



CHAMBER OF COMMERCE HAPPENINGS

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

*You can find it
in the
Souhegan Valley.*

Souhegan Valley Chamber Heads into 2010 with a Whole New Site!



Just unveiled for 2010 is our new website with new features for our members to keep up to date with events and opportunities, what's happening in the Souhegan Valley and commentary invited from you! With the help (and patience with May) of our webmaster, Robin Warren, Robin Warren Website Design, we will be add-

ing other features as we go forward including a Member Blog for promotions and special offers that you can update regularly and the ability for online payment of reservations, sponsorships and membership enrollment. Keep watching – we are rolling out lots more to add to the value of your membership.

Winter Gala

**Winter Gala – Crowne Plaza Hotel
Nashua, Saturday March 6th – 6:00 to 10:00**

Enjoy watching Dancing with the Stars? Enjoy getting out for the evening and take a turn around the floor. You are invited to a special evening of music, dancing, great food and just plain fun! Tickets are just \$40 per person for a full dinner and entertainment. This Gala is open to everyone, so invite friends, bring the neighborhood, get out and

celebrate the coming end of winter.

Special entertainment will be presented by our sponsoring Dance Studios. Demonstrations of the talented instructors and dance professionals will delight and inspire you to get out on the floor and dance! All proceeds from the evening will be shared with our partnering charity.....

Executive Board

Effective July 1, 2009

Rick Boyd – Chairman
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First Colebrook Bank

Karen Keating – Treasurer
St. Mary's Bank

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Jackie Staiti
Amanda Thomas Women's
Boutique

Marc Violette
TDS Telecom

Message From May's Desk:

Happy New Year! I don't think we can offer that wish to one another often enough. The year we are leaving has been full of challenges, for individuals and businesses. We have had the joy of new faces in the Chamber joining with old to work together for growth and support. Several faithful, hard-working members have had to say good-bye and close their doors. As that happens, it touches everyone. No one exists in isolation and no one leaves unnoticed or unfelt.



The year ahead has to be better, doesn't it? Well, not without some help! Couch potatoes we can not be. We have to roll up our sleeves, take a hard look at what we are doing right and what we are doing wrong and get to work on making the best of whatever we do. I am a big list maker. (Actually, I have to so I don't forget.) Make a list for yourself of all the things that went right. Did a customer give you a compliment by referring you to a friend? What was it you did that made that happen? Did you gain a new client? Was the paperwork reduced, the overhead brought in line, cost of goods trimmed with a new supplier. Pat yourself on the back. Okay, now what can you do to do more of that? Get going!

Next is all the regrets – List the "should haves, wish we could haves and why did we do that's"! There may be something in making small changes that will bring the right results or talking about the disappointments with another business person

for a suggestion. Share time (Chamber after hours, networking at morning groups) with others. You would be surprised what great ideas you can gain. Just a comment can trigger your own thoughts into a direction that is right on!

I read in the Keene Chamber newsletter, "The world is run by the people who get involved – GET INVOLVED". No better advice as 2010 begins. Involved by doing more of what is right and less of what is not right – just because we have always done it. Get involved where the decisions are being made whether at the town hall or the state capital. Get involved with the Chamber. Come to one of the opportunities to meet others. You will be surprised how many new contacts you will make. Join one of our committees. The tasks are broken up and the time needed is what time you have. Get involved by reaching out your hand to another in need, to someone in friendship, to a cause that touches you. Get involved. Every time you introduce yourself, you are letting others know what you do and who you are. That is what is going to help make 2010 a good year.

On a personal note, I hope you will take a look at the new format for the website. New features will be added to enhance the value to you and to our visitors looking for businesses in the Souhegan Valley area. We owe a great deal of thanks to Robin Warren, Robin Warren Website Design, for her dedication to making this happen. And her patience with me! Happy New Year!



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603-673-4360 • fax 603-673-5018
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www.souhegan.net

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members and \$15.00 annually to non-
members.

