



Corvallis Independent Business Alliance

May 2014 Newsletter

***DON'T FORGET TO LOOK FOR ANNOUNCEMENTS AND SPECIAL OFFERS FOR CIBA MEMBERS
AT THE END OF THE NEWSLETTER!***

May Membership Meeting MOVED

Plans for The Vue didn't work out. So, **Linda & Sandy McHenry** are welcoming us at **Eats & Treats Café, 1644 Main St in Philomath**, for a down-home good time! Come by anytime **between 5:30 and 7:00 pm on Wednesday, May 28**, for appetizers, networking, and updates on what's happening in the local independent business world – including from several independent businesses in the Philomath area who have been invited to attend.

CIBA Board Election in Process

Your **CIBA BOARD OF DIRECTORS ballot** probably has hit your mailbox by now, so be sure to **VOTE!** All current full business members are invited to cast a ballot (one per member business). Return the ballot by 4:30 pm on May 27 to the CIBA, c/o A&S Accounting, 316 SW Washington, Corvallis 97333. Or, bring your ballot to the May Membership Meeting on May 28 at Eats & Treats Café!

Celebrate Independents Week Activities

July 1 – CIBA Potluck @ Tye Wine Cellars & the Buchanan Family Century Farm
Save this date for sure – **Tuesday, July 1, 6:00-8:00 pm**. The event? A first-ever **CIBA POTLUCK for members, their families and staff!** Good food & beverages, great location, opportunity for a farm tour, and possible music, too! Be looking for more details and a formal invitation to follow.

July 2 – Night at the Knights Baseball Game

Those mailboxes have been busy! Better check to make sure you have your **ticket order form** for Corvallis Knight tickets on CIBA's traditional **Celebrate Independent Business Night at the Knights baseball game, Wednesday July 2** at Goss Stadium. The Knights take on the Medford Rogues and the 7:15 pm game will be followed by some pretty terrific fireworks! Order form and payment must be received at the CIBA office by **Wednesday May 28**. You can bring your order to the Membership Meeting! (Please note that the location of the Membership Meeting is incorrect on the baseball ticket order form – as noted above, we will be meeting at Eats & Treats Café in Philomath.)

Celebrate Independents Week Umbrella Ad

CIBA traditionally arranges an “umbrella ad” for members during Celebrate Independents Week – and we’re doing it again this year. CIBA pays for the group ad space with text related to supporting local independent businesses. You can reserve ad space in the group ad at any size you wish. The ad will run 3 times during Independents Week. The cost of a business card size ad for all 3 run dates is \$249.42. Contact Monica Hampton (541-758-9552 direct; 541-760-3197 cell; monica.hampton@lee.net, email) to reserve your ad space. **Ad deadline is Wednesday, June 25.**

Management Book Available for CIBA Members

Local Corvallis psychologist Seth Bernstein has written a book for managers and is inviting CIBA members to access the material from his website. Here’s what he has to say:

Emotions, Meaning, and Management examines the psychological challenges managers face every day. My book focuses on the interactions that wear managers down, leaving us wondering where we ever got the brilliant idea that directing the work of other people would be fun and personally rewarding. These are feelings managers rarely admit to, much less talk about. In *Emotions, Meaning, and Management*, the psychological issues and situations that lead to these feelings are explored. The book teaches managers the skills they will need to address these challenges and provides a realistic set of expectations that will help managers find fulfillment in their jobs.

Rather than publishing the book for profit, I have decided to give it away through my (new) private practice website. My goal is to have as many people as possible read the book by eliminating all barriers to access. Here is the link to my book: <http://www.sethbernstein.com/publications.html> . . . and here is a link to reviews of the book: <http://www.sethbernstein.com/book-reviews.html>

Please take a look at what I have written. If you find what you read to be helpful, please pass on the link above to others who you think might be interested. That is how my book is going to get read – by people like you letting others know about.

Seth will be joining us at the May Membership Meeting and can answer any questions at that time.

