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Editor:
Suzanne Rollins
Chief of Staff

This Month's Speaker Had a Vision

Patrick Chestnut's family business was saved by their local Chamber of Commerce. Pat wanted to find a way to thank them. What better way, he thought, than to offer the Chambers and their members ways to save money.

One of the biggest concerns of small businesses is health insurance. Just last month, AAOA partnered with United Healthcare to offer its Chamber members the best health care available. And that's just one of the numerous benefits you, as a member of the Woodinville Chamber, have access to. This month, we're introducing to you AAOA. Other than your membership dues,



there is no cost to you to take advantage of the numerous available benefits. How easy is that?

We're bringing Pat Chestnut to our May luncheon so he can

personally tell our members about how you can get insurance comparable

to Microsoft and other "big" companies. In addition to health insurance, you can save on prescriptions, conference calling, discounts at hotels, on rental cars. The list could go on and on, but we don't have space for it all!!

Look for more information in the mail. Oh! And you'll be getting

your AAOA membership card with your very own PIN.

Here are the particulars:

Thursday, May 15, 2008
11:30—1:00

Redhook Ale Brewery
Prepaid price is \$25
After May 8th, the price is \$30.

Delay not! Make your reservations early. Deadline is May 8th.



Disconnecting from change does not recapture the past. It loses the future. ~ Kathleen Norris

Member Orientation Set this Quarter

May 21st, 5:30—7:00 pm.

Being held at the Residence Inn by Marriott in Bothell. Reservations are required and space is limited. Email or call the office.

Come enjoy a light supper and find out what your membership dues bring you. There's health,

and dental insurance; a home mortgage program that can save you money (and who doesn't want to save money?); a nifty program for sending out email to large mailing lists (it's what we started using and hasn't it made a difference!); Mayor Scott Hageman will be available to

answer questions; and we'll have our member-to-member discounts information for you. If you are new, or even not-so-new and are unfamiliar with your Chamber benefits, sign up now! Call us at 425.481.8300 or email events@woodinvillechamber.org.

Health Moves Re-Opens in New Office

Health Moves meets city sign ordinance with their flashy new signage

Thank you Patron

Sponsors



What a great way to end the week! Friday, April 25th, Health Moves showcased their new office across from City Hall. The sun brightly lit the late afternoon, shining on the beautiful multi-colored granite counter at the front desk. Soiree Event Planning & Catering provided delicious finger-food, the office was well-filled with visitors, some from the Chamber, some from neighboring businesses. The office is nicely appointed with beautiful wooden cabinetry,



state-of-the-art electronic equipment, carefully equipped examining rooms, and the colors are fresh and definitely

not that typical "sterile" looking doctor offices.

If you were unable to go by during their grand re-opening, you missed out on some great networking, scrumptious

food, and learning about Health Moves, a naturopathic way of life.

Cascadia/UW Bothell Win National Honor

The co-located campus of Cascadia Community College and UW Bothell is now getting national recognition for its efforts to protect the environment. Fresh off Salmon Safe certification, the joint campus community is proud to announce it received top honors in the National Wildlife Federation's *Chill Out: Campus Solutions to Global Warming* competition. Cascadia/UW Bothell's campus was the winner in the category of Habitat Restoration, for the campus' 58-acre urban wetlands restoration project.

"This is a remarkable achievement," said Cascadia Community College President Bill Christopher. "Being selected as a winner by *Chill Out: Campus Solutions to Global Warming* is a testament to the many talented, caring people who work hard to make Cascadia

and the University of Washington Bothell an eco-friendly campus."



Adds UW Bothell Chancellor Kenyon Chan, "UW

Bothell and Cascadia Community College share a true passion for not only sustaining, but improving our local habitat. We are delighted by this recognition and look forward to continuing to find new and innovative ways to protect our environment."



BOTHELL

The Cascadia/UW Bothell campus wetlands restoration project is renowned for its scope and success. It is one of the largest urban wetland restorations in the Pacific Northwest. Years of careful maintenance have turned a former

farm into a viable ecosystem for fish, birds, insects, and native plants. Ensuring the health of the wetlands is tied to the way the rest of the campus is managed; Pesticides are banned from campus, storm runoff is carefully controlled and filtered, and use of over-polluting landscaping equipment has been curtailed.

The *Chill Out* program is in its second year. Previous winners include schools that have built large solar power installations, converted to geothermal energy, or taken other dramatic steps to reduce their carbon output.

