

## NOVEMBER 2009

**Tuesday, November 3rd**  
Ambassador Meeting, 7 am,  
5th Avenue Restaurant

**Thursday, November 5th**  
**Empowering Women in  
Business Conference,**  
8 am-3 pm, Coldwater Creek  
Headquarters (Auditorium)

**Wednesday, November 11th**  
Business Development, 12 noon,  
Idaho Dept. of Labor

**Thursday, November 12th**  
**2010 Economic Outlook  
Forum,** 11:45 am, Community  
Room

Ag & Forestry Meeting, 3:30 pm,  
University of Idaho Extension

**Wednesday, November 18th**  
Health & Wellness Meeting, 1 pm,  
Pend Oreille Insurance & Financial  
Services

**Thursday, November 19th**  
Understanding Economic Diversity  
in the Workplace, 12-2 pm,  
Holiday Inn Express & Suites

Board of Directors Meeting, 3:30  
pm, PSB Community Plaza  
Conference Room

**Friday, November 20th**  
TGIF: Leveraging the Internet to  
Grow Your Business, 12-1:30 pm,  
Idaho Dept. of Labor

**Thursday & Friday, November  
26th & 27th**  
CHAMBER CLOSED for  
Thanksgiving Holiday

Find a full list of events at  
[www.SandpointChamber.com](http://www.SandpointChamber.com)

## EVENT HIGHLIGHTS



*Thursday, November 5, 2009 at 8am to 3pm*  
Coldwater Creek Auditorium

KXLY's Teresa Lukens, life-long entrepreneur and business coach Pam Stewart, and Kinderhaven's Phyllis Horvath will inspire women at this conference. Networking, fashion show, door prizes, & more—don't miss it! \$50 Members with Reservation/\$65 Non-members or at the door

## 2010 ECONOMIC OUTLOOK FORUM

*Thursday, November 12th at 11:30 am*  
Community Room, 414 Church Street

See next column for details and visit SandpointChamber.com or call 263-2161 to reserve.

## VOTE!

Vote on Tuesday, Nov. 3rd. City of Sandpoint residents will vote for 4-year and 2-year City Council seats and on a special Water Plant Bond. The City of Ponderay has 2 City Council positions open.



Register at [SandpointChamber.com](http://SandpointChamber.com) or  
call 263.2161

# 2010 ECONOMIC OUTLOOK FORUM



Presented by



**Thursday, November 12th**  
**11:30 am—1 pm**  
\$15 Members/\$20 Non-Members

*Gain an informative and insightful outlook of the 2010 economy with local experts representing industries of Bonner County.*

### Keynote

Tom Gibson, DA Davidson

### Labor Market

Katheryn Tacke, Idaho Panhandle  
Regional Economist

### Banking

Russ Porter, President of  
Mountain West Bank

### Manufacturing

John Kupice, CEO of Pneumex

### Tourism

Amy Little, Executive Director of Greater  
Sandpoint Chamber of Commerce

Sponsored by:

D.A. Davidson & Co., Horizon Credit Union,  
Panhandle State Bank, & Wells Fargo

**[SandpointChamber.com/263-2161](http://SandpointChamber.com/263-2161)**

Thank you to our Executive Elite Members



# empowering Women

## IN BUSINESS CONFERENCE

A day of inspiration . . .

featuring guest speakers:

### ■ *Teresa Lukens*

**"The Work/Life Balance"** — Co-host of the KXLY 920 Morning News and producer and host of KXLY 4 Your Health Specials. In broadcasting for over 25 years, Teresa has not only worked behind the anchor desk but also as a producer, writer and announcer.

### ■ *Phyllis Horvath*

**"Communication Dynamics"** — Executive Director of Kinderhaven with careers in psychology and counseling, Phyllis draws on her finely-tuned communication skills to build strong relationships - both personal and professional.

### ■ *Pam Stewart*

**"How Business is Like PMS"** — Business Coach and life-long entrepreneur, Pam has owned three businesses and now makes it her business to help others make theirs a success.

\$50 for Chamber Members, \$65 for Non-Members  
includes lunch and a Coldwater Creek Fashion Show

Brought to you by the Women in Business Committee of the Greater Sandpoint Chamber of Commerce.

