maddy constantly goes out of her way to assist those that need it most - a small business owner, a budding entrepreneur, a friend, or colleague, Maddy is the real deal when it comes to service.

A native of Clovis and graduate of California State University, Fullerton, Maddy is driven to impact work. She finds great rewards in being of service to others as it honors her favorite person - her mother.

Maddy strives to stay grounded in the fact that our lives are comprised of a million small moments and it really is the small moments in our lives that can leave the biggest impact. She embodies authenticity through and through.

When Maddy takes time for herself, you can find her strolling the streets of Midtown enjoying the many farmers' markets, stopping in at her favorite coffee shops, and leveling up in spin class. She's also well on her way to completing her bucket list of visiting all 50 states by the time she's 35. She has 32 states down and only 18 states to go!