



CHAMBER OF COMMERCE HAPPENINGS

Promoting and celebrating the businesses and organizations of the Souhegan Valley.

*You can find it
in the
Souhegan Valley.*

Southern New Hampshire Expo New Name – New Location

What's in a name? Change! The Best of Souhegan Expo has a new name and a new home to fit all the excitement and the special features that we have added. The Hampshire Dome, next to Hampshire Hills Sports Facility, will be the site for the 2009 Expo. The move means more than just more space. With the move we can offer larger booths – 25% wider – at no additional cost to the exhibitors. It also means everyone under one roof. And there is a central staging area for all our demonstrations and entertainment. All exhibitors, food vendors, performers and Special Guests will be under one roof where visitors will have easy access to every exhibit, without changing rooms.

Our Expo Committee has grown with the venue and the scope of the event. We have six sub-committees of Chamber volunteers working with the suggestions and comments our exhibitors from last year gave us. Thanks to that input, we know this year will be bigger and better than ever. Our Special Features committee, led by Kyla Bergeron, Ocean Bank, has already booked an impressive

group of Demonstrations and Performers that will help attract a larger, more diverse crowd.

The availability of additional booths this year, we are reaching out to more of the surrounding Chambers of Commerce to participate in this year's event. With a wider spectrum of vendors and marketing to a larger geography than in the past, attendance should greatly surpass last year's record breaking crowd, exposing your product or service to many new faces.

All these improvements and extra space and no increase in the costs. In fact, some have actually been reduced. We want everyone to participate and take advantage of this opportunity to market your business and your services. It is a chance to advertise at a prime time in the year for many companies and consumers. The cost to participate is extremely affordable for an event of this type. Far less than any other trade show of this scope. For many exhibitors, one new customer will cover the cost of participation. Take a look at the registration form insert. You won't want to pass up being part of this year's expo.

First Annual Chamber Challenge Charity Tournament—Great Start to a New Tradition

A perfect summer day full of sunshine and light breeze greeted the golfers from Souhegan Valley and Merrimack Chambers of Commerce on August 3 for the first Chamber Challenge Charity Tournament. If the success of the day is any predictor, this will be an annual event between the two neighbors. Sky Meadow Country Club was the location of a blue sky filled day of good rivalry, good cheer and good golf. Our sponsors made the day possible with their support. Beginning with a delectable

assortment of breakfast pastry, Frederick's Pastries helped the golfers get their game started with a sweet shot. A sincere thank you to Sports Authority who contributed 30 backpacks to SHARE for their back to school assistance.

On the course, Fidelity Investments, St. Mary's Bank, Staples, RTM Communications and Comcast Business Services supported our special contests. Prizes for the teams were

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Executive Board

Effective July 1, 2008

Rick Boyd – Chairman
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Amy Wheeler – Chair-Elect
First Colebrook Bank

Karen Keating – Treasurer
St. Mary's Bank

Clifford Harris – Past Chairman
Prudential Verani Commercial

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Mori Books

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Amanda Thomas Women's
Boutique

Marc Violette
TDS Telecom

Message From May's Desk:

Last month was inventory time for the Chamber Board. Like any business, it is important to stop and take stock of what product you have on hand, what assets are available, and what has passed through the doors over the past year. For the past three Julys, your Board of Directors have dedicated the better part of a day to more than the regular meeting agenda and have taken a look back, a look at the present and projected the view of where we want to be in the year ahead and beyond. This is a very important day for making sure we are doing our jobs in the best interest of the membership. It is a day away from their desks and own responsibilities for our directors and it is a tribute to their dedication to serving the Chamber membership.



What we count in our "inventory" are not hard drives or two by fours or auto parts, but rather people. Our volunteers, whether directors or members of our committees, are the inventory of the Chamber. The work they perform on behalf of the members and the hours they donate to our efforts form the assets of our organization. Their efforts result in the products we "sell". The opportunities for networking to build business, relationships resulting in referrals for added business, learning about important issues at workshops and breakfast seminars, advertising services through emails, newsletters and the website, events that showcase members are just a few of the "assets" of our Chamber business. There is no way we could accomplish even a fraction of what goes on through the year, monthly or major

events like the Southern New Hampshire Expo coming up at the Hampshire Dome in October or the Reception for the Best of Souhegan Readers Choice Awards without the volunteers and their dedication to the purpose of the Chamber.

Part of the day is reflective. We assess what has transpired, the feedback from members and participants and how that balances with the mission of the Chamber. We are a grassroots association of business, professional and civic organizations that are assembled for the betterment of local economy and members. We keep that in the forefront of the decisions made with the goals of fiscal responsibility, increasing membership value, increasing Chamber visibility and sustaining the leadership of the organization.

Now a question for you – How are we doing? Are we on target with your expectations? Are we meeting our goals from your vantage point? Your input is very much desired and sincerely requested. Talk to us. Better yet, lend us a few hours of your valuable time. We have all levels of commitments in time and energy. One of our committees might be a good fit for your interest and experience or for someone in your company that would benefit from the opportunity. The payback in getting connected is more than you would expect. Personal and professional growth is a side bonus. An article from Len Gerzon, PSNH, in this newsletter quotes a study from Deloitte on the pluses of volunteer work. We are looking for your help – and your input.

Souhegan Valley



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Welcome New Members

Lisa's Sweets

**20 Middle Street, Milford
672-1022**

A visit to Lisa's Sweets is a step back to childhood. Who doesn't remember the jars of "penny" candy lining shelves at a local shop. Maybe it was a variety store where you went on vacation with the family. Whatever the memories, they live again in the over 100 glass jars filled with the tastes and sweets of childhood at Lisa's Sweets! Bright and inviting, grown-up tastes are treated to homemade fudge, Lisa's own special chocolates and Van Otis candies.

