



Enterprise for Equity MicroBusiness Showcase November 9th, 2023

Staff Participants— Liz Jamieson, Jim Williams, Erika Naficy, Beth Henriquez, Linda Glasier, Tami Palmer, Gabby Smith, Jasmine Anderson, Joanne Lee, Preethie Capezio, Emily Hearn, Lisa Smith, Beth Henriquez

MC Graduates – Carrie Ziegler and Stephanie Cholomondeley

GRADUATES FEATURED IN VIDEO

(Port Townsend) Stryker Gooch and Sarah Talley. **Stryker Forge** is an artisan blacksmith company, we bring hand forged tools, ornamental accessories, and elegance to you. www.strykerforge.com YT: [@strykerforgefilms](https://www.youtube.com/@strykerforgefilms) IG: [@strykerforgeatPT](https://www.instagram.com/strykerforgeatPT) FB: [StrykerForgeatPT](https://www.facebook.com/strykerforgeatPT)

(Shelton) Sandee and Louis LaLane. **Design Life LLC** offers 3D printing, scanning, and custom works. www.facebook.com/Designlifellc, [@designlifellc](https://www.instagram.com/designlifellc)

(Grays Harbor & Thurston County) Cheyenna Carroll. **Contents May Vary** supports local businesses and artists by creating a whimsical, nostalgic, and inclusive vending machine experience! www.contentsmayvary.net, Facebook / TikTok : [@contentsmayvary](https://www.facebook.com/contentsmayvary), Instagram : [@contents_may_vary](https://www.instagram.com/contents_may_vary)

(Port Townsend) Martha Worthley. **Mim and Poppy Design** sells custom made tablecloths, runners, placemats, tea towels and aprons made from hand-painted fabric designed by Martha Worthley, and custom printed on high quality natural fabrics. www.mimandpoppy.com [@mimandpoppy](https://www.instagram.com/mimandpoppy), www.facebook.com/mimandpoppy

(Phoenix, AZ) Bettina Adragna. **The Realm of Stars and Spells** offers fairy tale retelling ebooks, music, and treasure. Moondancebooks.com, FB: [RosaEnchanted](https://www.facebook.com/RosaEnchanted)

(Marrowstone Island) Erik Newquist and Radha Newsom. **Newquist Forge** offers hand forged ironwork, cookware, and garden tools. www.newquistforge.com IG: [@newquistforge](https://www.instagram.com/newquistforge) FB: www.facebook.com/newquistforge

(Shelton) Maia Erickson. **Maia Erickson Ceramics** offers handmade ceramics for daily delight. www.maiaerickson.com Instagram: [@maiaericksonstudio](https://www.instagram.com/maiaericksonstudio)

(Port Townsend) Heather Moore-Davies. **Fire & Flow** offers Brand Design for your Soul's Purpose. withfireandflow.com

(Olympia) Sarah Tavis. **Selkie Coaching** provides individual creativity coaching sessions, as well as seasonal workshops, for people seeking to live more creatively and integrate creativity into all aspects of their lives—creativity coaching can help you connect with your creative process, prioritize creative projects, move through blocks, build confidence, and make connections to a larger creative community. www.sarahtavis.com, [@selkie_coaching](https://www.instagram.com/selkie_coaching), [Substack: scrapheap.substack.com/about](https://www.substack.com/scrapheap.substack.com/about)

(Shelton) Isa Radojic. **Marmo Cafe & Gallery**. marmogallery.com

(Pateros) Ashlie Kennedy. **KennedySprouts** creates small-batch, handmade clothing using sustainable practices. Our clothing is meant to be comfortable, durable, loved and worn time and again. KennedySprouts.com, IG/FB: @KennedySprouts

(Carlton) Mark & Monica Shallow. **Methow Valley Lavender** is a small family farm in North Central Washington, focused on growing healthy lavender plants through sustainable farming practices, to produce lavender products that promote health and wellness while adding beauty to the vibrant culture and community that makes up the Methow Valley.
www.methowvalleylavender.com, www.facebook.com/profile.php?id=100089713866238
@methow_valley_lavender, TikTok: @mvlavender

(Wenatchee) Maribel Díaz. **Ñammy Healthy Zone**.

(Wenatchee) Marc Hart & Cris Forrest. **King Pizza** is a pizza restaurant & bar.

(Elma) Tashona Bailey, Tristan Bird, and Ruthann Brown. **Farm To Future Food SPC** will educate and inspire self-sufficiency to grow what you eat and eat what you grow. The future goal is to provide freeze dried food to all in any situation. farm2futurefoodspc.com

(Ocean Shores) Munah Bowier. **MOB Juicery**.

