



Corvallis Independent Business Alliance

April 2014 Newsletter

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

Business Resources Workshop in April

This free workshop has been rescheduled to **Thursday, April 24, 2014, 11:30-2:00 pm**, at the Corvallis Fire Station, Upstairs Conference Room, 400 NW Harrison Blvd, Corvallis.

Panelists include Cindee Lolik, from the Corvallis Sustainability Coalition's Economic Vitality Action Team. Cindee will be speaking about opportunities for businesses to harness the power of local investments. Other panelists are: Noah Brockman, SBDC Capital Access Program; Curtis Davis, Citizens Bank; Dan Riplinger, OSU Federal Credit Union; Dan Whitaker, Willamette Angel Conference; and Brenda Baz, Cascades West Financial Services. The event is being put on by the Corvallis Economic Development Office.

More information for this FREE event is on the flyer accompanying this newsletter.

Walk, bike, carpool, ride the bus and WIN BIG!

Don't miss the "Get There" campaign, May 5-16! Track your trips by **bike, bus, walking, carpool/vanpool and teleworking** at DriveLessConnect.com to win prizes like a Coast trip, iPad, and dozens of local gift cards to favorites like McMenamins and New Morning Bakery.

Get active, save money, **WIN PRIZES**, and help the City of Corvallis gather important data about transportation options in our beautiful city. Transportation options have benefits for your health, your wallet and the planet. Last year's "Get There" participants tracked enough alternative-transportation miles to go around the Earth 5 times! Let's do even better this year!

How to track your trips to win prizes:

- Create your profile at **DriveLessConnect.com** by clicking "Register Now." (Or sign in if you're already a member).
- Click on "Ridematch" in the top blue bar to create a trip, and "Calendar" to track your trips. Track any trips May 5-16 to be eligible for prizes!
- Questions? Contact Tarah Campi at tcampi@ocwcog.org.

Planning Ahead – Celebrate Independents Week 2014

The 2014 Celebrate Independents Week (July 1-7) will be even more fun than ever! Start planning now by noting these two great events for CIBA members and families:

Tuesday, July 1 – kick off the week with a **CIBA member potluck** at **Tyee Winery**. We're hosting, you and your family are invited and we'll let you know more details as they are worked out!

Wednesday, July 2 – **CIBA Night Out with the Knights baseball game**. It's officially a tradition. Join CIBA in the stands at Goss Stadium to cheer on the Corvallis Knights against the Medford Rogues. Then stay after the game for the awesome fireworks display! Ticket information coming soon.

More to come . . . more to come. . . more to come . . .

Health Care Talk Sponsored by Main Street Alliance

A strong majority of business owners Main Street Alliance has polled throughout Oregon in the past year and a half support a universal health care system, where employers are not solely responsible for health care costs, such as a "single payer" or "Medicare for All" model.

To help people understand what such a system in Oregon would cost, how it would be paid for and its economic impact, the Main Street Alliance is co-sponsoring a statewide speaking tour by **Dr. Gerald Friedman**, PhD, a nationally known economist. Dr. Friedman will speak twice in Corvallis on **Friday, May 16** - from **12-1:30** at the OSU Hallie Ford Center, Rm 115, Campus Way & 26th and from **7-9 pm** at the First Presbyterian Church at 9th & Monroe. Both presentations are free and open to the public.

Other co-sponsors of the talks by Dr. Friedman include the Center for Global Health, the OSU College of Public Health & Human Services, and the Mid-Valley Health Care Advocates. For more information contact Lee Mercer, Main Street Alliance of Oregon, Executive Team Member at lee@mainstreetalliance.org.

Community Banks Support Small Business

Mega-banks are currently tooting their horns about how much they support small business. However, as reported in the April 7, 2014 *Banc Investment Daily*, the real story may be quite different. Local community banks – such as CIBA member Citizens Bank – while making up only a fraction of the total assets for the banking assets, actually provide nearly 60% of all small businesses loans under \$1MM. The small business loan approval rate for large banks is only about 16% - meaning community banks approve about 325% more small business loans than large "chain" banks!

Thanks for Renewing!

Thank you to **Footwise, Life in Balance Acupuncture, Lion's Touch Massage & Reiki, Sunset Valley Organics/Wilt Farms Inc.** and **Unified Insurance** for renewing your Business Memberships in CIBA. **Your membership dues help CIBA work to keep Corvallis Local & Independent!**

Looking Ahead with the 2014 CIBA Calendar

May

5/28 Annual Membership Meeting @ The Vue,
hosted by Forks & Corks Catering –
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 Winery** (stay tuned for more details!)

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
Location TBD

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

Welcome Back Corvallis Farmers' Market!

It is now officially spring! The Corvallis Farmers' Market, the community's weekly celebration of locally grown food, will start its new season on **Saturday, April 19, from 9 am to 1 pm**. The Market will be sharing the Riverfront on April 19 with the **Procession of the Species**. Parade participants gather on the grass north of the fountain and head south through the market starting at 12:30 p.m. The kinetic sculpture "**Toadily Insane**" will be on display to promote the 2014 Corvallis Graand Kinetic Challenge taking place July 19-20 at the Benton County Fairgrounds. The kinetic sculpture will lead off the Procession of the Species.