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Graphic Design: SJ Balsama
Publishing Support : Chuck Taylor

Welcome New Members

Works of Heart Flowers & Gifts

571 Elm Street, Milford
603-673-3299

www.worksofheartflowers.com

A full service florist specializing in unique, custom designs that are created to complement your special day or remembrance. We offer a wide selection of NH Made gifts, apparel and jewelry for every occasion. Our experienced floral designer will assist brides with complimentary consultation to create wedding arrangements that will capture the mood and tastes of the couple to enhance this important event.

Hampton Inn Nashua

407 Amherst Street, Nashua
603-883-5333

www.nashua.hamptoninn.com

The Hampton Inn Nashua offers all that both business and leisure travelers desire. Start your day off with our complimentary hot breakfast buffet or if in a rush, stop by the front desk and grab one of our On the Go Breakfast Bags weekdays. Your time is well spent at the Hampton Inn Nashua

where you can also take advantage of our complimentary high-speed internet and get a good night's rest on our signature Cloud Nine bedding. All 102 rooms are completely non-smoking and include microwaves, refrigerators, in-room coffee makers, 37" LCD flat screen televisions and large work desks.

While a guest at the Hampton Inn Nashua, one thing is for certain, we love having you here!

Very Cozy Baby, LLC

54 Clark Road, Milford
603-672-5554 www.verycozybaby.etsy.com

The Very Cozy Baby, LLC sews custom infant and children's items such as The Cozy (a unique baby car seat blanket), diaper bags with styles for both moms and dads, dresses, burp cloths, binky clips, children's hats and mittens and now stylish wristlets for women. The main website is www.verycozybaby.com. We also have a shop on www.verycozybaby.etsy.com which

shows a more updated listing with a full range of the items we have for your baby, grandchild, friend or something special for you.

High Hopes Foundation of NH

301 Daniel Webster Hwy,
Merrimack 03054
603-249-1010

www.highhopesnh.org

The High Hopes Foundation of New Hampshire, Inc. is dedicated to granting the wishes of New Hampshire's severely and chronically ill children between the ages of 3 and 18.

Each year for over two decades, the Foundation has brought hope, joy, and light to the lives of between 20 and 30 very special New Hampshire children. This is all made possible because of our members, all volunteers, people just like you, who donate a little time and energy for a huge reward: the opportunity to fulfill the dreams of children with life-challenging conditions.

A Holly, Jolly Holiday Celebration — Lake Sunapee Bank December 7

Lake Sunapee Bank Helps Close Out 2009 with December After Hours.

The members at Lake Sunapee had "decked the walls" with brightly colored wreaths, decorated the branch on Elm Street in Milford and prepared a festive feast fit for celebrating the coming holidays for the December After Hours. Braving the snowy evening was well worth the trip to join with other members and friends to usher in the season in style. Lots of new faces are becoming the hallmark of the Souhegan Valley After Hours and this was no exception. We know we heard deals in the making! Don't be left out of our January After Hours! Thank you to David Green and all his merry "elves" at Lake Sunapee Bank and to Elisha's for our wonderful refreshments.



Member Happenings – Planning Ahead!

Pine Hill Waldorf School

77 Pine Hill Drive, Wilton
654-6003

Winter Parent-Child Program Starting

The Children's Garden, Pine Hill Waldorf School's parent and child program, is now enrolling for Winter 2010. The program serves children from birth to three years of age. Groups meet once a week on Wednesday, Thursday and Friday at the school. There are morning and afternoon sessions available to accommodate differing family schedules and routines. Pine Hill Waldorf School is located on Abbot Hill Road in Wilton. Call Evie at 654-6003 for details.

The Children's Garden provides a setting for parents and children to explore together the wonderful world of the young child. The children have the opportunity to take new steps in play, in developing their imaginations and in interacting with other children. Parents are able to learn more about their child and gain a greater understanding of child development and Waldorf education, as well as support and enjoy one another. The program is led by experienced Pine Hill Waldorf School early childhood teachers, who bring a wealth of warmth and creativity to this program.

LOCAL PHOTOGRAPHER EARNS CERTIFICATION

C1M Professional Photography
117 Emerson Road, Milford

Walter Schneckler of C1M Professional Photography in MILFORD has earned the Certified Professional Photographer (CPP) designation from the Professional Photographic Certification Commission.