Cascadia Community College is an accredited, public community college; www.Cascadia.edu

The University of Washington Bothell was founded in 1990 to serve area students seeking bachelor's and master's degrees. www.uwb.edu

Welcome New Members

We're pleased to introduce and welcome our year-to-date new members,

JANUARY

BNI Woodinville Power Partners

Colette Bolyn
18200 Wood-Sno Road Suite A
Woodinville 98072
206.227.7212;
cokybug@hotmail.com

Apple Farm Village

Barbara Kelson
14525 148th Ave NE
Woodinville 98072
206.335.6727
info@applefarmvillage.com

FEBRUARY

eric gedney/ARCHITECT

Eric Gedney
23924 Crystal Lake Road
Woodinville 98077
425.488.3737; eric@egedney.com

System & Application Associates

Robert Heald
6201 15th Ave NW #503
Seattle 98107
206.949.4154;
robert@saacorp.com

Pacific Finance Group LLC

Robb Owsley
13501 NE 200th Street
Woodinville 98072

206.909.6975
rowsley@pacificfinancesolutions.com

MARCH

Pepple Communications and Events

Sidney Pepple
15501 128th Ct NE
Woodinville 98072
26.915.9100
sidney@pepplecom.com

The South 47 Farm

Roger Calhoon
13651 Redmond-Woodinville Rd
Redmond 98052
425.869.9777
farmllc@yahoo.com

Citi Financial Group

Eric Kennedy
19230 Alderwood Mall Pkwy Suite
130 (temporarily)
Lynnwood 98036
425.775.0507
eric.b.kennedy@citi.com

XyNexT Internet Strategies

Gary Hull
10224 1368th Ave NE
Kirkland 98033
206.718.7483; ghull@xynext.com

Constant Contact

Michael Clark
Kirkland
480.250.4793
michael@constantcontact.com

APRIL

Advanced Insurance Solutions

Bob Smith
13110 NE 177th Pl #B-201
Woodinville 98072
425.485.7477
bobsmith@allstate.com

Miscsewlany

Dawn Crowley
7901 228th Street SE
Woodinville 98072
425.488.5547
dawn@miscsewlany.com

Sushi Connections

Ken Tran
17650 140th Ave NE
Woodinville 98072
425.488.3288
kentran@sushiconnections.com

Orca Creative Group Inc

Pam Meehan
15000 Wood-Red Rd NE B-600
Woodinville 98072
425.398.9100
pam@orcacreative.com



Thank you to our
IT Sponsors



Moving Members

Pacific Northwest Law Group has moved. They kept their PO Box 86, and their phone/fax remain the same, but the physical address has changed to:

16141 Cleveland Street, suite C
Redmond 98052

Have you moved? Do you have a new phone, fax, e-mail or website? Did the contact person change, and you've somehow gotten a link to this newsletter?

We can't keep our website directory up to date, if you forget to tell us new information.

Remember, we may only print the directory once a year, but our web-

site directory is updated at least weekly. A brief phone call or email with updates is greatly appreciated and your customers (new and old) will be able to find you!

**WE HAVE
MOVED!**



Living Lean

As summer fast approaches, below are some tips from the American Cancer Society for reducing dietary fat, even when eating out or traveling:

Learn the “red flag” words which signify high-fat foods: puffed, battered, creamy, crispy, breaded, buttery, hollandaise, flaky, au gratin, a la king, alfredo, Béarnaise, scampi and Mornay.

Traveling? Pack portable, low-fat snack foods such as crackers, raisins, pretzels, fresh fruits, raw vegetables, fat-free cookies, fat-free muffins, bagels and air-popped popcorn.

Most airlines offer low-fat foods as part of their menus. Call in advance and request the low-fat alternative.

Keep a supply of easy-to-grab, low-fat foods handy. Such foods can include: instant vegetable soups, oatmeal, dried fruit, snack-size whole-grain cereal, mini-cans of water-packed tuna, pretzels and low-fat crackers.

If fast food is the only option, choose low-fat menu items such as a salad or grilled chicken sandwich. A submarine sandwich with lean

meats and lots of vegetables (hold the mayo) can be a healthier option as well.

Remember that fat-free doesn't mean calorie-free! It's still important to watch portion sizes.

Also, remember to keep hydrated – drink lots of water and watch out for high sugar fruit drinks and especially those energy drinks.

