



Cambridge Local First Newsletter July 2010

Bringing Cambridge together to Buy Local and Be Local!

In This Issue

CLF News

- [2011 Directory--
AD SPACE STILL
LEFT!](#)
- [New CLF Billing
For Membership
Dues](#)
- [CLF 5th
Anniversary Party](#)

Member News

- [Web Design
Raffle For Haiti
Relief Fund](#)
- [July Events at
Harvest Co-op](#)

Submission Guidelines

Dear Laury,

You've probably been wondering if the Newsletter is still being sent out, but allow me to reassure you. :) The past few months have been so busy with preparations for the new Directory, our very successful Internet 2.0 Seminar, and other important activities, that the Newsletter has had to be put on hold.

I'm happy to say we're back, though, despite the sweltering heat! Speaking of which, don't forget that during a heat wave like this one, local utilities are taxed to their utmost in order to keep everyone cool...while it may be tempting to leave the doors of your business open during this busy tourist season in order to invite foot traffic, don't forget that it's far cheaper and greener to keep the AC inside! It will reduce your utility bills, and show your customers that you care about the environment.

I hope you're all having a prosperous season, and also taking a bit of time off from your businesses to enjoy summer in New England.

Cheers,

Dan Meyers, CLF Administrative Coordinator

CAMBRIDGE LOCAL FIRST NEWS AND EVENTS

Still a few ad spaces left in the upcoming Directory!

While the official deadline for submission of Directory advertising ended last week, we still have some spaces open, and we'd love to promote your business by filling them. If you have been on the fence about advertising, don't forget that over 25,000 of these directories were distributed in Cambridge in the past year--even if you take a full page ad, that works out to just pennies per copy. If you can submit ad copy and payment by the end of this week, odds are we can still accommodate your ad. For more information about ad sizes and rates, [visit this page on the CLF website](#), or [contact Dan directly](#).

CLF's New Billing Structure

As part of an ongoing series of administrative changes that will help us to function more effectively, **CLF has changed our billing structure for membership dues (which are still only \$100 a year, as they have been for the past five years). Instead of membership renewals happening at different times for different members, all members will now renew on the same date each year, to coincide with the publication of the Members' Directory.**

The majority of CLF members should already have received an invoice. If you've already paid for part of the 2010-2011 membership year, your invoice has been pro-rated to reflect this. **Please note that all invoices must be paid by July 25th in order to guarantee your spot in the 2011 Members' Directory**

Questions about the new process, the amount you owe, or how to pay? Please call or [email Dan](#) at any time, and he'll be happy to help.

CLF Celebrates our 5th Anniversary!!

On July 14th (Bastille Day!), Cambridge Local First will be celebrating our fifth year in Cambridge with a party at the house of Co-Founder Laury Hammel in Harvard Square. All members, supporters, and guests of Cambridge Local First are invited!

When: July 14th, 2010, 7-9 pm

Where: 10 Hilliard Street (Harvard Square)

Go by the first letter of your last name and bring a dish to share:

A-H - Main dish

I-P - Salad

Q-Z - Dessert

Cambridge Local First will provide drinks, bread and eating utensils.

Directions:

Laury's house is a short walk from Harvard Square T Stop or Charles Hotel Parking. Take Brattle Street west and turn left on Hilliard Street. 10 Hillard St. is the fourth home on the left. Enter around back on the right side walkway.

Free to all supporters of Cambridge Local First!

[Please Click Here to RSVP](#)

CLF MEMBER NEWS

Web Site Design Raffle for Haiti Relief Fund

Want a chance to win a website redesign for your business while helping those in need? McNavich Design is raffling off a **six page web site**. The winning company will receive a design consultation, Web design, and web production for your new site. The winner will supply the web page content, site hosting and web address. To

enter, just make out a check for \$25 or more to **Partners In Health** with "Haiti" in the memo line and mail it to Kevin McNavich at 7 Cottage Street, Cambridge MA 01239. The winning entry will be chosen at random, and announced in an upcoming CLF newsletter along with a note of thanks to all who entered.

For questions feel free to email us at:

kevin@mcnavichdesign.com

www.mcnavichdesign.com

July Classes and Events at Harvest Co-op

TUESDAY, JULY 6, 6-8 PM. WEIGH LESS, LIVE MORE

Let's face it...diets don't work. Lists of "good" foods and "bad" foods tyrannize you at each meal and you're inevitably required to live by strict rules that force you to give up your favorite foods. Do you really want to deprive yourself of ice cream for the rest of your life? Or pizza? Or bread?! It's time for a new way of living and feeding yourself. At this free interactive workshop you'll learn about primary and secondary foods, the principle of crowding out, and life beyond counting calories. You'll also take home some simple and delicious recipes that will impress your friends at your next summer barbecue. Health coaches Kirsten Grieshaber and Marianne Stepanian have studied all the major dietary theories at the Institute for Integrative Nutrition. They help their clients create happy and healthy lives by making lifestyle choices that feed their true hunger and passions. Space is limited, so reserve your spot now by emailing kirsten@savor-health.com.

SATURDAY, JULY 10, 1-5 PM., JAPANESE ANIMATION, RATED PG

Come watch Japanese Animation videos with aficionados of the craft. View new and old videos, or bring your own to share with the group.

p. These videos are not screened for violent or sexual nature, so children must be accompanied by an adult.

MONDAY, JULY 12, 6-8 pm. BOARD OF DIRECTORS MEETING

TUESDAY, JULY 13, 6-8 PM. SIMPLE HOME REMEDIES

Are you tired of paying a lot for simple things you need, and finding that they're also full of nasty chemicals? Would you like to be able to make your own body care and cleaning products and simple herbal remedies, lessening your dependence on manufacturers and having more control over what's on or in your body, home, and environment? In this hands-on workshop we'll learn how to make things like tooth powder, body scrubs and body lotions; simple recipes for cleaning counters, windows, and your clothes; and a few helpful herbal products for skin boo-boos and minor health ailments. You'll go home with recipes and samples of several things we've made. After this, you'll find yourself going to the store for the ingredients instead of expensive products; or at the very least, having a clue what's in that bottle! There is a \$5.00-&15.00 donation for supplies. 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. <http://www.irisweaver.com/>

TUESDAY, JULY 20, 6-8 PM DAILY DETOXIFICATION FOR BREAST AND PROSTATE CANCER PREVENTION

It seems we all know someone dealing with breast or prostate cancer. Did you know that there are numerous foods, many of them available locally, that can help the body resist disease, even cancer? Learn which herbal remedies and daily practices have been shown in reliable research to reduce our chances of being diagnosed with a variety of cancers. Learn how you can keep your family healthy every day of the year. For more information, please visit www.wisdomofhealing.com or call toll-free 1-866- 755-9290.

THURSDAY, JULY 24, 6:30-7:30 PM. MEMBERSHIP AND SOCIAL CONCERNS COMMITTEE

MONDAY, AUGUST 2, 6-8 pm. BOARD OF DIRECTORS MEETING

SATURDAY, AUGUST 10, 1-5 PM., JAPANESE ANIMATION, RATED PG

Come watch Japanese Animation videos with aficionados of the craft. View new and old videos, or bring your own to share with the group. These videos are not screened for violent or sexual nature, so children must be accompanied by an adult.

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 Friday, July 16th. All articles or press releases can be sent to cambridgelf@gmail.com

[Forward email](#)



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



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