Schneckler earned this designation after meeting rigorous requirements measuring his artistic and technical competence. The Professional Photographic Certification Commission currently recognizes less than 2,000 Certified Professional Photographers. The Professional Photographic

Certification Commission is the leading body for certifying imaging professionals. Certified Professional Photographers must complete a written examination, an image evaluation, and adhere to a stringent code of conduct. Certification must be renewed on a periodic basis, ensuring continuing confidence in the professionalism of Certified Professional Photographers.

Space4U Sue West

Certified Professional Organizer (R)
& Organizing Coach (TM)
POB 231, Amherst, NH 03031
603 765 9267
www.OrganizeNH.com

“Downsize, Organize, Simplify”

Rivier Institute for Senior Education
Wednesday, January 13, 2010, 9:00 -
10:30am

Contact the RISE office at (603) 897-8623
or rise@rivier.edu

*also offering a 5 week course Feb/March
at RISE.

“Downsize, Organize, Simplify”

Rodgers Memorial Library, Hudson, NH
January 27, 2010. 7-8 p.m.

Contact: <http://www.rodgerslibrary.org/> or
603-886-6030

“Planning to Sell Your Home?”

Staging & Decluttering, Do-it-Yourself
Workshop

Join Sue West from Space4U Organizing,
and Julie Chrissis from the New England
Staging Group.

Location: private home, Manchester/
Nashua area

January 13, 2010 or January 20th.

First session: focuses on getting started;
second session focuses on decluttering and
staging your own home.

Take one or both. Cost: \$45/person.

Contact Sue at 765-9267 or Sue@OrganizeNH.com

Amherst Family Chiropractic Wellness

89 Rte. 101A (in front of Walmart),
Amherst - 673-0100

Amherst Family Chiropractic will offer two FREE Power Workshops this month to start your new year off right! Tuesday, Jan. 5 at 6:30 pm, Dr. Paul will present “Exercise & Weight Loss” -- jump-start your New Year's resolutions! Then, on Tuesday, Jan. 19 at 6:30 pm, Dr. Paul will lead a “Kick'n Core” workout -- back by popular demand! Call 673-0010 to RSVP and for more information on upcoming free workshops.

Frederick's Pastries

109 Route 101A, Amherst
25 South River Road, Bedford
882-7725



Frederick's Pastries would like to thank everyone for visiting our Amherst location and voting on our Gingerbread House Display! 1st Place went to Jen Wojtaszek for her Rudolph the Red Nosed Reindeer creation! 2nd Place – Brittany Grannan for Miracle on 34th Street and 3rd Place to Allison Winslow – Tim Allen's The Santa Clause.

January Classes now available!

Adult Cake Decorating Class ~ Jan. 20th ~
6:00 – 7:30 pm

Learn to create a 3 dimensional Snowman
Cake! Begin with carving the shape of a

Member Happenings – Planning Ahead!

snowman out of cake, than add finishing touches like a scarf, hat and mittens with our buttercream frosting. This snowman won't melt away, but we're sure it won't last long after you get home!

Kids Cake Decorating Class ~ Jan. 18th ~ 1:00 – 2:30 pm

It's time for winter fun! Join us in our January decorating class. Start with our 6" cake, frost and then the real fun begins! Decorate your own Winter Wonderland with snowmen, sleds, penguins, hills, slides and more with our buttercream frosting! Leave with your decorated cake, chef's hat and your own child sized apron.

Young Adult Cake Decorating Class ~ Jan. 18th 4:00 – 5:30 pm

A class designed for the young adults from ages 12 – 16! It's time for winter fun! Join us in our January decorating class. Start with our 8" cake, frost and then the real fun begins! Decorate with sledding penguins, hills, slides and more with our buttercream frosting! Leave with your decorated cake and a Frederick's T-Shirt.

Class size is limited. Proper dress is required, long hair tied back, rubber soled shoes (no heels and no opened toe shoes.) All classes held in Amherst, NH. Class may be rescheduled if minimum of 4 participants is not met. Pre-registration is required. Classes at the Amherst store.

