



CHAMBER OF COMMERCE HAPPENINGS

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

*You can find it
in the
Souhegan Valley.*

SNH Expo Brings It All Under the Dome!

The Southern New Hampshire Expo connects business, civic, education, government and individuals who are interdependent and interwoven to create the foundation our communities and a prosperous market place. Make the Expo part of your marketing plan and be one of our Sponsors or exhibitors. The invitation is out to businesses and services throughout the southern NH/northern MA region. Chambers in the surrounding areas are able to extend the reduced member rate to their members. The forms are on the website for you to consider how you can be part of the SNH Expo. You can register online at www.southernnhexpo.com. Sponsorships begin at \$100. We would be happy to discuss your being prominent as a Sponsor of one of our Featured Presentations and Entertainment.



Watch for this banner! Free Hot Dogs and Drinks being served – Stop in and join the fun leading up to the SNH Expo! Get your \$1 off coupons for the Expo Admission while there.

We are looking forward to a great event come October 21st at the Hampshire Dome in Milford. The Southern New Hampshire Expo will be bigger and better than last

continued on Page 8

Trade Show Marketing – Eight Keys to Success

How do you advertise your business? Would having “face time” with potential customers help you to open new accounts or may new connections? Would being able to invite customers to a display of product or a staging for introducing new services and lines work for you? Maybe they are reluctant to go to your showroom or office, feeling like they can't leave easily. If you can answer yes, then a trade show or expo might be just the ticket for your marketing efforts. Exhibiting in a trade show or expo is an investment of time, expense and personnel. If this is a good marketing strategy for your company, is there a way to maximize your investment with smart planning and preparation?

A Breakfast Seminar is being held on Thursday, August 26 at The Hampshire Dome, Emerson Road in Milford by the Souhegan Valley Chamber of Commerce.

Open to the general public, “Getting the Most From Your Trade Show Investment” sponsored by Classic Signs, The Copy Shop, MarketingFirst, Katherine Jasmine, and Special Events of NE will start at 7:30 AM and run to 9:00. The guest speakers will focus on the marketing, banners and signage, promotional items, print material and pre-show activities that will ensure a big return on your investment. What ever shows you participate in or if you are just looking for ideas for new marketing and promotional efforts, this workshop is for businesses of any size. Exhibitors at the SNH Expo will be given preference because space will be limited! Register today by calling the SV Chamber office at 673-4360.

A fee will be charged - Members & Expo Registrants - \$15 / Not Yet Members \$20. Reservations are required.

Executive Committee

Effective July 1, 2010

Amy Wheeler - Chairman
First Colebrook Bank

Rick Boyd – VP Membership
Beard & Boyd Insurance

Mike Brisebois – VP Events
Hitichner Manufacturing

Karen Keating - Treasurer
St. Mary's Bank

Heather Arvanitis - Secretary
PSNH

May Balsama – Executive Director

Board of Directors

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Cliff Harris
Prudential Verani

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Non Profit Representative

Steve Carter
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TDS Telecom

Jeff Boutin
Boutin Financial

Rick Holder
Hampshire Hills & Fitness Club

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Joan Lemire
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Julie Sullivan
SAU 41

Jay Maiona
Maiona Law Offices

Guy Scaife
Town of Milford

Tracy Bardsley
Milford DO-IT

Tony Oliver
Walmart

Rosie Deloge
Milford High School ATC

Debbie Hoffman
this Field, Center for Beginner's Mind

Message From May's Desk:

There are lots of lists we deal with everyday like lists of chores, groceries to buy, errands to run, people to call. We have lists of bills to pay, invoices to send. Lists of Chamber members, sponsors and friends. Some lists bring groans – this one brings smiles and “high fives”! We are referring to the list of Businesses, Professional Service Providers, Retailers and Restaurants who were selected by the readers of the Cabinet family of local newspapers. They represent the high quality we have come to expect in the Souhegan Region in the listed categories. The complete list is printed elsewhere further



on – this list is the members of the Souhegan Valley Chamber of Commerce who received your vote of confidence that they are doing a great job for their customers and patrons.

High Five to all! We are proud you have chosen to be members of the Souhegan Valley Chamber.

We invite everyone to join us on September 14 at Hampshire Hills to celebrate with them. Please call the Chamber office or email me to make your reservation. It will be required, due to the large turnout we get each year. Hope to see you there!

Books and Specialty – Toadstool Bookshop

Gift Shop – JM Princewell

Sporting Goods – Sports Authority

Music & Video – Walmart

Pet Supplies – Food for Pets

Home Décor – Winchendon Furniture

Carpet & Flooring – Devine

Appliance Store – Brennan and McKay

Garden Store – Agway

Toy Store – Walmart

Photographer – C1M Photography

Antiques & Consignment – Antiques at Mayfair

Dinner Restaurant – Hampshire Hills

Bakery – Frederick's Pastries

Day Spa – Innovations, the Salon & Spa

Yoga – Amherst Yoga & Hampshire Hills

Fitness Facility – Hampshire Hills

Dentist – Kayser, Clark & Leighton

Golf Course – Amherst Country Club & Ponemah Green

Real Estate Agency – The Norwood Group & Coldwell Banker Residential Brokerage

Financial Planner – Mike Bonacorsi, CFP & Barbara King, AspenCross

Heating & Air Services – Absolute Mechanical & Sanford Temperature Control

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Lunch Restaurant – Hampshire Hills & Red Arrow Diner

Insurance Agency – Eaton & Berube Agency & Davis & Towle Agency

Credit Union – Triangle Credit Union & Granite State Credit Union

Holistic Health – Earthward Natural Foods & Dr. Gary Zetterberg

Real Estate Agent – Sally Hooper-Coldwell Banker & Susanne Lynch-Virtual Homes

Optometrist – Dr. Joseph Raczek, O.D.

