

C.P. Chamber Chatter

March Newsletter 2011

Board of Directors

Chairman- Marilyn Nunes
Treasurer- Stefanie Desautel
Ex Director – Cindy Hudson
Ex Director- Bill Christie
Ex Director- Pattie Baker
Past Chairman- Amy Bullion
Director- David Mitraný
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- Debbie Trautman
Director- Ivan Velasquez
Alt. Director-Gabriel Anaya
Alt Director- Vicky Robinson



From the Office. Cindy Hudson

March 5th~ Banquet /Auction

**For those of you who are
planning on attending**

Saturday, 5pm At

Twin Creeks Retirement

888 creeks crossing

Central Point Or

541-664-8880



Welcome New Members

RelyLocal

Absolutely Gorgeous





Greeters

Tuesday, March 15, 8:30am

Torero's Mexican Restaurant

327 East Pine Street

Gabriel Anaya~ Host

Bring...

\$1.00 dues, Business Card,

Door prize

Guests Welcome!

Luncheon Seminar

Tuesday, March 22~ 12-1Pm

Torero's Mexican restaurant

327 East Pine Street



Rich and Bryan Scott will be presenting

RelyLocal is a Community Campaign! There are plenty of "local" online directories and various "buy local" movements sprouting up across the country. Unfortunately, most of the other websites simply buy (or steal) their data from giant databases full of national chains, while selling advertising to the highest bidder (the national chains). Only RelyLocal is locally owned and operated by your neighbors who really understand what Rogue Valley businesses are up against. RelyLocal isn't just a website - it is a community campaign to rebuild our local economy and strengthen our community!

March 2011

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 Chambers Annual Auction and Banquet 5-9pm
6	7	8 Board Mtg. 12-2pm	9	10	11	12
13 	14	15 Greeters 8:30-9:30am	16	17 	18	19
20	21	22 Lunch Seminar 12pm	23	24	25	26
27	28	29	30	31		

CENTRAL POINT EVENTS FOR 2011

- ◆ April 23, 11:00-1:00 "Egg"stravaganza at Twin Creeks Park
- ◆ April 30 Citywide yard sale
- ◆ May 7 10:00-2:00 Recycling event at Gate 1 at the Expo
- ◆ May 21 Bike Safety Fair and Rodeo at Don Jones 10:00-2:00-Spray Park Opens (depending on weather)
- ◆ May 30 Memorial Day Celebration Fallen Heroes War Memorial at Don Jones Park 9:00 AM
- ◆ June 4 Tough Enough Rodeo Run, Gate 1 at the Expo 8:00 am
- ◆ June 25-26 Battle of the Bones at Twin Creeks Park open 11:00 both days
- ◆ July 15 Friday Night Festival Movies in the Park 6:00 Music, 8:45 Movie
- ◆ July 22 Friday Night Festival Movies in the Park 6:00 Music, 8:45 Movie
- ◆ July 29 Friday Night Festival Movies in the Park 6:00 Music, 8:45 Movie
- ◆ Aug 5 Friday Night Festival Movies in the Park 6:00 Music, 8:45 Movie
- ◆ Aug 12 Friday Night Festival Movies in the Park 6:00 Music, 8:45 Movie
- ◆ Aug 19 Friday Night Festival Movies in the Park 6:00 Music, 8:45 Movie
- ◆ November 11 Veteran's Day Celebration at the Fallen Heroes War Memorial 9:00 AM
- ◆ Dec 9 Community Christmas at City Hall 4:00-7:00



You're Invited

Medical Doctor, Educator, and
Research Scientist

Dr. Shanhong Lu, MD, PhD
Presents a Free Lecture in Ashland

Part (1) Managing stress and toxins for healthy people in the 21st century.
Part (2) Dr. Shanhong Lu, MD, PhD will discuss some of the missing pieces in nutritional support, and introduce Orenda International "Awaken, Cleanse and Feed," a paradigm shift to support ageless living without limit.

