

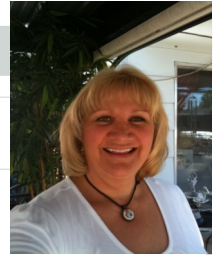
C.P. Chamber Chatter January Newsletter 2011



Board of Directors

Chairman- Marilyn Nunes
Treasurer- Stefanie Desautel
Ex. Director - Cindy Hudson
Ex. Director- Bill Christie
Ex. Director- Pattie Baker
Director- David Mitranay
Director- Bob Kelty
Director- Brett Funk
Director- Cerise Stephens
Director- Marianne Roda
Director- David Douglas
Director- Catherine Boyd
Director- Tim Elbert
Director- Tani Wouters
Director- Gabriel Anaya
Director- Ivan Velasquez

From the Office..Cindy Hudson



New Years Schedule

We have a new schedule for Chamber activities...Please make a note in your Calendars.

Lunch Seminars ~ 1st Tuesday of every month held at Torero's Mexican Restaurant , banquet room.-327 East Pine Street (Parking available at Premiere West bank)

Board Mtgs. will be held 2nd & 4th Tuesdays

Rotating Greeters will still be 3rd Tuesday

We will be holding Quarterly mixers in the evening TBA

2011

~2011~

Are you looking for ways to become more involved?

C.P. Chamber Board of Directors is searching for individuals interested in sharing business ideas to build up our Chamber membership, help increase visibility, and build a stronger local economy.

Here's a list of committees you could serve on...

Retention– Retaining a stronger relationship with members

Recruitment-Help to bring new businesses aboard

4th of July– Parade and Park festivities

Walldogs festival-world renowned artists painting 12 murals in our downtown

After Hour Mixers– Socials, Seminars

Business Advocacy Committee (BAC)-Advocating on behalf of the businesses, recruiting local political candidates who support the business community

Visitor Information Center– tourism development

Banquet/Auction– Themed Fundraiser for the Chamber

Ambassadors– Grand Openings, Ribbon cuttings, welcoming in new businesses

Luncheon Seminar– recruiting and advertising

If you would like more information or would like to participate
on any of these committees...

please call the office 541-664-5301

Help us build a stronger more successful Chamber

Greeters

Liberty Tax

(Owner-Cerise Stephens ~Hosting)

839 East Pine St.

(We will also have a ribbon cutting ceremony to help celebrate their new location)

Bring...

\$1.00 dues, Business Card, Door Prize

Lunch Seminar

New Schedule for 2011 Lunch Seminars

Seminars will be the 1st Tuesday of each month and they will be held at Torero's Mexican Restaurant

327 East Pine Street (Next to The Brick) Parking available at Premiere West Bank- across the street.

We are looking for speakers to share information that can be useful in the business sector as well as the community.

Any suggestions or volunteers welcome!!!

January 2011

SUN	MON	TUE	WED	THU	FRI	SAT
30	31					
2	3	4	5	6	7	8
9	10	11 Board Mtg. 12 pm Office	12	13	14	15
16		18 Greeters Liberty Tax 8:30am	19	20	21	22
23	24	25 Board Mtg. 12pm Torero's	26	27	28	29

Health Tips By Dr. Kelty

Aging and your Genetic Time bombs

As we are into our 40's, 50's and beyond, our bodies ability to produce certain Hormones, Enzymes and Brain chemicals leads to many age related disorders. Examples include slower healing more susceptibility to infection, less strength, and memory impairment.

Nutritional support can help minimize all these genetically preprogrammed effects. Lets touch on memory loss and retention today. In our mid 50's typically, the brain loses it's ability to manufacture optimum amounts of a key memory chemical called Acetylcholine. This leads to failing memory as we age. Brains which have adequate acetylcholine enable us to maintain our memory, it's that simple.

Anti-aging research has demonstrated the ability of several natural food substances to boost the brains ability to synthesize memory chemicals and preserve brain cell communication (i.e. memory). These nutrients are effective at raising brain levels of acetylcholine and clinical studies have shown improved outcomes in memory and mental performance tests on patients already suffering from cognitive decline.

I suggest individuals over 54 years of age take a well designed memory supplement. If I left in the hands of our bodies aging clock, alone, we all make less acetylcholine as we age. Don't wait, Your genetic time bomb of declining memory begins dramatically at 55-60 years of age.

I have a scientifically formulated nutritional product to increase our Brain levels of this key memory chemical,
Come talk to me.

Also Check out my website at ...

keltychiro.com



Evali Salon

411 East Pine Street

541-727-7711

Evali Salon is ringing in the New Year with some great gifts for New Clients!

Every Friday in January, New Clients who pre-book their Hair Cut will receive a free 10oz Kenra 25 hair spray!