Chiropractor – Spinal Corrective Center

Auto Services & Repair – Medlyn Motors

Auto Sales – Contemporary Chrysler

Bank – TD Bank & Lake Sunapee Bank

Computer Support – Microtime & Brinestone

Accountant – J. Kenneth Fordham, CPA

Dance Studio – Kathy Blake Dance Studio

Gymnastics – Gymnastics Village

Electrician – Evan Jones, Master Electrician

Handyman – Allen Remodeling

Plumber – Jason Wetherbee

Builder & Remodeling – Allen Remodeling

Landscaper – New England Elements

Septic – Souhegan Septic

Taxi or Lim Service – LA Limousine

Souhegan
Valley



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www.souhegan.net

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members and \$15.00 annually to non-
members.

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Welcome New Members

Milford Medical Center

442 Nashua Street, Milford 03055

603-673-5623

www.stjosephhospital.com/about/Milford-Medical-Center.org

Whether it's emergency medical care or just a routine doctor visit, at St. Joseph Hospital's Milford Medical Center you'll find a broad range of healthcare services and caring, qualified medical professionals near your own neighborhood.

For more than 30 years, Milford Medical Center has been a community cornerstone, expanding and investing in services to deliver the highest quality healthcare to you and your family, plus numerous outpatient specialties. To learn more about our services and hours of operation, please call (603) 673-5623.

Salon Aquavit

479 Nashua Street, Milford 03055

603-673-6006 www.salonaquavit.com

Salon Aquavit is a Salon Today 200 winner! We offer our clients the highest quality hair, skin and massage available in a relaxed, comfortable, and professional environment. Located conveniently just minutes from Routes 3 and 101, our highly trained and experienced team uses the most advanced techniques and products to help you look and feel your best. We feature professional products from Goldwell, KMS California, Sorme, Bioelements and Glymed.

Visit our Facebook page or website for monthly specials. Our August Student Special includes a hair shaping, a demineralization treatment, and a large family size shampoo and conditioner for \$89 (a \$120 value). In addition, our highly trained and knowledgeable estheticians are offering an Express Treatment Facial or Manual Microdermabrasion- Lunch Time Peel for \$30 each (reg \$40). We are also pleased to offer our Aquavit Rewards Program! Get the pampering you deserve with one of our Aquavit Signature Spa services. Call or visit the salon for full details. We offer a Beauty Lounge for your next special event- birthday parties (age 8+), bridal showers, girl's night out, etc.

Independent Distributors for SendOutCards - Walter & Pam Fariolo

28 Webster Street, Milford 03055

603-673-2665

www.sendoutcards.com/54541

Walter and I are very proud to be Independent Distributors for SendOutCards. We are able to offer an incredible online, easy to use, Greeting Card and Gift Giving service that will enhance your business and personal life. William James said: "The deepest principle in human nature is the CRAVING to be appreciated." This online system satisfies that need and is truly "Appreciation and Attraction Marketing" at its best! With SendOut Cards you are able to create and maintain lasting relationships, increase client retention, loyalty, and increase referrals. We will teach you how to send out a printed greeting card in less than 60 seconds and how to send out and save customized campaigns specific to your business!

SendOutCards offers you over 13,000

Business After Hours - August 18th

Business After Hours, August 18th 5:30 to 7:30 PM Sponsored by:

this Field, Center for Beginner's Mind
34 Richardson Road, Milford

Co-Sponsor: Monadnock Tent Rentals,
Greenfield

Join us for an evening of networking, and discovery as you walk through the gardens of our very special retreat center, located on six acres in the beautiful town of Milford. Our Co-Sponsor, John Hopkins, Monadnock Tent Rentals, has graciously donated the covered exhibition area so rain or shine, this is one event you will not want to miss.

Many of the areas finest non-profit organizations will be there as well, displaying for all to see, what part they play in balancing the karma in the world and creating a positive impact. We are reaching out to other chambers and non-member businesses to come to this Field, see what we have to offer and make new connections. The possibilities are endless. Our goal is to make this the largest Summer Networking Event in the Souhegan Valley. Help us by spreading the word and

personal and business cards to choose from including profession specific cards, 2 panel cards, 3 panel cards, and postcards. You are able to design and create Custom cards with your photographs, your personal signature, and handwriting font all at a remarkable wholesale price! We offer motivational books, gourmet foods, seasonal gifts, gift cards and gift baskets that you may choose to send with your card. We will teach and train you on how to use this system. Never lick an envelope again! SendOutCards prints, stuffs, stamps, and mails your cards with a first class stamp attached. We are also able to show you how our Contact Manager can store addresses, phone numbers birthdays, and even provides reminders so you will never forget a special occasion. Visit our website, www.sendoutcards.com/54541. Call us and we will provide a free gift account walkthrough allowing you to send out a card on us. We look forward to serving you and showing you how beneficial, cost effective and easy this tool is to use.

bringing your friends. This is an event you will not want to miss.

this Filed, Center for Beginners' Mind is the home of professional speakers and writers Rick Adair and Debby Hoffman Adair. They offer year round programs dedicated to helping people connect with spirit, raise consciousness and create a happier life. Many programs at this Field are offered free of charge. The center is also available for corporate and board retreats as it is a place of positive energy and creativity and healing. Ask about availability for your next event.