A regional favorite, Richardson's Ice Cream is featured. Produced in Reading, MA, the ice cream is made on the three century old family-owned dairy farm. You can enjoy a cup or a cone while on the Oval. Stop in and select from your favorites of yesterday

or bring along your family to share a new memory maker. Lisa's Sweets is open Monday, Tuesday and Thursday, 10:30 to 5:30; Wednesday, Friday and Saturday, 10:30 to 9 and Sunday 12 to 9:00 for summer hours.

Zahn's Alpine Guest House

**97 South Main Street (Rte. 13)
Mont Vernon
673-2334**

www.intercondesign.com/zahns/

The Alpine Guest House was purposely built as a guest facility (not a remodeled home). Business guests have said that the feel is more like that of a small hotel, than a bed & breakfast. The replication of the congenial Alpine "GASTHAUS" is faithful to the last detail. Inside, it is furnished with many antiques from the Tirol and Bavaria. Outside, the flowered balconies and deeply overhung roof; inside, the gorgeous hand-

decorated tile oven, Euro style showers and the welcoming Stube (Evening and breakfast room) evoke expectations that Heidi will momentarily appear in the doorway.

As in the Alps, guests are welcomed to use the Stube (evening and breakfast room) as their living room. Although not alcohol licensed, you are invited to bring your own refreshments, & cool them in the Stube fridge. If you'd like to bring something home to snack on, use the house dishware. Enjoy this "user friendly" room for a little card playing, business homework or general socializing. Invite the people you have come to visit to drop by for coffee or a complimentary breakfast. Convenient to our major business centers, the country setting is perfect for "extra bedrooms" for family gatherings or for business trips.

Send us your CEO in Training—Volunteer at the Souhegan Valley Chamber

According to Big 4 accounting firm Deloitte LLP, Training budgets aren't increasing. Additionally, while training and development programs are under increasing pressure to perform, many are also working with shrinking or flat budgets, making cost-effective programs crucial. Nearly 70 percent of respondents to the Deloitte survey indicated that their training and development budgets either decreased or remained flat over last year. The vast majority of HR professionals are under pressure to do more with less, and to show a return for their work.

Only two percent of survey respondents believe that incorporating skills-based volunteering into talent development programs would cost more than traditional training and development options. "We just spent six figures for a program that the staff found very little value in, so bring it on," said one respondent. "I wish we had better relationships with more nonprofits." Different learning methods have vary-

ing degrees of impact. One of the most effective for adult education is "action learning," where adults develop new capabilities through challenging assignments, shared experiences, and role models. Studies show that, to be effective, adult learning experiences should be engaging, personally relevant, with real world applications. Consequently, people who volunteer their intellectual capital to a nonprofit organization are in an optimal learning environment to practice and develop skills, given the authenticity of the work. "We believe that it's [skill-based volunteering] the most important tool we have to teach our managers to manage. They learn more at a nonprofit than we can teach them here. It is real life," said one respondent.

Moreover, there is a great need in the nonprofit community for professionals to donate their business skills. The 2006 Deloitte Volunteer IMPACT Survey found that 77 percent of nonprofit leaders believe they could significantly benefit from vol-

unteers who help them improve their organization's business practices. Yet, only 12 percent of nonprofits actually work with volunteers in this capacity.

Steps offered to leverage skills-based volunteering programs. Deloitte's research suggests that the intentional use of community involvement for leadership and skill development represents a tremendous opportunity for companies as they continue to build their training and development resources. In order to reap the full benefits, companies must: Acknowledge that community involvement can be purposely leveraged to satisfy business needs; intentionally integrate community involvement into business strategy in a way that produces a measurable return; and encourage these types of learning opportunities throughout the organization.

Source: Deloitte LLP; www.deloitte.com.

Member Happenings – Planning Ahead!

Circus Smirkus Coming to High Mowing

Circus Smirkus, the non-profit award winning International Youth Circus presents 4 shows at High Mowing School, 245 Abbot Hill Road, Wilton, August 9 & 10, at 1pm and 6pm. This year's theme, Smirkus Ever After, A Big Top Fairytale, weaves traditional fairytales with acrobatics, trapeze, unicycling, juggling, clowning, dance, music and much more. Performed by talented youth ages 3 - 18. Tickets \$18 Adults, Kids under 12 \$15, Kids under 2 Free. Tickets can be purchased at the door, online at www.smirkus.org, or by phone 1-877-764-7587. Group discounts available; must be reserved ahead of time.

UPCOMING EVENTS at Nia NH and Yoga;

76 Route 101A, Amherst, NH 603-562-7525. Registration at: www.nianhandyoga.com/eventsplayshops

FOR KIDS: August 10, 11, and 13

Empower your child with a experiential class for ages 9 and older and choose to add 2 days more to practice and have fun! The benefits to gain: Stronger immune & energy systems, Better concentration & coordination, Stress management, Enhanced self esteem.

REIKI I: August 10 from 1 to 5 p.m.: students train in understanding the human energy system, balancing chakra energy centers & listening to their intuition. During the class Reiki attunements will be given, students will practice and receive Reiki from one another and have ample opportunity for questions and discussion. The comprehensive Reiki I instruction helps each student feel confident and secure giving Reiki to themselves, pets, family members and more. A connection to the Spirit Of Reiki is fostered and expansive health and well being may result. Enjoyable music & movement activities integrate the Reiki energy and new information learned.

