

Lori Gates celebrates 30 years with Oregon Pacific Bank

Oregon Pacific Bank Vice President and Florence Branch Manager Lori Gates will celebrate her 30th anniversary at the bank on Monday, April 9.

Gates started her career at OPB in the spring of 1980, only a few short months after the bank was originally established on Dec. 17, 1979. Beginning as a teller, she has worked through many transitions and watched the bank grow from a single-wide trailer in the current Florence branch parking lot to full service bank with locations in Coos Bay, Roseburg, Medford and Eugene.

"Lori has been with us from the start, and I think many of us consider her to be the face of Oregon Pacific Bank within our Florence community," says Ron Green, President and CEO of Oregon Pacific Bank. "I have had the pleasure of working with Lori during my career here, and I am privileged to watch her mentor and lead our staff, always with a positive attitude and an infectious smile. Lori has inspired me to be not only a better banker, but a better person."

As strong of a leader as she is within the organization, Gates also takes on an active role in giving back to the community. She currently volunteers at Siuslaw Outreach Services as board member and treasurer. She is also on the Membership Com-



Above, Lori Gates when she began working at OPB, and left, still smiling today.



mittee and is the Interact co-chair for the Florence Rotary Club and sits on the LCC Advisory Board. Gates has also joined the recent-

ly formed Uptown 101 Committee, which seeks to grow local business outside of downtown Florence.

Each year, she also helps with the distribution of Christmas baskets for Soroptimist, and throughout the year she volunteers her time as an educator to teach classes about credit and savings at Siuslaw Outreach Services, Mapleton High School and Siuslaw High School. Lori was also past vice president of the board of directors for Siuslaw Valley Fire and Rescue and an active member of the board for 14 years.

"Lori is part of the glue that holds us together at the branch," says Kim Erickson, Vice President and Manager of Residential Lending. "When I first started at the bank, I looked at Lori as a leader and to this day I still do, but I can also call her my friend now. Any day of the week I watch her help client after client, no matter what the task is, and she has a smile on the whole time. When I look at Lori, I tell myself I want to be just like her when I grow up; she is just absolutely amazing and we are so lucky to have her as part of our OPB family."

Oregon Pacific Bank welcomes the Florence community to join in on Lori's celebration on Monday, April 9, at 2 p.m. at the Florence Branch, 1355 Highway 101.

For more information, visit www.opbc.com.

Fitness expert holds signing for 'Tipping Toward Balance' on April 21

Everyone wants to be able to walk and move around safely. However, there are many people who have had strokes, neurological issues, or other conditions that make it difficult to walk. Tracy Markley, a local Oregon-based personal trainer, specializes in empowering people with mobility issues, and her latest book, "Tipping Toward Balance: A Fitness Trainer's Guide to Stability and Walking," allows a wider audience to take advantage of her tips, tricks, and ideas for fall prevention and regaining mobility.

She will hold a book signing on April 21.

Markley operates a personal training, Pilates and yoga studio, and she offers her fitness expertise in many different ways, including sports conditioning, stroke recovery, balance/fall prevention, BOSU ball training and more.

In her job as a personal trainer, she has worked with many individuals who are prone to tripping, falling or simply feeling unsafe while walking around.

Markley's experience working with these people, along with her education and certifications in health and biomechanics, gave her the necessary knowledge to write "Tipping Toward Balance," which includes a detailed, thorough guide to better mobility along with the eight most important exercises that a person needs for safe walking, balance and core functioning.

Not only will this book empower people with mobility issues, but it will also offer peace of mind to family and friends of those with mobility issues. Many people worry about their parents, relatives or friends who have trouble walking, and this book can be of great help.

"Tipping Toward Balance" is the author's second published book. Markley's previous book, "The Stroke of an Artist, The Journey of a Fitness Trainer and a Stroke Survivor," was released in November 2017 in paperback, Kindle and Audible versions. This book is listed by the National Stroke Association as one of the Top 5 books in strokes.

If you're struggling with mobility issues, Markley has a few words of advice: "Don't give up. Don't quit. You can walk safely and feel normal again."

To meet Markley in person and pick up a copy of either of her books, you may visit the Waterfront Wine Store and Provisions at 1300 Bay St. in Historic Old Town Florence on Saturday, April 21. The signing will be held from 1 to 4 p.m.

People may also visit www.tracyspersonaltraining.com to learn more about the author, her publications, and her personal training business.

OregonSaves retirement program readies to launch for small businesses

SALEM—To help address the looming crisis of inadequate retirement savings, Oregon this month launched the test phase of OregonSaves, an innovative program that will allow hundreds of thousands of people to start saving at work.

OregonSaves will be available statewide in phases starting in 2018, and will be open to workers with no saving option at their place of employment. Market research shows that roughly 1 million Oregon workers — representing more than half the workforce — have no work-based plan today.

OregonSaves is the nation's first state-based retirement program that gives private sector workers a chance to save their own money toward retirement automatically, through payroll deductions. To ensure the program works well for everybody, Oregon small and large businesses are helping to shape the program,

which was passed into law by the 2015 Legislature.

"More saving will be good for every Oregonian," said Treasurer Tobias Read, the chair of the Oregon Retirement Savings Board. "OregonSaves gives an added benefit to Oregon workers, helps employers to be more competitive and retain workers, and it will improve the overall economic health of our state in the long run."

Many employers offer a retirement savings option, like a 401(k) plan. Yet tens of thousands of businesses do not, particularly small employers, for a variety of reasons. OregonSaves will allow employees of those businesses to save part of their own paychecks, with no fees or fiduciary risk for employers.

Businesses with 100 employees or more will start receiving notices this week informing them about OregonSaves, and what it means to them. Only employers that do not offer a

plan will facilitate the program.

The Treasurer sent a letter this week to large businesses, urging them to watch their inboxes.

Under the law, businesses that don't offer a retirement option will automatically enroll employees in OregonSaves. Participation is voluntary and workers can opt out at any time.

The goals of program are to help businesses thrive, help workers build retirement security and help taxpayers save millions. That's because more saving and retirement wealth will reduce the demand for government safety net programs. Research shows that people are 15 times more likely to save when there is an option available at work.

Participating workers automatically make contributions through payroll deductions, and it's portable, allowing them to take their retirement savings with them from job to job.

Business input has played an important role in the development of OregonSaves, including statewide forums and rulemaking hearings. Treasury has visited businesses and associations statewide to help spread the word about the importance of retirement saving and how OregonSaves can help businesses and workers. Research shows that employees perform better when they are more financially stable.

"Oregon small businesses care about their workers and, for many of them, OregonSaves will make a positive difference," said Colene Martin, President and CEO of the Grants Pass and Josephine County Chamber of Commerce. "The Grants Pass and Josephine County Chamber of Commerce welcomes OregonSaves."

To learn more about the program, visit www.OregonSaves.com.

An important point of clarification: OregonSaves is not PERS, and it has nothing to do with PERS.

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In no small measure our success is due to the able work of Associate Lawyer, Laurel Ferguson. Her addition to the firm has proven invaluable.

Thanks again,
Jane

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