

Thursday, January 26, 2017

What a way to start the New Year for our Imperial Beach Chamber of Commerce Networking breakfast. Thank you to all who attended on Thursday, January 26<sup>th</sup> (fourth Thursday of each month). We had 51 attendees get up early to hear our guest speakers from the City of Imperial Beach – Andy Hall, City Manager, Steve Dush, Asst. City Manager and Doug Bradley, Director of Finance. Each speaker gave a speech on their areas of expertise which included where the city is, where the city is going and how we are getting there.

Many thanks to our breakfast sponsor – EDCO. We are thankful to all our members that donated raffle gifts – DigIB.com; Marcia and Bart Bachman, City of Imperial Beach, Allen and MJ Wilkerson, Cow-A-Bunga and of course –1 month free advertising on the Imperial Beach Chamber of Commerce website. I encourage everyone to “give a sample” of their business – it is a great form of advertising.

Our Business of the Month Spotlight for January, 2017 will shine on Imperial Beach Health Center located at 949 Palm Avenue, Imperial Beach, CA 91932. This recognition is not an opinion on the success of the business, or an award, but more so on the perception of being a good corporate citizen. This recognition will include a plaque, photo opportunity and a story about the business covered by one of our local newspapers.

I have attached copies of the flyers that were left on the table by your local businesses and non-profits. Lots of fun things happening in your city – please take a moment to look at all the events taking place.

Next breakfast is scheduled for Thursday, February 23, 2017.



Director Vanessa M. Garcia, Asst. City Manager Steve Dush, Mayor Pro Tem Lorie Bragg, Director Steve Berry, Director Kim Paris, President Karen Odermatt, Councilmember Ed Spriggs, Director Marcia Bachman, Director Erika Lowery, Doug Bradley, City Finance Director, City Manager Andy Hall and Director Jack Van Zandt

*Karen W. Odermatt*

Karen W. Odermatt, President  
Imperial Beach Chamber of Commerce



**BREAKFAST SPONSORED BY:**



*"We'll Take Care of It"*

Visit Our Sponsor's Website at  
[www.edcodisposal.com](http://www.edcodisposal.com)

**PLATINUM Sponsor**



With breakfast provided by  
  
260 Palm Avenue, IB CA 91932  
(619) 423-2440  
[www.eltapatiocatering.com](http://www.eltapatiocatering.com)

**GOLD Sponsors**



Printing provided by IB Printing -- [ibprinting@sbcglobal.net](mailto:ibprinting@sbcglobal.net)



**Imperial Beach Chamber of Commerce  
Monthly Networking Breakfast  
January 26, 2017**



Thursday, January 26, 2017

**Welcome Dignitaries**

IBCOC Board Members  
Council Members  
Announcement of attendees  
Introduction of attendees



**DRAWING**

**IMPERIAL BEACH**  
*California*



Andy Hall, City Manager  
Doug Bradley, Administrative & Finance Director  
Steve Dush, Community Development Director

**PLEASE WELCOME OUR NEWEST MEMBERS**

South Bay Union School District



**Monthly Business Improvement District (BID) and Imperial Beach Chamber of Commerce Board meetings are held the 2nd Wednesday of each month at the Community Room, City of IB**  
***BID is at 3:00 p.m.; Board is at 5:00 p.m.***

**Mission Statement - Creed**

The Imperial Beach Chamber of Commerce is organized to advance the general welfare and prosperity of the Imperial Beach area so that citizens and all areas of its business community shall prosper. All necessary means of promotion shall be provided and particular attention and emphasis shall be given to the economic, civic, commercial, cultural, industrial, social, and educational interests of the area.



This association shall be nonpartisan, nonsectarian, and nonprofit, and shall take no input in, nor lend its influence to, the election or appointment of any candidate for elected city office.

**2016/2017 Executive Officers**

President Karen W. Odermatt  
Immediate Past President Mike Osborne  
Vice President Jack Van Zandt  
Treasurer Marcia Bachman  
Secretary Erika Lowery  
B.I.D. Chairperson OPEN POSITION

**DIRECTORS**

Valerie Acevez	Olivia Pickering
Brian Barreto	Paul Meschler
Steve Berry	Kim Paris
George Braudaway	Tracey Rivera
John Loudon	Scott Steinmetz
William Landry	Marco Topete
William Long	Vanessa M. Garcia



[info@ib-chamber.com](mailto:info@ib-chamber.com) or (619) 424-3151



# Coronado and Imperial Beach Chambers of Commerce Joint Networking Mixer!

AT LOEWS CORONADO BAY RESORT

**THURSDAY, FEBRUARY 9**  
**5-7 PM**

Network with your neighbors down the Strand! Join us at Loews Coronado Bay Resort for a joint mixer with the Imperial Beach Chamber of Commerce!