Our Sponsors:



Coldwater Creek



BONNER COUNTY  
DAILY BEE

Pend Oreille Insurance | Your RELAXATION DESTINATION | Pend Oreille Health Care  
First American Title Company

To register call the Chamber at 263-0887 or go to [www.SandpointChamber.com](http://www.SandpointChamber.com)

November 5th | 8am - 3pm | Coldwater Creek Auditorium

# Chamber News

## Over 7,000 Directories to Promote Your Business

New this year, the 2010 Business & Relocation Directory will have 6,500 copies distributed in the *Bonner County Daily Bee* in addition to the 750 prints distributed each year through the Chamber Visitor's Center and to the general membership. For those interested in advertising, the rates will decrease rather than increase from previous years.

Operations Manager Corrie Greene encourages

members to check and update their information by December 1, 2009. The directory will include the business name, phone and fax number, physical address, web address, and primary representative. Members will be listed alphabetically and a separate listing will include members under their primary category. To learn about advertising options, please see the ad in this newsletter or contact Kathy Hubbard at Bonner County Daily Bee's at 263-9534.

To update membership information, see next column for or call 263-2161 for assistance.

## Chamber Offices & Visitor's Center Moving

During **December 21st through December 24th**, the Greater Sandpoint Chamber of Commerce's headquarters and Visitor's Center will move to the PSB Community Plaza located on the corner of Third Avenue and Oak Street. The Chamber will be located on the first floor, making it the anchor of the plaza amongst other businesses and organizations.

Chamber officials have been examining the ever-increasing expense of maintaining the Visitor's Center and with current economic conditions and the byway construction underway, it was in the Chamber's best interest to move. The new location was a win-win as it is in the best interest both fiscally and to support businesses. With the plaza including nonprofit and for-profit businesses, the center will be an ideal location for the Chamber to build better communication and partnerships

*Continued on page 5*



## Update Your Membership Info 2010 Business & Relocation Directory

**Accessing Information**  
Visit [www.ChamberLogin.com](http://www.ChamberLogin.com)

**Log-in & Password Info**  
263-2161 or email  
[info@sandpointchamber.com](mailto:info@sandpointchamber.com)

**Deadline**  
December 1, 2009 at 5 pm PST

**Directory Distribution**  
6,500 copies to be distributed in January 2010 and 750 throughout the year

## TGIF Workshop Series

*Presented by*



**NOVEMBER 20, 2009**

**Leveraging the Internet to Grow Your Business, 12-1:30 p.m.**

Recent estimates at least 70% of small companies are using the Internet to help operate their business; yet with more than 1 billion websites now online, the small business website is often virtually impossible to find. This presentation will provide a basic overview of strategies for building traffic to small business websites to ensure their companies can "get found on the Internet."



**REGISTER TODAY!**  
208.263.0887  
[SandpointChamber.com](http://SandpointChamber.com)

## BOARD OF DIRECTORS

### EXECUTIVE COMMITTEE

**Kathy Hubbard**, Chairman  
*Bonner County Daily Bee*

**Clif Warren**, Chairman Elect  
*Technical Corporate Services*

**Joanne Strom**, Secretary  
*Coldwater Creek*

**Dawn Spell**, Treasurer  
*Williams & Parsons, PA, CPAs*

**Dave Kulis**  
*Schweitzer Mountain Resort*

### AT LARGE

**Peggy Shadel**  
*Mountain West Bank*

**Wally Schmidt**  
*Bonner Business Center*

**Judy Thompson**,  
Individual Member

**Bridgette Bradshaw-Fleer**,  
*Idaho Department of Labor*

**Kim Diercks**,  
President of Leadership Sandpoint  
*Panhandle State Bank*

### COMMITTEE CHAIRS

**Doug Lynch**, Ag & Forestry  
*Technical Corporate Services*  
*Advocate Insurance Services*

**Carol Warren**, Ambassadors  
*Technical Corporate Services*

**Marcia Phillips**, Women in Business  
*First American Title*

**Amy Whalen**,  
Business Development  
*Graphic Ink Creative Group*

**Jodie Corless**, Health & Wellness  
*Pend Oreille Insurance & Financial Services*

### NON-BOARD COMMITTEE CHAIRS

**Jim Zuberbuhler**, Education  
*Edward Jones*

**Amy Little (Interim)**,  
*Nonprofit Development Council*

**Amy Little (Interim)**,  
Government Affairs Council

**Amy Little (Interim)**,  
Recreation & Tourism Council



## All New Chamber Directory!

What do we mean all new? Well, it's a new size, new distribution and will be better than any other directory we've produced. The big change is that we will insert the directory into the Daily Bee, which will give your advertisement full exposure to over 70% of Bonner County residents. That's over 15,000 potential customers.