Attention Non-Profit Organizations- would you like a presence at our August 18th event? You are welcome to bring a table (or rent one from the fabulous people at Monadnock Tent Rentals) and share your vision with our guests. The only cost to you will be a donation of food (snacks, chips, veggies& dip, dessert, beverage) for the party. If you are interested - or you know of a non-profit (does not need to be a member of Souhegan Chamber) please contact Debby at 603-731-0116. This is going to be fun! Our Door Prize: ½ Day Retreat Center Rental valued at \$250

Member Happenings – Planning Ahead!

Many happenings at the Andres Institute of Art!

***Andres Institute of Art
98 Route 13, Brookline***

The Andres Institute of Art welcomes all to enjoy the adventure of working with cast iron. Joseph Montroy, a sculptor from Newington, NH, will be conducting a cast iron melt at the Institute Studio, 98 Rt. 13, Brookline on Saturday, August 21st, at 1:00 PM. Please drive up the paved driveway (past the gate) to the Studio. Joseph is a professional artist working in metal, ceramics and workshops. www.josephmontroy.com

This workshop will consist of setting up a coupla furnace and melting cast iron, which will then be poured into each participant's scratch mold to produce a beautiful cast iron sculpture to take home. The flat molds will be about six inches square. Come and be a part of this exciting community event. Create your very own original cast iron sculpture and watch as the molten iron fills your creation. This event is open to everyone, of all ages, come and witness the entire process, create art, enjoy the visuals and learn a little about the production of iron for cast metal sculpture.

The fee for this event is only \$35.00. The Andres Institute is a 501(c) 3 not for profit educational organization. All donations are tax-deductible. Your fee is payable at the Studio. Everything will be supplied by the Institute, so you need only bring your interest and imagination.

We have limited space and material, so it's a good idea to sign up EARLY! To register in advance, please call 603-673-8441 (Andres Institute of Art). If the machine kicks in, please leave a message, and we will contact you to confirm your registration.

From September 12, through October 3, the Andres Institute of Art invites the public to visit the 12th Bridges and Connections International Sculpture Symposium. Participating artists this year are from Kenya, USA, Iran, and India. This year's event has the theme:

“A Place for Change”. The thought is that in our individual actions and being, we are capable of making worthwhile changes in our lives affecting our surroundings and people in our community. Consideration of how we effect these real changes in our lives is crucial to well being and making the world a better place.

An opening reception for the artists will be on Sunday, September 12th, at 3:00 PM, at the Brookline Town Hall, in Brookline, NH. The Closing Open Studio will be on Sunday, October 3, at the Andres Studio. All events relevant to the Institutes symposia are open to the public, free of charge.

We are still in need of qualified host families living in the Brookline, NH area. If you are interested, or would like to volunteer for anything, PLEASE give us a call at: 603-673-7441 Visit our website www.andresinstitute.org and discover what is there for you, your family, and friends!

Nia NH and Yoga 76 Route 101A, Amherst

Need something fun and stimulating for your 9 to 18 year old? Try Nia NH and Yoga's summer movement and Metaphysical Camp!

Movement and yoga will be the morning focus. For the afternoon we will experience activities to explore:

Energy that surrounds us- insight on how to keep positive in some of the most negative atmospheres

Crystal Art & Basic Crystal Study

How sounds and music help to balance our universe- spend time playing with various instruments and creating our very own musical calibrations

Week 2 Session August 9 through 11
DAILY PROGRAM HOURS: MON, TUES, and WED from 10AM - 4:30PM.
WEEKLY FEE: \$98 - INCLUDES ALL MATERIALS, SNACK, ACTIVITY, AND HAND-OUTS. (bring a lunch) OPEN TO AGES 9 - 18. Call Lisa Jones, 603-562-7525 or lisa@nianhandyoga.com.

Frederick's Pastries 30th Anniversary Sweet Traditions Recipe Contest 2010 Frederick's Pastries 109 Route 101A, Amherst

Frederick's Pastries invites you to join our 30th Anniversary Recipe Contest! It's easy – decide on your recipe, create a name for it and drop off the recipe as well as the finished product at our Amherst, NH location on any of the following days between the hours of 12pm – 5 pm! Thursdays: 7/29, 8/5, 8/12, 8/19, 8/26 (must be delivered in a disposable container). The recipe has to be an original and only one per person – no group entries. All submissions are judged by Frederick's Pastries, five finalists will be contacted on or before August 30, 2010. Join us on September 11th for final judging! Winner will receive \$300.00 and their recipe will be a featured product at Frederick's Pastries locations! The winner will be announced on October 2, 2010 and everyone is welcome back to enjoy the new addition to the Frederick's Pastries product line! Judging will include: Frederick Lozier – Founder of Frederick's Pastries, Robin Feustel – Head Baker of Frederick's Pastries, President of American Culinary Federation Professional Chefs of NH, Tim Poplar – Owner, Chef of Villa Banca Restaurant, Martin LeGay – Executive Chef of– Crowne Plaza Hotel. Please visit our website at www.pastry.net for official rules.