Thanks for Renewing!

Thank you to **Garland Nursery, McLellan Temporaries, Nectar Bee Supply, Peak Sports, Stover Evey and Jackson** and **The Clothes Tree** for renewing your Business Memberships in CIBA. And thanks as well to **Kate Ottersten** for renewing her Associate Membership. **Your membership dues help CIBA work to keep Corvallis Local & Independent!**

Looking Ahead with the 2014 CIBA Calendar

May

5/28 Annual Membership Meeting , Eats & Treats Café, 1644 Main St, Philomath
5:30 -7:00 pm

June

6/10 CIBA Sip Down, 5:00 pm, Location TBD

July

7/1 – 7/7 Celebrate Independents Week!

7/1 CIBA member **Family Potluck at Tyee**

7/2 **CIBA Night at the Knights Baseball Game**
at Goss Stadium; 7:15 pm. Fireworks
follow the game!

September

9/24 Membership Meeting – 5:30-7:00 pm
Irenes' Boutique, 201 SW 2nd St, Corvallis

November

11/19 CIBA Annual Holiday Social – 5:30-7:30 pm
Shonnard's Nursery

11/29 **4th Annual Buy Local First Day!**

Member Announcements & Specials

Live Well Studio Announces the Following Classes

Whole Body, Whole Heart

Yoga meets you where you are and invites you to consider the possibility that you are exactly who and what you are meant to be, right here, right now. This is the proposition addressed by Triadic Heart of the Goddess tradition, whose three faces, Kali, Sarasvati, and Laxmi provide the raw material for every possible expression of the manifest world. Join Alison Alstrom for an afternoon of asana including hip opening, standing work, and foundational heart openers, while steeping in a colorful narrative of these most evocative of icons. All levels welcome.

Saturday, May 17, 2-4:30pm. Cost: \$39 until May 10, \$49 thereafter.

Please contact us for more information at (541) 224-6566 or visit <www.livewellstudio.com>

Yoga Intensive 4 Week Training & Immersion

Rooted in the earth, reaching for the heavens. This is a 200 hour Yoga Alliance registered teacher training and immersion program. Week 1 focuses on rooting and Grounding: Establishing firm Foundations in Asana and Practice. Week 2 explores Fuel and Fires: Understanding the Body. Week 3 covers Growth and Communication: Expressing your Divine Self. Week 4 reaches Soaring and Flying: Fully expressing your Divine Self. For more information please visit our [website](http://www.livewellstudio.com).

Runs Monday-Friday, July 7 through August 1, 2014. Cost: \$3,000 by 31 May; \$3,500 thereafter.

Please contact us with questions at (541) 224-6566 or visit <www.livewellstudio.com>

Planning Ahead for June in the Garland Garden

Title: **G2T (*Garden to Table*): Figs, Kiwis, Squash, Cucumbers & Melons**

When/Where: Sun. June 1, 2014 - 1:00 p.m. / *Garland Nursery, 5470 NE Hwy 20, Corvallis*

What: Summer is here and it's time to enjoy all that can be grown here in the Northwest. We will review a few of the popular garden produce: squash, cucumbers and melons. But did you know that figs and kiwis can be grown well here too? We will share how to prep, plant, harvest and bring this wonderful produce to your table.

Registration: No registration required.

Cost: FREE and open to the public.

Title: **Little Sprouts: Carnivorous Plants**

When/Where: Sat. June 14, 2014 – 11:00 a.m. / *Garland Nursery, 5470 NE Hwy 20, Corvallis*

What: Planted flowers are beautiful and home-grown veggies are cool, but what is more awesome than having a plant that eat bugs?!? At this month's *Little Sprouts*, we are pulling out the fascinating carnivorous plants. In this class, we will review different types of carnivorous plants, which insects they like best (they can be a little picky), and how to care for them. Each child will take home his or her very own carnivorous plant.

Registration: Registration required. Call (541) 753-6601 to register.

Cost: \$5 per child.