



Cambridge Local First Newsletter

April 2010

Bringing Cambridge together to Buy Local and Be Local!

In This Issue

CLF News

- [2011 Directory Plans](#)
- [New CLF Committee Structure](#)

Member News

- [April Workshops at Harvest Co-op](#)
- [Free Acupuncture From Justine Deutsch](#)

Cambridge Connections

- [Upcoming Business Development Workshops](#)
- [Central Square Public Discussions](#)
- [MassSave Appliance Rebates--for two weeks only!](#)

Submission Guidelines

Dear Laury,

Now that Cambridge Local First has moved into our fifth year, we're taking a hard look at the work we do in Cambridge, and refocusing our efforts to serve our members and the Cambridge community in the best way possible.

Sometime in the next few weeks, all of you will be receiving a short survey, asking your opinion about the current work of CLF, and also about where we should focus our energy in the upcoming year. The survey should take about 5 minutes, and you can respond either online or via "snail mail". We're hoping to get as many responses as possible, so that we can move forward together to promote local independent businesses in Cambridge.

When you receive this survey, please take a few minutes to fill it out and send it back to us--the future of CLF is, as always, up to you!

Cheers,
Dan Meyers, CLF Administrative Coordinator

CAMBRIDGE LOCAL FIRST NEWS AND EVENTS

2011 Directory Is Underway!

The CLF Marketing/Directory Committee is already making plans for the 2011 Directory, and all members will be receiving advertising information this month. Once again this year, we'll be offering an "early bird" advertising discount for those who get their ad copy to us by June 1st.

CLF's New Committees

In the last newsletter we explained the current CLF committee structure and chairs, but not all of the information was entirely accurate. Here is an updated listing of CLF committees and their

You can participate in... **The World's Largest Potluck Ever!!**

Ten artists have been selected as finalists to develop a site-specific proposal for the Cambridge Street Corridor - a one-mile stretch of Cambridge Street, spanning from Inman Square to Lechmere. The artists' proposals will be on display through June 11 in the City Hall Annex, 344 Broadway, 2nd Fl.

About the World's Largest Potluck Ever

The Guinness record for the "Largest Potluck Party" currently stands at 602 dishes. *The World's Largest Potluck Ever* would stage a mile-long potluck dinner on the Cambridge Street Corridor in an attempt to break the record, showcase the diversity of the businesses and residents, build community and display a dazzling array of home-cooked meals. For one Sunday afternoon, the whole street would be transformed into a giant neighborhood block party with food, performers and fun.

Mon, April 5th 6-8 PM: Public reception with homemade food by

chairpersons:

Executive Committee (focused on day-to-day operations): [Rachael Solem](#) (Irving House/Harding House) and [Frank Kramer](#) (Harvard Bookstore, ret.), co-chairs

Steering Committee (focused on overall CLF policy and mission): a list of Steering Committee members is [here](#).

Marketing/Directory Committee (focused on all aspects of CLF marketing, and the Directory in particular): [Karen Marryat](#) (Cambridge Savings Bank) and [Gavin Kleespies](#) (Cambridge Historical Society), co-chairs.

Website Committee (focused on updating/improving the CLF website and other online resources): [Jonathan Henke](#) (Didriks and Bamboo Fencer), chair.

Government Affairs Committee (focused on relations with the City of Cambridge): [Josh Gerber](#) (1369 Coffee House), chair.

Business Improvement Committee (focused on providing seminars and events for our members): [Jodi Robbins](#) (William Henry Furniture), chair.

Membership Committee (focused on expanding CLF membership, and improving our connection to existing members): [Gerry Wolf](#) (1369 Coffee House) and [Lee Joseph](#) (Easy Chairs Antiques), co-chairs.

We are also in the process of creating an **Events Committee**, focusing on maximizing CLF presence at City events, and making all of our public events more effective and enjoyable. **If you'd like to participate in the work of any of these committees, please feel free to contact the chairperson(s) listed above!**

CLF MEMBER NEWS

Free Tuesday Workshops at Harvest Co-op

TUESDAY, APRIL 6, 6-8 PM: PLANT ALLIES

Plants have so much to offer us on many levels! When we find the plants we really resonate with we can work with them to make our health and lives better. In this workshop we'll use visualization to find one or more of our plant allies and learn how they are here to help us. We will discuss the many ways you can work with your plant ally and develop an ongoing relationship. Come and find a new and exciting way to receive the benefits of plants! Iris Weaver is an herbalist and educator with over 30 years experience. She has an herbal business making and selling herbal products locally, as well as teaching classes and doing consultations. Iris is also an avid gardener, and grows many of the herbs she works with and uses in her classes.

TUESDAY, APRIL 20, 6-8 PM: WHAT'S EATING YOU? THE FOOD /

James Hung

On Mon, April 5th, 6-8PM, the CAC hosts the first public reception for the show. Arrive on the earlier side for homemade food by Cambridge resident James Hung.