Each year, The Bee's ad staff partners with the Chamber to produce this directory. All profits belong to the Greater Sandpoint Chamber of Commerce.

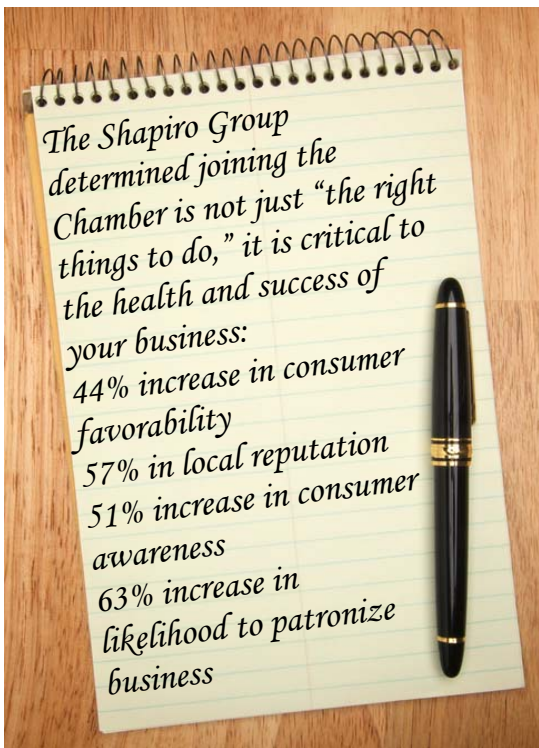
**Publication Date: Thursday, January 14**  
**Reservation & Ad Copy Due: Monday, December 7**  
**Final Corrections Due: Friday, December 18**

Sizes	Prices
Finished book size: 8" x 10"	Back Cover: .....\$1,250*
Covers with bleed: 8.25" x 10.5"	Inside Covers (2): .....\$1,000* each
Full Page: 6.833" x 8.833"	Full Page:.....\$475
1/2 Page (horizontal): 6.833" x 4.333"	Half Page:.....\$325
1/2 Page (vertical): 3.333" x 8.833"	Quarter Page:.....\$150
1/4 Page: 3.333" x 4.333"	Eighth Page: .....\$85
1/8 Page: 1.583" x 4.333"	*Glossy stock, full color
Double Truck: 14.667" x 8.833"	

**For more information call the Advertising Department**  
**208-263-9534**

**BONNER COUNTY**  
**DAILY BEE**

# Chamber News



## Nominate for the 2010 Chamber Choice Awards

Mark your 2010 calendar for the 2nd annual Chamber Choice Awards. The awards gala is the premier event recognizing member businesses and individuals for outstanding contributions to the Greater Sandpoint business community and will be held on Friday, January 29th at the Sandpoint Business & Event Center.

Submit your nominations now! Nominations will be accepted throughout the month of November and are available on the Chamber website ([SandpointChamber.com](http://SandpointChamber.com)) and available through the weekly *Chamber Connections* e-news. Members will then choose the winners via an electronic ballot from December 1st through Dec. 15th.

For more information, call the Chamber offices at 263-2161.



## Receive \$25 for Every Member Referral until Nov. 30th

Between October 1st and November 30th, members referring new members will receive \$25 off their next bill... and there is NO LIMIT! A special offer of additional benefits valued at \$260 is available through the end of the month which includes free advertising and elimination of the activation fee. Discounts for both new and existing members are available during this drive including discounts for membership at other business organizations and Chambers of Commerce and discounted rates for second business locations. With the Business & Relocation Directory deadline in November, this is an opportune time to take advantage of these opportunities. Call 263-2161 for more details or visit [SandpointChamber.com](http://SandpointChamber.com).