GIRLS CONVERGENCE: August 11 and 13 from 1 to 5 p.m.: an opportunity to practice Reiki and learn the forms of Nia: dance arts, martial arts, and healing arts as a path to finding awareness, creativity, self appreciation and inner guidance. If there is

interest, girls may choreograph and perform Nia. Led by Lisa Jones. She is mom to 4 daughters, ages 9 to 25. Since 1997 she has taught breath awareness classes, meeting requirements for certification by the International Breathworkers Training Alliance. Since 2004 Lisa has been a Nia and yoga instructor, incorporating her life and breath facilitator experience into her classes. Reiki I cost: \$95 (1 day); with 2 days of Girls Convergence: \$175. Scholarships available.

Do you enjoy working with Seniors? Teach C.O.R.E.motion!

C.O.R.E.motion is a Mind, Body, Emotion and Spirit program of dance, yoga and brain balance for increasing Seniors physical fitness, happiness, social contact and spiritual meaning. Council on Aging, Assisted Living, Nursing Care, Rehabs, Senior Centers, Senior Housing, YMCAs are all looking for and need movement specialists. Next training: Saturday, August 8, 2009; 9-5 p.m., Level I, Cost: \$150. Includes lesson plans, individual session and C.O.R.E.motion manual and workbook. Payment plans and scholarships available. Level 2 training must be completed to receive certification. You will be able to begin teaching after Level I training.

Frederick's Pastries Summer Events

August 13th Sweet Drive with Frederick's Pastries and Holloway Motor Cars of Manchester. Join us as we unveil our new torte "The Merciful", an affair of chocolate and almonds.. nothing is forbidden! We invite you to sample for yourself pure satisfaction! Holloway Motors will have several Mercedes Benz models available for test drives and Frank FM will be broadcasting live! In front of Frederick's Pastries – 109 Route 101A, Amherst, NH. 12 to 6 pm.

Kids Cake Decorating Class

August 19th – 1-2:30 pm
Get the kids back into the groove with a lesson on cake decorating before they head back to school! Learn to write your ABC's and 123's with our buttercream frosting, use a "chalkboard" buttercream

background, add pencils, rulers, apples & more. Leave with your decorated cake and a Frederick's Lil' baker apron!

Young Adult Cake Decorating Class

August 19th 4-5:30 pm

Getting too old to play in the sand? Join us for a cake decorating class! This month we will be making shaped cakes. Start with 6" round cakes, carve them into a sand bucket, frost it with our delicious butter cream frosting, finish it with "sandy" graham crackers and more ~ who needs the beach? Leave with your cake and a Frederick's T-Shirt.

Class size is limited. ALL CLASSES HELD IN OUR AMHERST LOCATION
Class may be rescheduled if minimum of 4 participants is not met.

Fun Summer Samplings at Frederick's Pastries

Summer is the time for outdoor parties and barbecues. What better way to impress your guests then by serving Bare Bonz Butcher Shop specialties followed by a delicious Frederick's Pastries dessert?

Both shops will be hosting a Summer Sampling event you won't want to miss complete with samplings to help plan your next celebration menu, raffles and a live broadcast by Frank FM, 106.3. Join in the fun and tastings on Saturday, August 22 in front of Frederick's Pastries, 109 Route 101A, Amherst from 12 to 2 pm.

WADLEIGH MEMORIAL LIBRARY

THE LIBRARY WILL BE CLOSED FRIDAY & SATURDAY AUGUST 7 & 8 due to an unforeseen maintenance issue. We regret the inconvenience and thank you for your patience.

Mondays

Senior Bridge Club

9:30am-Noon in the AV Room

New Members Welcome. For more information, please contact Loretta Aveni @ 673-1448

Monday, August 10

Stamp Club

7-8:30pm in the Keyes Room

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Member Happenings – Planning Ahead!

Wednesday, August 12
Heritage Commission
7-8:30pm in the NH Room

Wednesday, August 12
ARES: Amateur Radio Emergency
Service
7-8:30pm in the AV Room

Thursday, August 20
Granite Town Media Board Meeting
6pm in the AV Room

Friday Nights are Free at Amherst Yoga

August 7, 2009 at 6:00-7:30 PM

Intro to Basic Yoga

August 14, 2009 6:00-7:00 PM

Intro to Chair Yoga

August 21, 2009 6:00-7:30 PM

Intro to Mindful Yoga

August 28, 2009 6:00-7:30 PM

Partner's Yoga

September 11, 2009 6:00-7:30 PM

Intro to Somatics

September 18, 2009 6:00-7:30 PM

Intro to Basic Yoga

Intro to Somatics:

Somatics is a form of movement re-education. It stimulates the brain to restore voluntary control of the muscular system which will release chronic muscular contractions in the body. This class will introduce these movements and create ease and lightness so the body can move without strain. Appropriate for all levels. Please bring clean socks.

Intro to Chair Yoga:

This class is designed for those who may not currently be able to participate in a mat class. The chair is used as a prop to assist in the exploration of a wide range of yoga postures. Designed for those who are recovering from an injury, in the third trimester of pregnancy or not ready for a mat class. Appropriate for all levels.

Intro to Basic Yoga:

Yoga is movement of body with the breath. Fundamental yoga instruction will be given in form, alignment, breathing and body awareness. After the introduction to basic yoga, the participant will be able to

participate in other classes with increased confidence and knowledge. Appropriate for all levels.

Intro to Mindful Yoga:

Presence in the key to experiencing the fullness of life. In this workshop, presence and mindful yoga practice join together to deliver us into the quiet realm of internal joyfulness. All levels will benefit from this experience.

Partners Yoga:

This partner yoga will incorporate postures that are both individual and partner based. The class is open to everyone so bring your sweetheart even if they are new to yoga. Postures are modified and appropriate for all levels. Heart opening meditation will conclude this session.

Come try any or all of these classes. They are open to the public, and do not require any prior experience. To register, call 603-673-7661 or email info@amherstyoga.com.