**TICKETS**  
Members - \$35 | Non-Members - \$50  
Package of 5 Tickets - \$160

Tickets include complimentary self parking, heavy hor d'oeuvres, and a drink ticket. We will also host an opportunity prize drawing with donations from local business members!

Don't miss out on our first Sundowner of 2017! Questions? Email [info@coronadochamber.com](mailto:info@coronadochamber.com) or call the office at 619.435.9260. Learn more and register at [www.coronadochamber.com/chamber-networking-events/](http://www.coronadochamber.com/chamber-networking-events/)



# Holiday Recovery Loans

As low as

**6.99%** APR\*

**FIXED RATE**  
FOR THE LIFE OF THE LOAN

Loans as low as **\$500**



\*APR = Annual Percentage Rate  
Complete details available on reverse.

Memories should last.  
Debt should go away.

- Rates as low as 6.99% APR\*
- Low monthly payments  
FIXED for the life of the loan
- Loans up to \$50,000
- Debt consolidation
- No collateral required
- Terms up to 120 months

**APPLY TODAY!**

## IMPERIAL BEACH BRANCH

Brandon Lee	(858) 769-7188
Maria Reyes	(858) 769-7091
Betsy Magallon	(858) 769-7145
Susan Skillman	(858) 769-7148

Visit a Branch: [northislandcu.com/branches](http://northislandcu.com/branches)

Apply online: [northislandcu.com/apply](http://northislandcu.com/apply)

Call: (800) 848-5654, option 4

[northislandcu.com](http://northislandcu.com)

\*APR is Annual Percentage Rate. A sample payment at 6.99% APR for 24 months per \$1,000 borrowed: 23 monthly payments of \$44.77 and a final payment of \$44.67. Your overall credit worthiness will determine the rate, term, and amount available to you. All loans are subject to credit approval. Rates, terms and fees are subject to change without notice. Fees and charges may apply.



Federally Insured by NCUA  
© 2016 North Island Credit Union



**your path to Permanent Weight Control!**



**M.J. lost 55 lbs. and has kept it off!**

*Typical Weight loss is 2-5 lbs. per week for the first two weeks, then 1-2 lbs. per week thereafter, results vary.*

**How does this program work?**

You eat 6 times per day including 5 Medifast portion-controlled meal Replacements and one "Lean & Green" meal. Following this program You can expect to lose up to 2-5 lbs per week for the first 2 weeks and 1-2lbs per week thereafter." You will need to prepare the Lean and green meal yourself with lean proteins and low carbohydrate vegetables. As your Health Coach, I will guide you through the Habits of Health Lifestyle program and provide ongoing personal coaching. I will help You build up the knowledge and skills you need to realize health and Help keep you focused on your long-term goals and dreams.

**What Happens after you reach your Goal Weight?**

After reaching a healthy weight you will transition into the Maintenance plan, which will allow you to put your healthy habits to work to support lasting weight maintenance. Throughout this process, I will serve as your mentor, educator, coach and friend.

**How much does the Take Shape For Life Program cost?**

There are no contracts or long term commitments and the support of your Health Coach is included at no additional charge. During the fat burning phase Take Shape For Life costs about \$339.00 per month, or about \$12.00 per day.



**Take Shape For Life**  
powered by Medifast

**M.J. Wilkerson**

*Certified Health Coach, ID#30269769*

**Direct (619) 807-3280**

[mjwilkerson.healthcoach@gmail.com](mailto:mjwilkerson.healthcoach@gmail.com)

[www.mjwilkerson.tsfl.com/explore](http://www.mjwilkerson.tsfl.com/explore)



**Take Shape For Life**  
powered by Medifast

The services of a Health Coach are not intended to be a substitute for a physician or qualified medical practitioner. Results will vary. Please consult your physician before beginning a weight-loss program.