Wadleigh Memorial Library

49 Nashua Street Milford, NH 03055
(P) 603-673-2408 (F) 603-672-6064
www.wadleighlibrary.org

Tuesday, January 12
Managing Money in Tough Times
7pm in the Keyes Room

Is it hard to pay your bills or save money? Is it hard talking to your household members about money? Are you looking for ideas to manage money in this economy? Sharon Cowen from UNH Cooperative Extension will teach you how to stretch your dollars and manage your debt by attending this free workshop. This program is open to all. Space is limited so

registration is recommended to guarantee a spot.

Saturday, January 16
Acoustic Café Featuring Mottau, Drew & Clark
7:30pm on the Main Floor

Please join us as we celebrate 10 years of Acoustic Cafe! Tonight we welcome back local favorites Mottau, Drew & Clark--featuring original ballads and ragtime tributes.

The Acoustic Café series is very generously sponsored by the Friends & Trustees of the Wadleigh Library. This program is free and open to all. Light refreshments will be available and all donations will benefit the Library.

Mayfair's 2010 Chowderfest!!

Saturday, January 23
10:00 am to 5:00 pm
Antiques at Mayfair
Salzburg Square
292 Route 101
Amherst

A great day to get the New Year rolling with delicious, warming chowder and other wonderful refreshments. Join in the fun, sample and vote for your favorite – or get into the competition with a crock pot of your best recipe for a good old, blizzard busting chowder!

Beaver Brook Association

117 Ridge Road
Hollis, NH 03049
603-465-7787
www.beaverbrook.org

Calendar of Events
(For more information, Please call)

Fitness Hiking
Fridays Jan. 8 - April 23 Time: 9 - 11 a.m.
Fee: \$50 includes use of snowshoes when conditions are appropriate.
\$55/\$50 Friends of BBA.

Create a healthy routine by getting outside

on Friday mornings for some aerobic hiking. We explore different trails of Beaver Brook and area conservation land at a moderately fast pace to stay warm and burn calories. Snowshoes included when the conditions are right. Call 603-465-7787 to register. Outdoor activity combats seasonal affective disorder and cabin fever.

Yoga and Snowshoeing
Saturday January 16 10 am -noon

Instructors: Rosemary Clough, Moving Spirit Yoga and Dance and Kap Siddall, BBA Naturalist
Fee: \$22/20 Friends
Spear Room Maple Hill Farm, Hollis NH

Learn some perfect yoga stretches to use prior to and after snowshoeing. These postures will warm up your muscles and stretch you out before you venture into the snow. Bring a yoga mat, and wear loose fitting flexible clothes. Bring layers enough to put on for the outdoor hike. You will need warm, securely fitting snow boots for the snowshoeing. We will provide snowshoes. Call 603-465-7787 to register.

Full Moon Snowshoe or Hikes
Saturday Jan. 30, 2010
7 - 9 p.m.
Fee: (Includes snowshoes conditions permitting) Adults \$10, Children \$7
Instructor: BBA staff and Naturalists.

How often do you take time to enjoy the beauty of the night? Winter evenings are a unique time to get outside and explore the woods and sky. Join Beaver Brook staff on the near full moon Friday nights of January and February for a unique guided walk on Beaver Brook's trails. We will conclude our night hike with warm cocoa and cookies back in the warmth of Maple Hill Farm. Call 603-465-7787 to register.

Are You Looking for a Job?



Direct Your Career Club is a program to bring together recent college grads, individuals in transition and career changers to refocus and re-energize to find jobs that bring satisfaction and success. This highly interactive club will meet for 90 minutes weekly for 10 weeks. It's a high structured program with accountability and camaraderie among every member with goal of helping each other get back to work. The application process is open to men and

women who are in transition. Applicants must be willing to meet every week for 90 minutes on either Monday mornings from 8:00 to 9:30, Monday evenings from 5:00 to 6:30 or Tuesday from 11:30 to 1:00 beginning the week of January 25 through March 29, 2010.

Understanding what career club is not:

- A promise of a new job or any guaranteed form of employment
- A replacement for a jobseeker doing his or her hard work
- A recruiting, staffing or placement agency.
- A resume writing, private coaching and do-it-for-me job search service.

Career club leadership will:

- Provide members with access to a consecutive 10-week curriculum to guide the job search process efforts of all members.