Just Naturals & Co. Receives Best of NH 2010 Award and Celebrates Five Years in Business

Celebrating five years in business, Just Naturals & Co. of Amherst, NH has been selected by the editors of New Hampshire Magazine as “Best of NH 2010” for Best Natural Cleaning Products.

“This is a great accomplishment for us,” claims owner, Karen Girardo. “We have worked diligently for five years to provide an exceptional line of quality products. To be recognized by our NH community is a real honor and privilege. This says a lot about our strong customer base and the growth of all-natural living in today's world. We are proud of the fact that we educate our customers on the hazards of

Member Happenings – Planning Ahead!

toxins and chemicals that are found in our everyday products, as well as provide great products that work.”

Girardo started the business out of her Bedford home in 2005 and has since grown to reside in a 2,000 square foot boutique in Salzburg Square in Amherst, NH. Additionally, the products are available in select boutique and gift shops nationwide and via their online presence at www.justnaturalproducts.com.

“Our products serve an invaluable purpose of not just performing, looking and smelling great, but are made from all-natural plant-base, toxin-free ingredients that are safe for you and your family,” Girardo continues. “Our complete line includes non-toxic, environmentally safe cleaning and laundry products, paraben-free skin and hair care products, and organic baby and pet care.”

About Just Naturals & Co.: Founded in 2005 by Bedford, NH resident Karen Girardo, Just Naturals & Co. is a natural products boutique. Just Naturals strives to offer the highest quality natural and non-toxic cleaning and personal care products for individuals seeking to rid their homes of chemically derived products. Just Naturals’

products are particularly beneficial to individuals with Multiple Chemical Sensitivities (MCS), asthma, and serious respiratory conditions. Just Naturals is a one stop shop for creating a natural home environment. This small business is making a big impact in improving the health of many who have already discovered the benefits of ridding their homes and bodies of harmful chemicals. Their retail boutique is located in Salzburg Square, 292 Route 101, Amherst NH. Visit www.justnaturalproducts.com for more information.

WADLEIGH MEMORIAL LIBRARY
Michelle Sampson, Library Director
msampson@wadleighlibrary.org
603-673-2408

Thursday, August 26
Mini-Retreat: the limits of multitasking
6-8pm in the Keyes Meeting Room
Does the end of summer have you at the point of collapse from all the activity? Have no fear--we have a mini-retreat guaranteed to recharge your batteries. Participants will learn about the hazards

of doing too many things at once and the benefits of monotasking. The program includes mindful meditation and movement practices along with a deep relaxation. All are welcome—no experience with meditation or yoga required.

Our retreat will be led by Judy Gross. Judy holds a Master’s degree in Education and participated in Mindfulness Based Stress Reduction (MBSR) Professional Training at the University of Massachusetts Medical Center. She is also a Professional Level (500-hour) Kripalu Yoga instructor and a long-time yoga practitioner.

Participants are requested to wear comfortable clothing and to bring a beach towel or yoga mat. Space is limited to 15 participants so registration is required. This event is free and open to all. For more information, please contact Judy Gross @ judygross1@comcast.net

Social Media Topic at Member Breakfast

Social Media Means Real Business at July Member Breakfast

There is no denying the value and importance of Social Media and the role it plays in promoting your business. If any of the nearly 40 members and guests at our July 15 Breakfast doubted that statement, our guest speaker, Christine Halvorson, Halvorson new Media, LLC, quickly dispelled any question. Based in Hancock, NH, she provides businesses and nonprofits with training and strategic consultation in using social media—blogging, Facebook, Twitter, LinkedIn, YouTube and podcasting. She began her social media career before anybody had a name for it. In 2004, she was named the Chief Blogger for Stonyfield Farm, where she pioneered the use of corporate blogging by writing and managing five company blogs. She continues to manage several regional companies’ blogs and social media promotions. Did you miss the presentation? Check out her website: www.halvorsonnewmedia.com or look through the members listed on the Chamber’s website for a source for your business.

Microtime Announces New Facility

Microtime Computers, Inc. celebrated the Grand Opening of its new facility at 71 Route 101a in Amherst, NH on July 17th with a day of fun, food, raffles and music! Microtime was joined by the Souhegan Valley Chamber of Commerce, First Colebrook Bank, John Deere, Chiangmai Restaurant and Frank 106.3 FM broadcasting from the new location. The grand prize for the raffle was a full web site including custom design, 1 year of hosting, and Premium Google placement and search engine optimization. The celebration will started at 12:00 with the Ribbon Cutting Ceremony with the Chamber and continued until 2:00pm.

Microtime has been servicing homes and businesses across southern New Hampshire and Northern Massachusetts since 2001! For Information Technology services, Microtime is your one-stop destination for “all things computer”. They implement proactive solutions to keep your business running smoothly as well as provide 24/7



support for the times when you need it. You can be confident in their years of experience repairing and servicing a wide range of computer equipment, including installing and supporting complete networks and network security, diagnosing and repairing hardware and software issues, recovering data from failed systems and removing malicious viruses. Additionally, Microtime builds computers up to complete, multi-workstation networks to meet your needs and specifications. They also back their products and services with a full warranty.

This Year, We Are Bringing Out the Big Guns!

The Milford Pumpkin Festival Will Feature American Chunker— New Hampshire's Only Punkin Chunkin Air Cannon on Sunday, October 10

Milford, NH – The Milford Great Pumpkin Festival is pleased to announce that the ONLY Punkin Chunkin air cannon in New England will appear at the 21st Milford Great Pumpkin Festival on Sunday, October 10. You have seen it on the Science and Discovery Channels, now see it in person.

