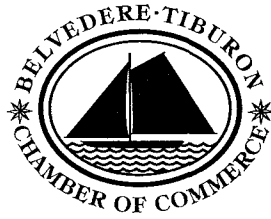


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## CALENDAR

Monday, February 4  
7:30 p.m.

**Belvedere City Council**  
Belvedere City Hall

Wednesday, February 6  
8 a.m.

**Board Meeting**  
Servino's

Wednesday, February 6  
7:30 p.m.

**Tiburon Town Council**  
Tiburon Town Hall

Monday, February 11

**Economic Development Meeting**  
8 a.m.  
Servino's

Thursday, February 14  
11:30 a.m. to 1 p.m.

**Monthly Luncheon**  
Charles McGlashan  
Marin County Board of Supervisors  
Three Degrees  
\$25/\$30

February 14

**Happy Valentine's Day!**



Wednesday, February 20  
7:30 p.m.

**Tiburon Council Meeting**  
Tiburon Town Hall

Monday, February 25

**Economic Development Meeting**  
8 a.m.  
Servino's

Thursday, February 28  
5:30 to 7 p.m.

**Monthly Mixer**  
Melissa Bradley Real Estate  
1690 Tiburon Blvd.  
See their new offices  
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Fax: 435-1132

## Monthly Luncheon

**Thursday, February 14**

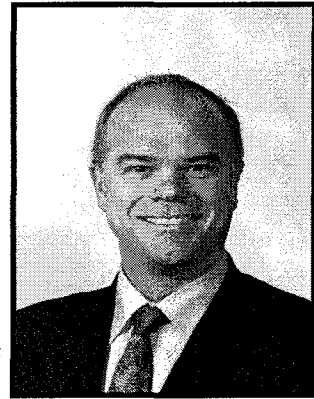
11:30 a.m. to 1 p.m.

**Charles F. McGlashan**

**Marin County Supervisor**

Three Degrees

\$25/\$30



Charles F. McGlashan was elected to the Marin County Board of Supervisors in November 2004 for District 3 (Southern Marin).

He served on the Board of the Marin Municipal Water District from 2003-2005 and was Vice Chair of the Marin Economic Commission from 2002-2004. Prior to running for elective office, he was Director of the California Environmental Dialogue, which brings together business and environmental leaders to find "win-win" solutions to environmental and economic challenges. Mr. McGlashan also has 20 years of experience in corporate finance, business and management consulting. Other civic commitments include the Executive Committee of the Sierra Club Marin Group, Vice-President of the Marin Conservation League, and a Steering Committee member of Sustainable Mill Valley, the Environmental Education Council of Marin and the Economy, Equity, and Sustainability Working Groups of the Marin Countywide Plan. He is a 1983 Yale University graduate and has an MBA and Public Management Certificate from Stanford University (1991).

Supervisor McGlashan will discuss the following subjects at the luncheon: The completion and adoption of the Countywide Plan on November 6th – an update of the 'living document' that was begun by the visionaries of Marin back in 1935. The current state budget and how that will affect Marin's '08-'09 budget, causing a likely cut of 10% across all county programs. Richardson Bay Regional Agency's proposed mooring field for Richardson Bay. The possibility of starting a water taxi service between Tiburon, Sausalito and perhaps Mill Valley on Friday nights during the summer. Two major efforts at the county level to reduce greenhouse gas emissions: Transportation projects that will focus on better transit and bicycle/pedestrian facilities (vehicle emissions account for 62 percent of Marin's greenhouse gases); and the procurement of renewable sources of electricity through the proposed formation of a community choice aggregation joint powers authority. This will give consumers the choice to have 100 percent of their electrical power come from renewable energy sources. This is our county's best and most immediate (and long-term) opportunity to have a significant effect on global warming.

Web: [www.tiburonchamber.org](http://www.tiburonchamber.org)

E-mail: [tibcc@SBCGlobal.net](mailto:tibcc@SBCGlobal.net)

## Business of the Month

### Olympic Physical Therapy & Aquatics

Jeff Harband has been enjoying his roll as a physical therapist for more than 14 years, helping people recover from a wide variety of injuries and conditions and assisting them in improving their physical training. Now he owns and runs his own Olympic Physical Therapy & Aquatics (OPT) business at The Cove Shopping Center, opened in August 2006.

Following graduation from UCLA with a BS and Masters degrees in kinesiology, Jeff earned another degree from the Columbia University Program in Physical Therapy. He has worked as a personal trainer at the Sports Training Institute in New York and at the Sports Club in Los Angeles as well as several Bay Area physical therapy enterprises.

An avid athlete, Jeff has participated in the past eight Tiburon Triathlons and all of the Tiburon Mile swims from Angel Island, and he took part in the Ironman Distance called the "Vineman" held in the Wine Country in 2005. His love of swimming prompted his interest in aquatic therapy and pushed him into adding a pool to his Cove facility.