During vacations we often get off track with our workout routines. It is important to think about including some exercise during the summer travels. Going for a walk will not only provide that exercise break and pick-me-up, it will allow you to explore your vacation spot. If you are staying somewhere with a pool, jump in and add laps to your day. You can visit your local YMCA or perhaps a health club and ask if they have guest passes for travelers or even a day pass rate. If you are a member of a YMCA, you will notice on your membership

card that you are part of the AWAY program (Always Welcome At the Y). Show your card and the local YMCA will allow you to work out for free or for a reduced rate.

When the weather gets nicer it is a great time to get outdoors and enjoy the benefits of walking, hiking,

biking and swimming. Being active helps all of us enjoy our lives to the fullest. Ask a family member or friend to join you and it will be even more fun.

Have a wonderful summer, enjoy the outdoors and stay healthy.

(Contributed by the Northshore YMCA, serving the Woodinville/Bothell/greater Northshore community since 1980 and information from the Tufts University Health & Nutrition Letter, vol. 25, Number 1)



One of Woodinville's Well-Kept Secrets

Here's a tidbit of little-known information. You can pay some of your bills at Woodinville License Agency! I know! You'd never think of going to a license agency, but they'll accept payments for PSE, Comcast and Verizon. Checks and cash only, please.

Additionally, you can get current tabs for more than just your auto-

mobile. You can update your vessel registration, too. Oh! And hey, do you enjoy fishing and hunting? You can get licenses for that, too. So next time you need to update vehicle/vessel registration, or need a fishing or hunting license, just go downtown to Woodinville License Agency, a few doors down from Norrgard's Optik. The actual address is 17403 139th Ave NE. If

you have questions about any of their services, you can reach them at 425.486.0677.



B

News from *barking frog*

Executive Chef Bobby Moore, who oversees the *Barking Frog* and the food and beverage operations of Willows Lodge, has been invited to cook at the James Beard House in New York City on May 29, 2008.

Bestowed with the Award of Excellence since 2003 by *Wine Spectator* and honored with the Unique Distinction award for the last three years by *Wine Enthusiast*, *Barking Frog*, offers fine Northwest cuisine in an elegant yet rustic setting overlooking the gardens at Willows Lodge in lovely Woodinville wine country.

On **Thursday, May 29, 2008**, at the James Beard House in New York, Chef Moore, along with Scott Lents, chef de cuisine, and Christina Longo, pastry chef, will prepare a special menu representative of the cuisine that is served in the *Barking Frog*. To start, guests will feast on Seared Artisan Foie Gras and Copper River King Salmon

Gravlax & Dungeness Crab Raw Salad, paired with select wines from the Columbia Valley, followed by an Alaskan



Halibut Cheek paired with a wine from the Columbia Gorge. Following an intermezzo is a Ninety Farms Lamb Ménage à Trois paired with a Syrah, Red Mountain and through a dessert of Strawberry Tarte Tatin served with a Syrah Ice Wine from Horse Heaven Hills and Signature

Friandises.

To make reservations to attend the dinner at the James Beard House, located at 167 West 12th Street, please call (212) 627-2308 or visit their web site at www.jamesbeard.org.

The James Beard Foundation is a not-for-profit (c) (3) organization dedicated to furthering the practice and appreciation of the culinary arts. The Foundation, located in Greenwich Village, at the historic James Beard House, was established in 1985 in memory of the late cookbook author, journalist, chef and teacher James Beard, the "father of American gastronomy." For membership information, call (800) 36-BEARD or (212) 627-2308.



Reach 15,000 homes

The next Woodinville edition of Hometown Values coupon magazine will mail to 15,000 homes in Woodinville on June 10-12. They encourage merchants to submit via email any local events that might be of interest to the community for inclusion consideration in the Local

Events Calendar page. Email to jim@myhometownvalues.com.

Advertise in a local product with no national junk mail..... Call for a free media kit today!



Backpacks for Kids

Coming soon to your neighborhood!

Your Education Committee is organizing this important community service. Look for more information in upcoming Monday e-news and future issues of *off the vine*.





May 2008

Always check www.woodinvillechamber.org for the most current member and event information.