First Colebrook Bank to Open Full-Service Portsmouth Branch

From President & CEO Jim Tibbetts "I'm pleased to announce that plans are moving forward to open a full-service branch in Portsmouth, New Hampshire. While it's typical for banks to branch out closer to their headquarters, we've had great success in applying a different strategy of reaching across the state into areas where we've

found a strong, local business community and the need for a local, full-service, community bank.

In 2007, a business loan center opened in Portsmouth to serve the needs of small business in the Seacoast Region and has done well. Senior Vice President and Seacoast Region Manager John Pratt and Vice President Commercial Loans Bob Davis, both very well known in the area, have led operations there.

On June 26, we closed on the purchase of a former bank property at 2400 Lafayette Road (Route 1), adjacent to the Southgate Plaza and next to Water Country. Renovations will take place throughout the summer and an opening is planned around Labor Day.

The Seacoast is a vibrant, exciting area of the state and we've already been well received in the community. As a New Hampshire-owned, community bank, we actively participate in the communities we serve. The bank and its employees are fully committed to civic involvement and community projects, and play an active role in supporting charitable events. It's part of our heritage. We think that these days, more than ever, many people prefer a local, New Hampshire bank that provides the personalized service and financial products that meet their needs."

August After Hours

August After Hours at Antiques at Mayfair

Wednesday, August 19 from 5:30 to 7:30 pm.

Salzburg Square, Route 101, Amherst

Join in the fun and festivities at Antiques at Mayfair for a summer interlude of Gourmet Treats, delicious appetizers and light fare, a variety of beers to sample from Pennichuck Brewery, refreshing beverages from Sangria to lemonade. Proprietor, Linda May and her dealers love to host a party and are looking forward to welcoming you and your guests to the Square for a Block Party under the late summer sky. The atmosphere will be festive with music, conversation forging new connections. There is no charge for this event, but Antiques at Mayfair request you bring a non-perishable item to donate to SHARE, our local outreach for our neighbors in need. Your donation will give you a ticket to the great door prizes offered by local merchants.

RSVP to the Chamber office – 673-4360 or to Linda May at 546-0194.

James E. Goss Honored as NH SBA's 2009 Veteran Small Business Champion

James E. Goss, Executive Director of the New Hampshire Committee of Employer Support of the Guard and Reserve (ESGR) has been named the NH SBA's 2009 Veteran Small Business Champion.

As Executive Director of NH ESGR, James Goss assists active Reserve service members and their employers by promoting cooperation and understanding between service members and their civilian employers and assists in the resolution of conflicts arising from an employee's military commitment. Goss supports military members and veterans with employment services which include promotion of available career positions and job training opportunities. He has been a champion for veterans returning from deployment in support of the Global War on Terrorism whose privately owned businesses have been impacted by deployment, as well as those now considering starting small business ownership upon return from deployment.

Goss was judged on a number of criteria, including evidence of increased business opportunities for veterans; efforts to improve awareness among veterans' groups of small business opportunities; and advocating for veteran-owned businesses.

"It certainly is a tremendous honor to have been selected for such a prestigious award," Goss said. But it's even more of an honor and privilege to be able to work with our military Reservists, assisting them and their employers in maintaining harmonious relationships in the workplace," he said.

Goss has made a special effort to keep abreast of SBA programs that can assist his clients, and to help sponsor workshops and other forums to inform and educate veterans about starting and running small businesses. Goss partnered with the NH U.S. Small Business Administration to help organize the state's unveiling of the SBA's Patriot Express Loan Initiative. Today he continues to promote SBA's programs that support the establishment and expansion of veteran

owned small businesses.

In 1969, while an English teacher at Pinkerton Academy in Derry, Goss enlisted in the New Hampshire Army National Guard and was assigned to 1st Battalion, 172d Field Artillery, from 1969 to 1981. Later that year, he was selected for an instructional staff position with the newly formed New Hampshire Military Academy's Non-commissioned (NCO) Officers School. For the next three years, he performed a variety of duties to include instructor, senior instructor, and operations sergeant. For fourteen years, he served his community, his state and his country in this dual role.

After a fourteen year Guard career, Goss applied for and was selected to fill the fulltime active duty position of State Retention and Attrition Management Sergeant Major with the NH Army National Guard. In that capacity, he was responsible for the career development and counseling of the nearly 2000 Army Guard Soldiers. For the

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James E. Goss

next twenty-one years of active duty, he also served on numerous state, regional and national-level committees. The Sergeant Major retired from Active Federal Service in September 2004, with over thirty-five years of total service.

Immediately following his military retirement, Goss was selected to fill the newly authorized position of Executive Director of New Hampshire's Employer Support of the Guard and Reserve, the job that he currently holds today.

"Mr. Goss' passion for educating and assisting fellow veterans and those who continue to serve has had a profound impact on the quality of life of service members and their families," said Major General Kenneth Clark, Adjutant General of the New Hampshire National Guard who nominated Goss for the SBA award. "It is only with the tireless efforts of James Goss that our heroes in uniform are able to answer our nation's call while ensuring employment and financial stability for themselves and the families they provide for," he said.

James and his wife Patricia reside in Derry, NH. For more information visit: www.esgr.mil

Living at Home SeniorCare Adds Wheel Chair Transportation to Services



Access to reliable and economical transportation is the most frequently cited barrier for seniors striving to maintain their independence in the community. For people who are wheel chair bound, getting out and about can be especially difficult. Living at Home SeniorCare new Wheel Chair service will provide "point to point" transportation, at a cost of 30 % less than comparable non emergency wheel chair services.

According to company Vice President, Frank Belfsky, "we have always provided transportation to seniors in either their own or a caregivers vehicle, but having the ability to provide our clients and those needing wheel chair transportation is a need we are excited to deliver". "Our intention is to serve the greater Nashua and Manchester

areas and places beyond. For example, if family members want to go Boston to catch a show and wheel chair capability is needed, we can make that happen."

