

August 2007



ACCION San Diego Small Business Loans

Welcome to ACCION San Diego's June newsletter! We are pleased to use these newsletters to keep our clients, partners and friends informed so that we can continue to serve our community in the best way possible.

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Client Story: SWEAT Boot Camp



"WARNING! Results include higher endurance, more energy, decrease in body fat and a tight lean body." SWEAT Boot Camp, located in Hillcrest, is committed to getting you into the best shape of your life. Using a combination of cardio exercises and weight training, the

workouts are original and challenge beginners as well as the fittest of the fit. The Boot Camp has been open for over 4 months and currently is offering two workshops in August. On 8/7, Jogging/Running with emphasis on proper walking, running, and breathing techniques. The workshop also is great for people with bad knees or ankles, or lack of endurance. On 8/25, the workshop will feature proper form for resistance/weight training.

The Center's owner, Chris Butler, started his career in personal training, but wanted more people to benefit from his innovative and effective classes. Butler is very experienced, with over 20 years of accomplishments as an athlete and instructor. SWEAT Boot Camp offers workouts for everyone, regardless of age, disability, or fitness level. Butler's center also specializes in injury-specific training. Medicine balls, dumbbells, weighted bars, treadmills, and workout benches are used to

maximize benefits. Butler used part of his loan to obtain mp3 players and headphones for clients. The players use an FM tuner and allow 'commandos' to adjust the volume while still hearing the trainer. SWEAT Boot Camp also offers payment plans. "If members are committed, they will get a lower price," says Butler. Chris believes that a great fitness routine should be affordable for all people. Chris's advice to small business owners is to make loan payments on time which will keep a credit score high. Chris advocates the importance of persistence in achieving dreams of running a business. "Things will happen if you don't stop and don't give up."

Chris invites you to take a free class. If it is not the best workout you have experienced in San Diego, you will get \$20. Are you up for the challenge?

www.sweatbootcamp.com
(619) 254-6211

SDG&E Has Big Rewards For Small Businesses

Through its Small Business Super Saver (SBSS) program, SDG&E® helps eligible nonresidential customers replace existing equipment with newer, high-efficiency equipment. SBSS provides cash rebates to eligible small business customers for energy-efficient upgrades such as lighting, refrigeration, and other technologies. In many cases, the rebates may also cover installation costs. Eligible customers can pay for upgrades through their SDG&E bill. Customers eligible for the SBSS program are defined as any small business on a valid SDG&E commercial, industrial, or agricultural rate with a monthly electric demand below 100 kW and/or an average monthly natural gas usage below 4,166 therms.

To participate, equipment must be purchased and installed before December 31, 2007. Visit www.sdge.com/energysaverbonus for more information or call 1-800-644-6133. Enrolling in our programs can help you manage your energy costs so you can focus on what is important - running your business.

Women's Business Center of California

WBCC SMALL BUSINESS SERVICES EXPO & AWARDS LUNCHEON

Date: Tuesday, September 18, 2007

Location: Grand Hall: Town & Country Convention Center, Mission Valley

Awards Luncheon: 12:00 p.m. - 2:00 p.m.

Expo Hours: 2:00 p.m. - 7:00 p.m.

Exhibitor Benefits:

- Low-cost, all-inclusive packages
- High-exposure to a target market (over 800 people attended in 2006)

Year-long Exposure: * Link on WBCC website to your website * 100 word write up in printed event program to be distributed at the event and throughout the year at WBCC events * Electronic event program with exhibitor directory used as WBCC online resource guide available all year

Priority Registration Deadline: Register by August 15, 2007, to receive:

- Special Requests
- Guaranteed Space
- Guaranteed Inclusion in Event Program
- No Late Registration Fees

[Click Here For Exhibitor Information and Registration](#)

Spotlight on Small Business Community Coalition Member:

The CDC Small Business Finance **mission** is to champion the growth of diverse small companies in our communities through advocacy and lending services.

Their **vision** is to be the most successful innovative non-profit small business lender in the country.

They accomplish our vision and mission with the following values:

- Customer Service
- Integrity
- Teamwork
- Creativity
- Compassion
- Productivity



Want more information about any CDC Small Business Finance loans or service? Need help with your account? Contact us by calling or filling out the form below, and we'll get back to you within two business days.

To speak with a CDC Small Business Finance representative, please us toll-free at: **800.611.5170**

New ACCION San Diego Staff Members

This summer we are welcoming a new Administrative Assistant, Patricia Otis, a new VISTA volunteer, Logan Lavachek, and a new accountant, Miguel Arellano. Patricia brings office management experience to us and is very excited to join ACCION. Logan graduated from DePaul University in Chicago and will be working on fundraising and organizing our volunteer base efforts. Miguel joins us from Mira Mar and will be assisting our Director of Finance. We are excited to welcome these three members into our ACCION San Diego team!

August 27th is ACCION San Diego's Padres Fundraiser!

Purchase Padres tickets at a discounted price and support ACCION San Diego! This is an effective way to raise funds for our microlending program and have fun at the same time. 30% of ticket cost goes directly to our organization. Go Padres!



Padres vs. Arizona Diamondbacks PETCO Park

Toyota Terrace Reserved , section 215
(normally priced at \$45)

Monday, August 27th 7:05 pm

\$36 !

Volunteers Available to Help You!

We now have a group of dedicated volunteers who are eager to help our clients in many areas such as

- **accounting**
- **business management**
- **financials**
- **Microsoft Office**
- **QuickBooks**

Any Client who wishes to take advantage of these services can contact his or her loan officer for more information.