From James: "I am a Cambridge resident for the past 5 years but a passionate food lover for much longer. Cambridge Street is my marketplace for fresh poultry, sashimi quality fish, exotic spices, and Portugese bread. When I don't feel like cooking, the restaurants keep me well fed and excited about food trends, but classic and cutting-edge. As I stroll down Cambridge Street, I can still surprise myself by finding new food discoveries and hidden culinary gems."

MOOD CONNECTION

Do you notice the effects of food on the ways you think, feel, and act? Do you see them as connected? The saying, "you are what you eat" couldn't be more true. Come to this interactive workshop with certified health coach, Dillan DiGiovanni, to learn the three things you NEED to do to have more control over your mood by making changes in your food. Dillan's website is <http://www.SavorYourExistence.com>

TUESDAY, APRIL 27, 6-8 PM SAFE ALLERGY AND ASTHMA RELIEF

Thousands of contributing factors directly or indirectly affect our respiratory health and increase symptoms of respiratory conditions. We can find immediate and long-term relief by using safe local healing foods and herbs that can help you and your family feel better for years to come! Cindy Hebbard, Certified Herbalist and Wellness Educator, is the director of the Wisdom of Healing School of Herbalism, a certificate apprenticeship program in Brattleboro. She is available for consultations or lectures. For more information, please visit www.wisdomofhealing.com or call toll-free 1-866- 755-9290.

Free Acupuncture from Justine Deutsch

Saturday, May 1st from 9:30 am -12:30 pm, new patients can receive a free half-hour acupuncture treatment. All sessions are by walk-in only.

2464 Massachusetts Ave., Suite 420, Cambridge, MA 02140.
Red Line: Davis Square; 77 Bus; easy metered street parking.

CAMBRIDGE CONNECTIONS

Upcoming City of Cambridge Business Development Workshops

Advanced Retail Marketing Best Practices

Wednesday, April 7, 8:30am-11:30am

Where: Cambridge City Hall Annex, 344 Broadway, 2nd floor

Cost: Available Free of Charge for Cambridge Retailers, Restaurateurs and Storefront service businesses who have previously completed the Best Retail Practices Program (Parts 1 & 2); \$20 for others

Advanced Marketing Techniques

Tuesday, April 13, 8:30am-10:30am

Where: Cambridge City Hall Annex, 344 Broadway, 2nd floor

Cost: Free to eligible Cambridge businesses, \$20 for others

Face-to-Face Networking Event

Thursday, April 22, 8:30am-10:30am

Where: Cambridge City Hall Annex, 344 Broadway, 2nd floor

Cost: Free for all Cambridge businesses and entrepreneurs

Pre-registration is required for all workshops. Unless otherwise noted under the workshop description, to pre-register and to determine your eligibility status, please call Rona Holmes at 617/349-4637 or by email at rholmes@cambridgema.gov or Pardis Saffari at 617/349-4654 or psaffari@cambridgema.gov.

Workshops will be held in the 2nd floor Community Room at [Cambridge City Hall Annex, 344 Broadway](#), Cambridge unless otherwise noted.

Central Square Public Discussions

The City will be holding four public discussion sessions to review particular issues related to Central Square over the next few weeks. **The first of these discussions, slated for April 5th, will focus on the Central Square Retail Mix and Vacancies.** For more information, see the [City Events Calendar](#), or contact Estella Johnson at estellaj@cambridgema.gov or by calling 617-349-4616.

State of MA Offers Incentives To Replace Old Appliances With New Energy-efficient Ones

Starting on **Earth Day, April 22**, you'll be able get up to a \$250 rebate to exchange your old refrigerator, dishwasher, clothes washer, or freezer and buy a new energy efficient model that will save you money on your electric bill for years to come. To get the rebate, you will need to visit a [participating retailer](#) (and of course, we recommend going to one of the locally-owned participants!), go to www.masssave.com/residential and use the online tool, or call 1-877-627-9721. There you'll be able to get a reservation number and a rebate form to use after you've purchased the eligible appliance and exchanged it with your old one. You can get lists of the eligible appliances by visiting the [MassSave website](#). Remember, reservations for the rebate will only be taken starting on April 22nd and only be available through May 5th. More information about this program is available on the [MassSave website](#).

Submission Guidelines

Do you have news or an event that you want mentioned in the upcoming CLF Newsletter? The deadline for submission of events is 5:00 p.m. on Thursday, April 15th. All articles or press releases can be sent to cambridgelf@gmail.com

[Forward email](#)



This email was sent to amy@sbnmass.org by cambridgef@gmail.com | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



SBN and CLF | PO Box 381701 | Cambridge | MA | 02238-1701