The first vehicle in operation is a FORD E-350 that is designed to carry one wheel chair passenger, and up three additional passengers. Noted Belfsky, "family members and caregivers will travel for free and ride comfortably in captains chairs. As the service grows we will add more wheel chair vehicles and add to our service area."

This service is not meant to compete with Para-transit, but is a new type of service that allows people with wheel chairs (or scooters), to go where they want to go, when they want go, at an affordable price.

Living at Home SeniorCare provides a range of non-medical and light medical services that allow seniors and others to remain independent in their homes and community for as long as possible. For additional information about Living at Home SeniorCare, please call 603-546-5050 or visit our website at: www.seniorcarenh.com

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Chappell Tractor July After Hours



July's After Hours opened our eyes to a wealth of possibilities under the Chappell Tractor roof. Outfitters doesn't just offer high quality outdoor wear, but sportswear, too. And for Life is Good aficionados, a full line of clothing for the whole family along with home décor, jewelry and accessories are available, rounding out the selection. Footwear for the at home, office or out-of-doors men and women in name brands are there for comfort and style.



Joining in the evening were our new restaurants on Route 101A in Amherst, Amherst Ciao Pizza (next to Frederick's Pastries) and Cassidy's Grill and Coffee House. Samples of the new menu offerings that are sure to be patron favorites were sampled by members and guests while they welcomed back two old friends. Naji Hobeka, former owner of Amherst House of Pizza and his daughter greeted old customers and made new ones along with Greg Nicholas from Cassidy's who was the head chef of J. Beaners'. Bringing a fresh new look to the location, his menu and service will surprise former visitors. Beverages were courtesy of the Souhegan Valley Chamber Referral Group. Be a guest at nay Tuesday meeting at 7:00 am in the Chamber office to learn more about this dedicated team of professionals. It is a great way to start the day with good business!

First Annual Chamber Challenge Charity

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sponsored by Williams & Hussey Machine Co., Beard & Boyd Insurance and Sports Authority. Tee sponsors and Hospitality bags for the golfers added the extra touch to the day.

First place honors went to the foursome from First Colebrook Bank for the third year in a row. Second place was taken by Stonebridge Financial with Granite State Credit Union securing the number 3 spot. Jay Colangelo had the longest drive and Ken Collins hit the Closest to the Pin mark. Volunteers from Hitchiner Manufacturing pitched in with staffing duties of all sorts. Souhegan Valley and Merrimack Chamber members of the Golf Committee covered all the details to be sure the guests were having a great experience.

Please join us in thanking the many sponsors that helped support our First Annual Chamber Challenge Charity Golf Tournament!

Bill Cummings, Financial Planner
Town Planner Your Community Calendar
Merrimack Taxi
Isle at Ledgewood
Common Man Restaurant
Living At Home SeniorCare
TDS Telecom



Swan Chocolates
Beard & Boyd Insurance Agency
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|--|--|

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Member Directory

Every month all of our Chamber members will be listed. Bold print will be used to distinguish Premiere and Premiere Plus Members. Additional information may be included in the listing for a nominal fee. A listing that includes logo, name, address, telephone and website is \$48 annually. Please contact the Chamber at 673-4360 for more information.

-A-

Accountants

Abacus Tax & Accounting Services ph: 557-7754
Brayman, Houle, Keating & Albright PLLC
ph: 595-8000
Business Clinic, Inc., The ph: 672-1234
Christopher Rogers, CPA ph: 673-0336
Dionne & Strout, PA ph: 598-3693
J. Kenneth Fordham CPA ph: 672-1830

Advertising Promotional Specialties

American T Shirt Co. of NH ph: 672-4481
Town Planner Community Calendar ph: 791-4748

Antique Cars

Amherst NH Outdoor Antique Market, Inc.
ph: 673-2093

Air Conditioning/Heating

Absolute Mechanical ph: 249-9800

Antiques

Antiques at Mayfair ph: 546-0194
The Shoppes at 326 ph: 672-3900
White Home Collections ph: 654-7363

Apartments

Woodland Heights Apartments ph: 673-1155
Brookstone Manor ph: 673-0126

Apparel

Barbour, Inc. ph: 673-1313

Appliance Sales & Service

Brennan & MacKay Appliances ph: 673-1177

Appraisal Services

F & M Appraisal Group, Inc. ph: 673-9666

Art Galleries/Instruction

Andres Institute of Art ph: 673-7441
Expressions Gallery, Inc. ph: 673-2136

Automobile Sales & Service

Accent Auto Group ph: 673-3333
Contemporary Chrysler Dodge, Inc. ph: 673-5511
Medlyn Motor, Inc. ph: 673-1667
Saturn of Nashua ph: 800-422-4825
Subaru of Milford ph: 673-0510

-B-


Bakeries



Frederick's Pastries

109 Route 101A, Amherst, NH 03031
ph: 882-7725
25 South River Road, Bedford, NH 03110
ph: 647-CAKE
www.pastry.net
EJ Bakery ph: 654-9393
Maple Lane Farm ph: 654-5362
Stormy Moon Bakery ph: 654-9582

Banks & Banking Associations

Centrix Bank & Trust - Milford ph: 672-4200
Citizens Bank - Amherst ph: 673-0177
Citizens Bank - Milford ph: 673-3480
First Colebrook Bank
 69 Route 101A
Amherst, NH 03031
ph: 673-1440

fax 673-1290

www.firstcolebrookbank.com

Lake Sunapee Bank ph: 673-2350

The Nashua Bank ph: 882-2700

Ocean Bank - Jones Road ph: 673-4700

Ocean Bank - Lorden Plaza ph: 672-5055

Sovereign Bank - Hollis ph: 465-7080

Sovereign Bank - Wilton ph: 654-2621

TD Banknorth ph: 249-4021

Banquet Catering

Alpine Grove Banquet Facility ph: 882-9051

Bed & Breakfasts

Stepping Stones Bed & Breakfast ph: 654-9048
Zahn's Alpine Guest House ph: 673-2334