Named “American Chunker Inc.,” the air cannon can shoot 9 inch diameter pumpkins over distances of 4500 feet and according to Team Captain Brian Labrie, “with any luck, we will crack the mile mark once it’s dialed in properly.” The cannon is over 100 feet long, weighs 10,000 pounds, and uses a 300 psi air compression tank. The force of the cannon requires using only white lumina pumpkins which have a thicker rind than most other types of pumpkins and will stay intact through the barrel of the cannon. Labrie, a resident of Merrimack, took on the building of the air cannon after attending the World Championship Punkin Chunkin Competition in Delaware last November. He came back to New Hampshire with the idea of building a punkin chunkin cannon to enter in the 2010 competition. Assembling a team of other likeminded cannon enthusiasts,

they currently have over 1000 man hours in the building of cannon. More information is available at <http://americanchunker.blogspot.com>.

The Milford Great Pumpkin Festival celebrates its 21st year on October 8-10 in downtown Milford. The festival opens on Friday Night at 5 pm with music on the Oval and the Pumpkin Runner making his way to the Oval to for the Lighting of the Pumpkins in the Milford Town Hall. The Milford Historical Society will also announce the Milford Citizen of the Year. Those who dare can talk a walk along the Haunted Trail.

Food, music and lots of family fun fill both Saturday and Sunday. There are several returning favorites such as the Great Pumpkin Weigh In, the Pumpkin Catapult, scarecrow making and face painting all on the Oval and the Community House Lawn. The little ones will enjoy a Halloween Storybook Trail where children may meet various characters from nursery rhymes and a train ride from Emerson Park to several activities taking place at the Boys and Girls Club.

Music on two stages is the highlight of the weekend. Over 30 local bands and singers will take the stages over the weekend, performing everything from award-winning

country, bluegrass, symphony, folk and rock ‘n’ roll. On Saturday evening, Boston area band sensation Destroy Babylon will play their unique combination of dub, reggae and funk during the Street Party on Elm with the Chili Round-Up Contest, food and beer tasting.

The next potential singing or dancing sensation make their debuts at The Milford Great Pumpkin Festival Talent Show on Saturday, October 10, 8 PM at the Amato Center for the Performing Arts in Milford. Come support your friends and neighbors as they compete for the top prize.

The Milford Great Pumpkin Festival is organized on behalf of the Town of Milford by the Milford DO-IT Program. Many thanks to our Primary Festival Sponsors Kokko Realty and Custos Morum Lodge 42 and our event sponsors: Alene Candles, Amherst Orthodontics, Amigos Restaurant, Bellavance Beverage, Centrix Bank, Ciardelli Fuels, Contemporary Chrysler-Dodge, Hansen Printing & Design, The Isle of Ledgewood, JP Pest Services, Lake Sunapee Bank, Martha’s Exchange, Milford Lumber, St. Mary’s Bank, The Red Arrow Diners, the Trombly Farm and TD Bank.

For more information on the Festival, telephone (603) 672-4567, email director@milfordmainstreet.org or visit the website: www.milfordpumpkinfestival.org.



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672-8816 • FAX 673-8829 • www.postalcenterusa.com

PERSONAL ASSISTANT

If you are a small business owner and need a part-time assistant to help with your book-keeping, billing, marketing and other business functions please give me a call. Taking on new clients, references available.

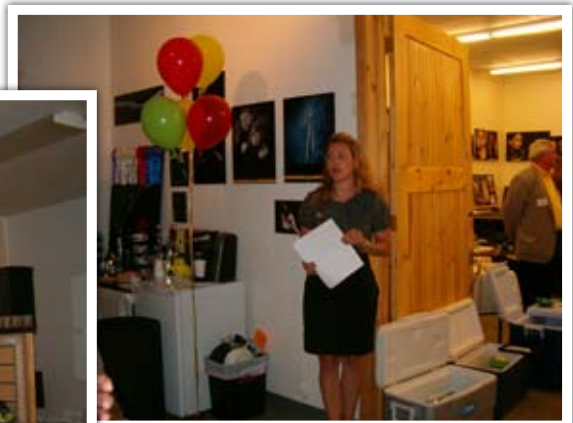
**Call Barbara Allen,
603-315-9511.**



Stopping to help a visitor to the Amherst NH Antique Auto Show, Werner Carlson, owner, tours the Field on the 50th Anniversary, Sunday, July 24.



Celebrating 30 years of Frederick's Pastries, Fred Lozier stops in at Lozier Glass Studio around the corner.



Chamber Chairman, Amy Wheeler welcomes members and guests at the July After Hours.

Just Naturals & Co. Receives Best of NH 2010 Award

Just Naturals & Co. Receives Best of NH 2010 Award and Celebrates Five Years in Business

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ST. JOSEPH BUSINESS & HEALTH

Occupational Health Services

St. Joseph Business & Health, Occupational Health Services is a leading provider in occupational medicine in Southern New Hampshire. They offer businesses immediate access for work-related injuries (workers’ compensation) including evaluation, diagnosis and treatment for injured workers.

Their services also include:

- New hire physicals
- Drug and alcohol testing
- DOT physicals
- Respirator physicals
- Respirator fit testing

Right in your own community, St. Joseph Business & Health is the place for businesses that require comprehensive workers’ compensation services, work site evaluations, wellness programs or medical exams for employees; it’s all just a phone call away.