**Body Mass Index Chart**

HEIGHT (ft/in)	WEIGHT (lb)																				BMI 30+ Obese	
	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310		320
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	BMI 25-30 Overweight
4'11"	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	55	57	59	61	63	65	BMI 25-30 Overweight
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	BMI 25-30 Overweight
5'1"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	BMI 25-30 Overweight
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	50	51	53	55	57	59	BMI 25-30 Overweight
5'3"	21	23	25	27	29	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	BMI 25-30 Overweight
5'4"	21	22	24	26	28	29	31	32	34	36	38	40	41	43	45	46	48	50	52	53	55	BMI 25-30 Overweight
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	BMI 25-30 Overweight
5'6"	19	21	23	24	26	27	29	31	32	34	35	37	38	40	42	43	45	47	48	50	51	BMI 25-30 Overweight
5'7"	19	20	22	23	25	27	28	30	31	33	34	36	37	39	41	42	44	46	47	49	50	BMI 25-30 Overweight
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	BMI 25-30 Overweight
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	39	40	42	43	44	46	47	BMI 25-30 Overweight
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	44	46	BMI 25-30 Overweight
5'11"	17	18	19	21	22	23	25	27	28	30	31	32	34	35	36	38	39	41	42	43	45	BMI 25-30 Overweight
6'0"	16	18	19	20	22	23	25	26	27	29	30	31	33	34	35	37	38	39	41	42	43	BMI 25-30 Overweight
6'1"	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	35	37	38	39	41	42	BMI 25-30 Overweight
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	34	35	37	38	40	41	BMI 25-30 Overweight

BMI Below 25  
 Healthy Weight

BMI 25-30  
 Overweight

BMI 30+  
 Obese



## Imperial Beach Library Donor Wall Be a part of History!

Don't miss this opportunity to be included on the iconic donor wall display honoring and commemorating friends, family and businesses of our community and beyond. The Donor Wall will be located near the entrance to our beautiful new library so your inscription can be viewed by everyone going in and coming out of the library.

**Show your support for the library or honor someone special with a donation!**

### Donor levels – Please select one:

- Lower Level - \$250 to \$499
- Middle Level - \$500 to \$999
- Top Level - \$1,000 or more

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Donor panel inscription (Limit of 27 characters and spaces): \_\_\_\_\_

**(Please print clearly as inscription will appear on wall as written)**

Please make your tax deductible check payable to **Friends of the Imperial Beach Library** and notate check as **Donor Wall**.

Please bring or mail your donation form with payment to FOL IB Library, 847 Encina Way, Imperial Beach, CA 91932

# Deb's

## COOKIE JAR

BEST KEPT SECRET IN TOWN!

**619-576-3988**

CALL IN YOUR ORDER FOR  
FASTER SERVICE!

1002 PALM AVE IMPERIAL BEACH CA, 91932  
(N.E.CORNER OF 10TH & PALM)

**TUES-FRI 7:00AM - 6:00PM**

**SAT-SUN 9:00AM - 3:00PM**

**CLOSED MONDAY**

 LIKE US ON [FACEBOOK.COM/DEBSCOOKEJAR](https://www.facebook.com/debscookiejar) - REVIEW US ON  **yelp**

DECIDE YOUR DEAL ON  
DEB'S DELICIOUS DELICACIES!

BUY ONE COOKIE,  
GET ONE FREE!

BUY ONE BREAKFAST ITEM,  
GET ONE 50% OFF!\*

\*Discounted item must be of equal or lesser value.

2 DOZEN COOKIES  
FOR \$25

\*Regularly priced at \$30

1 COUPON PER CUSTOMER. 1 COUPON PER VISIT.  
CANNOT BE COMBINED WITH ANY OTHER COUPONS. NO CASH VALUE.



## ***Get Involved!***

We need your help with marketing, outreach, fundraising, planning and more. Additionally, we will need lots of community members to purchase owner shares. Join our Facebook page for updates and send us an email to get involved in helping to bring a co-op to IB.

### ***Facebook:***

[www.facebook.com/groups/IBHealthyGrocery](http://www.facebook.com/groups/IBHealthyGrocery)

### ***Email:***

[IBHealthyGrocery@gmail.com](mailto:IBHealthyGrocery@gmail.com)

## ***Frequently Asked Questions:***

### ***Where will it be located?***

Our goal is to open our doors within Imperial Beach city limits. We are focused on a convenient location to walk, bike and drive. Be sure to follow our Facebook page for the latest updates.

### ***When will it be open?***

Our opening date is determined by many factors including completion of feasibility studies and planning, fundraising, ownership numbers, real estate availability and construction. Our goal is to make this process as quick as possible which is why we are looking for your support.

Visit [Facebook.com/groups/IBhealthygrocery](http://Facebook.com/groups/IBhealthygrocery) to see how you can move up our opening day!

### ***How much does an owner share cost?***

We want to keep the owner share as affordable as possible. For that reason we will offer an owner share of \$200 per household. This is a one-time share purchase that gives you access to the full co-op market benefits. We will also offer payment plans for those who need to spread their payments out over time.