Book Stores

Mori Books ph: 732-0258
Toadstool Bookshop ph: 673-1734

Boutiques & Specialty Shops

Amanda Thomas Women's Boutique ph: 595-9447
Dorothy's Country Baskets & Gifts ph: 889-7726
J.M. Princewell ph: 673-0611
Just Naturals ph: 672-6900
Salzburg Square ph: 732-6507
The Cozy Tea Cart ph: 249-9111
Whimsey Square Gift Shoppe ph: 673-3111

Business and Organizing Services

Space 4U, LLC ph: 765-9267

-C-

Candy

Lisa's Sweets ph: 672-1022

Chiropractors

Amherst Family Chiropractic Wellness Center
ph: 673-0010
Backstop Chiropractic Health Ctr, Inc., The ph: 673-1511
Elm Chiropractic Center ph: 673-6133
Spinal Corrective Center ph: 673-5600

Civic Organizations

Amherst Lions Club ph: 673-2834
American Red Cross ph: 625-1951
DO-IT Milford Main Street Program ph: 672-4567
Little Hands to Hold Inc. ph: 547-2114
Make-A-Wish Foundation of NH ph: 623-9474
Milford Rotary Club ph: 673-4778
Opportunity Networks ph: 883-4402
SCORE ph: 666-7561
SHARE ph: 673-9898
Souhegan Valley Interfaith Council ph: 673-4781
United Way of Greater Nashua ph: 882-4011
Veteran's of Foreign Wars, Harley Sanford
Post #4368 ph: 673-9817

Wilton Main Street Association ph: 654-3020

Cleaning/Restoration

Certrex, LLC ph: 437-4594
Wendi's Cleaning Services, Inc. ph: 673-4266

Coin Dealers/Collectibles

Rare Coins of New Hampshire, Inc. ph: 673-9311

Computer Services

Computer Alliance ph: 881-8411
CEJ Computer Business ph: 424-3117
Computer Troubleshooters ph: 262-1557
GatherWorks ph: 801-3552
Microtime ph: 672-7076
Dharma Systems ph: 732-4001

Conservation Education

Beaver Brook Association ph: 465-7787

Construction/Contractors

Gavin Remodeling ph: 672-3200
Guardian National ph: 249-5365
Hammersmith Post & Beam ph: 654-3210
Portrait Homes Inc. ph: 672-8228

Country Clubs & Golf

Amherst Country Club ph: 673-6351

Credit Card Processing

East Commerce Solutions, Inc. ph: 800-527-5395

Credit Unions

Granite State Credit Union ph: 249-9035



www.gscu.org

St. Mary's Bank phone ph: 249-7301

Triangle Credit Union ph: 577-9137

-D-

Dance Instruction

Kathy Blake Studios ph: 673-3978

Dental Practices

Amerident Dental ph: 672-6546
Amherst Pediatric Dental Associates ph: 673-1000

Family Dental Care of Milford P.A.



154 Elm Street / PO Box 135

Milford, NH

ph: 673-3332

www.fdcmilford.com

Kayser, Clark & Leighton PLLC ph: 673-7950

Kenneth G. Edwards, D.D.S Family Dental Care
ph: 673-0782

Department Stores

Wal-Mart ph: 672-3421

-E-

Elder Housing

Bentley Commons ph: 644-2200
Parkhurst Place ph: 249-1600
The Isle at Ledgewood ph: 672-5037
The Scott-Farrar Home ph: 924-3691

Electricians

KB Electric, LLC ph: 801-3563

Employment Staffing Services

Accurate Staffing, LLC ph: 673-1083
Adecco, The Employment People ph: 598-0117
Calm Water, LLC ph: 566-7847
Personnel Interface Staffing Services, Inc., The
ph: 732-0206

Event Planners

Be Dazzled Events ph: 577-1647

-F-

Family Services

Big Brothers Big Sisters of Greater Nashua
ph: 883-4851

Bridges-Domestic & Sexual Violence Support
ph: 672-9833

Granite State Child and Family Counseling, LLC
ph: 672-1881

Milford Regional Counseling Services ph: 673-2508
Nashua Pastoral Care Center, Inc. ph: 886-2866

Financial Services

Ameriprise Financial Services ph: 668-1273

5 Bedford Farms, 3rd Floor
Bedford, 03110 www.ameriprise.com

Axiom Advisors 429-0626 x225

Boutin Financial Group ph: 878-0584

Commonwealth Financial Group ph: 769-7776

Edward Jones Investments - Amherst ph: 672-5520

Edward Jones Investments - Merrimack ph: 429-3833

Edward Jones Investments - Milford ph: 673-3957

Institute of Higher Learning ph: 800-504-2340

Merrill Lynch ph: 628-3244

Money Concepts, CTS Financial Service, Inc.
ph: 880-6671

Fitness Facilities

Amherst Yoga ph: 673-7661

Hampshire Hills Sports & Fitness Club ph: 673-7123

Nia NH & Yoga, LLC ph: 562-7525

Florists

Amaryllis ph: 889-7750

Everything Nice by Kerri ph: 880-3393

Woodman Florist ph: 673-3545

Fuel

Ciardelli Fuel Co., Inc. ph: 673-1336

Funeral Homes

Nelson-Michaud Funeral Home ph. 654-6524

Furniture Retail

Winchendon Furniture Co., Inc. ph: 880-6393

-G-

Garden Centers & Nurseries

Milford Agway ph: 673-1669

Government

Town of Amherst ph: 673-6041

Town of Milford ph: 673-3514

Graphic Design Services

FixMedia ph: 721-9283

Trademark Graphic Design and Marketing

PO Box 6083
Manchester, NH 03108
Tel 603-880-1410 - Fax 603-669-4936
www.trademarkgraphicdesign.com

Innovative marketing and packaging design.