## FREE Member Benefits

Post Hot Deals & Job Postings

Business Cards in Visitor Center

Business Directory Listing

Networking at Business After Hours

## Chamber Offices & Visitor's Center Moving

*Continued from page 3*

with nonprofits, businesses, and their stakeholders.

The Board of Directors has yet to determine where a satellite Visitor's Center will be located during the summer but is investigating options with the City of Ponderay and Ponderay Community Development Corporation.

Chamber operations are closed each year during the Christmas and New Year holidays, so there will be minimal impact on businesses and the community during this transition. The Chamber will discontinue operations at their current location on December 21st and reopen at their new location on Monday, January 4th.

For more information, call 263-2161.

## The Chamber and Global Climate Change

The Greater Sandpoint Chamber of Commerce (GSCC) received many calls and emails in late October regarding a position on Global Climate Change based on the US Chamber of Commerce's controversial stand. The GSCC is not a US Chamber of Commerce member and does not hold a position on this issue.

The Chamber's mission is to promote, support, and develop businesses in the Greater Sandpoint area, and the Board of Directors determines whether or not to take a position based on the advisory of the Government Affairs Council.

If you would like to get involved with this council who addresses government policy affecting our businesses, please contact the Chamber at 263-2161.



# New Member Special!

## Join The Chamber between October 1 and November 30:

### You will receive:

- One **Free** Mailing List (\$35 value)
- Free** web ad for one month (\$35 value)
- Free** full page ad in newsletter (\$100 value)
- No activation fee** (\$25 value)
- Free** booth at Chamber Power Lunch (\$50 value)
- Free** lunch at Power Lunch (\$15 value)

**TOTAL VALUE: \$260**

**AND:** Do you own a second location or business and would like that location or business to have its own listing? Add another listing for the following rates:

- 1-7 employees at second location: \$100
- 8-14 employees at second location: \$125
- 15-20 employees at second location: \$150
- 21-30 employees at second location: \$175
- 31+ employees at second location: \$200

**AND:** Are you a member of another Chamber or Business organization? You are eligible for a discount\*! Save 10% off your next annual dues statement if you already belong to one of the following Chambers or organizations:

- Coeur d'Alene Chamber of Commerce
- Post Falls Chamber of Commerce
- Bonners Ferry Chamber of Commerce
- Priest River Chamber of Commerce
- Hope/Clark Fork/Trestle Creek Chamber of Commerce
- Downtown Sandpoint Business Association
- Bonner County Economic Development Corporation

### Disclaimers:

New members must not have been a Greater Sandpoint Chamber of Commerce member in the past 12 months to qualify for the promo package

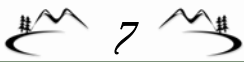
10% discount can be applied once per year on your total dues, regardless of how many other memberships you hold, and the discount cannot be applied quarterly

Second listing discounts will be applied per location and are not eligible for any other discounts

Additional restrictions may apply

**ALL OFFERS EXPIRE FRIDAY NOV. 30, 2009**

**Call 263-0887 TODAY!**



# Chamber News

## CHAMBER STAFF

**Amy Little**

Executive Director  
263-0887 x208

amy@sandpointchamber.com

**Corrie Greene**

Operations Manager  
info@sandpointchamber.com  
Ext. 202 (Membership), Ext. 206  
(Bookkeeping)

**Heather Bennett**

Programs & Communications Manager  
heather@sandpointchamber.com  
Ext. 204

**Melody Circo & Claire Gervais**

Visitor Center & Administration  
visit@sandpointchamber.com  
Ext. 201

## NEW OFFICE LOCATION

On January 4th the Chamber Offices & Visitor's Center will be located at the PSB Community Plaza located at the corner of Third & Oak. Please use P.O. Box 928, Sandpoint, ID 83864 for mailing correspondence.

## Businesses Showcased Best at 2009 Business Fair

On October 8, 2009 forty-three businesses from across the region showcased their products and services at the 4th Business Fair hosted by the Chamber's Business Development Committee. Bigger and better at the Bonner County Fairgrounds, the event drew over 400 families and business professionals to network and discover businesses in their own backyard.