Dr. Lu is an MD certified in both Internal Medicine and Anti Aging and Regenerative Medicine. She also has a PhD in Human Physiology and post doctoral fellowship training in Genetics of Hypertension at UC San Francisco, California. She has treated thousands of patients in her 12 year practice of integrative medicine.

March 23rd, 2011
7:00 PM
Agile Healing Arts, 832 A St.
Ashland, OR
97530

For more information, contact

Tani Wouters

541-944-9841 - www.myimmuneboost@gmail.com



RelyLocal – Rogue Valley

A healthy community depends on a healthy economy, and both completely depend on the local businesses! There are a number of great studies out there that illustrate how shopping locally will stimulate our Rogue Valley economy. Simply put, more money spent with local businesses stays here (about 68%), where much less money spent with national chains stays in the area (only about 14%), and money spent online... well... simply leaves. Forever.

To us, supporting local businesses doesn't stop with the economy - It is all about creating a stable and vibrant community! Rogue Valley businesses create jobs (tax revenue for schools, parks, roads) while offering diversity in the marketplace, with unique products and services not found in big-box stores or chain restaurants. Not to mention - these local businesses are owned by the very people who sponsor our little leagues, donate to our local charities, and volunteer for our community events - giving back to the community in countless ways. You rely on them, but can they rely on you?

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Getting Involved!

If you are a local business owner who would like to partner with RelyLocal in our campaigns to support local businesses, you can learn more about our strategies and services or just get in touch. We'd love to see how we can help your business! Otherwise, if you are an excited loyal local that wants to spread the word, you can get connected with other like-minded locals and show your support around town.

RelyLocal – "Local Business is our ONLY business!"

Yours in local success,

RICH SCOTT



richscott@relylocal.com

www.relylocal.com

South Valley Bank & Trust Welcomes Mike Williams as Senior Loan Manager

Grants Pass, OR – February 15, 2011 – South Valley Bank & Trust is proud to announce the addition of Mike Williams as Senior Loan Manager in Commercial Lending. He will be located at the Towne Centre Branch in Grants Pass. In this position, Williams will be responsible for providing business banking services and excellent client service to the business owners in the Three Rivers Region.

Williams earned a Bachelor of Science degree in business management from Brigham Young University, later becoming employed by Bank of America in Sacramento, California. He came to southern Oregon in 1991 where he joined Western Bank as a commercial loan officer. He later accepted the position of Assistant Vice President Business Banking relationship officer for Bank of America in the Southern Oregon Business Banking Department. When this position was relocated to Portland Williams chose to stay in Medford to raise his family. He became employed by Providence Hospital as a financial analyst where he has worked for the past 13 years.

Mr. Williams' past community involvement includes Chairman for the Junior Achievement Advisory Board of Jackson & Josephine Counties, President of the Central Point Chamber of Commerce and Committee Member & Merit Badge Counselor for the Boy Scouts of America. He is currently serving as an Advisory Board Member and an Executive Board Member for Junior Achievement of Jackson & Josephine Counties.

According to Michael McKay, VP & Regional Credit Administrator, "We are very pleased to be welcoming Mr. Williams to the South Valley family of employees. Mike has an extensive banking background that will serve clients well in the Three Rivers region."

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.

Contact:

William E. "Bill" Castle
President & CEO
South Valley Bank & Trust
541.880.5210



Views of a young Doctor

Pictured below is a young physician by the name of Dr. Starner Jones. His short two-paragraph letter to the White House accurately puts the blame on a "Culture Crisis" instead of a "Health Care Crisis". It's worth a quick read:



Dear Mr. President:

During my shift in the Emergency Room last night, I had the pleasure of evaluating a patient whose smile revealed an expensive shiny gold tooth, whose body was adorned with a wide assortment of elaborate and costly tattoos, who wore a very expensive brand of tennis shoes and who chatted on a new cellular telephone equipped with a popular R&B ringtone. While glancing over her patient chart, I happened to notice that her payer status was listed as "Medicaid"! During my examination of her, the patient informed me that she smokes more than one costly pack of cigarettes every day and somehow still has money to buy pretzels and beer.