- Create community with the goal of producing the best career results for the whole group.
- Provide unbiased, honest feedback and realistic hope.
- Be accessible weekly through Waggleforce.com (Name of the national job club initiative) to communicate with members online and between weekly meetings.

There will be a fee of \$100.00 per person, which covers the 10 week program and must be paid prior to the start of the meeting. If you are interested please contact Sandy Demarest, a Certified Career Management Coach for an application. You may also visit www.waggleforce.com to learn more about Career Clubs and specifically about Direct Your Career Club. Become the DIRECTOR of your future by finding out about the Direct Your Career Clubs today!

Veterans Count Auction — Saturday, April 17th

Honoring All Who Serve Family, Neighbors, Friends

Saturday, April 17th 6:00 to 10:00 PM

Cirtronics Conference Center, Milford

Did you know that NH is about to experience the largest deployment in its history? That approximately 2,000 Service Members will be fully deployed by late 2010? What happens to the families left behind? Who is there to assist them in a time of emergency or when the primary caregiver is ill?

For the third year, Souhegan Valley Chamber of Commerce is proud to partner with Easter Seals NH for our Veterans Count Auction. A program developed through an initiative from the Department of Defense, Veterans Count provides services and emergency funds to National Guard members and families and veterans of previous service. When a member of the family is deployed or returns injured as a result of their service, there is no

attachment to a regular military base to accommodate their needs. That's what is different with the war fronts of today. Our neighbors, citizen soldiers are fighting on the front lines. And why Veterans Count is so important.

You can be part of this worthy effort to support our service men and women and honor their bravery. The funds raised through your donations, sponsorships, ticket sales and purchases will be used to provide needed emergency funds like those described here. There are many opportunities for you to be part of the Veterans Count Auction. Go to our website, www.souhegan.net, for the forms or call the office and we will be very happy to assist you in making your contribution.



Party for One's



Holiday Office Party took on new meaning for those at Chamber's "Party for Ones" - all those who don't have company parties to attend.

Business owners of sole proprietorships and those who work out of homes gathered at a special evening of socializing and networking arranged just for them.

Invest Real Time in Real Networking

Ever heard of speed dating? Getting a chance to introduce yourself to a lot of people in a short amount of time to form social contacts? How would you like to turn that into business contacts and potential referral partners to increase exposure and extend the reach of your marketing.

Real Time Networking is proud to announce our next event offering Speed Networking at it's finest on Wednesday, January 27. Participants will meet a minimum of 12 businesses in 6 minute increments and will leave this event with at least 12 new potential contacts. Only 30 businesses can be accommodated, so be sure not to wait to register.

Seats for this event will fill quickly.

Check in will start at 5:45pm with open networking for the first half hour segment. After a brief overview of the evening and the format, speed networking will get underway. We will have 15 rounds

at 6 minutes each. When the final round is complete open networking is available for following up on initial conversations until about 8:30pm. Coffee and water will be provided.

Real Time Networking will take place at the Souhegan Valley Chamber of Commerce Conference Room at 69 Rte 101A Amherst, NH.

This event is NOT a Chamber related event and is open to the general public. The Event Registration Fee is \$20.00. Payment in full is required to secure your registration prior to the evening.

No Walk-Ins, This Event will SELL OUT.

Please call Don at 603-234-8327 or E-Mail realtimetworking@gmail.com to register.

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New Year – New Opportunities to Spotlight Your Business

Member Breakfasts and Orientations are held monthly. Hosting shines the spotlight on you and your business. Your company name will be used in all advertising and promotion and you will be introduced to give a 3-5 minute presentation about your services and product. At your site or at another location – this might be a way to let everyone know who you are at a low cost.

Call the Chamber office for details and to select a date.

Souhegan Valley Referral Group Visitor's Day

Do you have too many customers?

No. Then attend the Souhegan Valley Referral Group's Visitor's Day on Tuesday, January 19, at the Chamber office on 101A at 7 a.m.

Is your 2010 business plan to grow your business? Will increasing your network and referral base of clients be a keep component in 2010? Then join our team of Chamber members dedicated to growing their businesses and the businesses of others through the power of referrals.

The goal of the group is simple. To become the sales force for each member's business. By being the sales force for one another each participant multiplies market visibility.