New this year, participants were asked who was their favorite business at the event. New member and new business Evan's Brothers Coffee Roasters was one of the "best of" at the show followed by the Idaho Army National Guard, Silverwood Theme Park, and Mary Kay.

The Chamber would like to thank all the businesses who participated in this event with a special thanks to Silver Sponsors 95.3 KPND, Bonner County Daily Bee, Boyle, Platte, & Kee, Horizon Credit Union, Mountain West Bank, Panhandle State Bank, and STCU and Catering Sponsors Costco Wholesale, McDonalds, Safeway Store, and Yoke's Fresh Market.

A special thank you also goes to Chamber Ambassadors Clem Hackworthy, Carol Warren, Peggy Shadel from Mountain West Bank, and Connie Rosco from Panhandle State Bank.



Top: Pictured is Judy Baird and Erin Butler from Mountain West Bank at the 2009 Business Fair.  
Bottom: Kimberly Langford from Mary Kay Cosmetics was ranked one of the "best of" at the 2009 Business Fair.

## NOVEMBER 3, 2009



### Sandpoint City Council

4-year and 2-year City Council seats  
Special Water Plant Bond Election

### Ponderay City Council

2 City Council positions

For more info, visit SandpointOnline.com's  
Election Central Page

## Hot Deals

### SANDPOINT MARINE & MOTOR SPORTS

(208) 263-1535

Www.SandpointMarineandMotorSports.com

2009 Polaris Clearance Sale

-Polaris Payment Protection Plan

-Up to \$1,000 in rebates

-Plus 4.49% interest rates for 60 months, on approved credit

Mention this hot deal for 15% off accessories

Expires: When they're gone!

### WESTERN PLEASURE GUEST RANCH

(208) 263-9066

www.WesternPleasureRanch.com

Meadowview House lodging special of \$150 per night, a \$50 per night savings. The home is nestled at the edge of the valley with Gold Creek running through the meadow. The backdrop to this scenic picture is the beautiful Cabinet Mountain Ranch, and you can watch deer, moose, elk, coyotes, the ranch cattle and horses grazing and playing right before your eyes.

Expires: 11/15/09

# Honoring Our Members



## October Business of the Month Pend Oreille Pasta & Wine

Owned by John and Valerie Albi, Pend Oreille Pasta & Wine has served the

Greater Sandpoint area for over 10 years. They began as a small business making handmade pasta and pasta sauces. They had a few tables to serve customers at that time. Now the gourmet grocery store includes one of North Idaho's most extensive wine selections with a large assortment of domestic and imported wines and a quality selection of handmade pastas and sauces, cheeses, and artisan breads. Their high quality, specialty foods combined with excellent wines make excellent gift baskets that they can personalize to fit a budget. They also provide reasonably priced catering options for all occasions. They are active members participating in events and programs, and the Chamber thanks them for their exemplary service and cuisine.

"He is always thinking about what someone needs before he considers his own," said Chamber board member Marcia Phillips from First American Title Company.

## October Volunteer of the Month Lee Hoge

Hoge's volunteer activities are greatly impressive and demonstrate his commitment to the Greater Sandpoint community. He serves on the Sandpoint Lion's Club as chairman for the 09 4th of July Parade, President of the local Shriners and is an active member of Sandpoint Chapter Wishing Star, Chamber Ambassadors, the Elks Club, and the Chamber's Nonprofit Development Council. Through his service, the American flag is raised throughout the community to honor our country and veterans, funds are raised for children with medical needs, and toys are given to local families in need during the Christmas holiday.

The Chamber is pleased to extend the honor of Volunteer of the Month to Lee Hoge who has made a positive impact on our community and youth.