(Rochester) Kayla McCarthy. **Chainy-Stakes Farm** offers homegrown, hand-crafted seasonal decor plus flavors, from our farm to your front porch. www.chainystakesfarm.com,
chainystakesfarm@gmail.com, @chainystakesfarmer

(Olympia) Carissa Miller. **Withywindle Valley Farm** Nestled near Olympia, WA in the biologically rich Nisqually basin, Withywindle Valley farm's quality lamb and pork are ethically raised on pasture in harmony with the land. www.withywindlevalleyfarm.com,
@withywindle.valley.farm, etsy: Withywindlesheep

(Centralia) Alliyah Perry. **Farm+Flourish** is an all local grocery and coffeehouse.
<https://linktr.ee/farmnflourish>

(Graham) Samantha and Anthony Dibella. **Roaring Bedlam Farm** is a veteran owned family operated gourmet mushroom farm. www.roaringbedlamfarm.com, @RoaringBedlamFarm,
YouTube: barn2door

(Chehalis) Raven Morningstar. **Embark Confections LLC** is a fantasy cottage food bakery inspired by all things witchy, whimsical and wild! IG: @embark.confections, TikTok: @embark.confections

(Olympia) Amber Hockman. **Seeds of Change** is an urban sustainable living company.
www.facebook.com/profile.php?id=100094510670669&mibextid=LQQJ4d

(Olympia) Cristina Calle. **Amplify Wellbeing** elevates people's well being through a journey of learning and creating individualized, sustainable, healthy food and lifestyle choices; with a focus on increasing energy, balancing hormones, returning to healthy digestive functions & strengthening the immune system.

(Olympia) Maria Huang. **Orca Pediatrics** provides membership based, high quality, compassionate care with direct access to your pediatrician. *website: www.orcapeds.com email: info@orcapeds.com, phone: 360-472-2772*

(Wenatchee) Angela Hendrick. **Lupine Family Medicine** Health care that makes sense. *www.lupinemd.com, www.facebook.com/lupinefamilymed, [@lupinefamilymed](https://www.instagram.com/lupinefamilymed)*

(Wenatchee) Esmeralda Garibay. **Celeste Divina Crystal Shop** offers handmade custom jewelry made mostly of crystals sourced all over the world. *Instagram: [@_celestedivina_](https://www.instagram.com/_celestedivina_)*

(Olympia) Kendra Obom. **Edgewise** Holistic Clinical Herbalist, Rite of Passage Practitioner, Certified Grief Recovery Specialist, End of Life Doula & Care Consultant In-Training. *For a list of programs and services: www.griefapothecary.com, To register for programs: <https://linktr.ee/edgewisegriefrecovery>*

(Olympia) Isabelle Hotelling-O'Connor. **Rooted Ritual** offers holistic facials and Ayurvedic inspired, herbal face and body oils ~ All infused with the mission of connecting to oneself through ritual and using healing plants to bring forth beauty, radiance, peace, and joy. *rootedritual.love, [@rooted.ritual](https://www.instagram.com/rooted.ritual)*

(Olympia) Valerie Krull. **Women's Ways Holistic Healing** provides emotional and physical support using personal and interpersonal sessions that include setting goals, developing strategies problems through education, coaching, energetic healing, and mediation services. *womenswaysholistichealing@gmail.com*

(Olympia) George Kurzman & Agie Van Camp. **Tarry Not Tours LLC** offers tours of the Olympia waterfront on the historic vessel Tarry Not. *tarrynottours.com, tarrynottours@gmail.com*

(Olympia) Amy Kovacs. **Fix-It Friend LLC** is a licensed , bonded and insured handy person business that serves homeowners in the Olympia area. We offer practical and creative solutions to small and medium projects with a goal of reducing a homeowners "to do list" and enabling them to use their energy elsewhere. *www.fixitfriendllc.com, fixitfriendllc@gmail.com, 360-322-4367*

(Port Ludlow) Cody Maxwell & Snorri Pup. **Pup Letters** provides smiles with a monthly personalized letter from a fluffy pup friend. *www.pupletters.cratejoy.com, Twitter - [@snorripup](https://twitter.com/snorripup) Insta - [@pupletters](https://www.instagram.com/pupletters), Fb - [@pupletters](https://www.facebook.com/pupletters)*

(Port Townsend) Ali Luis Yates & Whitney Dean. **Scribbles Art Exploration Center** offers inspiring and nurturing creativity by providing children opportunities that foster self-expression and development through the joyous act of art exploration. *www.scribblespt.com, [@scribblespt](https://www.instagram.com/scribblespt)*

(Port Ludlow / Dillingham, AK) Elisabeth Cannon. **Marine Refrigeration Solutions LLC** is a family business providing refrigeration support services and industrial marine refrigeration equipment to the West Coast and Alaskan commercial fishing fleets. *rswstartup.com, www.facebook.com/people/M-R-Solutions/100087439235913/*

(Harstine Island) Tucker Kibbey. **South Sound Tree Care** "Crafting healthy forests with artistic sensibility for local communities." *south-sound-tree-care.business.site, [@south_sound_tree_care](https://www.instagram.com/south_sound_tree_care)*

(Olympia) Kira Kranzler and Matthew Kranzler. **Clever Fox Construction, LLC** is a residential building and remodeling service, specializing in ADUs, additions and remodels, with a focus on sustainable building practices. *@clever_fox_construction_, cleverfoxconstructionoly.com*

(Wenatchee) Shayla Winter, Matt McColm, Suzie McColm. **Wenatchee Insurance** provides Insurance across Washington State for Everyone! *www.wenatcheeinsurance.com, facebook.com/wenatcheeinsurance, facebook.com/shayla.insurance*

MicroBusiness Showcase Videographer

Pardiman Productions - www.pardimanproductions.com



***We look forward to seeing you at:
Enterprise for Equity's
MicroBusiness Showcase
Thursday, November 9th, 2023 at 7 P.M.***

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www.enterpriseforequity.org**