

The Chamber Connection

The Monroe Chamber of Commerce Newsletter

Volume 12 Issue 12



Ongoing Monroe Chamber Meetings

Please call the office for more information at: 360-794-5488

1st Tuesday:

Education Committee - Noon

1st Wednesday:

Government Affairs Committee - 8 AM

1st Friday:

Ambassador Committee - 8 AM

2nd Tuesday:

General Membership Lunch - Noon

4th Tuesday: (or the last Tues)

Board Of Directors - Noon

4th Thursday:

After Hours Networking - 5-7 PM

December Chamber Business Spotlight

“Choose Well”

Announcing a new business to Monroe! Announcing a new approach to Wellness!

Who would benefit? It is time for us as individuals to choose wellness... The statistics on the decline of health in the United States is daunting. Auto-immune diseases, digestive disorders, allergies, diabetes, cancer, obesity, heart disease have become common. Some experts blame poor quality food, dietary choices, lack of physical activity, toxins and stress. Regardless of the exact reason(s), many are suffering with chronic illness... and even more are on a path that leads to poor health.

What is a Holistic Health Coach? A Health Coach is a person that is trained to work with you in support of your choice for wellness. There are a lot of dietary, exercise and life success theories. Many are conflicting or extreme and do not fit into your busy schedule. A Health Coach will walk step by step to integrate practical, sensible, and healthy processes into your daily life. And yes, a coach works within the recommendations of your medical practitioner. *

A typical six month plan includes a coaching session every other week and materials to provide an individualized support to empower you to reach goals. Strive for wellness by discovering tools, exploring new foods, eating for nutritional value, reducing cravings and increasing your energy.

When is coaching available? Meet now and establish a plan for 2012. New Year's resolutions are great; but often get 'reprioritized' when our busy lives interrupt our good intentions. It is proven more effective to work on positive changes in small increments over six months.

Where do I find a Health Coach? Monroe!

Partner 4 Energy, LLC (a Health Coach specializing in women) and Pearl Longevity (a Health Coach specializing in children) have joined Angel Touch Massage, Jen Gantenbein, LMP and Sage Mountain Acupuncture above Sockeyes Restaurant in the Lake Tye Building Suite 306.

Why? You are important! Make your self-care a priority. As you achieve well-being, it is incredible how the benefit of feeling amazing will redefine what wellness means for you.

How? Come and visit us at: Lake Tye #306 or call Lora Stonebridge at Partner 4 Energy, LLC.- 360.239.1192

Complimentary consultation. Attend a workshop. Get our newsletters.

Email: Partner4energy@comcast.net

Website: www.Partner4Energy.net

Lora Stonebridge-Holistic Health Coach

*A Health Coach certification is attainable through the American Association of Drugless Practitioners.



Membership Dues 2011

Category	Dues
Owner/No employees	\$200
1-5 employees	\$255
6-12 employees	\$330
13-24 employees	\$415
25+ employees	\$495
Non Profit	\$125
Individual	\$80

Our Mission:

The Monroe Chamber of Commerce is comprised of representatives of the business community whose common goal is to foster business growth and community development.

**Saturday December 3rd 2011
Annual Chamber Fundraiser**



Black



White

Ball

**Saturday December 3rd
A Black & White Ball Annual
Chamber Fundraiser**

Echo Falls Golf Club. Doors open at 5:00 tickets are \$60.00 per person sponsorship opportunities are available please call for more information 794-5488.

This is our largest fundraiser of the year and supports much of what we do as a Chamber both for Business and Community. Necessary funding of the operation of the Visitor Information Center and the activities of the Monroe Chamber of Commerce cannot be successful without the help and support of our community leaders.

As with any business or organization, expenses are always a factor. The Chamber is no exception. It takes money to keep the Chamber running. Postage, telephone, salaries, tourism promotion, supplies, and utilities – these are just the average day-to-day expenses. In addition to these expenses, there are other costs involved in the promotion of tourism and economic development within our community, which must also be considered when planning the annual budget.

JOIN US for December NETWORKING !!

The Chamber “Year In Review”

General Membership Lunch Dec. 13th at 11:30

Please get your reservations in as soon as possible to the Chamber office 360-794-5488.



December’s lunch will be catered by Monroe IXTAPA.

✓ Please sign up for the “State of the School System” on January 10th, 2012 with Dr. Ken Hoover, Monroe Public School’s Superintendent.

Directions to The Rock Church

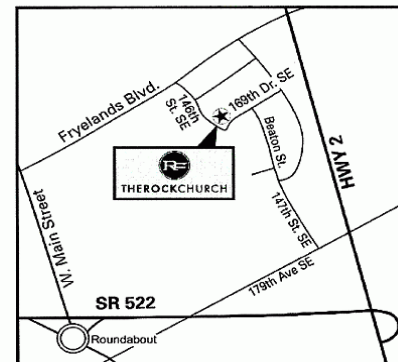
16891 146th Street SE
Monroe, WA 98272

R.S.V.P. The Monroe Chamber of Commerce by the Friday prior to the luncheon.