Consisting of dedicated business professionals, the group meets weekly to educate each other and share referrals. Each member shares a 60-second commercial every week and has the opportunity to share the particulars about their business. This ensures members are well educated your business in order to recognize a referral opportunity.

Small Biz Day

**Small Business Day at the State House
Weds, January 27 - Holiday Inn, Concord**

Hosted by the Business & Industry Association (BIA) in partnership with the New Hampshire Small Business Development Center (SBDC)

This is a great opportunity for small business owners and managers throughout the state to gain exposure to top policy makers and the issues that directly impact your business. The agenda starts with Continental Breakfast at 7:30 with remarks from Governor Lynch at 8:00. Panels and presentations continue dealing with the NH Legislature addressing small business issues, the controversial new tax on LLC's and strategies for growth opportunities in 2010.

Register for the Day by contacting the BIA directly at 224-5388. The cost is \$15. per person.

The group is currently generating referrals (over 120 in a few short months) and revenue for the members. As the number of members increase will drive a proportionate increase in referrals. Currently with 17 members, the goal of the group is to grow quickly to 25-35 members.

This rapidly expanding group provides a local, cost-effective referral group to leverage your existing or future chamber membership.

Benefits of Membership

- Creation of larger sales force for your business.
- Referrals increase business through qualified leads and introductions.
- Effective, efficient meetings designed to maximize results and time for each member.
- Team to keep your business in growth mode.

The group welcomes all potential members the opportunity to attend and participate in two meetings, prior to joining the group to ensure it is a fit for growing your business. Join us on Visitor's Day on January 19 or any Tuesday at 7 a.m. Both Chamber

and Non-Chamber members are invited to attend Visitor's Day.

Key seats the team is looking to fill include, but are not limited to:

- Commercial Banker/Lender
- Home Care for Seniors
- Estate Attorney/Medicare Attorney
- General Business Attorney
- Accountant/CPA
- Payroll Company
- Commercial Printer
- Event/Wedding Planner
- Florist
- Business Marketing/Promotional Products
- Computer/Technology Services
- Physical Therapist
- Commercial Realtor (only Commercial)
- Electrician
- Landscaper
- HVAC/Plumber

For additional information please contact:

Barbara King, AspenCross Financial
603-438-9619
barbarakingnh@gmail.com

Walter Schneck, Catching - 1 - Moment
Professional Photography
603-673-8200
wschnecker@clmpp.com

AM Network Breakfast

**AM Network Breakfast Workshop
Optimizing Revenue in a Search-
centric World
Ashish Patel, Patelligence**

**Wednesday, January 20 at 7:30 AM
SVCC Office - Please note time change**

Is your website bringing in business?

What happens when a service or product you offer is "googled"? Where are you found in the hierarchy of businesses that pop up? Did you know that 84% of searchers never make it past the bottom of page two of Google? Paid ads the answer? 65% of people using the searches never click on paid ads.

Join us at our expanded AM Network on January 20 and hear from one of our experts in the field of Search Engine Optimization. Ashish Patel, Patelligence, will take us through the findings and the tips of how to get your business to page one!

AM Network meets on the third Wednesday of each month to give members and guests a chance to meet and make new business connections. It is open to every one interested in making their business grow.

Please call the office to reserved your place. 673-4360

January Business After Hours

Triangle Credit Union Caps off Year Long Anniversary Celebration

Business After Hours at Amherst Branch
Wednesday, January 20 5:30 to 7:00 PM

Come join the fun, enjoy the networking, meet new associates at the After Hours at 138 Route 101A, Amherst.

The year 2009 started off with a bang as Triangle ushered in its 70th year anniversary celebration. We are happy to reflect upon the successful strides made as a credit union, our longevity as an active community member, as well as our strength, safety and security within the financial industry. On September 16th, Triangle's official anniversary date, cake was presented to our members at all branch locations in Amherst, Nashua, and Manchester and the year long celebration culminated with a 70 Years & \$7,000 Sweepstakes, which delivered a numerous member referrals and generated our record-breaking membership growth.