Musician John Twist performs starting at 9:30 a.m. Twist, dubbed "A weaver of 12 string wonders" by *Willamette Week*, opens the market music season with a tasty stew of Celtic, folk, blues and Appalachian played on 6 & 12 string guitars, banjo and mandolin. And, CIBA member **Garland Nursery** presents "What, Where, Why, & How of Container Gardening." Additional market-hosted events include Corvallis Civic Beautification and Urban Forestry Commission and OSU Veterinary Medicine's Pet Day.

This season the Saturday edition of the farmers' market attracted more applications from qualified local farms than could be accommodated. The market association sought and received city approval to expand further west on Monroe Ave when needed.

New products and vendors expected on Saturdays this year include Lonesome Whistle, with beans, grains and pasta and bread made from their grains; Queen Bee Honey, which plans to bring kombucha made with its honey; and Left Coast Cellars, which will bring wine, hard apple cider and other agricultural products. Tyee Wine Cellars (Buchanan Family Century Farm) attended farmers' market last year and is expanding its weeks. OSU's Beaver Classic cheese has been in the market's Community Table but now will have its own space. And of course there will be more fruits, vegetables and sustainable meats.

... and followed by:

The **Wednesday Farmers' Market opens April 23** for its fourth year operating in a portion of the Saturday farmers' market site. Hours are **9 am. to 1 pm**. Unlike Saturdays, the footprint of the Wednesday market is not expanding. Mid-week market customers find a relaxed atmosphere with most of the Saturday farmers' market products represented in smaller quantities.

Camron Ridge Farmstead of Jefferson is joining the market and will serve as the Community Table, a place for consignments. The Community Table adds to the diversity of the markets and provides a direct market

outlet for home gardeners and for farmers not ready to operate their own stall. La Mariposa, a cows milk cheese made in Albany, will be at the Wednesday market for the first time. Full Circle Creamery will return via the Community Table.

Both early markets feature spring raab and other greens, potatoes and other storage vegetables, radishes, turnips, carrots, rhubarb, preserved foods, honey, eggs, meat, poultry, and cheese plus nursery plants and cut flowers.

Those interested in keeping their dollars circulating locally and knowing who grew their dinner can rely on **farmers' market guidelines** for both Saturday and Wednesday market days that prohibit any resale and generally restrict agricultural products to a six-county Willamette Valley area. Most farmers at the Corvallis markets farm in Benton County, followed by Linn, Marion, Polk, Lane and Lincoln counties.

Market shoppers can use features on www.locallygrown.org to search for products or for particular vendors and they can view interactive maps showing the location of vendors on each market day.

Garland Prepares for May Events

Looks like fun coming up with these events!

Title: **G2T (Garden to Table): Persimmons, Grapes, Tomatoes & Peppers**
When/Where: Sun. May 4, 2014 - 1:00 p.m. / *Garland Nursery, 5470 NE Hwy 20, Corvallis*
What: Summer is just around the corner and it's time to start a few of our summer favorites. In May we are focusing our *Garden to Table* class on persimmons, grapes, tomatoes and peppers. 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: Flowers for Mom**
When/Where: Sat. May 10, 2014 – 11:00 a.m. / *Garland Nursery, 5470 NE Hwy 20, Corvallis*
What: Moms love flowers, and even more, they love handmade gifts from those that hold their hearts. At this month's *Little Sprouts* we are helping our young gardeners make just that. Each child will put together a potted flower to bring home to his or her mom or grandmother, as a token of appreciation for everything they do.
Registration: Registration required. Call (541) 753-6601 to register.
Cost: \$5 per child.

Title: **Soil Testing and Tool Sharpening**
When/Where: Sat. May 10, 2014 - 10a.m. to 4 p.m. / *Garland Nursery, 5470 NE Hwy 20, Corvallis*
What: We are excited to have Richard Erickson from Horizon Distribution joining us again to help you with some spring cleaning. Bring in your soil to be tested and your gardening tools to be sharpened. Richard is here to help!
Registration: No registration required.
Cost: FREE and open to the public.

Title: **Mother's Day Tea and Planting Party**
When/Where: Sun. May 11, 2014 - 1:00 p.m. / *Garland Nursery, 5470 NE Hwy 20, Corvallis*
What: Moms are such special people in our lives. At Garland Nursery, it is important to us that we honor our mothers and let them know how much they mean to us. We invite all moms to join us as we celebrate you and all you do! We will start out the celebration with learning tips and tricks for selecting the best plants and choosing ones that complement each other. Next, we will help as you select your favorite plant picks from our garden center. Then sit back and enjoy tea and tasty treats as the professionals plant up your blooming gems. All Eden Valley Potting Soil that we will be using has been generously donated by Jerry Gross and Kellogg Garden Supplies.
Registration: Seating is limited. Registration is required by May 7th. Call (541) 753-6601 to register.
Cost: \$45 per person

Live Well Studios

Upcoming on the May calendar at Live Well Studios:

Yoga Teacher Training Q&A

What happens at training? Can I get a job as a yoga teacher? Can I take just part of it? I don't want to teach, just learn more. Sound familiar? Attend this free Q&A session. Come, be your curious self. Free Informational Q&A Tuesday, Feb 25, Apr 1 and May 13, 7-8pm, Facilitated by Lisa Wells and Angela Greenwood, co-leads of Live Well 200-hour Yoga Teacher Training.

Tuesday, May 13, 7-8pm, Free Q&A Session

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

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>