Thank you! **360-794-5488**

From Everett on Hwy 2
Right onto Frylands Blvd, left onto 146th Street SE. The Rock Church is on the left.

From Woodinville on SR 522
Take 1st Monroe exit to Main Street, follow Roundabout under SR 522 onto West Main Street. Right onto Frylands Blvd. Right onto 146th Street SE. The Rock Church is on the left.



Community Meetings

The following information has been provided by representatives of the organizations listed below.

- DREAM**-1st Weds /6:30 pm/Masonic Hall
- Eagles** Cascade Aerie & Auxiliary #2327-1st & 3rd Weds
- East County Parks & Rec.**-2nd Tues 7 pm
- Friends of The Monroe Library**-3rd Tues/7pm/Library
- Garden Club**-2nd Mon/1pm/ Monroe Methodist Church
- IOOF**-1st & 3rd Thurs/7 pm /IOOF Hall
- Kiwanis**-Weds/ 12 pm/VGH
- Lions**-1st & 3rd Weds/7 pm/Sockeye’s
- Monroe Arts Council**-1st Mon/6:30 pm/Art Merchant Intl.
- Rotary**-Weds/12 pm/Sockeye’s
- School Board**-2nd & 4th Mon-During School Year
- Sky Valley Artist Guild**-2nd Thur/12:30 pm
- Sky Valley Masons**-1st/3rd Thur/7:30p Masonic Lodge
- Sky Valley Tractor Club**-2nd Mon/7:30 pm
- Sky Valley Trout Unlimited**-2nd Tue/ 7 pm/PUD
- Snohomish County Farm Bureau**-1st Thurs/7 pm
- TOPS # 1042**-at 4:45 pm/Foothills Foursquare
- Tualco Grange #284**-2nd & 4th Weds/7:30 pm
- Valley General Hospital Guild**-3rd Weds/1:00 pm

Welcome New Member:



McKinley Homes Inc.
MHI Restoration-Mike McKinley
14815 Chain Lake Rd. Monroe WA
98272
360-863-9030

Thank You Renewing Members:

- Dr. Stephanie Taylor- White
Olympic Naturopathic Wellness
Coastal Community Monroe Bank
Dr. Kevin Bates -Discover Chiropractic



SBA's Disaster Assistance Lending Marks \$50 Billion Milestone

WASHINGTON – Emergency lending by the U.S. Small Business Administration to survivors of natural and man-made disasters since 1953 has surpassed \$50 billion, SBA's head of disaster response told members of the U.S. House Small Business Committee today at a hearing on federal disaster response programs.

"Since the agency's founding in 1953," said SBA Associate Administrator James Rivera, "the agency has made more than 1.9 million low-interest disaster loans worth more than \$50 billion to homeowners, renters, nonprofit organizations and businesses of all sizes."

The \$50 billion in SBA assistance represents loans made to help residents and business owners recover from many of the most devastating disaster events in U.S. history. Since FY 1989, more than \$36 billion in SBA disaster loans have been made, with significant portions of that total going to those rebuilding after the Northridge Earthquake in 1994 (\$4 billion), 1997's Upper Midwest Floods (\$738 million), Hurricane Ivan in 2004 (\$2.2 billion), and the 2005 Gulf Coast Hurricanes (\$10.9 billion).

"Over the years SBA's disaster assistance program has made it possible for small towns and large cities to rebuild, saving jobs and supporting the long-term economic recovery of areas that would have otherwise failed without the help," said Rivera. "The SBA's disaster loan program, with its low interest rates and reasonable terms make it possible for disaster victims to handle the cost of rebuilding and take the steps necessary to prevent the risk of being hit by a similar disaster."

Disaster loans are the only form of SBA assistance not limited to small businesses. The SBA makes low-interest loans to homeowners, renters and non-farm businesses of all sizes. Homeowners may borrow up to \$200,000 to repair or replace damaged real estate. Individuals may borrow up to \$40,000 to cover losses to personal property.

Non-farm businesses and non-profit organizations of any size may apply for up to \$2 million to repair or replace disaster damaged business assets and real property. Small businesses and non-profits that suffered economic losses as a direct result of the declared disaster may apply for a working capital loan up to \$2 million, even if the property was not physically damaged.

More information about the disaster assistance program is available at www.sba.gov/disasterassistance.

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203 Cypress Avenue Snohomishi, WA 98290 360-568-3666

'Twas the night before
Christmas
and the night before that at The Rock Church
Candlelight Service
Friday, December 23rd at 7pm
and
Saturday, December 24th
at 10am and 5pm
16891 146th Street SE, Monroe, WA 98272 t: 360.805.0699



FUNDING RURAL
HOSPITALS, EDUCATION
AND OTHER VITAL
SERVICES REQUIRES
PRIORITIZATION IN THE
BUDGET

By [Rep. Dan Kristiansen](#)

Funding Rural Hospitals-Education & other VITAL services

In recent weeks, I have heard from administrators and health care workers who operate small hospitals in rural areas across the state, and from those within the 39th District, which includes United General Hospital in Sedro-Woolley, Valley General in Monroe, and Cascade Valley in Arlington. They are concerned with proposed cuts in the governor's supplemental budget plan for reimbursement of care for Medicaid and Medicare patients.