# Ribbon Cuttings



## Evans Brothers Coffee Roasters

Location: 524 Church Street, Sandpoint

Phone: (208) 265-5553

Website: [www.EvansBrothersCoffee.com](http://www.EvansBrothersCoffee.com)

Brewing exquisite coffee is the specialty of Evans Brothers Coffee Roasters. Like a winery, they take an Artisan approach to their craft, focusing on sourcing exceptional beans from farms using only sustainable practices and roasting in a style that highlights the many flavor nuances of each individual coffee. Their coffees can be purchased at restaurants, coffee shops, markets, and directly at their Roasting Studio. Individuals can also purchase with a Coffee Club, similar to a Wine Club, with special discounted and limited Roaster's Reserve coffees to sample. Additionally, they host an active event schedule partnering with local artisans, musicians, non-

profits, and businesses. Neighborhood Tastings are held the second Saturday morning of every month, and on November 20th they host a Photographer Exhibit at 6:30 pm with music, food, drinks, and a visual journey of South East Asia. Owners and brothers Randy and Rick Evans share a passion for coffee and living life to the fullest. "We want to engage our community through our passion towards coffee and life, becoming a homegrown business that Sandpoint can be proud of," they said.



# New & Renewing Members

## New Members

### GOVERNMENT

#### CITY OF PONDERAY

**Mayor Carol Kunzeman**

288 Fourth Street  
Ponderay, ID 83852

Ph: 208-265-5468

Fax: 208-265-4357

Email: [mayor@ponderay.org](mailto:mayor@ponderay.org)

Website: under construction

### REAL ESTATE DEVELOPMENT

#### GVD COMMERCIAL PROPERTIES, INC.

**Ryan Goodell**

810 E. 28<sup>th</sup> Avenue  
Spokane, WA 99203

Ph: 509-534-5805

Fax: 509-443-0100

Email: [ryan@gvdcommercial.com](mailto:ryan@gvdcommercial.com)

Web: [www.gvdcommercialproperties.com](http://www.gvdcommercialproperties.com)

Developers specializing in shopping centers, restaurants, entertainment and hotels.

## Renewing Members

### 20 – 30 Years

Ainsworth Hot Springs Resort

Alpine Motors

Alpine Shop

Bill Jones Distributors, Inc.

Bird Space Technology- Bird Aviation

Museum & Invention Center

Bonner Animal Hospital

Bonner General Hospital – **Elite**

**Entrepreneur Member**

Chapman Financial Services

First American Title Company

First Christian Church

Grandview Lodge & Resort

Interstate Concrete & Asphalt

Island View Resort

Lake Pend Oreille School District #84 –

**Elite Entrepreneur Member**

LaQuinta Inns & Suites

Larson's

Les Schwab Tire Center #108

Litehouse Foods, Inc. – **Elite**

**Entrepreneur Member**

Magnuson, McHugh & Company, P.A.

McDonald's Restaurant

North Idaho Insurance

Panhandle Building Contractors Association

Panhandle State Bank – **Elite**

**Entrepreneur Member**

Pend Oreille Shores Resort

Pepsi Bottling Group, Inc.

Rokstad Ford Mercury

Round Lake State Park

Ruen-Yeager Associates, Inc.

Sandpoint West Athletic Club

**Schweitzer Mountain Resort –**

**Executive Elite Member**

Selkirk Association of Realtors®

Selkirk Press, Inc.

Sharon's Hallmark

State Farm Insurance, Dale Reed

Agency

Travel America RV Park – Pacific N.W.

Fuel

William Watt

Yoke's Fresh Market – **Elite**

**Entrepreneur Member**

### 15-20 Years

Diamond T Guest Ranch

J-U-B Engineers

Mickie Caswell, Realtor, Tomlinson

Sandpoint Sotheby's International Realty

### 10–15 Years

Archer Vacation Condos

Best Western Kootenai River Inn &

Casino

Inn at Sand Creek/Guest House on

Fourth Avenue

Jack Parker

Mountain View Construction

Sandpoint Computers

Sheri's Home Interiors, Inc.

### 5-10 Years

Bangkok Cuisine Thai Restaurant

Idaho Stone & Masonry

J. Ilani Kopiecki, CMT & IET

Klaniecki's Catered Weddings

Panhandle Alliance for Education

Representative George Eskridge

Schweitzer Mountain Bed & Breakfast

### 1-5 Years

Adesso, LLC

Ammara, Inc.

Brandenberger & Young CPAs

Business Management Services

Cedar Street Bridge Marketplace

College of Business & Economics

Community Assistance League/Bizarre

Bazaar

Costco Wholesale #773

Discovery Map International

Dish Home Cooking

First Judicial District CASA Program,

Inc.