ST. JOSEPH
BUSINESS & HEALTH

Call today to see how we can help your business.
(603) 595.7371

17 Riverside Street
Nashua, NH 03062
www.stjosephhospital.com

SNH Expo

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year. New this year is an extensive schedule of advertising spots on major cable stations in prime time viewing. We are proud to announce added promotional efforts and onsite broadcasts with Frank FM – 106.3! With this winning combination, we can't miss bringing out a big crowd.

We are proud to report the success of 2009. It represented a 30+ % increase in activity and exhibits over the previous year. The Hampshire Dome is the largest indoor facility in NH and gives us limitless opportunities. We are planning a schedule of activities that will draw the public as well as businesses for the benefit of our exhibitors. The following two days, we are staging an Antique Expo with a different audience and exhibitor list at Hampshire Hills. Three days of opportunities for a variety of businesses

It is our hope to continue to grow the SNH Expo and that the result will provide a regional stimulus and interest that will bring much deserved attention to the wonderful companies, professional service providers and the food and beverage offerings of our area. Customers in our region routinely travel from one community to the next to do business. Our experience is that they search for opportunities to patronize local merchants and professionals. Are you one of the businesses they are looking for?



Souhegan Valley Chamber Referral Group hosted the July After Hours at CIM Photography.

WE UNDERSTAND COMMITMENT.

For decades, Edward Jones has been committed to providing financial solutions and personalized service to individual investors.

You can rely on us for:

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Locations in the community and face-to-face meetings at your convenience

■ A Quality-focused Investment Philosophy

A long-term approach that focuses on quality investments and diversification

■ Highly Personal Service

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Amherst, NH 03031
603-672-5520

Marc D Chareth
1 Elm Street
Milford, NH 03055
603-673-3957

www.edwardjones.com Member SIPC

Chris Marcucci
46 Route 101A
Amherst, NH 03031
603-672-5520

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Amherst, NH**

Across from Lowes Plaza

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AUTHORITY.**
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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

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

Air Conditioning/Heating

Absolute Mechanical ph: 249-9800
Card Heating & Cooling ph: 673-9767
Sanford Temperature Control ph: 672-1643

Antiques

Amherst NH Outdoor Antique Market, Inc.
ph: 673-2093
Antiques at Mayfair ph: 546-0194
Robin's Egg at 326 ph: 672-3900
White Home Collections ph: 654-7363

Apartments

Woodland Heights Apartments ph: 673-1155

Apparel

Barbour, Inc. ph: 673-1313
Haywards Trading Post ph: 673-1321

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

Contemporary Chrysler Dodge, Inc. ph: 673-5511
Medlyn Motor, Inc. ph: 673-1667

-B-

Banks & Banking Associations

Centrix Bank & Trust - Milford ph: 672-4200

First Colebrook Bank



69 Route 101A
Amherst, NH 03031
ph: 673-1440

fax 673-1290

www.firstcolebrookbank.com

Laconia Savings Bank ph: 527-7207

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

TD Banknorth ph: 249-4021

Banquet Catering

Alpine Grove Banquet Facility ph: 882-9051

Books New & Rare

Mori Books ph: 732-0258

Toadstool Bookshop ph: 673-1734

Boutiques & Specialty Shops

Amanda Thomas, LLC ph: 595-9447
The Color Shop & More ph: 654-6297
Cozy Baby ph: 672-5554
The Cozy Tea Cart ph: 249-9111
Salzburg Square ph: 732-6507

Business and Organizing Services

Space 4U, LLC ph: 765-9267

Business System Consulting

Schiek Technology Consulting ph: 465-1575

-C-

Chiropractors

Amherst Chiropractic ph: 673-9191
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

American Red Cross ph: 625-1951
Amherst Lions Club ph: 673-2834
High Hopes Foundation of NH ph: 429-1010
Little Hands to Hold Inc. ph: 547-2114
Make-A-Wish Foundation of NH ph: 623-9474
Milford Historical Society ph: 673-3385
Milford Main Street/DO-IT ph: 672-4567
Milford Rotary Club ph: 673-4778
Nashua Senior Activity Center ph: 889-6155 ext. 12
Opportunity Networks ph: 883-4402
SCORE ph: 666-7561
SHARE ph: 673-9898
United Way of Greater Nashua ph: 882-4011
Wilton Main Street Association ph: 654-3020

Cleaning/Restoration

Wendi's Cleaning Services, Inc. ph: 673-4266

Coin Dealers/Collectibles

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

Computer Services

Brinestone ph: 673-6696
CEJ Computer Business ph: 424-3117
Computer Alliance ph: 881-8411
Dharma Systems, Inc. ph: 732-4001
GatherWorks ph: 801-3552
Microtime ph: 672-7076
YourPresenceOnTheWeb.com ph: 801-0688

Confections

EJ's Bakery ph: 654-9393



Frederick's Pastries ph: 882-7725
25 South River Rd., Bedford ph: 647-CAKE
Lisa's Sweets ph: 672-1022
Maple Lane Farm ph: 654-5362

Conservation Education

Beaver Brook Association ph: 465-7787

Construction/Contractors

Allen Remodeling ph: 672-5992
Gavin Remodeling ph: 672-3200
Guardian National ph: 275-4484
Hammersmith Post & Beam ph: 654-3210
National Property Consulting & Management, LLC
ph: 490-3692
Portrait Homes Inc. ph: 672-8228
The Stabile Companies ph: 889-0318