Many of these are small hospitals with 25 beds or less that operate in Rural Public Hospital Districts. Local taxpayers have approved these hospital taxing districts to ensure critical access to health care in Washington's rural areas. Most of their budgets are at bare minimum and they rely on cost-based reimbursement from state and federal Medicaid/Medicare dollars. The governor's proposal would slash \$27.2 million for the remainder of the budget cycle (through June 30, 2013) from the Critical Access Hospital Program, which could affect 38 rural hospitals across the state. An example is United General in Sedro-Woolley, whose reductions would be more than \$2.3 million per year. That's in addition to more than \$4.8 million of uncompensated care provided annually by United General.

Hospital officials say if the Legislature approves these reductions, it could force many rural hospitals to curtail health services or close altogether. It would also mean the loss of jobs in rural communities where the hospital is often one of the largest employers. Additionally, closure would create an influx of patients into other hospitals without the capacity to deal with the increase. Many may end up in emergency rooms, driving up health care costs and wiping out any savings the governor would hope to achieve from her proposal.

Some are so despondent over the governor's cuts they are willing to blindly jump into her plan to increase taxes by nearly a half-billion dollars to "buy back" these reductions. And I would suggest, that's what the governor is counting on as she seeks voter support on the March ballot to impose the **largest state sales tax increase since 1983**.

I asked hospital administrators and workers, please don't swallow that bitter pill quite yet. **We can fund our rural hospitals at the present levels within existing revenue without tax increases**, without these onerous cuts, and without hurting funding for education, public safety and for protection of the state's most vulnerable citizens. It is just a matter of setting the correct priorities in the budget – something the Legislature has failed to do.

Here are some things to consider:

In the remaining 19 months of the state's fiscal calendar, state government is expected to take in nearly **\$2 billion more** than the previous budget cycle – more than enough to cover the hospital reductions in question.

While the governor is seeking to reduce education funding by an-

other \$411 million that she would "buy back" through her proposed sales tax increase, **she has yet to reduce the budgets of several of her own agencies**. For example, the total operating budgets of each of these departments have **INCREASED** by the following amounts over the previous budget cycle:

- Agriculture - UP 8.2 percent;
- Natural Resources – UP 7.6 percent;
- Ecology - UP 10 percent;
- Department of Parks and Recreation – UP 12.2 percent; and
- Fish and Wildlife – UP 14.8 percent.

When the Legislature is cutting education (the state's paramount duty) and slashing funding for rural hospitals, while increasing funding to save salmon and buy more park lands, I believe priorities are in the wrong order. During this special session and throughout the regular session which begins next month, I will be fighting to reset these priorities to ensure rural hospitals will not be cut short when it comes to life and death care. By establishing priorities of government and unleashing the power of the private sector to create jobs, we can balance the state budget and preserve these vital services without raising taxes on families when they can least afford it.

###

EDITOR'S NOTE: *Rep. Dan Kristiansen, R-Snohomish, serves as chairman of the Washington House Republican Caucus and represents the 39th Legislative District. He can be contacted at (360) 786-7967 or e-mail him through his Web site at: www.houserepublicans.wa.gov/Kristiansen.*

His office address is: P.O. Box 40600, Olympia, WA 98504-0600.

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2011

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Cindy Sherwood

Karen McIntosh

City Of Monroe

Elected Officials

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Robert Zimmerman

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360-863-4528

City Council

Tony Balk

360-805-0546

517 Circle Dr.

Patsy Cudaback

360 805-1879

Jim Kamp

360-794-7400

Kurt Goering

360-863-8714

242 Sumac Dr

John Stima

360-805-6200

1405 W. Main St.

Tom Williams

425 773 9606

Bridgette Tuttle

360-794-7400

Councilmembers@ci.monroe.wa.us

Fire Chief District #3

Jamie Silva

360-794-7666

Monroe Police Chief

Tim Quenzer

360-794-6300

City Administrator

Gene Brazel

360-794-6100

Utility Billing

360-863-4545

Building Permits

360-794-7400

Building Inspection

360-863-4545

Engineering Dept

360-863-4513

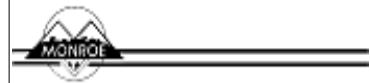
Human Resources

360-863-4523

City Attorney-Zach Lell

City Engineer-Brad Feilberg

Parks Dept.-Mike Farrell

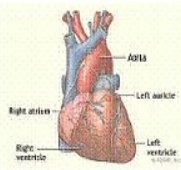


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