Green Mountain Medicine

Idaho Lights

Intermax Networks

Judy Thompson

KXLY Broadcast Group

Life Skills NW

Northwest Environmental Services, Inc.

Panhandle Habitat for Humanity

Parsons RCI, Inc.

Pend Oreille Surgery Center, LLC

Reynold's Auto Sales

Route 66 Autobody, Inc.

Sandpoint Sports, Inc.

Sandpoint Storage

Subway of Sandpoint & Ponderay

The Lodge at Sandpoint

Trade-N-Post Pawn & Coin, Inc.

Tricia Sullivan

Vintage Timeworks

White Tail Transportation Inc.

Wired or Wireless/Air-Pipe, Inc.

**TOTAL RENEWING MEMBERS: 87**

### Visit Sandpoint Renewing Members

Archer Vacation Condos

Diamond T Guest Ranch

Discovery Map International

Inn at Sand Creek/Guest House on

Fourth Avenue

LaQuinta Inn & Suites

Schweitzer Mountain Resort

The Lodge at Sandpoint

Travel America RV Park/ Pacific NW

Fuel

# Member & Business News

## Coping with Stress in the Workplace

By J. Ilani Kopiecki, BA and CMT

Like it or not, for millions of people around the world, their workplace is a home away from home. For the lucky few, this is a wonderful, fulfilling experience that brings much richness and joy into their lives. For the many, their work environment brings challenges and stress that can build up over days, months, and years. Sometimes this can affect a person's physical, as well as, mental and emotional wellbeing. This article offers some suggestions that can help you make it through your day, and possibly, change some old negative patterns that no longer work for you. Have fun with these suggestions, and use the ones that feel right for you.

### Your Physical Environment

Bring photos of family, friends and/or pets and put them up around your workspace. There's nothing like a loved one looking back at you during the day to brighten your mood. If you are feeling down or upset, just take a look at one of those pictures and allow yourself to have a few moments of gratitude and love for that person or pet.

### Your Mental Wellbeing

With so much to remember during the day, and lots of responsibility to accept, the brain can get overloaded with seemingly millions of details. At this point many people feel "burned out", and unable to take on anything else! A great technique to cool things down is what I call "the brain melt". Just sit quietly for a few minutes (even 1 minute will help!), close your eyes, and take a deep breath and let it out. Let your body relax and allow your seat to hold you up. Put your attention on your breath, and as thoughts come up, let them melt away like butter. As new thoughts arise (as they will!), notice them, let them melt, and gently put your attention back to your breath. There is no judging involved, just noticing. Do this for a few minutes and you may feel refreshed and restored, and able to attend to your daily tasks with a new clarity.

### Your Emotional Wellbeing

Find things to do that give you joy in your every day life, away from your job. Participating in sports, a hobby, or getting together with understanding friends and family are some ways to bring laughter to your life.

These suggestions are some of the ways you can lift your spirits and have more grace and ease at your workplace. Maybe you will come up with some or your own ideas and use them. Good luck!

*Ilani Kopiecki, BA & CMT is a CranioSacral Therapist and Therapeutic Massage Practitioner. She has been in practice for ten years. Ilani maintains her office at Stepping Stones Wellness Center, 803 Pine Street, in Sandpoint, Idaho. For more information about Therapeutic Massage, CranioSacral Therapy, or to make an appointment, please call her at 208 610-2005. Or visit her website at: [www.ilanisessions.com](http://www.ilanisessions.com).*



## LPO School District Receives A+



The Lake Pend Oreille School District (LPOSD), one of the largest employers and continued supporter of the Chamber of Commerce, recently received an A+ on their report card by the accounting firm of Magnuson, McHugh, and Company PA. Every public school district in the state is required to undergo an audit of financial transactions and overall financial status, and the "A+ Unqualified Opinion" is the highest rating a school district

can attain.

The district was one of the few in northern Idaho that avoided declaring a financial emergency this past spring when the State reduced funding. Even despite falling enrollment and declining revenues, the district maintained a balanced budget while increasing student performance. Last year's ISAT results were the highest the district has ever achieved.