Sun Mon Tue Wed Thu Fri Sat

				1 Education Committee 12:30—1:30 Frontier Bank	2	3
4	5 [net]Workin'@the Hook 5:00 - 7:00 Redhook Brewery	6 Breakfast Reservations due	7	8 Network Breakfast 7:30—9:00 Brittany Park Luncheon reservation deadline	9 SCORE counseling 9:00-12 Noon Chamber office Call for app't.	10
11	12	13	14	15 Business Luncheon 11:30—1:00 Redhook Ale Brew- ery, guest speaker Pat Chestnut, AAOA	16 Orientation reservations by today	17
18	19 [net]Workin'@the Hook 5:00 - 7:00 Redhook Brewery	20 Business After Hours reservations	21 Board Meeting 3:30—5:00 pm Member Orientation 5:30—7:00 Residence Inn by Marriott	22 Business After Hours 5:30—7:00 Gathering Fabric	23	24 Washington Wine Highway
25 Washington Wine Highway	26 Memorial Day observed Chamber closed 	27	28	29	30	31



Event Reservation Form

Mark your Calendar for Upcoming Chamber Events

Remember to RSVP!

Date	Event	Place/Time	Cost	# Attending
May 8	Networking Breakfast	Brittany Park 7:30–9:00 am	\$15 prepaid* \$20 non-prepaid/guests	
May 15	Business Luncheon	Redhook Ale Brewery 11:30–1:00	\$25 prepaid* \$30 non-prepaid/guests	
May 22	Business After Hours	Gathering Fabric Quilt Shop 5:30–7:00	No charge	
May 24, 25	Washington Wine Highway	Grounds of Cha- teau Ste. Michelle	www.washingtonwinehigh way.com	Member discount until May 23rd or sold out

Business Information

Business name _____

Phone (_____) _____ email _____

Name (s) of Attendee (s)	Event (s) Attending

** Chamber policy is pay at time of registration. Pre-reserve at least five (5) days prior to the event. This helps the Chamber realistically give attendance numbers to our vendors. You may mail in a check with your reservations, or give the Chamber a credit card number to keep on file and we will only charge your card for confirmed reservations.*

If you prefer not to email a credit card, please call the Chamber office at 425.481.8300 and we'll take down the information. Your reservation will be confirmed upon receipt of payment. Anyone not prepaid will be charged the "non-reserved" rate upon arrival at the event.

Check enclosed. Please charge my Visa MasterCard

Card # _____ Expires ____/____

Name on Card _____ Signature _____

**Please make check(s) payable to Woodinville Chamber of Commerce and mail to
14421 Woodinville-Redmond Road NE, Woodinville WA 98072



Greater Woodinville Chamber of Commerce

14421 Woodinville-Redmond Road NE
Woodinville WA 98072

Phone: 425.481.8300

Fax: 425.481.9743

E-mail: info@woodinvillechamber.org

To promote, strengthen and represent
and successful a business community.

Washington Wine Highway

May 24 & 25, 2008

Grounds of Chateau Ste. Michelle
Winery

For tickets, go to

www.washingontwinehighway.com

Following this fun-filled weekend, the
Chamber office is closed Memorial
Day, May 26.

www.woodinvillechamber.org

Thank you
Platinum sponsors



Woodinville Wine Fairway

Yeah, yeah, you say, the Chamber has had golf tournaments for years. What's the big deal?

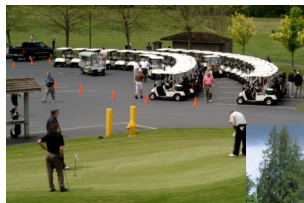
Well, let us tell you! We reserved a great date - August 4th—a nice summer day!

Next, it isn't a "tournament." It's an event unlike any we've hosted before. At the turn, which is at the 9th hole, each player will enjoy wine tasting and food pairings. On top of that, the players will vote for their favorite wine. How delicious is that?

The teams will proceed to complete their round of 18 holes, and meet up back in the ballroom at the Club. The winning wine will be announced, and our guests will have the luxury of enjoying more of the wine & food,

prepared by Bear Creek's award winning chefs.

A portion of the proceeds from this fun-filled day will benefit Children's Country Home



Bear Creek Country Club has one of the best courses in the area



and Homeward Pet Adoption

Center—our no-kill animal shelter. Children's Country Home is for medically-fragile children. Did you know it's right up the street from Hollywood Hill Elementary School? For information, go to www.childrenscountryhome.org.

Most of you know Homeward Pet, a lot of you may have a pet from them. They lovingly care for cats and dogs until someone adopts them. For more information, go to their website www.homewardpet.org.

So help us help them. We have space for 144 players. For your round of golf, boxed lunch and the opportunity to give back to the community, it's only \$150, a bargain price! For those of you with four-somes, register early and save \$40.

You can register online at www.woodinvillechamber.org; or call the Chamber office at 425.481.8300.