The kind folks and business owners working and living in the Souhegan Valley Communities have been very good to Triangle ever since establishing the Branch Office on Route 101-A in November of 2001. Triangle is grateful for the opportunity to participate in many local events and the management and staff is eager to volunteer time for many good causes. As a result, we are most appreciative of the distinct honor of winning the "2009 Best of Souhegan Choice Award" for credit unions.

The Amherst Branch Office successfully contributed to the record numbers of consumer, home equity and auto loans, such as our ongoing Holiday Cash Promotion. Triangle Credit Union provides quality products and very competitive rates, complemented with the eagerness and enthusiasm of our knowledgeable staff who deliver outstanding member service and product satisfaction. We wish to thank everyone in the Souhegan Valley who chooses to bank with Triangle.

Looking ahead into 2010, President Maurice Simard indicates, "Triangle's future looks very bright. Many e-Services and Online Banking features have been implemented and will be further enhanced during the year. Convenient "e-Banking" is here and is the wave of the future. For this reason, Triangle is working very hard to stay ahead of the curve by providing the best to its members."

For much more information on products, services and great rates, visit HYPERLINK "<http://www.trianglecu.org>" www.trianglecu.org or contact anyone at the Amherst, Nashua or Manchester branch offices.

WE UNDERSTAND COMMITMENT.

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Brian S McGuigan
46 Route 101A
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
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Social Media Etiquette – Using Facebook, Twitter, LinkedIn

(Presented to SVCC AM Network on December 16th by Lenwood Brown III, FixMedia, Amherst)

Give More Than You Get

Earn followers and a positive reputation online by providing educational, informative posts, links and commentary on areas you have knowledge in. The added value to your online presence helps build a strong community. Ask for opinions and feedback. Doing this invites people to you “conversation” providing a beneficial exchange to help you with challenges. A good practice is to comment directly to others in your community 3-5 times for every time you reach out for help.

Don't Live A Double Life

Be genuine. Don't be the “negative nelly” that talks bad about competition or others online. Be nice. Be courteous. Be thankful that someone has invited you to their “conversation”.

Cheaters Never Win

Having thousands of friends or followers online might seem brag-worthy but it really doesn't mean anything unless you are already famous. Chances are, you'll find a few people providing useful information for you but keep in mind 10,000 friends you aren't listening to is equal to 10,000 people that aren't listening to you either.

Nobody Likes A Bully

There is no need to bully people into viewing your posts or to blanket them with promotions about you or your company. Provide text and a link for more info a couple of times and move on. If you keep screaming about yourself, people will stop listening to you in a hurry. This goes for the same when asking for help. Crowdsourcing is a terrific way to get a quick survey on a topic but if you aren't getting the results you are looking for after a couple of tries, move on.

Respect The Community

As you would in real life while attending a networking event, respect the people you meet and respect the community you are all a part of. The community is the hand that feeds you so don't bite it. This is one tool that will bite back.

Accountability And Transparency

Be honorable and represent yourself appropriately. The internet allows for anonymity to say what you please without repercussions. Be honest about yourself and be accountable for your actions. People will respect you even if they don't agree with you.

Contact:

Lenwood Brown III
FixMedia
(603) 721-9283
<http://fixmedia.tv>
lenwood@fixmedia.tv

The Art of Finding Inner Peace

Perhaps we have become desensitized about the whole idea of “stress.” We see it mentioned on the cover of almost every magazine, are reminded about its detrimental effects by our health care providers, and feel the relentless internal “tug” to change our ways before it is too late. So what is it about this phantom that unmercifully haunts us day in and day out, and leaves us feeling powerless and frustrated?

It is helpful to recognize that “stress” is something that we ourselves create. Every time we choose to “react” to a situation from a place of resistance we are in fact creating stress. This stems in large part from the illusion that we are able to exercise control over situations and circumstances, and find ourselves wrestling with the world when we realize that we, in fact, do not.

Our thoughts and beliefs play a significant role in the creation of stress. The way we perceive the world and our environment

will influence our relationship to it. So, for example, if we believe that the world is cooperative and positive, we are more likely to express feelings of optimism. On the other hand, if we see the world as threatening and hard, we will operate from a place of fear. What we can control are these basic thoughts and beliefs.