The Chamber congratulates the Lake Pend Oreille School District and their staff for their demonstration of fiscal responsibility and thanks them for their continued support and perseverance to educate future generations.

For more information about the report, visit [lposd.org](http://lposd.org) or call 263-2184 ext. 1018.

## Idaho IS a Great Place to Live & Work



Idaho is a gold field of great places to work, and your business is one of them. POPULU, the Idaho Business Review, and the HR experts at Price Associates are teaming up to discover the best places to work in Idaho and what it takes to create a "best place to work" culture.

The Best Places to Work in Idaho is a statewide employee survey available to all employers with 20 or more employees. The survey gathers data from employees and compiles the information to identify top working environments in the state. The highest scoring business will receive The Best Places to Work in Idaho award which is a tremendous marketing and recruiting tool.

To register, visit [www.bestplacestoworkinidaho.com](http://www.bestplacestoworkinidaho.com) by January 8, 2010.

# Tourism

## New Search Marketing & Visitor Newsletter

November launches a pair of initiatives aimed at driving more traffic to Visit-Sandpoint.info website. The first is a search marketing initiative. While the website ranks highly in the major search engines for “organic” searches, the marketing initiative will launch pay-per-click campaigns in the three major search engines—Google, Yahoo, and MSN’s new Bing—which will provide above-the-fold placement in the sponsored listings for a variety of more specific searches, such as “Sandpoint Idaho restaurants,” “Sandpoint lodging,” “Sandpoint events” and several dozen more.

Another website traffic-building initiative is a monthly e-newsletter for visitors which will produce more “heads in beds and feet on the street.” Visitors will subscribe for free, and the newsletter will have the month’s major events, promotion of attractions, lodging and dining, as well as “hot deals” offered by Visit Sandpoint members on the SandpointChamber.com website. This is a “push marketing” campaign, where information will be pushed out to subscribers with the goal to get them to click through the website. Visit Sandpoint members will be automatically subscribed, and the first issue will run in early November.

## Selkirk Loop Brings Visitors to Sandpoint

The gross economic impact of the Selkirk Loop to the region was \$1.4 million. The Selkirk Loop recently completed a survey of 4,000 families who requested information and visited the Selkirk Loop in 2008. Most importantly to the Chamber and its members is that 76% of the travelers surveys said they visited Sandpoint. Below are findings from the survey:

- 21% of people requesting information actually visited, despite high fuel prices in 2008
- 54% visited in shoulder seasons (April-June, September-October)
- Average stay was nearly 4 days, 42% stayed 5+ days, 19% stayed 7+days
- Three-quarters of the survey respondents (76%) had not been to the Selkirk Loop in the last 5 years, but 83% are likely to travel the Loop within the next 2 years
- 80% used the internet to plan their vacation

## Tourism Grant Opportunities for YOUR Business

- ☞ Explorer TV (January-March)
- ☞ Jan/Feb Issue of Northwest Travel
- ☞ Selkirk Loop Guide quarter & eight page ads

Contact Amy Little at [amy@sandpointchamber.com](mailto:amy@sandpointchamber.com) immediately if interested in these opportunities. Limited spaces available and limited to Visit Sandpoint members.

## Tourism Grant Working for YOUR Business

- ☞ Exhibitor at Pacific Northwest Travel Writer’s Conference in Vancouver, WA to target northwest writers and encourage press trips to our area.
- ☞ Oct./Nov. Issue of Northwest Travel

VISITOR CENTER HOURS: 10 am to 4 pm, Monday through Friday ▪ Closed Saturdays and Sundays

## Visitor Center Stats

	September 2009	October 2008	October 2009	2009 YTD Totals	2008 YTD Totals	2008 Totals	2007 Totals
Visitors	1272	741	447	8,655	11,606	11,606	19,285
Info Calls	688	660	501	5,744	5,574	5,574	8,660
Email Requests	118	63	236	1,042	635	635	992
Vacation Packages	42	10	30	427	462	462	719
Relocation Packages	2	1	8	37	62	62	146
Chamber Website <i>Personal Visits</i>	8,656	9,038	7,379	80,750	71,064	71,064	88,265
Visit Sandpoint Website <i>Personal Visits</i>	3,756	3,520	3,517	42,186	36,408	36,408	55,711