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

-E-

Elder Housing

Bentley Commons ph: 644-2200
Parkhurst Place ph: 249-1600
The Isle at Ledgewood ph: 672-5037

Electricians

Evan Jones Master Electrician ph: 289-1589
KB Electric, LLC ph: 801-3563

Employment Staffing Services

Accurate Staffing, LLC ph: 673-1083
Adecco, The Employment People ph: 598-0117
Demarest Career Directions ph: 249-5641
Personnel Interface Staffing Services, Inc., The
ph: 732-0206

-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
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
AspenCross Financial Group ph: 232-8262
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

Merrill Lynch ph: 628-3244
Mike Bonacorsi, LLC ph: 769-3111
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

Fuel

Ciardelli Fuel Co., Inc. ph: 673-1336
Lorden The Home Climate Co. ph: 315-4222

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

Gifts

J.M. Princewell ph: 673-0611
Just Naturals Boutique ph: 672-6900
Lozier Studios LLC ph: 672-0976

Government

Town of Amherst ph: 673-6041
Town of Milford ph: 673-3514
Town of Wilton ph: 654-9451

Graphic Design Services

FixMedia ph: 721-9283
Patelligence, LLC ph: 367-8072
Robin Warren Website Design ph: 424-0814
Trademark Graphic Design and Marketing



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www.trademarkgraphicdesign.com

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William Pike Design ph: 672-5176

YourPresenceOnTheWeb ph: 801-0688

Gymnastics Instruction

Gymnastics Village, Inc. ph: 889-8092

-H-

Health/Wellness Services

Granite State Vitamins ph: 801-8452

Home Health Care/Nursing Homes

Home Healthcare, Hospice & Community Services
ph: 532-8353

Living at Home SeniorCare ph: 546-6060

St Joseph Home & Hospice Care ph: 673-3460

The Elms Care & Rehabilitation Ctr. ph: 673-2907

Home Improvement

Artistic Tile ph: 886-1920
Budget Blinds of Keene ph: 354-7801
Devine Flooring ph: 672-0404
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

Hotels and B&B

Hampton Inn Nashua ph: 883-5333
The Hampton Inn ph: 883-5333

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

-I-

Insurance

Aflac ph: 781-223-0276
Allstate Ins. Co. Jim Parolin & Associates ph: 429-8800
American Family Life Assurance ph: 234-0492
Beard & Boyd Insurance Agency LLC ph: 673-7228
Constable Agency-Nationwide, Inc. ph: 672-2243
Davis & Towle Insurance Group ph: 672-5255
Eaton & Berube Insurance Agency, Inc. ph: 673-0500
Frambach Long Term Care Ins. Planning
ph: 883-2128
Holt Agency, The ph: 673-1201
Liberty Mutual Insurance ph: 472-3597
Proctor Insurance Agency, The ph: 654-2081
Tom Peters State Farm Insurance Agency
ph: 889-4333

-J-

Jewelry

AmericanAccessory by Alina ph: 320-7195
www.americanaccessoryetsty.com
Lia Sophia ph: 673-5737

-K-

Kitchen & Bath Design

Kitchen Tune-Up® ph: 673-6499

-L-

Landscaping Contractors

Let the Other Guy Do It Landscaping ph: 672-5180
New England Elements ph: 801-5879

Law Offices

David G. Sturm, Counselor at Law, PLLC ph: 673-4543
Donald H Sienkiewicz, Attorney at Law
ph: 654-8811
Griffin & Owen PC. ph: 673-5200
Maiona Law, PLLC ph: 769-3924
Wiggin & Nourie ph: 669-2211
Wing & Weintraub, PC. ph: 673-7256

Libraries

Wadleigh Memorial Library ph: 673-2408

Lighting, Fixtures & Supplies

Souhegan Lighting Products, LLC ph: 889-8962

Limousine Service

L.A. Limousine ph: 654-3899

-M-

Management Consultation & Training

Calm Water, LLC ph: 566-7847
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
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
Caring Hands Massage Therapy, LLC ph. 508-1562

Mortgage Services

First Eastern Mortgage ph: 800-999-7788 x13
NE Best Rate Mortgage ph: 930-5706
NE Moves Mtg LLC ph: 472-5281

Moving & Storage

Currier Self Storage ph: 673-9538
Granite Clover Self Storage, LLC ph: 883-2188

Music/Performing Arts

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

Konica Minolta Business Solutions
ph: 898-4114
New England Copy Specialists
ph: 800-321-6327 x7745
Oce Imagistics, Inc ph: 472-8119
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-

Painting

Markal Angelo ph: 566-9013

Party and Event Rentals

Monadnock Tent Rental ph: 562-6690
Special Events of New England ph. 624-8389

Paving & Plowing



Shattuck Paving & Plowing, LLC ph: 654-5695

Payroll


Time Pay\$ of NH ph: 233-6676

Personal Chef

The Everyday Epicure ph: 672-0708

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

Photography

Catching I Moment Professional Photography
ph: 673-8200
Loving Impressions ph: 769-0513
Photography by JMarie ph: 249-5805

Physical Therapy

Amherst Physical Therapy ph: 672-5125
Apple Therapy ph: 769-3331
Hampshire Hills Clinic for Physical Therapy
ph: 672-4478