William Pike Design ph: 672-5176

Gymnastics Instruction

Gymnastics Village, Inc. ph: 889-8092

-H-

Health/Wellness Services

Granite State Vitamins ph: 801-8452

Home Health Care/Nursing Homes

Living at Home SeniorCare ph: 546-6060

St Joseph Home & Hospice Care ph: 673-3460

Home Decorating/Staging

WeStage, LLC ph: 533-3426

Home Improvement

Artistic Tile ph: 886-1920

Dial I Maintenance Service ph: 529-0711

Home Theater & Beyond ph: 424-1968

Lowe's Home Improvement ph: 521-9241

Total Deck Care ph: 303-5292

Hospitals

Foundation Medical Partners ph: 577-2770

-I-

Insurance

Allstate Ins. Co. Jim Parolin & Associates ph: 429-8800

Beard & Boyd Insurance Agency LLC ph: 673-7228

Constable Agency-Nationwide, Inc. ph: 672-2243

Eaton & Berube Insurance Agency, Inc. ph: 673-0500

Holt Agency, The ph: 673-1201

Proctor Insurance Agency, The ph: 654-2081

Tom Peters State Farm Insurance Agency
ph: 889-4333

-J-

Jewelry

AmericanAccessory by Alina

www.americanaccessory.etsy.com

Lia Sophia ph: 673-5737

-K-

Kitchen & Bath Design

Kitchen Tune-Up® ph: 673-6499

-L-

Landscaping Contractors

Kearney's Landscaping, LLC ph: 878-2864

Let the Other Guy Do It Landscaping ph: 672-5180

Law Offices

David G. Sturm, Counselor at Law, PLLC ph: 673-4543

Griffin & Owen P.C. ph: 673-5200

Maiona Law ph: 769-3924

Wiggin & Nourie ph: 669-2211

Wing & Weintraub, P.C. ph: 673-7256

Leather Goods

Hayward's Trading Post ph: 673-1321

Libraries

Wadleigh Memorial Library ph: 673-2408

Lighting, Lamps, Fixtures & Supplies

Souhegan Lighting Products, LLC ph: 889-8962

Limousine Service

L.A. Limousine ph: 654-3899

-M-

Management Consultation & Training

Sapphire Consulting, LLC ph: 889-1099

Manufacturing

Alene Candles, Inc. ph: 673-5050

Cirtronics Corporation ph: 249-9190

Hitchiner Manufacturing Company, Inc. ph: 673-1100

MTH ph: 886-0011

Pike Industries ph: 654-9400

Saint-Gobain Crystals ph: 673-5831

Williams & Hussey Machine Co., Inc. ph: 654-6828

Marketing Consultants

MarketingFirst

44 Catacunemaug Road, Shirley, MA 01464
978-764-8711

Markets

Earthward Natural Foods & Co-op ph: 673-4322

Massage Therapy

Associated Muscular Therapy ph: 582-5409

Blue Sky Massage Therapy ph: 465-2777

Caring Hands Massage Therapy, LLC ph. 508-1562

Sarah Whitcomb Massage ph: 672-4124

Mortgage Services

Cousins Home Lending, Inc. ph: 433-2223

NE Best Rate Mortgage ph: 930-5706

Moving & Storage

Currier Self Storage ph: 673-9538

Granite Clover Self Storage, LLC ph: 883-2188

Music/Performing Arts

Andy's Summer Playhouse ph: 654-2613

Milford Area Players ph: 801-4473

Monadnock Chorus ph: 654-5566

-N-

Newspapers

Cabinet Press, The ph: 673-3100

Telegraph, The ph: 594-6539

-O-

Office Equipment

New England Copy Specialists

ph: 800-321-6327 x7745

Konica Minolta Business Solutions

ph: 898-4114

Office Supplies

Staples Office Superstore ph: 578-4897

Optometrists

Joseph J. Raczek O.D. ph: 673-7428

Nashua Eye Associates, Inc. ph: 672-8800

Orthodontics

Amherst Orthodontics ph: 672-0844

Edward L. Klopfer D.D.S., PA Orthodontist
ph: 673-2406

-P-

Party and Event Rentals

Special Events of New England ph. 624-8389

Payroll Services

Infinity Payroll ph: 821-5000

Personal Chef


The Everyday Epicure ph: 672-0708

Personal Coaching

Summit Coaching ph: 785-0522

Pets

Food for Pets / Souhegan Pet Supply

 Cobblestone Corner, 76 Route 101A
Amherst, New Hampshire 03031
ph: 673-7387

email: food_for_pets@comcast.net

Granite State Dog Center ph: 672-3647

The Doggie Bag and Day Spaw ph: 249-1149

Photography

JMarie ph: 249-5805

Photos Plus ph: 672-2431

Catching I Moment Professional Photography
ph: 673-8200

Loving Impressions ph: 769-0513

Physical Therapy

Amherst Physical Therapy ph: 672-5125

Hampshire Hills Clinic for Physical Therapy
ph: 672-4478

Physicians & Surgeons

Elliot Family Medicine at Amherst ph: 249-3000
 Dartmouth - Hitchcock Milford ph: 673-2515
 Greenhouse Naturopathic Medicine ph: 465-2895
 Robert D'Agostino MD Family Practice
 ph: 672-2003