And, you and our Congress expect me to pay for this woman's health care? I contend that our nation's "health care crisis" is not the result of a shortage of quality hospitals, doctors or nurses. Rather, it is the result of a "crisis of culture", a culture in which it is perfectly acceptable to spend money on luxuries and vices while refusing to take care of one's self or, heaven forbid, purchase health insurance. It is a culture based in the irresponsible credo that "I can do whatever I want to because someone else will always take care of me".

Once you fix this "culture crisis" that rewards irresponsibility and dependency, you'll be amazed at how quickly our nation's health care difficulties will disappear.

Respectfully,
STARNER JONES, MD

Health Tips By Dr. Kelty

66% of Americans are overweight, are you one of them?

Is it getting difficult to see your feet?

Are your Love handles getting easier to handle?

Would you like to lose the weight from where you hate it the most?

I have been looking for a rapid weight loss plan for the 32 years I have been in medicine. I am now convinced of the effectiveness and safety of a plan that has withstood the test of time, the hCG diet. Some features of the weight loss program that I find remarkable is the ability to lose weight in the abdominal (called visceral fat) area, the tummy. More than any other weight loss plan the hCG is quite selective for losing weight in the midriff region. My patient's have been losing on average, 15 -25 lbs. in three weeks. Better yet, they feel great while on the diet.

For 40 years all the experts have been telling us to eat right and exercise more and we will lose our bulging belly's. Well, how has that worked for you I might ask? The statistics tell the story, it hasn't worked! My weight loss program utilizes the hCG diet, but my goal is to help you succeed at maintaining a healthier weight and lifestyle. Your quality of life, your lifestyle and your longevity depend on a healthy weight, let me help you.

Check out my website at ...

keltychiro.com

for some nutritional articles, and see me for
specific nutritional advice and well as for
weight loss



WHY USE A SRES FOR YOUR REAL ESTATE NEEDS

SENIORS REAL ESTATE SPECIALIST

OVER 50 AND CONSIDERING SELLING THE FAMILY HOME?

As we age we demand specialists in our health needs – so why not in our housing and equity needs? You need a REALTOR® with senior experience, knowledge and marketing savvy.

Those qualities, along with a special knowledge of managing the sale of a home for those over the age of 50, are what SRES® designees can bring to your next real estate transaction.

There's always an emotional element associated with selling a long-time home. **SRES® designees** are real estate agents that specialize in senior needs and can ease the transition first by talking about your reasons for selling and then exploring all the options—either modifying and staying in your current home or finding a different property—to be sure you find the very best housing solution.

SRES® designees are certified senior specialists and astute to the financial and emotional challenges senior clients face when they sell a long-held family home.. Such certified specialists have special knowledge about everything from **reverse mortgages** and the importance of **universal design** to the uses of pensions, 401k accounts, trusts and IRAs in real estate transactions.

They'll also help you steer clear of loan schemes and scams that victimize aged 50+ borrowers. And when you need help from other professionals, SRES® designees can tap their network and put you in touch with qualified home inspectors, movers, attorneys, CPAs and other experts.

SRES® designees have all the resources and knowledge to simplify the transaction and eliminate the anxiety of selling your home.

So if you're thinking of buying, selling, renting or relocating, **find an SRES® in your area** for specialized help with your real estate transaction.

You need a REALTOR® with senior experience, knowledge and marketing savvy.

Submitted by **Marilyn Nunes, Broker**

Senior Real Estate Specialist

John L Scott Real Estate Medford

871 Medford Center

Medford, OR 97504

Call for more information **Marilyn Nunes 541/621-0228**