# *Looking for organic food in IB?*

# *Help us build a community-owned, cooperative market!*





### *Why is this the right solution for our community?*

Our focus is to keep your dollars local by purchasing local products, creating jobs, and giving back to the community. The money earned is used to improve and expand the market, create new jobs, invest in a wider selection of foods, and is given back to owners. Also, co-op markets are able to offer better pricing on the organic and natural products you want.

When you shop at a co-op, you feel connected to your community and know that you are keeping your hard-earned money right here. You have a place to buy fresh, healthy, local, and sustainably grown foods for yourself and your family in a friendly marketplace.

### *What is a food co-op?*

Unlike a typical grocery store, a food co-op ("cooperative") is owned by community members, not outside shareholders and investors. When you invest in a one-time share, you own a share of the store and help determine the direction of the market through voting, spending your dollars or even being on the board of directors. It's a democratic, community-focused approach to running a market. A co-op offers a friendly, quality grocery shopping experience while supporting the local economy and giving you a voice.

### *History:*

Many have questioned why we don't have a local, natural food market in our community. Unfortunately large, corporate natural food stores are not interested in our small community. That being said, we know we can do better. That's why we formed a team in 2015, surveyed the community and committed to building the best possible community market. Through locally sourcing foods, focusing on sustainable and environmentally safe practices, employing our own community members and providing products tailored to those who live here, we can meet the need for more healthy food options. The co-op will keep our hard earned dollars right here in our community and give you a voice on what foods you want to buy for your family.

Our development team includes residents from IB, Nestor, Coronado and other surrounding communities and we have a wide range of expertise, including business, food service, grocers, I.T., community engagement, and public health.





**Harvest C.R.O.P.S.**  
Community Residents Offering Produce Seasonally

**Karen Clay**  
*Chairperson and Volunteer*

(619) 598-4912

[www.HarvestCrops.org](http://www.HarvestCrops.org)

[Karen.Clay@harvestcrops.org](mailto:Karen.Clay@harvestcrops.org)

*A 501(c)(3) nonprofit Organization*

*Our mission  
To harvest residential fruit with volunteers, for the  
benefit of less fortunate people.*



# Imperial Beach & Times

## Join The IB Chamber For Joint Networking Mixer With Coronado

It's a night to network with our neighbors up the Strand! Join the Chamber of Commerce for their first Sundowner of 2017 on Thursday, Feb. 9 from 5 to 7p.m. at the Loews Coronado Bay Resort. This Sundowner is a joint mixer with the Coronado Chamber of Commerce, making it a great way to make new contacts outside of Imperial Beach. Registration is now open and tickets can be purchased on the Chamber website.

"We can't wait to kick off 2017 with our Annual Joint Mixer with the Imperial Beach Chamber," Coronado Chamber Executive Director Sue Gillingham said. "We look forward to this event all year as it's a

unique networking opportunity that we are able to provide for our business community."

Tickets for this event are \$35 for Chamber members and \$50 for non-members. A package of five tickets can also be purchased for just \$160. Tickets include complimentary self-parking, heavy hors d'oeuvres and a drink ticket. Guests will also have the chance to purchase opportunity prize drawing tickets for a chance to win an array of locally-donated prizes. If your business is interested in donating a prize, please contact the Chamber office.

The Chamber would like to give a special thanks to the Loews for their continued support.

## Chairperson, Business Improvement District Committee

The Imperial Beach Chamber of Commerce, Board of Directors, has a current vacancy (Interim) for the position of Chairperson, Business Improvement District Committee. The interim term for this position is from now until June 30, 2017.

The BID Chairperson serves as the head of the BID Committee and presides over all meetings, activities and responsibilities of the BID in accordance with the BID ordinance.

The BID Chairperson

serves as an Officer of the Chamber and member of the Chamber Executive Committee. Candidates for this interim Executive Committee position must have been a Board Member for at least one year and a

representative of a business subject to the BID ordinance.

Interested persons are encouraged to submit a letter of interest to the President, care of the Chamber of Commerce

*BID, Continued on Page 8.*

### **BID, Continued from Page 6.**

office at 154 Palm Ave, no later than Wednesday, Feb 1, 2017. Letters may be emailed to info@ib-Chamber.com. Ensure BID Chairperson LOI is included in the subject line. It is the intention of the Association to fill this

interim vacancy at the February regular Board of Directors meeting.

Point of contact for this action is Jack Van Zandt, Chamber Vice President, 619-250-7513, jhvanzandt@gmail.com.