Physicians & Surgeons

Dartmouth - Hitchcock Milford ph: 673-2515
 Elliot Family Medicine at Amherst ph: 249-3000
 Foundation Medical Partners ph: 577-2770
 Greenhouse Naturopathic Medicine ph: 465-2895
 Robert D'Agostino MD Family Practice
 ph: 672-2003

Postal / Package Services

Postal Center USA ph: 672-8816

Plumbers

Jason Wetherbee, LLC ph: 673-6719

Printing/Publishing

Amherst Label, Inc. ph: 673-7849
 The Armarium Press ph: 878-3811
 Copy Shop, Inc., The ph: 882-9111
 Galligher Printing Services, ph: 672-4540
 Hansen Printing & Design Services, LLC ph: 672-7599
 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

Propane

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

Property Management

Stewart Property Management ph: 641-2163

Public Relations

Civic Media Corporation ph: 673-9545

-R-

Real Estate

Amherst Rose Realty ph: 673-9141
 Bean Group, Sharon Campbell ph: 493-5347
 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
 Norwood Group, The ph: 673-1775
 Prudential/Verani Realty, Inc. - Londonderry 434-2377
 RE/MAX Country Properties - Amherst 673-9747
 Roedel Partners, LLC ph: 654-2040
 S.T. Cutter Real Estate, LLC ph: 493-5347
 Sunset Settlement Company, LLC ph: 598-4030
 Transitions Realty, LLC 673-0833

Recreation / Golf Clubs

Amherst Country Club ph: 673-9908
 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
 Milford Coffee & Provisions ph: 672-5464
 Red Arrow Diner 23 ph: 249-9222

Retail

Very Cozy Baby, LLC ph: 672-5554
 Wal-Mart ph: 672-3421

Retreat Center

This Field, Center for Beginner's Mind ph: 249-5549

-S-

Salons & Spas

Ageless Salon & Medical Day Spa ph: 883-3550
 Innovations, Salon & Spa ph: 880-7499

Salon 2000 & Green Gallery ph: 654-6930
 SpaScape, LLC ph: 249-5807

Schools

High Mowing School ph: 654-9408
 Little Einsteins Preschool Learning Center, LLC
 ph: 673-3022
 Pine Hill Waldorf School ph: 654-6003
 RSEC Academy ph: 886-8500 ext. 309
 SAU #39-Amherst/MontVernon/Souhegan 673-2690
 SAU #40-Milford School District ph: 673-2202
 SAU #41 Hollis/Brookline School District 465-2269
 Southern New Hampshire University ph: 881-8393
 Wilton-Lyndeborough Coop Middle/High School
 ph: 654-6123

Scrapbooking

NH Scrapbook Cabin ph: 769-3333

Septic Services

Souhegan Septic Tank Service, LLC ph: 673-4711

Sign Manufacturing

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

Sporting Goods

Sports Authority ph: 594-3041

Stoves – Wood, Pellet, Gas

Stove Keepers ph: 672-1280

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
 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

Tutoring

Huntington Learning Centers ph: 595-1880

-U-

U.S. Military

Employer Support for the Guard and Reserves
 ph: 225-1342
 NH National Guard ph: 225-1206

Utilities

Public Service of New Hampshire ph: 634-2380
 TDS Telecom ph: 888-837-1347

-V-

Veterinary Medicine & Surgery

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

Voice Over Services

Priscilla Hamilton, Voice Overs ph: 759-3145

-Y-

Youth Clubs & Organizations

Souhegan Valley Boys & Girls Club ph: 673-6820

SAVE THE DATE

Southern New Hampshire Expo
 October 21, 2010

MEMBER SERVICES

	Members	Non-Mems.	Newsletter Advertising*		
Newsletter Subscription	Free	\$15/yr.	Size	1 Issue	Prepaid 12 Months
Chamber Conf. Rm.	Free	\$50.	Business Card	\$25.	\$250.
Certificate of Origins	Free	\$35.	1/4 Page	\$35.	\$350.
Relocation Packages	Free	\$10.	1/2 Page	\$60.	\$600.
Member Mailing Labels (1st Set)	Free	\$35.	Back Page	\$100.	\$1,000.
Event Announcements	Free	\$25.	Full Page Inside	\$100.	\$1,000.
Welcome Bags			Insert **	\$75.	\$750.
One Sheet/Item	\$50.	\$100.			

* Prices for camera ready artwork. Design service available at additional fee.

** Must supply enough inserts to meet newsletter distribution.

Stand out in our directory with an extended listing!
 For just an additional \$48 annually you can have your logo, tag line,
 address, and fax number added to our directory.

Contact the Chamber for more details.

WWW.SOUHEGAN.NET • 673-4360

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 7:00 am SV Chamber Referral Group	11 3:00 pm Spring Auction Comm	12 8:00 am Board of Directors	13 8:00 am Full Expo Comm	14
15	16 8:00 am Membership Comm	17 7:00 am SV Chamber Referral Group	18 5:30-7:30 After Hours this Field, Milford	19 4:00-6:00 Expo Wienie Roast First Colebrook	20	21
22	23	24 7:00 am SV Chamber Referral Group	25	26 7:30-9:00 Breakfast Hampshire Dome Keys to Successful Trade Show Marketing	27 8:00 am Full Expo Comm	28
29	30	31 7:00 am SV Chamber Referral Group				

Did you register for the Southern New Hampshire Expo?

Only a few Early Bird Promotion spaces left! Get your free Website Ad with our compliments! Fax or email your form with your deposit today!!

Souhegan Valley Chamber of Commerce
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