Every Saturday New Clients who pre-book any facial waxing service will receive a free Hot Lips lip gloss from Zoya!

Enjoy a Day of
Beauty!!!





1333 Plaza Blvd., Suite E,
Central Point, Oregon
(Albertsons Shopping Center)

541-664-4553

January Dental Special

\$99 *Routine Dental
Cleaning*

Let us create a healthy smile
for your dog or cat and improve
their "kissability". They'll Love
you for it. Call today 541-664-4553



Smile



"Where pets are Family"

www.mountainviewvet.net



South Valley Bank & Trust Welcomes Naumes to Board of Directors

Klamath Falls, OR – December, 2010 – South Valley is honored to have Laura Earnest Naumes, Co-Owner & VP of Naumes, Inc. Medford, Oregon, join the distinguished individuals that make up the Board of Directors of South Valley Bancorp Inc., and the operating subsidiaries, South Valley Bank & Trust and South Valley Wealth Management.

William Castle, President and CEO states, “Laura brings a business and community perspective to the Board that will effectively strengthen our voice into the Rogue Valley market. She has embraced the bank’s commitment toward growth and development based on the client promise to put, “Your Business First.”

Naumes brings over two decades of business expertise to the South Valley Board. She and husband Michael Naumes own and manage Naumes, Inc., started by the Naumes family in 1946. This tri-state company specializes in

fruit production, and fresh packing and shipping in Oregon, California and Washington. Naumes Inc. employees approximately 2500 full time and seasonal employees.

Mrs. Naumes was born and raised in Medford, Oregon attending Phoenix High School in 1975. She is an alumna of Oregon State University where she earned a BS in Business Marketing in 1980. Upon graduation she worked with her father at their family owned business, Earnest Orchards, in Medford, Oregon. She later became employed by Naumes, Inc. in 1987.

In 1989 Laura and Michael Naumes gave birth to triplets, Joseph, Cynthia, and Sean. Two of the Naumes children went on to choose their Fathers Alma mater, Santa Clara University, while the third is attending University of Arizona Advancing Technology.

Mr. and Mrs. Naumes are both exemplary supporters of their community. Laura currently resides as Board Member for the Pear Bureau Northwest, Northwest Horticultural Science Advisory and Rogue Valley YMCA. She is also a council member for the Winter Pear Control Stewardship, a member of the Technical Advisory Committee, an active member of Jackson Country Republican Women and a Board of Trustee member for Asante Foundation.

Previous Organization Affiliations include past president of Rogue Valley Marketing Association, membership of Medford Pear Shippers, Soroptimist, Federal Codling Moth Management Program, St. Mary’s School Finance Committee and St. Mary’s Board of Trustees School. In addition, Mrs. Naumes was a member of the Advisory Council 12th District Federal Reserve Bank.

In 1998 Mrs. Naumes was the recipient of the Research Service Technology Transfer Award.

Mrs. Naumes adds, “I am honored and excited to be part of the South Valley Bank & Trust Board. Rogue Valley residents and businesses are fortunate to have this outstanding bank as a part of our community.”

South Valley Bank & Trust

Headquartered in Klamath Falls, Oregon, South Valley Bank & Trust was founded in 1976 by local business leaders who wanted to provide community-oriented financial services to businesses and their workers and families. The privately owned financial institution, a subsidiary of South Valley Bancorp, Inc., currently posts assets of approximately \$850 million. South Valley Bank & Trust maintains its hometown banking tradition providing local management and decision-making at 25 locations in the Klamath/Lake, Central Oregon, Rogue, and Three Rivers Regions. The bank that puts *Your Business First*® delivers a broad range of business and personal banking products and services as well as trust, estate and retirement services. Through a subsidiary, South Valley Wealth Management, the bank also offers investment services for individual, corporate and non-profit clients. For more information about South Valley Bank & Trust, visit www.southvalleybank.com.



CP Chamber Members:



Just thought you would like a little information on the interest rates for buying a home.



When you start to think 5.0% is high for 30yr fixed interest rates... think again.



Below is the average interest rates in January for the last 10 years. (it's average so give or take a quarter).



2000	8.15%	2006	6.12%
2001	7.07%	2007	6.18%
2002	7.14%	2008	6.07%
2003	5.95%	2009	5.01%
2004	5.85%	2010	5.14%



Oct, Nov. got down to 3.875-4.0



2005 5.77% Today 4.75%/4.875%



So other than the drops that have occurred this year, today we are still at a 10 year historical low.



If you, your family or friends are thinking of buying or selling a home, call me for more information



and I would be glad to answer their questions.



Marilyn Nunes, Broker



John L Scott Real Estate Medford



541/621-0228