Probably one of the most effective ways to help shape a positive belief system, thereby reducing stress, is to enhance our ability to “be present.” Preoccupation with the past or the future interferes with our ability to experience life the only way it comes into form, one moment at a time. Taking time out to connect with breath, and opening our eyes to what is in front of us at any given moment will bring us to a peaceful place, free from anticipation or remorse.



Each moment is an opportunity to choose how we want to experience life. There is nothing to “get”, no place we need to go to find it, it is already within us and just waiting to be discovered. So take the time to stop, look, and breathe, and discover the simple art of finding inner peace. This can be accomplished as simply as taking a walk, sitting in quiet, or perhaps engaging in the regular practice of yoga.

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
Card Heating & Cooling ph: 673-9767
Sanford Temperature Control ph: 672-1643

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

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
Lozier Studios ph: 672-0976

Automobile Sales & Service

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

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

-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

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

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
The Color Shop & More ph: 654-6297
J.M. Princewell ph: 673-0611
Just Naturals ph: 672-6900
Salzburg Square ph: 732-6507
The Cozy Tea Cart ph: 249-9111

Business and Organizing Services

Space 4U, LLC ph: 765-9267

-C-

Candy

Lisa's Sweets ph: 672-1022

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

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
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

Brinestone ph: 673-6696
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

Allen Remodeling ph: 672-5992
Gavin Remodeling ph: 672-3200
Guardian National ph: 275-4484
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
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
Nashua Senior Activity Center ph: 889-6155

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
Institute of Higher Learning ph: 800-504-2340
Merrill Lynch ph: 628-3244
Michael 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
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 Improvement

Artistic Tile ph: 886-1920
Budget Blinds of Keene ph: 354-7801
Dial I Maintenance Service ph: 529-0711
Devine Flooring ph: 672-0404

Home Theater & Beyond ph: 424-1968
Lowe's Home Improvement ph: 521-9241
Markal Angelo ph: 566-9013
Total Deck Care ph: 303-5292

Hospitals

Foundation Medical Partners ph: 577-2770

-I-

Insurance

Aflac ph: 781-223-0276
Allstate Ins. Co. Jim Parolin & Associates ph: 429-8800
AspenCross ph: 232-8262 x2
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
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
www.americanaccessory.etsy.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

Law Offices

David G. Sturm, Counselor at Law, PLLC ph: 673-4543
Griffin & Owen P.C. ph: 673-5200
Maiona Law, PLLC 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

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
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
First Eastern Mortgage ph: 800-999-7788 x13
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

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

Paving/Snowplowing

Shattuck Paving & Plowing, LLC


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

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
The Doggie Bag and Day Spaw ph: 249-1149

Photography

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

Physical Therapy

Amherst Physical Therapy ph: 672-5125
Apple Therapy ph: 769-3331
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
 Gallygher 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

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. - Londondery 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
 Red Arrow Diner ph: 249-9222

-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
 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

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

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

-U-

U.S. Military

Army 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

Voice Over Services

Priscilla Hamilton, Voice Overs ph: 759-3145

-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

SAVE THE DATE

Veterans Count Auction

April 17, 2010

Southern New Hampshire Expo

October 21, 2010

MEMBER SERVICES

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

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Happy New Year!	2
3	4	5 7:00 am SV Chamber Referral Group	6	7 8:00 am Vet. Count Auction	8 8:00 am Expo 2010	9
10	11 Noon Winter Gala	12 7:00 SV Chamber Referral Group	13 8:00 Communications	14 8:00 Board of Directors	15 8:00 Expo 2010 at The Barn	16
17	18 7:30 Member Orientation Breakfast Noon Winter Gala	19 7:00 SV Chamber Referral Group Visitors Day	20 7:30 AM Network – SEO Workshop 5:30 – 7 Triangle Credit Union After Hours	21 8:00 Vet. Count Auction	22	23
24 31	25 Noon Winter Gala	26 7:00 SV Chamber Referral Group 8:15 Technology	27	28 8:00 Expo 2010	29	30

Mark Your Calendar and Save the Dates

Winter Gala Dinner Dance
Saturday, March 6
Crowne Plaza

Veterans Count Auction
Saturday, April 17
Cirtronics Conference Center

Souhegan Valley Chamber of Commerce
69 Route 101A • Amherst NH 03031

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