He has found that aquatic physical therapy is very helpful in treating patients of any age. In addition, he has learned there is no substitute for a physical therapist's skilled application of hands-on techniques. This skill has provided many of his patients with significant relief from pain and stiffness.

OPT offers full one-hour appointments with hands-on care, personalized exercise programming and constant

communication with doctors. And, at a nominal fee, the patient may continue to exercise in the gym or pool at The Cove facility after discharge from formal treatment.

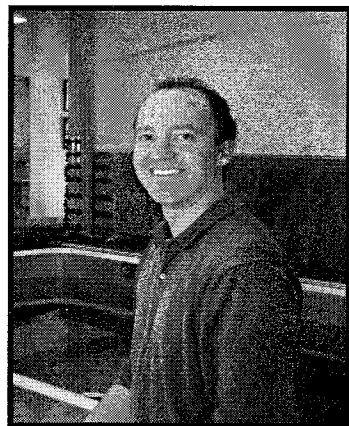
OPT offers manual physical therapy, joint mobilization, myofascial release, postural re-education, neuromuscular re-programming and massage

to restore mobility to stiff joints and spine due to injury, surgery, muscle spasm or postural deficits. It also uses ultrasound, neuromuscular stimulation and laser to loosen tight, soft tissue including muscle, fascia and joint capsule.

Other services offered are triathlon training, personal training, swim stroke analysis (using an underwater video camera), ergonomic evaluation, occupational therapy and Pilates instruction.

Jeff Harband and his wife, Vida, an attorney with her own corporate law practice, live in Tiburon with their two sons, Jared, 11, and Matthew, 8, both students at Bel Aire School.

Olympic Physical Therapy & Aquatics is at The Cove Shopping Center, 1 Blackfield Drive in Tiburon, next to Milano's. An Open House will be held on Thursday, February 7, from 4 to 8 p.m. An R.S.V.P. is preferred but not required. Phone: 383-6789. Web site: [www.OlympicAquaPT.com](http://www.OlympicAquaPT.com).




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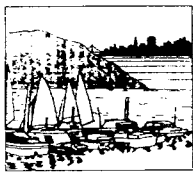
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## News About Town

The new restaurant named Cottage Eatery will open on Lower Ark Row near the end of January.

The space at 122 Main Street has been rented to Imperial Construction, a high-end commercial construction company from Arizona. Kevin Heselton is the president.

The 30th Annual Valentine Kitchen Tour will be held on Tuesday, February 5, 9:30 a.m. to 2 p.m. Call 490-2767 for more information.

### Thank You New Members

**Plath & Company**, General Contractors – Bill Ballas  
1575 Francisco Boulevard, San Rafael, CA  
415-460-1575

**Vision Real Estate**, Ronald Parks  
104 Tiburon Boulevard, Suite 150, Mill Valley, CA  
415-380-2570

### And Renewing Members

Aegis of Corte Madera  
Angel Island Association  
Angel Island Company  
The Ark  
Arrow Group  
Bank of Marin  
Keith Bartel Jeweler  
Bellam Self Storage  
Belvedere Land Company  
Belvedere Tennis Club  
Belvedere-Tiburon Landmarks Society  
Belvedere-Tiburon Library  
Belvedere-Tiburon Recreation Department  
Laurel Bertoncini  
Blinds & Designs

(Members continued on back page)

### Tiburon Peninsula Chamber of Commerce 2007 Board of Directors

**Jim Allen**  
President

**Dave Bennett**  
Treasurer

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Attorney-at-Law

**George Rodericks**  
Ex-officio

**Jim Bryant**  
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**Steve Sears**  
Sam's Anchor Café

**Larry Hadley**  
Hadley Construction

**Angelo Servino**  
Servino Ristorante

**Maggie McDonogh**  
Angel Island-Tiburon Ferry

**Connie Wiley**  
Interior Designer

**Carl Peschlow**  
Sweden House

**Jackie Williams**  
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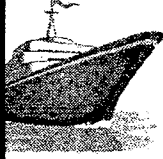
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Suzanna Czuchara, Acupuncture & Herbology  
Disick Dental  
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Go 2 Marin  
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Karen Laffey, Pacific Union  
Shira Levy, American Cancer Society  
Ruth Livingston Interiors  
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Marin Land Company  
Peter & Leslie Matthews  
Pat Montag, Pacific Union

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Jon Rankin, Attorney  
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Reed Schools Foundation  
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Sonnen BMW  
Janet & Gary Sheldon  
Strawberry Recreation District  
Tamalpais Bank  
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Tiburon Dental  
Tiburon Fire Protection District  
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Tiburon Strategic Advisors  
Tiburon Thrift Shop  
Town of Tiburon  
Vogue Cleaners  
Steven Ware, Tiburon Mail Service  
Connie Wiley  
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Zelinsky Properties

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