Postal / Package Services

Postal Center USA ph: 672-8816

Printing/Publishing

Amherst Label, Inc. ph: 673-7849
 Copy Shop, Inc., The ph: 882-9111
 Hansen Printing & Design Services, LLC ph: 672-7599
 Galligher Printing Services, ph: 672-4540
 Labels For Less ph: 654-8379
 Minuteman Yellow Pages ph: 866-922-3990
 SendOutCards Distributor ph: 878-2411
 Town Planner Community Calendar ph: 791-4748
 The Armarium Press/Canterbury Talls Books
 ph: 878-3811

Propane

EnergyNorth Propane ph: 654-6070
 Suburban Propane ph: 673-2903

Property Management

Stewart Property Management ph: 641-2163

Psychotherapy

Woodard Hypnosis and Research, Inc.
 ph: 673-2582

Public Relations

Civic Media Corporation ph: 673-9545

-R-

Real Estate

Amherst Rose Realty ph: 673-9141
 Coldwell Banker ph: 673-4000
 Grubb & Ellis/Coldstream Real Estate Advisors, Inc.
 ph: 623-0100 x 207
 Joan P. Lemire Real Estate ph: 654-6118
 Kokko Realty, Inc. ph: 673-7000
 Leonard, Lee & Company ph: 672-5100
 Prudential/Verani Realty, Inc. - Londonderry 434-2377
 RE/MAX Country Properties - Amherst 673-9747
 Roedel Partners, LLC ph: 654-2040
 Sunset Settlement Company, LLC ph: 598-4030
 Transitions Realty, LLC 673-0833

Recreation

The River Card Room ph: 249-5548

Referral Services

LeTip of Nashua ph: 498-6462

Restaurants

Elisha's Restaurant ph: 249-9452
 Longhorn Steakhouse ph: 579-6975

-S-

Salons & Spas

Ageless Salon & Medical Day Spa ph: 883-3550
 Emerald Hill Med Spa ph: 672-3172
 SpaScape, LLC ph: 249-5807

Schools

High Mowing School ph: 654-9408
 Little Einsteins Preschool Learning Center, LLC
 ph: 673-3022
 Mascenic Regional High School ph: 878-1113
 Pine Hill Waldorf School ph: 654-6003
 Regional Services & Education Center, Inc. 673-6656
 SAU #39-Amherst/MontVernon/Souhegan 673-2690
 SAU #41 Hollis/Brookline School District 465-2269
 SAU #40-Milford School District ph: 673-2202

Southern New Hampshire University ph: 881-8393
 Wilton-Lyndeborough Coop Jr. Sr. ph: 654-6123

Scrapbooking

NH Scrapbook Cabin ph: 769-3333

Sealcoating/Snowplowing

Shattuck Sealcoating & Paving, LLC



P.O. Box 486
 Milford, New Hampshire 03055
 ph: 654-5695 • fax 673-2122
 email: shattucksealcoatingllc@verizon.net
 BLACK DAWG Sealcoat ph: 594-3294

Septic Services

Souhegan Septic Tank Service, LLC ph: 673-4711

Sign Manufacturing

Classic Signs ph: 883-0384
 Poyant Signs, Inc. ph: 673-4233

Stoves – Wood, Pellet, Gas

Stove Keepers ph: 672-1280

Sporting Goods

Golf USA ph: 598-8721
 Sports Authority ph: 594-3041

Supermarkets

Shaw's Supermarkets, Inc. ph: 672-1280

Surveyors & Engineering

Meridian Land Services, Inc. ph: 673-1441

-T-

Take-Out Foods

Moulton's Market ph: 673-2404

Telecommunications/Communication

DSCI Corp. 781-862-4545
 Moore Enterprises ph: 978-597-0204
 TDS Telecom ph: 888-837-1347
 US Cellular - Nashua ph: 533-2070

Tire Dealers

Carson City Tire, Inc. ph: 673-5402

Tractor Sales & Service

B - B Chain, Inc. ph: 673-3455
 Chappell Tractor Sales ph: 673-2640

Trash Removal

H2O Waste Disposal Services, LLC ph: 732-0961

Travel Agencies

Rainbow Cruises ph: 672-9511

-U-

U.S. Military

Amy National Guard - Milford ph: 673-3784
 Employer Support for the Guard and Reserves
 ph: 225-1342

Utilities

Public Service of New Hampshire ph: 634-2380

-V-

Veterinary Medicine & Surgery

Hollis Veterinary Hospital, PLLC ph: 465-7071
 Ponemah Veterinary Hospital ph: 673-5300

-W-

Website Development

ATurnKeyWebsite.com ph: 978-449-0069
 Patelligence ph: 781-367-8072
 Robin Warren Website Design ph. 424-0814

-Y-

Youth Clubs & Organizations

Souhegan Valley Boys & Girls Club ph: 673-6820

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AUGUST

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------|---|---|---|-----------------------|--|
| | | | | | | 1 |
| 2 | 3 SV/Merrimack Golf Challenge | 4 7:00 am SVC Referral Group 10:00 School Expo Sub-Comm | 5 | 6 | 7 8:00 Expo Comm. | 8 2:00 pm Grand Opening Lisa's Sweets |
| 9 | 10 8:00 Golf Comm. Wrap-up | 11 7:00 am SVC Referral Group 1:00 to 3:00 SBA – Selling to the Gov't | 12 8:00 Communications | 13 | 14 8:00 Expo Comm. | 15 |
| 16 | 17 | 18 7:00 am SVC Referral Group | 19 BAH Antiques at Mayfair 5:30 – 7:30 | 20 8:00 Board of Directors | 21 8:00 Expo Comm. | 22 |
| 23 | 24 | 25 7:00 am SVC Referral Group | 26 | 27 Best of Souhegan Choice Awards in Cabinet | 28 8:00 Expo Comm. | 29 |
| 30 | 31 | | | | | |

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